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**APRIL
2020**

CARNIVAL, CULTURE AND COVID-19: A MOMENT TO REFLECT

By Dr. Antonio Carmona Báez
SINT MAARTEN'S annual Carnival celebration, traditionally held in April, is by far the island's most attended and money moving cultural event attracting locals and tourists in the thousands. Even after the devastating effects of Hurricane Irma in 2017, Carnival loyalists came back in April 2018 to support the rebuilding of the local economy by having fun. Attendance that year and in 2019 was almost seen as a patriotic duty. However, due to this year's COVID-19 pandemic, party goers saw the cancellation of their favorite jubilee for the first time in 51 years.

According to some narratives, Sint Maarten's Carnival (not to be confused with the



Tourist and locals alike embrace the culture of St Maarten Carnival !

traditional Catholic carnival celebrated in the French territory of the North (Mardi Gras) was inspired by similar activity in St. Thomas and organized by the Oranje Committee in the 1970s to stimulate tourism and money spending in November, near St. Martin Day. The two weeks of musical

festivities with the presence of world renown reggae and calypso artists, food stalls and costume wearing was later moved to the month of April, coinciding with the end of the tourist season and the monarchs' birthdays (Dutch Queen's and later King's Day). Governed now by the Sint Maarten Car-

nival Development Foundation (SCDF) and heavily subsidized by the Ministry of Tourism, millions of dollars are commonly spent on alcohol, food and costumes. Unlike the more exclusive Heineken Regatta and the electronic music SXM Festival, which in 2020 were in full operation while the gov-

ernment was only contemplating lock-down, Carnival is usually attended by locals en masse, allowing for the cultural expression of ethnic and national groups on the island, and thus making it authentically Caribbean.

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CARNIVAL, CULTURE AND COVID-19: ... FROM PG 2

Nevertheless, and just like all other tourist-related economic activity during the pandemic, the money-making bacchanal was brought to a halt. And rightfully so, as the easily transmittable and lung defeating novel coronavirus posed a serious public health risk for a country that is not prepared to handle more than 6 severe cases requiring ventilators.

Once again, the COVID-19 pandemic requires us to rethink yet another aspect of our island-life; that is culture.

Across the world, festivals and artistic performances (concerts, chorales, theatre, operas, dance performances etc.), and any cultural ac-

tivity requiring face-to-face interaction were put on hold during the months of March and April. Jobs were lost, flights were cancelled, investments rendered nil, and those with any kind of music or dance talent were restricted to offering living room recitals on Zoom or Facebook. The situation was bad, but especially for those whose livelihoods depend on cultural production, the artists who are rarely considered essential in global emergencies. It is here where we need to make the distinction between cultural activity as commodity for consumption, and culture as a living process involving artistic and traditional (re-)produc-



Elders enjoy grabbing fresh produce during Carnival 2017

tion that characterizes a group of people, nation or sector of society. If we look at culture strictly from

the perspective of consumption and business, then the artist is transformed into a dispensable being and appears in our lives only when we go out or stay at home to watch shows. On the other hand, if we look at culture as a set of values, codes, expression, habits and narratives that gives life to our identity as a people, then the artist can be regarded as essential to the community.

Pandemics, just like war or economic devastation forces us to stop, think and priorities.

What do we value as a community? When the government of Sint Maarten cancelled Carnival and put the country on lockdown, they were

upholding public safety above profits. But the work and value of the artist, just like that of the farmer, does not stop during crisis. On the contrary, its worth is enhanced in the collective identity of the community that is involved, and it is liberated from market structures which are bound to collapse.

In this sense, cultural production can be seen as an essential service that simultaneously feeds the people as well as reflects its spirit and aspirations.

The cancellation of Carnival for a year could very well have been a blessing, to serve as a moment of reflection and prioritization.

A NATURAL MYSTIC IN APRIL: COVID-19, ST. MARTINERS TURN TO HOME-GROWING



Kitchen Garden Club Founder Jack Barry (Left) Wyattte (Center) and excited kitchen garden club member receiving soil during COVID-19

By Dr Antonio Carmona Beaz

ON 11 MARCH 2020,

the World Health Organisation declared the spread of the novel coronavirus and its subsequent disease COVID-19 a pandemic; meaning that it is highly contagious, affecting all countries and societies globally. Within days countries came under lockdown, schools were closed and much of the economic activity requiring the physical appearance of clients came to a complete halt. For those countries where tourism is the main source of income, we saw the instant disappearance of formal and informal jobs

due to the empty cruise ship docks and the closing of airports. St. Martin has not been the exception, as tens of thousands of workers have been challenged in their employment conditions, businesses have been faced with loss of revenue and larger segments of the population had to depend on food donations and charities originally destined to those still affected by the impact of Hurricanes Irma and Maria in 2017.

But then, something beautiful happened. Forced to stay at home and not being able to access the supermarket on a daily basis,

many St. Martiners started to grow their own food in whatever space available in their immediate environment. Kitchen gardens started popping up all over Soualiga, in both hum-

ble neighborhoods as well as in middle-class gated communities. This became more evident as social media outlets were flooded with pictures, stories and calls for advice residents

posed to their neighbors. Instagram became a local hub for food-porn, where St. Martiners proudly displayed their self-grown leafy greens on sandwiches, salads and soups. On

Facebook, new local pages were dedicated to the communities of home-growers: Kitchen Garden Group (31 March), Backyard Garden

CONTINUED ON PAGE 5



FOOD-PORN... Freshly harvested Garden Salad by Spaceless Gardens | ECO St Maarten Agricultural Research and Development Center

A NATURAL MYSTIC IN APRIL...FROM PG 4



Since school lockdown i started to keep my kids more busy in the garden, this helps with keeping them active, getting the necessary exercise they need and keep them socially engaged to maintain mental health.



Former PM Ms Sarah Wescott William receives her plants during Lock-down to keep her garden going.

Club (28 April) and of course Home-Growers of SXM -which was established back in 2013 but experienced a boom in activity during the first month of lockdown. As the island's promoters of agriculture were slowly allowed to move around the island to make de-

liveries, the rush for boxes, soil and natural pesticides (neem oil) became the order of the day. In the middle of mayhem and global fear, we witnessed what perhaps Bob Marley would refer to as "A natural mystic blowing through the air". However, the

pandemic-forced opportunity for St. Martin's turn to home-growing was anything but spontaneous. For years members of the community have made great efforts to include agriculture in school curricula, promote agriculture in governmental policies and have an orga-

nized self-reliant network of farmers who would share traditional and contemporary knowledge-practices upon which the Natural Mystic April, a rise of consciousness, was made possible. Building your own kitchen garden requires individual deter-

mination but a sense of community and purpose is necessary to make the experience worthwhile. Growing your micro-greens at home and planting fruit trees in the backyard can be fun, yes. But it all relies on years of education, practice and research. If the growing

trend is to succeed after lock-down, we need to keep those ties and tend to those networks which promote a societal transformation towards sustainability. Hopefully, the trend can become a collective lifestyle which responds to our new reality.

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THE FARMERS SEE: FALSE DAISY

A POWERFUL HEALING HERB WHICH IS WONDERFUL FOR LIVER AND KIDNEY DISEASE



By healthbenefits-times.com

ECLIPTA PROSTRATA commonly known as False Daisy or bhringraj is actually a plant belonging to the family Asteraceae (sunflower family). The plant is commonly found growing in

tropical areas as well as warm temperate areas throughout the world. Yet it is widely distributed throughout India, Thailand, China, Nepal and Brazil. It is also known with the name of Eclipta Alba and other popular common

names of the plant are Eclipta, tattoo plant, White Eclipta, White twin heads, swamp daisy, white heads, Bhringaraj, Congo lana, Thistles, Trailing Eclipta, yerba de tago and yerba de tajo. The generic name Eclipta

comes from the Greek ekleipta, to be deficient referring to the absence of pappus on the achenes. The specific name prostrata is from the Latin "prostratus" and refers to the prostrate growth habit. It is a common weed in the American tropics, but in some of the northern states in the U.S., such as Wisconsin and New York, it is considered an endangered or threatened native plant.

Plant Description

False daisy is a much-branched, variable, prostrate, ascending or erect, rough-hairy annual herb that grows about 90 cm tall. The plant is found growing in poorly drained areas of moist black soil prairies, muddy borders of ponds and rivers, ditches, poorly drained areas in fields, gardens and edges of yards. This plant is most often found in disturbed wetland habitats, but it occasionally occurs in areas that are drier and more developed. The plant prefers wet to mesic conditions, and a loamy or mucky soil are preferred. The plant has well developed, cylindrical and grayish roots along with fleshy, non-woody, slender, reddish stems up to 30 centimeters or more in length covered with short, stiff hairs, rooting at the lower nodes.

Leaves

Leaves are opposite, simple, rough, dull green, ovate to oblong-lanceolate. They are 2-10 cm long and 1-3 cm wide. Apex is acute or blunt, base attenuate, margin entire or slightly serrate, pubescent, mostly sessile. The lower leaves are occasionally short-petioled, basally swollen hairs on both surfaces, veins prominent.

Flower

Flower heads are up to 1 cm in diameter, a cluster of sessile white flowers, in upper axils or terminal, solitary or two heads together. Peduncle, thickened at the top, variable in length, 0.5-7 cm long, hairy. Involucral bracts 5-6, green, ovate, in two rows, outer ones 4-6 mm long, inner ones usually shorter, prominent, and hairy. Ray flowers are marginal, pistillate and fertile. Corolla is white, ligulate, 2-3 mm long. Disk flowers are numerous, central, perfect, fertile, corolla whitish, tubular, minute, 1.5-2 mm long. Stamens are five, separated filaments, anthers coalesced to form a tube around the style.

Fruit

Fruit is a light-brown to black, laterally-flattened achenes, wedge-shaped, 2-3 mm long, 0.9 mm wide. Apex with short, usually white hairs that are

easily broken off but two hornlike projections often remain pappus absent. Rest of the achene is glabrous and covered with many small warts.

Chemical Constituents of Eclipta Alba

Primary constituents of Eclipta Alba consists of derivatives of thiophene, wedelolactone, dimethyl wedelolactone, desmethyl-wedelolactone-7glucoside isoflavanoids, flavanoids, glycosides, triterpine, β -amyrin, luteolin-7-O-glucoside, luteolin, stigmasterol, α -terthienyl-methanol, beta-amyrin wedelic acid, ecliptine, alkaloids and saponin.

Health benefits of False Daisy

False Daisy scientifically known as Eclipta prostrata is actually a powerful healing herb which is wonderful for liver and kidney disease. It is beneficial for dermatitis and eczema and helps with cancer, promotes hair growth, and it's a wonderful antimicrobial agent... and it's been used for thousands of years without side effects. Listed below are few of the popular health benefits of false daisy:

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MORE IN MAY 2020 EDITON

HEALTH BENEFITS OF FALSE DAISEY...FROM PG 7



1. Soothe the Stomach

When consumed orally, Eclipta prostrata has been found to calm any disturbances in the stomach, namely indigestion or constipation. It works great for normal functionality to these areas of the body due to its rich variety of chemicals and organic compounds found in the plant's extract.

2. Cancer Prevention

Research has shown that Eclipta prostrata helps to inhibit the growth of cancer cells in the liver. Research has been

limited, it appears that the organic molecules found in Eclipta prostrata disrupt the DNA molecules for the proliferation of cancer cells, thus having a cytotoxic effect and killing those dangerous, mutated cells.(2)

3. Liver Health

Jaundice is considered as one of the dangerous health issues many people in the world are suffering from that severely affects the liver and its functionality, leading to the discoloration of the skin. Eclipta prostrata has been used for thousands of years to effectively balance

the liver and ensure its normal function.

4. Urinary Infections

Eclipta prostrata consists of good amount of antibacterial and antiseptic properties that make it highly effective at preventing and treating infections. When taken for a urinary tract infection, it can effectively reduce discomfort and neutralize the bacteria to restore normal function to your bladder.

5. Respiratory Issues

Eclipta prostrata is quite beneficial for

people suffering from chronic respiratory infections and coughs. Antibacterial nature of the extract can clear up the infection, while the expectorant qualities can force out any remaining phlegm or mucus where additional pathogens may be developing. (5)

6. Bowel Inflammation

If you suffer from the uncomfortable and embarrassing condition of hemorrhoids, finding relief can often be difficult. Eclipta prostrata has shown outstanding results in reducing the inflammation in that sensitive area and providing soothing, analgesic relief.

7. Hair Health

Premature hair loss or thinning, dandruff is main hair problems, the whole world are facing in this recent time. Bit of Eclipta prostrata to your hair care routine is a very good idea for curing such problems. You can mix it with shampoos to moisturize the scalp, preventing dry skin and consequent dandruff. Additionally, it can strengthen follicles and follicle beds, preventing hair loss and slowing down conditions like male pattern baldness, while also providing a rich luster to your locks.

8. Eye Health

High carotene content is found in the leaves of bhringraj, which is considered as a crucial antioxidant substance for the health of your eyes. Carotene helps to eliminate the free radicals that cause macular degeneration and the formation of cataracts, so including some Eclipta prostrata to your herbal diet regiment can keep your vision clear for years!

BY ALLRECIPES Recipe by: Shawn Klein VEGATERIAN AND VEGAN RECIPES

BAKED MUSHROOMS AND POTATOES WITH SPINACH



"This is a tasty, thrifty comfort food which is healthy and can be changed to fit any lifestyle. Add some cheese or bacon bits for a different twist"

INGREDIENTS

- 1 pound new potatoes, halved
- 2 tablespoons olive oil
- 1/2 pound portobello mushrooms
- 6 cloves unpeeled garlic
- 2 tablespoons chopped fresh thyme
- 1 tablespoon olive oil
- 1 pinch kosher salt and ground black pepper to taste
- 1/4 pound cherry tomatoes
- 2 tablespoons toasted pine nuts
- 1/4 pound spinach, thinly sliced

Toppings:

- 1/2 banana, sliced
- 1 tablespoon sliced almonds
- 1 tablespoon unsweetened shredded coconut

Prep 10m | Blend 2m | Ready In 12m

DIRECTIONS

Step 1
Preheat oven to 425 degrees F (220 degrees C).

Step 2
Place new potatoes in a shallow roasting pan; drizzle with 2 tablespoons of olive oil. Roast for 15 minutes, turning once.

Step 3
Add portobello mushrooms, placing stem sides up, and garlic cloves to pan. Sprinkle with chopped thyme. Drizzle with 1 tablespoon olive oil and season with kosher salt and black pepper. Return to oven; cook 5 minutes.

Step 4
Remove pan from oven and add cherry tomatoes. Return to oven; cook until mushrooms are softened, about 5 more minutes.

Step 5
Scatter pine nuts over potatoes and mushrooms. Serve with sliced spinach.

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MORE IN MAY 2020 EDITON



COVID-19 PANDEMIC AND THE CARIBBEAN: NAVIGATING UNCHARTED WATERS P1

By **Krishna Srinivasan, Sònia Muñoz, and Varapat Chensavasdijai** for blog.img.org

AS THE COVID-19 pandemic continues to spread across the globe—bringing severe human and economic costs—the Caribbean is no exception. With over 1,000 confirmed cases, many countries have taken strong containment measures, such as border closures and lockdowns, to “flatten the curve.”

But the “sudden stop” in tourism is sharply slowing economic activity in the Caribbean, and growth in the region is projected to contract by 6.2 percent in 2020. This would be the deepest recession in more than half a century.

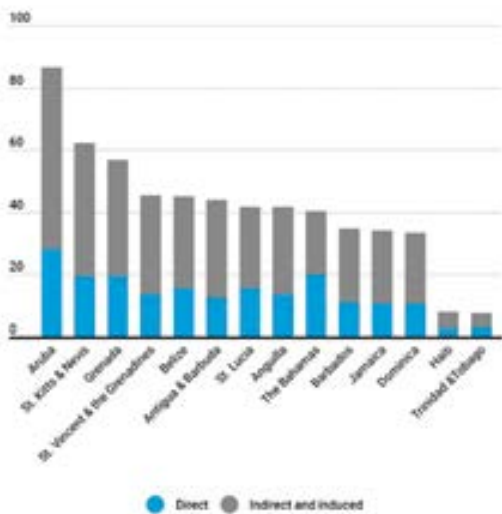
“The “sudden stop” in tourism is sharply slowing economic activity in the Caribbean.”

There are also possible spillovers to the financial system. For instance, lost output from firms and the high fiscal costs associated with managing local outbreaks—given deficiencies in the region’s public health systems—can potentially worsen the pandemic’s financial impact.

Further, the upcoming hurricane season poses additional risks to these already

Lower tourism
The collapse in tourism is hurting many Caribbean countries.

(The Caribbean: tourism contribution, percent of GDP)



Source: World Travel and Tourism Council.
Note: Direct contribution includes direct GDP impact of the most relevant sectors (catering, accommodation, entertainment, recreation, transportation, and other travel and tourism-related services). Indirect contribution includes capital investment and government collective spending in tourism, and domestic supply chain impact to other sectors. Induced contribution includes the impacts of incomes earned directly and indirectly as they are spent in the local economy.



budget-strapped economies. To sustain the economy during the crisis and contribute to a faster recovery, countries will need to allocate resources to vulnerable groups affected by the pandemic.

Collapse of tourism
The Caribbean economies are being hit hard by the collapse of the tourism sector, which accounts for 50

to 90 percent of GDP and employment in some countries.

The global cruise line and air travel industries have ground to a halt with major cruise companies cancelling sailings through June and most airlines reducing or suspending service to the Caribbean region.

Key tourism source markets in North America and Europe

are crippled by the pandemic. This, together with tight border controls and travel restrictions, has led to massive hotel booking cancellations and temporary resort closures—putting numerous people in the service sector out of work.

Experience from previous crises suggests that the recovery could be delayed. There is also a risk that the “fear factor” associated with the virus could have a long-lasting impact on tourism in the region, even after the pandemic recedes.

Economic fallout beyond tourism

The steep drop in commodity prices is affecting commodity exporters such as Guyana, Suriname, and Trinidad and Tobago through a loss in exports and fiscal revenues. Moreover, energy companies may cut back production plans in anticipation of weaker energy demand resulting from a contraction in global manufacturing activity. For oil-importing countries in the region, lower oil prices will provide a buffer to the shock.

Remittances average about 7 percent of the Caribbean region’s output and exceed 15 percent of GDP in Haiti and Jamaica. With the United States, the United Kingdom, and

Canada in deep recession, remittances flows to the region are expected to fall sharply.

Given the region’s high reliance on imported goods, supply chain disruptions could affect capital projects by constraining arrivals of materials and labor, as well as jeopardize food and health security by delaying delivery of foodstuffs and medical equipment and supplies.

Foreign demand for the Citizenship-by-Investment programs, which have been an important revenue source for several Eastern Caribbean Currency Union (ECCU) countries, may decline sharply if investors lose confidence in the quality of healthcare systems in these countries. This would put further pressure on the fiscal accounts.

Policy response

Caribbean countries have shown foresight in pursuing containment and mitigation measures, as well as adopting contingency and preparedness plans—from expanding hospital capacity and quarantine facilities, to procuring medical supplies and training medical staff. To ensure the virus is successfully contained, it will be vital to continue mass testing and

contact tracing, while allocating adequate resources to hospitals and healthcare facilities.

However, most countries in the Caribbean have limited spending room in their budgets to cushion the economic impact of the pandemic. Likewise, few countries have flexible exchange rate regimes that would help boost their exports and output.

MORE IN MAY 2020 EDITON



RAS ITAL STRENGTH

LONG TIME we people a suffer, now them i try fi control we mentally with dem air born virus. All we freedom right now tek way in di name of health security. Nuff people a lose dem work and nuff youth nah get di fullness of dem education. Despite we nah get nuff thing, long time we a mek something outa nothing and right now a perfect time fi do just that.. We find strength in the weakest time for that is what we were created for ! One Love

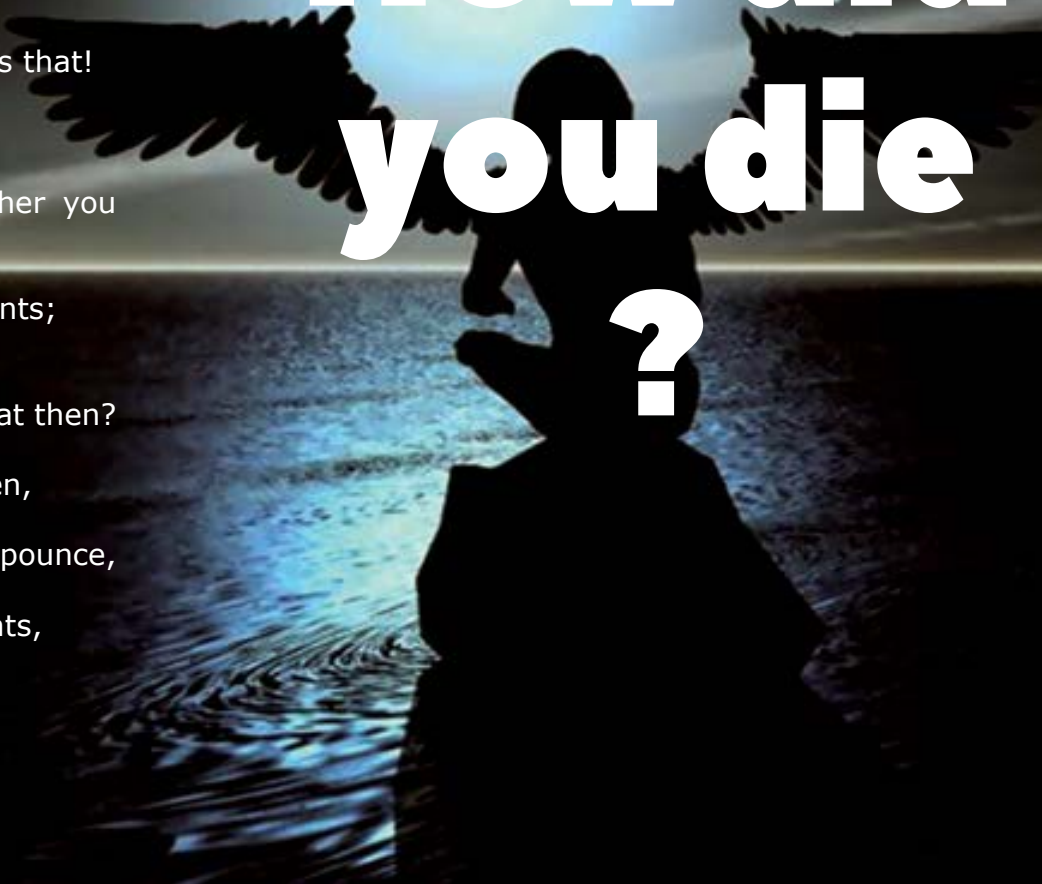
Did you tackle that trouble that came your way
 With a resolute heart and cheerful?
 Or hide your face from the light of day
 With a craven soul and fearful?
 Oh, a trouble's a ton, or a trouble's an ounce,
 Or a trouble is what you make it,
 And it isn't the fact that you're hurt that counts,
 But only how did you take it?

You are beaten to earth? Well, well, what's that!
 Come up with a smiling face.
 It's nothing against you to fall down flat,
 But to lie there-that's disgrace.
 The harder you're thrown, why the higher you
 bounce,
 Be proud of your blackened eye!
 It isn't the fact that you're licked that counts;
 It's how did you fight-and why?

And though you be done to the death, what then?
 If you battled the best you could,
 If you played your part in the world of men,
 Why, the Critic will call it good.
 Death comes with a crawl, or comes with a pounce,
 And whether he's slow or spry,
 It isn't the fact that you're dead that counts,
 But only how did you die?

BY EDMUND VANCE COOKE
 POEMHUNTER.COM

How did you die ?



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 W/ DJ POWER | SATURDAYS 9PM - 10PM

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 W/ ARMIN VAN BUUREN | SATURDAYS 11PM - MIDNIGHT

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THE COVID-19 PANDEMIC: AN OPPORTUNITY TO BREAK WITH OUR PAST

By Dr. Antonio Carmona Báez
FOR DECADES

now, the search for economic diversification and drive to overcome the tourist-based, single pillar economy has been on the agenda of some political leaders, scholars and critics of unsustainable market practices. The main arguments: mass tourism, accompanied by cruise ships and holiday resorts, benefits only a few; it does not offer economic stability, as it propagates informal and seasonal jobs -bringing in high numbers of undocumented workers; it is ecologically irresponsible, producing more waste than the islands can handle; and it makes the local population vulnerable to global shocks caused by climate change and pandemics.

Somehow, neither the arguments nor the political will to move away from tourism were strong enough to convince voters and workers that a change must be forced. We had to experience COVID-19 first hand, see our ports closed and figure out how to survive.

Together with efforts to contain the deadly coronavirus, access to food became the principle concern of both government -for those who fall through the holes of the social safety net, as well as for most citizens who buy the bulk of their daily intake at supermarkets where up to 90% of food stock is imported. Going out to eat at restaurants, for the time being, is not even an option. And through the catastrophe, much of the discourse pronounced from the

lips of economic and political leaders is reduced to hopes of being able to open our ports once again, to allow the almighty dollar to circulate on the ground. The most troubling aspect of the pandemic crisis is that no one knows what exactly is going to happen, and if there ever will be a vaccine "so that we can go back to normal". But as celebrated Indian writer and social activist Arundhati Roy wrote in here long read found in the Financial Times on 3 April:

"nothing could be worse than going back to normal. Historically, pandemics have forced humans to break with the past and imagine their world anew." *

The question is: what will it take to break with our dependent past and put our imagination to work? In St. Martin, economic diversification was always translated into the diversification of tourism. We have looked into alternative activities for those cruise ship tourists spending 6 hours on land (two zip-lines!), attempted to expand in timeshares realty, marketed the island as the culinary capital of the Caribbean and even sought agritourism and eco-tourism as ways by which new markets are created. And while the intentions of green-friendly entrepreneurs do have a place and an important role to play in the re-imagination of our world, it is essential to understand that in order to develop our country, we should not return to having tourism as that economic base.

It is simply unsustainable. This statement is especially true if we look



Empty beaches due to lack of tourist and social distancing measures ..

at how tourism has played out through the last four decades in the Caribbean; but it is just as valid when thinking about having to depend on high-end, more intellectual or culturally oriented tourists who are also barred from traveling.

This is not to say that there is no hope for green tourism in the future.

However, before establishing agritourism, we need agriculture. Prior to making our island(s), attractive to archaeologists and nature lovers, the population needs to get to know and love their country first, and discover what is under our ground and in our waters. If we are willing to make some cash on marketing our culture, we must get to know our culture and make artistic production accessible to all. Eco-tourism can be considered as supplementary -but only after a solid base of production for needs, and not so much for profit, is established. This re-imagination, of course, requires collective efforts in public-private partnerships and the inclusion of all sectors of the community, incorporating also

the voices of those who came to work informally and without papers, and are now stranded on our shores.

Education, too, is paramount in this process of change and search for alter-

natives. No longer should we be training our youth to serve the economic interests of big resort and hotel owners. Education should be geared towards shaping the new economy by produc-

ing critical thinkers.

The COVID-19 pandemic is indeed a portal, an opportunity by which we can transform our society to be more just, equitable and sustainable. When we think of economic diversification, and the move away from tourism-dependency, we must think of what is beneficial to the land, to the people present here and now, and to future generations.

It compels us to a radical break with our past. The time is now.

*Arundhati Roy (2 April 2020), "The pandemic is a portal."

<https://www.ft.com/content/10d->

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Dr. Gittens

Focusing on topics that can make a difference.

WHAT'S NEXT, is the pressing question that is literally dancing around our heads like little blonde fairies in pink dresses, with green colored eyes, long lashes and sparkling magical wands that sprinkle glittering rainbow dust in happily ever after children's enchanting movies. Unfortunately for us, COVID -19 is not a movie and far from enchanting. Our reality has defined that there is nothing "magical" about COVID -19 and for the first time our differences, nationalities, economic status, professions, status quo and demographics are no longer divides of the world. At this moment in time and maybe for the first time in history, we are all fighting the same demon, regardless of race, creed or color. This fight has been and continues to be a rivalry of aggression, compassion, desperation, vindictiveness and consciousness.

WHAT'S NEXT WITH CRITICAL THINKING

Hence with the lock-down of the world many of us are contemplating answers to these salient questions:

1. What is next for the Caribbean?
2. What's next for Tourism?
3. What's next for my professional career?
4. What's next for my family?
5. What's next for my children's education?
6. What's next for the economy?
7. What's next for my business?
8. What's next for my employees?
9. What's next for my financial earning potential POST-COVID-19?
10. What's next for "normalcy" of world after COVID-19?

I am confident, that none of us "truly" have the "real" an-

swers to any of these questions. So the big question is: How do we get them?
My recommendation: "Critical Thinking."
What does it mean to critically think?
Critical thinking means making reasoned judgments that are logical and well-thought.
It is a way of thinking in which you don't simply accept all arguments and conclusions you are exposed to but rather have an attitude involving questioning such arguments and conclusions.
Critical Thinking can play a very valuable role in our lives right now, as we continue to seek refuge from the unwanted hovering devastation of COVID-19.

The (10) skills that we need in order to be able to "think critically" are varied and include:

1. OBSERVATION
2. ANALYSIS
3. INTERPRETATION
4. REFLECTION
5. EVALUATION
6. INFERENCE
7. EXPLANATION
8. PROBLEM SOLVING
9. DECISION MAKING
10. CLARITY

When applying these skills to reach resolution(s) to your questions, you must keep one important thing in mind.
"Always think about your question, goal or issue in an "objective" and critical way.
So let's practice our new approach.
If we selected the following question, "What's next for the economy?"

Step 1: "What is the objective?"
Meaning: What do we want to gain from the answer.
Let's use me as a prime example. As a business owner of multiple businesses, my objective would be: To determine how to proactively prepare for the COVID-19's economic "aftermath": impact on the vitality and significance of my businesses.
Step 2: Adopt the (10) Critical Thinking Skills. In my case, I would go through each skill and determine how each one, would directly support me with my proactive preparation. For example: Develop a new business plan, enhance marketing techniques and approaches, strategize an improved "sustainable" business model,

streamline expenses and overhead, place appropriate limitations on staffing, while simultaneously inventing new products and services that are in synchronization with the anticipated new industry standards
Step 3: Finalizes the process by chronologically recording in writing the Pro's & Con's that arise from 10 steps process and realistically assessing the company's immediate vulnerability to the anticipated new "normalcy."
In conclusion, remember that Critical Thinking is an adoptive trait and should be utilized as often as possible, with the understanding that some questions may require you to pursue the 10 steps, more than once to derive at the best possible outcome.

DO YOU NEED TO TRAIN YOUR STAFF?

SOLUTION



526-2052

FirmTPI@gmail.com

Staying Active While Social Distancing: Questions and Answers

By health.gov

WHY IS IT IMPORTANT FOR ME TO BE ACTIVE?

Physical activity can provide immediate benefits. Physical activity can help to boost your mood, reduce stress, improve sleep, and sharpen your focus — benefits that can be especially important during stressful times. Physical activity can also help you live a longer, healthier life by reducing the risk of many common chronic diseases, like type 2 diabetes and some cancers.

How much activity do adults need?

According to the Physical Activity Guidelines for Americans, adults need a mix of activities to stay healthy, including at least:

- 150 minutes of moderate-intensity aerobic activity a

week

- 2 days of muscle-strengthening activity a week

During stressful times, it's important to remember that some physical activity is better than none! Adults should move more and sit less throughout the day. If you're working from home, try taking activity breaks throughout the day or walking around your house during conference calls.

How much activity do kids need?

With many children home from school, parents and caregivers might be wondering how to get kids moving. The Physical Activity Guidelines for Americans recommends that kids and teens ages 6 to 17 get 60 minutes of activity every day. Kids younger than 6 need



A child plays near a sign advising people that the playground is closed and social distancing is required Thursday, April 9, 2020, in Rutledge, Georgia. CREDIT JOHN BAZEMORE / ASSOCIATED PRESS

physical activity too — it helps support their growth and development. Preschool-aged children are active naturally, so aim to help them be active throughout the day and avoid time just sitting around. Remember, lots of things count as physical activity — and it all adds up! Ask your kids to teach you their

favorite game from physical education class or recess, have a family dance party, or challenge each other to learn a new yoga pose or do another push-up.

Is it safe for me to be active outside?

Before making a decision about whether or not to be active outside, be sure to check the latest guidance from your local health department and community or state leaders. In most places across the United States, residents can go for a walk or run as

long as they practice social distancing and good hygiene.

Going for a walk, run, or bike ride in your neighborhood can be a good way to get active, as long as you can safely maintain distance between yourself and other active neighbors. If you decide to go to a nearby park or community space, first check for closures or restrictions. Then consider the number of other people who might be there and if you'd be able to ensure enough space — at least 6 feet — between your-

self and other people. If you can't practice safe social distancing outdoors, stay home and find ways to get active indoors. If you have to go outside near other people — like to walk your dog — wear a cloth face covering.

If you have a yard, gardening and yardwork are also great ways to stay active and count toward meeting the Physical Activity Guidelines.

Can I be active outside with people who aren't in my household?

It's important that we all do our part to slow the spread of the coronavirus. That means following local, state, and national guidance. Try to limit social interactions when possible and always stay home if you're feeling sick. The safest way to be active outdoors is to stick with members of your household or go solo.

MORE IN MAY 2020 EDITON

TRAINING – NUTRITION TIPS TO STAY HEALTHY AND HAPPY IN SPORTS PT 2

Post by **Stephanie M. Howe, PhD, Endurance Runner & The North Face Athlete**

JUST BECAUSE you had an off day doesn't mean it's the end of the world. The more accepting you are of that, the more healthy and sustainable for the long term. I like to think that I eat well most of the time with a few indulgences

here and there. And I don't obsess about it. If you eat ice cream for breakfast...Meh. Just don't let that be every day. Focus on a good quality lunch rather than dwelling on the past.

* Learn about specific nutrition strategies for your sport. Each sport has specific fueling strategies that will also help you to optimize

your performance. Whether it's running, strength training, cycling, climbing, yoga, hiking, soccer, etc., there are different ways to optimally fuel during training and competition to enhance performance. Again, there is a lot of information out there, most of it incorrect, so I'd recommend connecting with a professional in sports nutrition



— WHO STOPPING YOU? —



APRIL 2020

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