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**JAN
2020**

GREAT AFRO-CARIBBEAN PEOPLE SIR WILLIAM ARTHUR

BY Wiki

SIR WILLIAM ARTHUR LEWIS (23 January 1915 – 15 June 1991) was an economist well known for his contributions in the field of economic development. In 1979 he was awarded the Nobel Memorial Prize in Economic Sciences. He had dual Saint Lucian and British citizenships.

BIOGRAPHY

Arthur Lewis was born in Castries, Saint Lucia, then still part of the British Windward Islands federal colony, as the fourth of five children of George and Ida Lewis. His parents had migrated from Antigua shortly after the turn of the century. George Lewis died when Arthur turned seven, and Ida raised their five children alone. Arthur was a gifted student and was promoted two classes ahead of his age. After finishing



school at the age of 14, Lewis worked as a clerk, while waiting to take his university entrance exam. During this time he became friends with Eric Williams, the future first prime minister of Trinidad and Tobago, and the two remained life-

long friends.

After graduating, Lewis' initial career choice was to become an engineer. He made the eventual switch to economics because the governments and companies of British Colonies, such as St. Lucia, refused to hire

blacks. At the age of 18, he would go on to earn a scholarship to attend the London School of Economics. Not only was this an opportunity for Lewis to study at perhaps the most prestigious University for Economics in the world, but he would also be the first black individual to ever gain acceptance at LSE. While enrolled, Lewis would achieve similar success here as he did in grade in school. Lewis' academic superiority was noticed and admired by his peers and professors. While at LSE, Lewis had the opportunity to study under the likes of John Hicks, Arnold Plant, Lionel Robbins, and Friedrich Hayek. After gaining his Bachelor of Science degree in 1937 and a Ph.D. degree in 1940 at the London School of Economics (LSE) under supervision of Arnold Plant, Lewis worked as a member of the

staff at the LSE until 1948. In 1947, he married Gladys Jacobs, and they had two daughters together.

That year he was selected as a lecturer at the University of Manchester, and moved there with his family. He taught at Manchester until 1957. During this period, he developed some of his most important concepts about the patterns of capital and wages in developing countries. He particularly became known for his contributions to development economics, of great interest as former colonies began to gain independence from European nations.

Lewis served as an Economic advisor to numerous African and Caribbean governments, i.e. Nigeria, Ghana, Trinidad and Tobago, Jamaica and Barbados.

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Created BY: *Denicio Wyattte*
Editors & Photography
Wattzz Publishing
Mr. Denicio Wyattte
Mr. Seain Focus
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CONTINUED ON PAGE 6

GREAT AFRO-CARIBBEAN PEOPLE: SIR WILLIAM AUTHOR...FROM PG 2

When Ghana gained independence in 1957, its government appointed Lewis as their first economic advisor. He helped draw up its first Five-Year Development Plan (1959-63).

In 1959 Lewis returned to the Caribbean region when appointed Vice Chancellor of the University of the West Indies. In 1963 he was knighted for his contributions to economics.

That year, he was also appointed a University Professor at Princeton University and moved to the United States. Lewis worked at Princeton for the next two decades, teaching generations of students until his retirement in 1983. In 1970 Lewis also was selected as the first president of the Caribbean Development Bank, serving in that capacity until 1973.

Lewis received the Nobel prize in

Economics in 1979, sharing it with Theodore Schultz.

He died on 15 June 1991 in Bridgetown, Barbados. He was buried in the grounds of the St Lucian community college named in his honour. He was survived by his wife, Gladys Jacobs, Lady Lewis of Barbados and Princeton, NJ; two daughters, Elizabeth Lewis of Cranbury, NJ, and Barbara Virgil of Brooklyn; and four brothers: Stanley Lewis of Ghana, Earl Lewis of Trinidad, Allen Montgomery Lewis, a former Governor General of St Lucia, and Victor Lewis of St Lucia.

KEY WORKS

The "Lewis model" Lewis published in 1954 what was to be his most influential development economics article, "Economic Development with Unlimited Supplies of Labour" (Manchester School). In this publi-

cation, he introduced what came to be called the dual sector model, or the "Lewis model".

Lewis combined an analysis of the historical experience of developed countries with the central ideas of the classical economists to produce a broad picture of the development process. In his theory, a "capitalist" sector develops by taking labour from a non-capitalist backward "subsistence" sector.

The subsistence sector is governed by informal institutions and social norms so that producers do not maximise profits and workers can be paid above their marginal product.

At an early stage of development, the "unlimited" supply of labour from the subsistence economy means that the capitalist sector can expand for some time without the need to raise wages.

This results in higher returns to capital, which are reinvested in capital accumulation. In turn, the increase in the capital stock leads the "capitalists" to expand employment by drawing further labour from the subsistence sector. Given the assumptions of the model (for example, that the profits are reinvested and that capital accumulation does not substitute for skilled labour in production), the process becomes self-sustaining and leads to modernization and economic development.

The point at which the excess labour in the subsistence sector is fully absorbed into the modern sector, and where further capital accumulation begins to increase wages, is sometimes called the Lewisian turning point.

It has recently been widely discussed in the context of economic develop-

ment in China.

The Theory of Economic Growth

Lewis published *The Theory of Economic Growth* in 1955 in which he sought to "provide an appropriate framework for studying economic development," driven by a combination of "curiosity and of practical need."

Influenced by 19th Century England or the Industrial Revolution.

During the Industrial Revolution, England was experiencing the worst economic turmoil of its time. It wouldn't be until an economic enlightenment would take place cities began to shift towards factories and labor intensive methods of production as they experienced giant shifts in the labor and agriculture markets. Thus, eventually leading to higher production, and higher income. Lewis

is theorized if England could turn its misfortune around, the same could be done for developing countries around the world. His theories would prove true for some countries such as Nigeria and Barbados as they would see some economic development.

LEGACY

- Arthur Lewis Community College, St. Lucia, was named in his honor.

- The Arthur Lewis Building (opened in 2007) at the University of Manchester was named for him, as he had lectured there for several years before entering governmental positions.

- Sir Arthur Lewis Institute of Social and Economic Studies at The University of the West Indies.

- Sir Arthur Lewis portrait appears on the 100 dollar East Caribbean Bill.

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SXM GOV - LET'S DO IT RIGHT

AT THE ending of 2019 Ministry of TEATT utilized the entire 2019 budget fls49,700 out of fls 50,000 to help schools start gardening programs which we think is a great idea.. Sadly there was no proper awareness \ curriculum outlines or proper implementation of maintenance from the proper expertise to make these projects sustainable. After researching a few of the pass project, I notice that most of the projects in the past at schools failed due to the lack of proper guidance that was not taken into consideration for these kids.. Most of these projects were set up by adults with minimum or no input from the kids themselves and left up to the kids to manage without a clue where to start..

The whole past year of research at the Sister Magda School allowed me to see the obstacle and challenges that these students may be faced with implementing gardening projects on school premises...

First off, there is no proper guidance set in place for these students to learn and understand the science and importance of agriculture and the importance of why they should get involved...Especially during these times of drastic climate change.

Second, it is difficult to take the children out of their normal daily class routine that has been set by the school criteria. It needs to be orga-



nized, structured and implemented in a way for these kids to participate and attend to garden duties on a scheduled basis. As, once again it is not in their daily school curriculum tasks. This needs to be adjusted, there for we created a basic digital curriculum outline to help the kids gain more awareness on the science behind the plants and worked along with management of the school to encourage them to set a structure and a time frame where the children can interact with agricultural activities..

Third, we have to understand our children from a phycological point of view, not every child wants to participate, some student cause distractions to others because it is not in their interest to plant, but exposing them to the basics is important and harvesting the most interested ones for the project is key..

Forth, is proper maintenance and the inheritance of responsi-

bility. Although you may think kids are catching on fast, leave them with the full responsibility of just one week and return to see the results. This important factor is why most of the gardening projects at the schools failed in the past. The importance of responsibility and maintenance comes along with experience, it cannot be obtained in a short manner of time, it has to become a habit or routine. The first year the garden failed due to a number of circumstances, mostly, learning to take up responsibilities when the teacher \ instructor is not around. A few other factors were the security dogs that guarded the premises which dug up the soil and plants. And there is always the iguanas that just love to eat good food just as we do lol.

To solve this, I started to volunteer more of my time to the cause to help toward making it sustainable. Now, I visits the school 3 times a week and

notice that the other days I am not around, the plants get the attention they need from the students because leading by example to give the necessary experience is

important..

To help government achieve its goal in a proper manner for further development in the fields of Agriculture, Animal Husbandry and Fisheries for country St Maarten, ECO St Maarten Agricultural research and Development Foundation submitted its official request on Jan 7 , 2020 to apply for subsidy and to assist with advise to government and management of future projects in this direction. We also believe that theses funds, if managed properly could of also benefitted other local farmers and include them in such projects that would help toward the sustainability

of agriculture for country St Maarten.

It is now time for us to do things the right way, let us ensure a better future for our children resting on the pillars of Agriculture.

Not everything should be a photo opt or done for a publicity stunt. Agriculture can impact the lives of our future generations, our leaders need to lead by example and getting things done the right way will also allow our children to also lay down firm principles towards becoming better leaders of tomorrow to ensure a more sustainable future for the country they stand proud for.. It's time St Maarten.



2018-2019 - The garden project failed at the school due to lack of input and responsibility building by the students.



2019-2020 - The garden project became more successful with leading by example and proper guidance..

THE T.O.P LADY OF TRAINING

WHAT DO YOU call a woman who has mastered the art of not only one, but two successful businesses, Training Professionals International Firm(TPI), and Customer Service Mobile Academy (CSMA), and continues to leave her mark on Training & Development throughout the Caribbean?

Her name is, Dr. Natasha Gittens, the T.O.P Lady of Training.

Dr. Gittens has trained professionals in most, if not all of the major companies in Sint/St. Maarten and the surrounding islands including: Princess Juliana Airport, WINAIR Airlines, St. Maarten Government, Carimob, Airbnb, DIVI Resorts, N.V. GEBE, SZV, Telem Group, Motorworld, Port of St. Maarten, Hollywood Casino, Jump Up Casino, Saba & St. Eustatius Cham-

ber of Commerce, The Holland House, Isola Restaurant and the Government Entity of Saba, just to name a few.

Both TPI & CSMA utilizes a 360 pedagogy, that moves away from the traditional trainer's philosophy of talking at the participant and embraces a modern day approach of exchanging knowledge with all participants to infuse a learning experience that positively impacts both personal and professional behaviors.

Dr. Gitten's diverse academic background should come as no surprise to you, it's because of it; that Dr. Gittens is able to develop innovative training services that are on the cutting edge of where most progressive Caribbean organizations want to advance.

She holds a Bachelor's Degree in Po-



Dr. Natasha Gittens, the T.O.P Lady of Training.

litical Science, a Masters Degree in Education, with an emphasis on Leadership and Supervision and a Ph.D. in Business Management.

She is one of 13 Master Trainers in the world for the American Hotel & Lodging

Educational Institute, (AHLEI) that is approved to facilitate the Certified Hospitality Educator's course internationally. Her connection with AHLEI does not stop there, she holds two additional certifications, Certified

Hospitality Trainer (CHT), and Certified Hospitality Supervisor, (CHS).

Dr. Gittens what makes Training Professionals International Firm, (TPI) and your second company Customer Service Mobile Academy, (CSMA) rank in the top percentile of training companies in the Caribbean?

Let me start by saying, a great deal of hard work is the pivotal starting point. In addition, not allowing people's "opinion" or what they think about you hold credence in your life. It's simply a negative game-changer that serves no relevant purpose. In short, you must realize that you're "enough" and are capable of exceeding your own expectations, if you stay the course.

Secondly, TPI provides accredited training courses to

our clients that are globally recognized and respected. We don't hire just anyone to train for us, all of our trainers are certified and hold accredited degrees from top universities and colleges all over the world.

If you hire TPI or CSMA we provide you with superior service from the initiation of your training(s) to the conclusion. We train from the heart utilizing academics as a catalyst for self reflection and cognitive awareness.

The idea is quite simple, if you don't meet learners at their individual level of learning and personal journey they "will not be open" to listen and embrace what you have to say as a professional trainer. Therefore, we emphasize the importance of

CONTINUED ON PAGE 6

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ST. MARTIN ARTIST DEBORAH JACK EXHIBITS IN AFRICA

GREAT BAY, St. Martin (January 31, 2020)—The art of Deborah Jack, probably St. Martin's most reviewed visual artist, has been on exhibit in Bamako, capital of Mali, since last November. "I exhibited with MFON: Women Photographers of the African Diaspora at Bamako Encounters - African Biennale of Photography," said Jack.

Jack's photograph in the exhibit is called "Untitled," from the series, The Season of Bloom.

The group show ends January 31, 2020, as the 12th edition of "Bamako Encounters."

"My work seeks to articulate an historical and cultural injury in a way that tries to avoid and subvert images of suffer-

ing and victim-hood that have been used as visual hot buttons in the past," said Jack, who is a published poet under the name Drisana.

The Bamako festival "is the principal event dedicated to contemporary photography and new imagery in Africa," said Lassana Igo Diarra, General Delegate of Bamako Encounters.

Jack is noted in US reviews for her wall-size, contemporary St. Martin sea and salt-inspired video and sound installations, said Lassana Sekou, her book publisher at HNP.

In the Huffington Post, what NYU professor Jacqueline Bishop called Jack's "hauntingly familiar" work, also includes paintings and photography.



An elegant Deborah Jack, with her artwork on exhibit at a recent show in the USA. (© DJ photo.)

Jack's art is currently on exhibit across the Atlantic from Africa as well.

According to Miami Herald, the St. Martin artist is in the show called "The Other Side of Now," at the Perez Art Museum Miami through June 7, 2020. The 14 artists on exhibit in Florida are pondering "what might a Caribbean future look like?"

Jack's schedule is revving up in 2020 in more ways than one. There is already a solo exhibit lined up for New York City; and there is her work as an associate professor of art at New Jersey City University. Deborah Jack is also featured in the forthcoming book A to Z of Caribbean Art.

TOP LADY
.....FROM P5

connecting with participants on all levels.

In conclusion, TPI and our affiliated sister company Customer Service Mobile Academy (CSMA), are dedicated to foster the upward mobility of Customer Service Standards and Organizational Training globally and particularly in the Caribbean at large. We know that when we train diverse frontline staff, employees, supervisors, managers and leaders that we're making life long bonds. No matter where that professional transitions they will recall some of the key principles from his / her TPI & CSMA training experience.

Our mission is very clear and is easy to understand. When we conclude a training we ask ourselves one question:

Did we have an impact on every participant in the room?

The answer is yes, based on our first-hand feedback from our clients and their valued work teams.

For us the training journey is "two - fold." We focus on the minds and hearts of the people we train, that's the only way to make a measurable, long lasting difference in the Caribbean and globally.

WISHING YOU ALL THE BEST IN 2020

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THE FARMERS SEE: GUAVA

THE HEALTH BENEFITS



By **food.ndtv.com**
HAVE NOT all of us enjoyed a plateful of guavas sprinkled with chaat masala atop? Nothing else can match up to the luscious jams, jellies and murabbas laced with an intoxicating strong-sweet fragrance. Undeniably,

it is one fruit which always got enough lauding from our grandmothers. Guava, known as amrood in Hindi, comes loaded with tiny hard seeds at the center. It is believed to have its genesis in Central America where it is alternatively known

as "sand plum". It is round or oval in shape with light green or light yellow skin, and the color of its flesh varies from white or pink to dark red and has edible seeds. Besides its unique flavor and fragrance, guava has been hailed as one

of the super fruits due to the numerous health benefits it offers. It indeed is a powerhouse of nutrients. "This humble fruit is extraordinarily

rich in vitamin C, lycopene and antioxidants that are beneficial for skin. Guavas are also rich in manganese which helps the body to absorb other key nutrients from the food that we eat. Guavas benefits are credited due to the presence of folate, a mineral which helps promote fertility. The potassium in guavas helps normalize blood pressure levels as well. In fact, a banana and a guava contain almost the same amount of potassium. Since it contains about 80% of water it helps keep your skin hydrated", says Dr. Manoj K. Ahuja, Sukhda Hospital.

Guava Nutritional Value

Benefits of guavas are aplenty and now we're going to talk about guava's nutritional value. A 100 gm serving of the fruit contains just 68 calories and 8.92 gm sugar, according to the data of United States Department of Agriculture (USDA). Guavas are also rich in calcium as they contain 18 gm of the mineral per 100 gm of the fruit. It also contains 22 gm of magnesium per

100 gm of the fruit, as well as significant amounts of phosphorus and potassium-40 and 417 gm per 100 gm, respectively.

Here are 15 mind-blowing guava benefits for health and skin you need to know:

1. Immunity Booster

Did you know: Guavas are one of the richest sources of vitamin C? It's true. Guava fruit contains 4 times the vitamin C content present in oranges. Vitamin C helps improve immunity and protects you against common infections and pathogens. Moreover, it keeps your eyes healthy.

2. Lowers Risk of Cancer

"Lycopene, quercetin, vitamin C and other polyphenols act as potent antioxidants which neutralise free radicals generated in the body, preventing the growth of cancer cells. Guava fruit has shown to be widely successful in reducing prostate cancer risk and also inhibit the growth of breast cancer cells since it is rich in lycopene", says Dr. Manoj K. Ahuja.

3. Diabetes-Friendly

Due to the rich fibre content and low glycaemic index, guavas prevent the develop-

ment of diabetes. While the low glycaemic index inhibits a sudden spike in sugar levels, the fibre content ensures the sugar levels are well regulated.

4. Heart Healthy

Guava fruit helps improve the sodium and potassium balance of the body, thereby regulating blood pressure in patients with hypertension. Guavas also help lower the levels of triglycerides and bad cholesterol (LDL), which contribute to the development of heart disease. This magical fruit improves levels of the good cholesterol (HDL).

5. Treats Constipation

It is one of the richest sources of dietary fiber in comparison to other fruits and just 1 guava fulfills about 12% of your daily recommended intake of fibre, which makes it extremely beneficial for your digestive health. Guava seeds, if ingested whole or chewed, serve as excellent laxatives too, helping the formation of healthy bowel movements.

CONTINUED ON PAGE 8

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HEALTH BENEFITS OF GUAVAFROM PG 7

6. Improves Eyesight

Due to the presence of Vitamin A, guava is well known as a booster for vision health. It can not only prevent degradation of eyesight, but even improve eyesight. It can help slow down the appearance of cataracts and macular degeneration. Even though guavas are not as rich in Vitamin A as carrots, they are still a very good source of the nutrient.

7. Guava During Pregnancy

Guava's benefits pregnant women too as it contains folic acid, or vitamin B-9, which is recommended for pregnant women since it can help in developing the baby's nervous system and protect the newborn from neurological disorders.

8. Beats Toothache

Guava leaves have a



The fiber content in guava ensures the sugar levels are regulated

potent anti-inflammatory action and a powerful antibacterial ability which fights infection and kills germs. Thus, consuming guava leaves works as a fantastic home remedy for toothache. The juice of guava leaves has also been known to cure toothaches, swollen gums and oral ulcers.

9. Stress-Buster

The magnesium present in the fruit is responsible for one of the many benefits of guava, helps to relax the muscles and nerves of the body.

So after a hard workout or a long day at the office, a guava is certainly what you need to relax your muscles, combat stress and give your system a good energy boost.

10. Good for Your Brain

"Guavas contain vitamin B3 and vitamin B6, also known as niacin and pyridoxine respectively, which help in improving blood circulation to the brain, stimulating cognitive function and relaxing the nerves", remarks Dr. Manoj K. Ahuja.

11. Weight Loss

Want to shed a few pounds? Guava is just the ticket. Without compromising your intake of proteins, vitamins and fiber, guava helps you lose weight by regulating your metabolism. It's a win-win! Guava makes for a very filling snack and satisfies the appetite very easily. Guava, especially raw guava, also has far less sugar as compared to apples, oranges, grapes, and other fruits.

12. Cough and Cold

Guava has one of the highest quantities of vitamin-C and iron among fruits, and both are proven to be preventive against cold and viral infections. The juice of raw and immature guavas or a decoction of guava-leaves is very helpful in relieving cough and cold since it helps get rid of mucus and disinfects the respiratory tract, throat and lungs.

13. Anti-Ageing Properties

Guavas are rich in vitamin A, vitamin C and antioxidants like carotene and lycopene which help protect the skin from wrinkles. A guava a day, keeps fine lines away!

14. Improves Complexion

Guava helps regain the skin's radiance and freshness. Reap the benefits by preparing a DIY scrub at home: All you have to do is mash some guava flesh with an egg yolk and apply it on your face. Rinse off after 20 minutes with warm water. When used once or twice a week, this scrub will remove dead cells from your skin and lighten your complexion.

MORE IN FEB 2020 EDITON

BY ALLRECIPES
Recipe by: BAWARCHI

VEGATERIAN AND VEGAN RECIPES

EGGPLANT ROUNDS



"Savory grilled eggplant or brinjal. If you're having a barbeque we recommend grilling these rounds rather than frying. They are delicious either fried or grilled!"

INGREDIENTS

- 1/2 cup cornmeal
- 1/2 teaspoon chili powder
- 1/4 teaspoon dried oregano
- salt to taste
- 1 eggplant, sliced into 1/2 inch rounds
- 1 quart vegetable oil for frying

Prep 5m | Cook 10m | Ready In 15m

DIRECTIONS

In a shallow dish, combine corn meal, chili powder, oregano and salt. Dredge each eggplant slice in this mixture until coated on both the sides. Shake off excess.

Heat a small layer of oil in a large skillet. When the oil is hot arrange a layer of the the eggplant rounds in the oil and fry uncovered for 2 to 3 minutes. Flip the rounds over fry until golden brown.

Continue adding oil and frying the rounds until they are all fried. Serve either hot or cold.

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SORRY STATE OF FUNDING FOR BLACK-OWNED BUSINESSES

By Senzo Tsabedze | iol.co.za

THERE IS an ancient story about a man, who when meeting an acquaintance he hadn't seen in a while asked in front of an audience: "do you still beat your wife?"

It is an impossible question to answer without somehow accepting guilt. Even if you say no, you can be understood to admit that you once did. Many black busi-

ness organizations find themselves in a similarly impossible bind. If they are doing well, they are likely to be accused of being where they are because of political connections.

If they do not have obvious connections, be they in business or politics, they are described as "obscure" and unworthy of forming business relationships with institutions such as the Public

Investment Corporation (PIC) and the Industrial Development Corporation.

Watching or reading about proceedings at the PIC commission of inquiry, one gets a sense there is an assumption that black businesses can only successfully operate with political machinations in the background.

It is understandable and expected that credit and fund-



Senzo Tsabedze is chief executive of Afrirent Holdings - Photo by iol.com

ing organizations such as the PIC should ensure they do business with credible individuals.

But the credibility of a businessperson should not, and cannot, be reduced to how many times a media organization has published unflattering and unproven allegations about them.

MORE IN FEB 2020 EDITON

PETERSON RESPONDS TO LAND ALLEGATIONS SAYS EMOTIONAL HIJACKING MUST STOP PT.2

Dec 2019

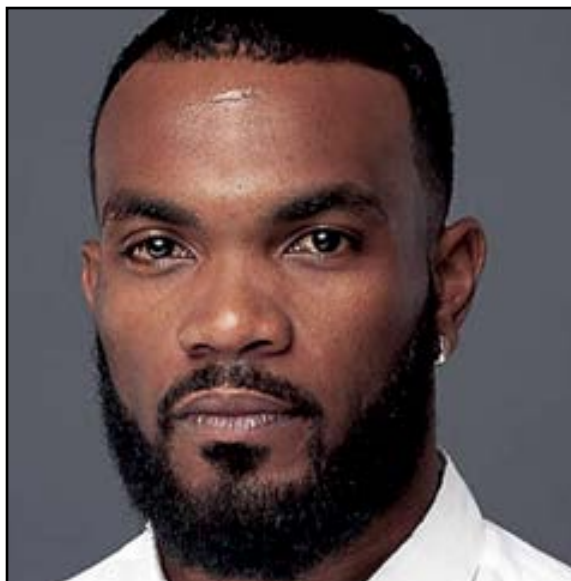
By The Daily Herald

ACCORDING to Peterson, given what PFP stands for, his priority became clear: to protect the people of Sint Maarten against the same person who placed him in the position to use him for his signature. Peterson said he informed PFP's team and leader Melissa Gumbs of the Over the Bank saga and that he and the Acting Head of Permits Charlon Pompier were offered their own parcels of land (approximately 2,000 square meters) in the same area, an offer he said they both declined.

"We were asked if we were sure of this decision because land is and I quote, "gold." We were sure. This was definitely not the right way to acquire government long lease land. This is why up to today, neither of us has a personal long lease parcel. There are many people who have been requesting land for

years, but have not even received a general response to their request. How could we justify being civil servants for less than two years and already getting government land? It became clear to me that the system is crooked, cracked. And you cannot build a nation on a cracked foundation."

He continued: "My issues with ministers/politicians not getting their way did not stop there. Former Minister Miklos Giterson was himself a political victim because he disagreed with certain things the then-coalition was trying to achieve. Within six weeks of his removal, I understood through the grapevine that I was next on the list because I 'cannot be worked with.' The fact that I had emerged as a member and candidate of the Party for Progress was a second reason I was to be removed. I informed the party of this, knowing that when the attempt



Party for Progress (PFP) candidate and former acting head of Domain Affairs Raeyhon Peterson

was made, it would be aimed at myself and at the party for our goal of trying to serve the people of Sint Maarten in the right way."

He said on October 11, 2019, he received a memo from Minister of VROMI Christopher Wever (former Chief of Staff to Minister Giterson), which stated that after two years of being in the role of Acting Head,

he was to be demoted. "Several points must be considered with this information. After several attempts to meet with the new Minister to update him on the critical staffing situation in Domain Affairs, we received no answer. Up to the writing of this letter, I have never received a verbal warning, a warning letter or even a conversation with

the current Minister regarding my performance in the department. It appeared that my demotion had nothing to do with my conduct in my position. This is made even more apparent by the fact that under my brief tenure, Domain Affairs was projected to have the highest revenue intake in its history. Political gimmicks were being carried out at the highest level," he claimed.

"It cannot be that we sit down and remain quiet every time something like this happens. The civil service does not get the credit they deserve for having to tolerate unfair treatment and pressures that are often passed down through the executive branch. This is why I chose to take my case to court; the way we have been governed to date has to stop."

Peterson said he is still in court contesting the decision to demote him.



RAS ITAL SHARP AXE

Between tiefing land and black people caan get investment to start dem own business, me haffi really wonder, wha di world a come to..? Black owned become, Black alone cause everybody want fi mek dem own dollah. Wha happen to we mek a dollah together? Every race a mek it, but we a tek it from one another. Something wrong dey so. Time fi we come together, tek we money, invest inna eachother and allow eachoher to grow.. No matter how we try fi grow, must always remember, tek a small axe fi chop a big tree. But ya axe have fi be sharp not dull..

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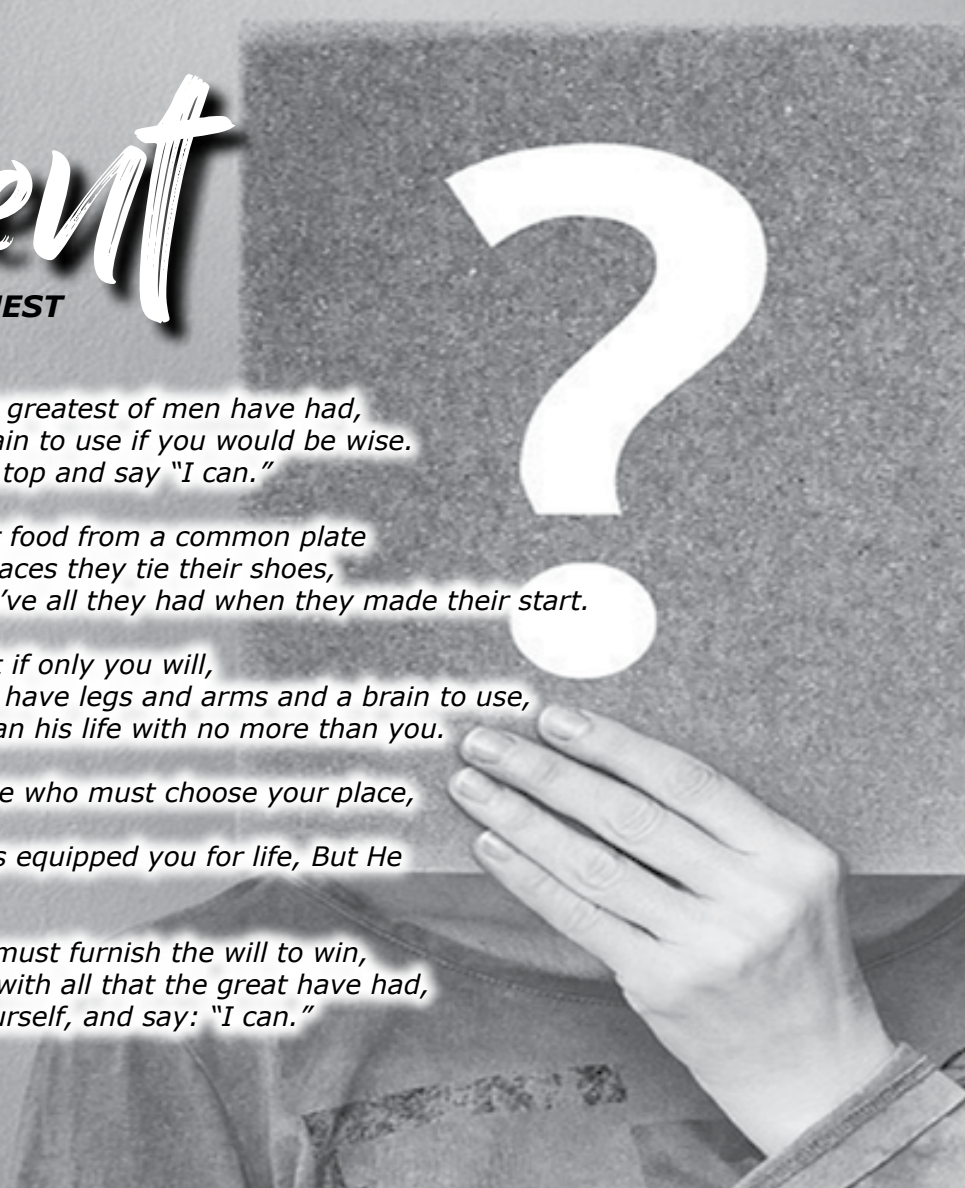
*Figure it out for yourself, my lad, You've all that the greatest of men have had,
Two arms, two hands, two legs, two eyes, And a brain to use if you would be wise.
With this equipment they all began, So start for the top and say "I can."*

*Look them over, the wise and great, They take their food from a common plate
And similar knives and forks they use, With similar laces they tie their shoes,
The world considers them brave and smart. But you've all they had when they made their start.*

*You can triumph and come to skill, You can be great if only you will,
You're well equipped for what fight you choose, You have legs and arms and a brain to use,
And the man who has risen, great deeds to do, Began his life with no more than you.*

*You are the handicap you must face, You are the one who must choose your place,
You must say where you want to go.
How much you will study the truth to know, God has equipped you for life, But He
Lets you decide what you want to be.*

*Courage must come from the soul within, The man must furnish the will to win,
So figure it out for yourself, my lad, You were born with all that the great have had,
With your equipment they all began. Get hold of yourself, and say: "I can."*



WEEKDAY SCHEDULE

THE SUPPA DUPPA MORNING SHOW
W/ SUPPA | WEEKDAYS 7AM - 10AM

THE AM/PM WORKLOAD SHOW
W/ GEE MONEY | WEEKDAYS 10AM - 2PM

THE POWER HOUR
W/ THE CUT CREATOR DJ OUTKAST | WEEKDAYS 2PM - 3PM

SAGAN'S PLAYGROUND
W/ SAGAN | WEEKDAYS 3PM - 6PM

SPECIALITY SHOWS

DIRTY DUTCH MUSIC
W/ CHUCKIE | FRIDAYS 10PM - 11PM

DI-NAMIX TOP 40 COUNTDOWN
W/ JOE WARRICK | SATURDAYS 3PM - 6PM

DJ POWER MIX SHOW
W/ DJ POWER | SATURDAYS 9PM - 10PM

A STATE OF TRANCE
W/ ARMIN VAN BUUREN | SATURDAYS 11PM - MIDNIGHT

WADE-O RADIO SHOW
W/ DJ WADE-O | SUNDAYS 12PM - 2PM

FEEL RADIO
W/ KP LONDON | SUNDAYS 3PM - 4PM

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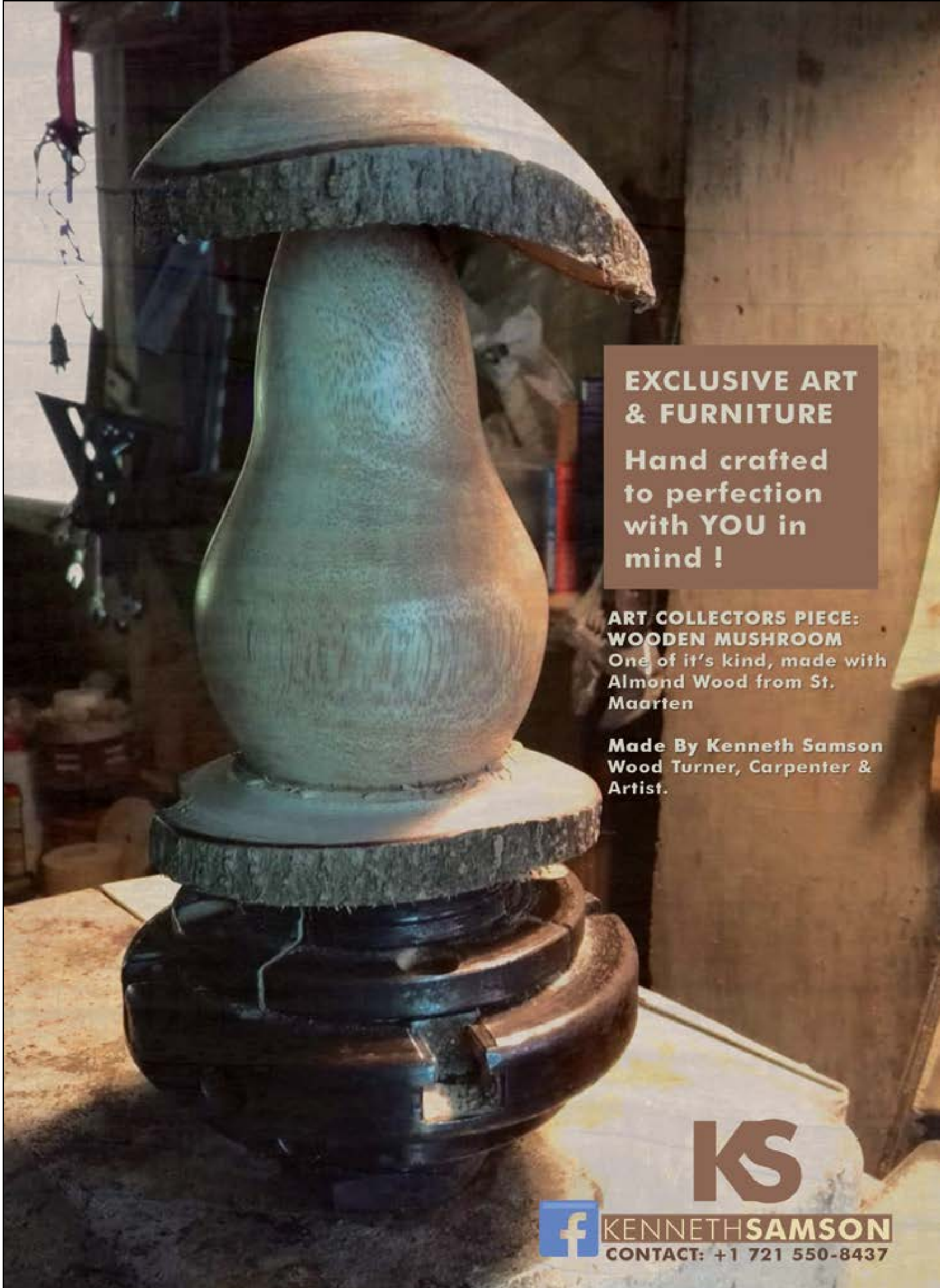
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10 ECOTOURISM DESTINATIONS TO ADD TO YOUR BUCKET LIST FOR 2020

BY JACLYN YOST

2020 IS HERE, and many of us are beginning to think of our New Year's resolutions. One of the most common choices always seems to be to travel more and see the world. This year, recognizing the ever-growing need for the current sustainability movement, why not put green practices at the forefront of your tourism agenda?

Listed below are 10 countries that, in one way or another, are moving into 2020 with a more sustainable focus. So if you are on a mission to travel more, by choosing to support one of these ecotourism destinations, you can fulfill your traveling resolutions all while making a more positive impact too.

The Americas Nicaragua

While many people may be familiar with Costa Rica as an ecotourism destination, its neighboring country is catching on to the trend as well. Sandwiched in the middle of Central America, Nicaragua is a hotspot for biodiversity — its landscape includes rainforests, dry plains along the Pacific Coast, marine Atlantic areas, mountains, and volcanoes,

which are also habitats to diverse wildlife.

In 2020, the local government, tourism body, and businesses are on a collaborative mission to expand the tourist infrastructure sustainably; aiming to have all tour groups leave a minimal environmental impact when visiting natural areas while highlighting cultural and historic sites for the most authentic experience.

Due to its unstable past, the country's natural landscapes are still relatively untouched by tourists, which makes this country truly "off the beaten path". However, because tourism is still developing in the region, it can still be challenging to get around. With this in mind, tour packages are a great way to make the most of your trip. The most popular, trustworthy company to go to is Tours Nicaragua.

Amazonia

The Amazon Rainforest is the largest and most biodiverse rainforest on the planet. Sadly, in 2019, the world started to tune in to the devastating news that the "Earth's lungs" are being destroyed at an alarming rate due to fires, deforestation, and mining. And while these issues are still highly



Seychelles is an archipelago of 115 islands in the Indian Ocean off the coast of East Africa. Photo by greenisthenewblack.com

prevalent, surprisingly tourism has been a suggested solution to combat these industries and work towards preserving this irreplaceable natural resource. Research indicates that in comparison to the crop and cattle farming, logging, and mining industries, ecotourism trips to the rainforest are a greater long-term profitability model than any other use of land. Additionally, it would provide an opportunity for other local businesses to profit. So while some government officials still need to catch on and give up their short-term profits, tourists can facilitate this by exemplifying a stronger demand for these eco-travel experiences.

If you are interested in trekking to the Amazon, Responsible Travel and Adven-

ture Life are companies that respect this research by offering holidays that keep environmental conservation, the circular economy, and the livelihood of local communities a priority. The companies also assist travelers with which country would be the best access point for them;

whether that be Peru, Ecuador, Brazil, or Bolivia.

Europe Finland

The Finnish government, private sector, NGOs, academia, science community, and media have collaborated to actively develop the country of Finland sustainably

since 1987. The country has taken incredible strides and showcases how, if policy is done right, conscious living can be a usual way of life.

Finland's current tourism strategy pushes its operating tourism bodies to honor local culture, leave a minimal ecological footprint, and make the most positive impact possible on nature, society, and the economy. This is done by enforcing regulatory themes involving local, fresh food; ethical, slow shopping; sustainable green building designs; and maintaining partnerships with environmental conservation bodies.

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The Finnish government, private sector, NGOs, academia, science community, and media have collaborated to actively develop the country of Finland sustainably since 1987. Photo by greenisthenewblack.com

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5 SMALL BUSINESS TRENDS TO LEVERAGE IN 2020..... PT 2

By Kalin Kassabov, CEO of ProTexting.com

3. TRADITIONAL BUSINESSES ARE LEARNING TO LEVERAGE E-COMMERCE.

When you think of e-commerce, you probably think of Amazon and other online retailers. The fact is, however, that many brick-and-mortar businesses are learning to profit from the e-commerce revolution. This can be a way to expand your business without the need for more physical space. Here are a few examples of how traditional businesses can expand online.

If you have a restaurant, you might bottle your signature salsa, curry sauce or salad dressing. You could write an e-book of recipes or the history of a certain type of food. Salons can sell beauty and haircare prod-



ucts. A gym might sell supplements and workout gear.

If you don't create your own product, you could sell your favorite products as an affiliate. Affiliate marketing is an option for many businesses. No matter what type of business you have, you can either sell your own products or find products on Amazon (or another platform) to sell to your customers.

4. Businesses will use mobile marketing in several creative ways.

Mobile is one trend that will surely grow in 2020 and well into the future. Small businesses can take advantage of the popularity of mobile in a number of ways. For example:

Use geo-targeting to provide targeted ads to customers who are close to your business.

Create an app for

your business. You can then send out promotions and the latest news to everyone who has the app.

Leverage SMS or text message marketing to stay in touch with customers. With permission, you can send texts with your latest offers.

Accept mobile payments. Many customers appreciate the convenience of being able to pay via mobile using

platforms such as Google Wallet, Apple Pay, Visa Checkout and others.

5. Stories and livestream will dominate social media.

If you haven't been using Facebook or Instagram stories and livestream video, you're missing a couple of the major social media trends of the last few years. On sites such as Facebook, the main challenge is getting seen by your audience.

Rather than simply posting on your news feed, share stories on Facebook and Instagram. Livestreaming on Facebook, Instagram and YouTube is a powerful tactic for more visibility and engagement. When you post this type of ephemeral content, you can connect with your audience in a spontaneous and authentic manner.

You don't need

to create long presentations. The best strategy is to check in frequently and provide the latest news so you consistently touch base with your customers.

Stay current with these key small business trends.

All of these trends have one thing in common: They require businesses to pay close attention to the current needs and preferences of today's consumers.

A customer in 2020 is likely to be someone who uses mobile devices, orders many products online, is environmentally aware, enjoys social media and reads customer reviews before making decisions. If you want these customers to choose your business, you have to understand how they think.



Do You Need Customer Service Training?



526-2052

- Guest Engagement
- Attitudes for Service
- Manage Customer Expectations
- Hotel Management
- Server Training

TEEN HEALTH – A GUIDE TO EATING FOR SPORTS PT 3

Reviewed by: Sarah R. Gibson, MD for kidshealth.org

THERE'S NO one-size-fits-all formula for how much water to drink. How much fluid each person needs depends on the individual's age, size, level of physical activity, and environmental temperature.

Experts recommend that athletes drink before and after exercise as well as every 15 to 20 minutes during exercise. Don't wait until you feel thirsty, because thirst is a sign that your body has needed liquids for a while. But don't force yourself to drink more fluids than you may need either. It's hard to run when there's a lot of water sloshing around in your stomach!

If you like the taste of sports drinks better than regular water, then it's OK to drink them. But it's important to know that a sports drink is really no better for you than water unless you are exercising for more than 60 to 90 minutes or in really hot weather. The additional carbohydrates and electrolytes may improve performance in these conditions, but otherwise your body will do just as well with water.



Avoid drinking carbonated drinks or juice because they could give you a stomachache while you're competing.

Never drink energy drinks before exercising. Energy drinks contain a large amount of caffeine and other ingredients that have caffeine-like effects.

Caffeine

Caffeine is a diuretic. That means it causes a person to urinate (pee) more. It's not clear whether this causes dehydration or not, but to be safe, it's wise to stay away from too much caffeine. That's especially true if you'll be exercising in hot weather.

When it comes to caffeine and exercise, it's good to weigh any benefits

against potential problems. Although some studies find that caffeine may help adults perform better in endurance sports, other studies show too much caffeine may hurt.

Caffeine increases heart rate and blood pressure.

Too much caffeine can leave an athlete feeling anxious or jittery. Caffeine can also cause trouble sleeping. All of these can drag down a person's sports performance. Plus, taking certain medications — including supplements — can make caffeine's side effects seem even worse.

Never drink energy drinks before exercising. These products contain a large amount of caffeine

and other ingredients that have caffeine-like effects.

Game-Day Eats

Your performance on game day will depend on the foods you've eaten over the past several days and weeks. But you can boost your performance even more by paying attention to the food you eat on game day. Strive for a game-day diet rich in carbohydrates,

moderate in protein, and low in fat.

Here are some guidelines on what to eat and when:

- Eat a meal 2 to 4 hours before the game or event: Choose a protein and carbohydrate meal (like a turkey or chicken sandwich, cereal and milk, chicken noodle soup and yogurt, or pasta with tomato sauce).

- Eat a snack less than 2 hours before the game: If you haven't had time to have a pre-game meal, be sure to have a light snack such as low-fiber fruits or vegetables (like plums, melons, cherries, carrots), crackers, a bagel, or low-fat yogurt.

Consider not eating anything for the hour before you compete or have practice because digestion requires energy — energy that you want to use to win.

Also, eating too soon before any kind of activity can leave food in the stomach, making you feel full, bloated, crampy, and sick.

Everyone is different, so get to know what works best for you. You may want to experiment with meal timing and how much to eat on practice days so that you're better prepared for game day.

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