

**MAY
2022
FREE**



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Shaping *ECO*
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SMALL CARIBBEAN ISLANDS WITH BIG COVID-19 IMPACTS PT. 1



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By **KERRI COXREN-DELL, ERNEST DE KORTSTEFAN LEEFFERS & MARY BOYER**

WE HAVE heard about the challenges many Caribbean islands have faced over the unprecedented past 18 months. Not only have they battled an ongoing pandemic with its many complications and variants, but many have also tackled compounding hazards of drought, heavy rains, storms, and with ensuing floods and landslides during the Atlantic hurricane season. Some have recently also grappled with the impacts of volcanic eruptions and earthquakes.

However, within the region, there

is a smaller group of islands not often discussed that also face their own unique, complex realities – Overseas Countries and Territories (OCTs).

Caribbean OCTs – such as Aruba and Bonaire – are not sovereign countries; rather they depend to varying degrees on countries in Europe and North America, particularly the Kingdom of the Netherlands, France, the United Kingdom, and the United States. Due to their geographic location, OCTs remain critically intertwined with the Caribbean region through transport and trade routes, culture, and migration. And like many Caribbean countries, their economies are

heavily concentrated on tourism (Figure 1) rendering them particularly vulnerable to external shocks, like pandemics, and measures such as border closures.

However, unlike many other Caribbean islands, Dutch Caribbean OCTs typically have limited access to the regional and international initiatives and development partners that support the region, and so rely primarily on resources from the Netherlands. They also usually have limited disaster management capacity on-island to prepare for and respond to disaster events.

For this reason, the World Bank, through the Global

Facility for Disaster Reduction and Recovery, is partnering with the European Union and Expertise France on the Technical Assistance Program for Disaster Risk Financing and Insurance in Caribbean OCTs, which is part of the EU-funded Caribbean OCTs Resilience, Sustainable Energy and Marine Biodiversity Program (RESEMBID). This program helps them enhance their financial resilience to disasters and identify capacity-building strategies based on each OCT's needs.

The case of Aruba and Bonaire

The governments of Bonaire and Aruba responded swiftly after the World Health Organization declared

COVID-19 a global pandemic and took action to minimize the virus' impact. They halted flights and cruise ships, closed schools, and canceled public meetings. This decisiveness minimized the pressure on the healthcare sectors and likely slowed the direct impact of COVID.

However, these measures in the end proved insufficient to contain an eventual surge in active cases of COVID-19. The subsequent impacts of the pandemic have included closed borders and a major reduction in tourism arrivals. Downturns in other productive services shocked the islands' GDP and highlighted the vulnerability associated with strong tourism dependence.

The governments of Bonaire and Aruba responded swiftly after the World Health Organization declared COVID-19 a global pandemic and took action to minimize the virus' impact.

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This decisiveness minimized the pressure on the healthcare sectors and likely slowed the direct impact of COVID.

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**MORE IN JUNE
2022 EDITON**

RESILIENT CARIBBEAN COMMUNITIES PT 2:

A LONG-TERM PERSPECTIVE ON SUSTAINABILITY AND SOCIAL ADAPTABILITY TO NATURAL HAZARDS IN THE LESSER ANTILLES... FROM DEC 2021

By **Corinne L. Hofman & Colleuges**

AS A MAJORITY of the Lesser Antilles has significant infrastructure in the coastal zone, particularly related to tourism, a global sea-level rise of 1m—as predicted toward the end of the twenty-first century—will undoubtedly be impactful in terms of livelihood and gross domestic product (GDP).

For example, it is estimated that Antigua and Barbuda and Saint Kitts and Nevis will face adaptation costs ranging from 27% to 32% of their GDP. These vulnerabilities, therefore, are not without reason.

However, current perceptions and research myopically position these islands, like all places around the globe, at the forefront of the disaster paradigm (see also. This is problematic, as it removes any chance for a global lesson on sustainability and, more importantly, resilience. The rich archaeological record, historic accounts, present-day multivocality, and abundant biodiversity of the Caribbean, specifically of the Lesser Antilles, offer a different interpretation to share.

Originally occupied between eight and five thousand years ago by settlers from Central and South America, the islands of the Lesser Antilles saw a second major migratory movement from the northeastern South American mainland around 2500 years ago. Geological, palaeoecological, and archaeological data indicate that from the onset, Caribbean communities in the Lesser Antilles were confronted with extremely variable climatic conditions, including severe droughts and a high risk of floods and landslides caused by extreme weather events such as tropical storms and hur-

ricanes, as well as earthquakes, volcanic action, major surges, and the continuous menace of sea-level fluctuations. Such conditions have significantly altered the islands' ecosystems over time, and have undoubtedly impacted Indigenous lifeways.

To improve safety in times of austerity and climatic challenge, the locally and regionally established circuits of mobility and exchange would have been key, particularly due to the diversity of settlement locations, which enhanced diversification within the networks and strengthened existing social ties. These safety networks were disrupted by the European invasion of 1492.

Though the Indigenous peoples certainly transmitted to the Europeans their local knowledge of how to handle the climatic hazards, such as hurricanes, the Europeans introduced their own lifestyles, which were not always suited to the local conditions or consistent with an understanding of the local environmental context and climatic variations.

The dramatic fate of the Indigenous Caribbean peoples and cultures in the wake of European invasion and colonization threatened the Indigenous systems of knowledge that would otherwise have been passed down from generation to generation to help manage the cyclical impacts of climate change.

After the Western colonial invasion, bringing people from Africa, Asia, and Europe to the Americas to work as exploited "laborers" alongside the remaining Indigenous peoples, massive deforestation and sharp population growth increased the pressure on natural resources and ecological systems. The



Figure 1. Map of the Caribbean with insert detail of the Lesser Antilles. (Map created by Menno Hoogland).

trans-sociocultural dynamics between Indigenous, African, and mixed descendants since colonial times are still reflected in today's local knowledge practices and lifeways, including those informing perspectives on climate change response.

In the Caribbean Lesser Antilles, deforestation, sand-mining operations, an increase in extreme weather events, and a dependency on tourism with inherently high ecological costs have all produced environmental impacts as well as social change comparable to other regions of the world (e.g.,). These effects have influenced the natural physical protection, local economies, land, homes, fisheries, agriculture, local traditions, and people's heritage. Mitigation and adaptive planning measures are a top priority to safeguard these coastal environments and livelihoods, and to avoid the further and irreversible loss of the archaeological record and often unwritten histories.

Understanding the role of heritage and community is key to incorporating long-term processes of social adaptability to climatic challenges and of resilience. The Kalinago and Garifuna communities of the Windward Islands, who in recent years

have been severely impacted by the devastating effects of Hurricane Maria (2017), the eruption of the La Soufrière volcano on Saint Vincent (2021), and other social threats, such as the COVID-19 pandemic, rely heavily—like other Indigenous and local communities—on traditional knowledge practices for adapting to such crises and building resilience for a sustainable future.

Therefore, in this article, we adopt a long-term perspective and a multidisciplinary approach combining research from archaeology, palaeoenvironmental studies, cultural heri-

tage, and ethnohistory/ethnography to examine the current and often imperceptible relationships between Caribbean island communities and the environment in these case studies. With insights from the past, island climate responses can provide valuable information for contemporary societies that must cope with similar challenges. Furthermore, remembering the historic marginalization of these islands also reveals that the vanishing island is a notion with a historical precedent. We first discuss archaeological case studies from the Mid- to Late Holocene in the Lesser Antilles that provide a clear indication of how its early settlers adapted to the environmental challenges with which they were confronted, and what lessons can be learned from the past. Second, we address the current and future challenges of climatic impacts on archaeological sites and local coastal communities, highlighting a case study of collaborative mitigation efforts in Saint Kitts. Third, we share the experiences and knowledge practices, which were passed

down from generation to generation, by co-authors Irvince Auguste and Augustine (Sardo) Sutherland, Kalinago from Dominica and Saint Vincent.

These relate how they have adapted to the natural hazards that have recently threatened their respective livelihoods. It is, however, crucial to treat and use this information respectfully and in accordance with human rights and international law surrounding the global climate change debate. Finally, we conclude by discussing the benefit of multidisciplinary and collaborative projects for the safeguarding of SIDS' and other coastal environments, archaeological sites, and livelihoods.

Further, we propose community engagement, co-creation, and the exchange of usable knowledge for fostering and enhancing historical awareness, appraisal, protections, and preservation as the best solution for developing sustainable heritage safeguarding.

MORE IN JUNE 2022 EDITON

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“ST. MARTIN CARIBBEAN SOCIAL STUDIES COMPETITION,” A YOUTH PROJECT OF THE ST. MARTIN BOOK FAIR 2022

MARIGOT, St. Martin (May 9, 2022)—The May 11 deadline is fast approaching. And high schools are signing up for the “St. Martin Caribbean Social Studies Competition,” said Shujah Reiph, coordinator of the annual St. Martin Book Fair.

High schools from both parts of the island, and 2nd and 3rd form students individually if their school is not participating in the quiz contest, can register for the competition at consciouslyrics@yahoo.com or tel. +590 (690) 30.73.66, said Reiph, who is also president of Conscious Lyrics Foundation (CLF).

The competition booklet of 11 categories of information, is already in the hands of students and the public, “and it is available free for schools and students that register for this youth project of the St. Martin Book Fair,”



Newly sworn-in president of the St. Martin Collectivity Louis Mussington, (L), holds the “St. Martin Caribbean Social Studies Competition” study booklet, presented by Merlyn Joseph, (R), member of the St. Martin Book Fair Committee (BFC), at the president’s office in Marigot (5.5.22). (CLF Photo)

said Reiph.

The booklet of snippets about Caribbean history, creative arts, political and sports personalities, liberation struggles, animals, trees, and fruits of the region, and “our cities and flags and other exciting information,” prepares students, ages 14 to 17, for the social studies competition on May 28, 2022, said Reiph.

The competition and winning prizes will broadcast live online from the high school Cité Scolaire Robert Weinum in Savanna, Grand Case. This is the second year that the competition is being organized by the island’s lit fest as a pre-book fair activity.

The St. Martin Book Fair takes place on June 2 – 4, 2022, said Reiph. The theme of the literary festival’s 20th anniversary is “The Rebirth.”



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St. Martiners Tell Stories from Their Lives in **New Oral History Book**

FRENCH QUARTER, St. Martin – The Les Fruits de Mer association has published a new book, *Stories of St. Martin*. In this book, twelve St. Martiners tell stories from their lives in their own words. Each story captures a unique part of life on St. Martin, and each story captures a unique voice. They are stories of work, hardship, accomplishment and inspiration.

“Reading this book is like sitting down with a neighbor while they tell you a story,” said co-editor Jenn Yerkes. “It’s a great way for St. Martiners of all ages to share the living history of this place, from major events to daily life back in the day. The stories really come alive because each one is told in a unique voice.”

These stories were recorded on St. Martin between 2016 and 2021. Topics include salt and salt harvesting, storms and renewal, work and service, and local traditions. Each one is part of an oral



history tradition on St. Martin that stretches back hundreds of years, and continues today. This important process has preserved knowledge, customs, and culture, including the local language, by passing them down from generation to

generation. “We are excited to publish this book in French as well as English,” added co-editor Mark Yokoyama. “People living here who don’t speak the island’s mother tongue don’t have many opportunities to learn

about the lives of St. Martiners. We hope this book promotes deeper understanding and connection.”

Free copies of *Stories of St. Martin* will be given away at Amuseum Naturalis on Saturday, January 29th from 9am to

noon thanks to sponsor Delta Petroleum. Amuseum Naturalis is a free museum of nature and heritage located in French Quarter, St. Martin. It is open every day from sunrise to sunset.

The book is also available as a free

download from <http://lesfruitsdemer.com> and for purchase worldwide at amazon.com. Teachers and youth group leaders interested in copies are encouraged to contact Les Fruits de Mer at info@lesfruitsdemer.com. Companies or individuals interested in sponsoring copies for schools are also encouraged to contact the association.

The Les Fruits de Mer association has published twelve books about St. Martin nature and heritage. All are available in both English and French. The association is currently working to develop new books on local topics for all different ages. Their long-term goal is to give a free book about St. Martin to every student on the island, every year they are in school.

Stories of St. Martin was produced with support from the Collectivité de Saint-Martin, the Agence nationale de la cohésion des territoires, and Delta Petroleum.

BOOK BY TERESA LESLIE ABOUT RACISM ON STATIA PT 2

...FROM DEC 2021 EDITION

REVIEW BY CLARISSE BUMA Long-term exploitation

Since the population has internalized racial oppression, it is no longer in question. The Stadians accept the visions and lifestyle of the dominant group and model themselves accordingly. For example, on the island there is a lot of attention towards the thriving trading nation that Statia was in the 18th century. Little attention is paid to the consequences of slavery and the long-term exploitation and exclusion of the black inhabitants. And there is certainly no attention to African history.

How beautiful it would be if you could be proud of your African heritage and you really don’t have to be anti-Dutch for that, says Leslie. Leslie organized the 2015 conference “Raising the curtain on race: internalized racial oppression”. To her disappointment, few Stadians took part. “Nobody is interested in your conference,” said one islander.

Leslie also writes about outdated histori-

cal concepts around race, about prejudice and stereotypes, about movements for black consciousness, about the right to self-determination, good governance and about the role of tourism in the Caribbean: large resorts are popping up, where local people are not allowed to go, beaches are closed and the profits go into the pockets of the foreign owners, themes that play a role throughout the Caribbean region.

Need for dialogue

“Eight years on Statia” comes out at a time when a discussion about discrimination has started in the European Netherlands, such as the Black Live Matters movement, the discussion around Zwarte Piet (Black Pete) and the Dialogue Slavery Past. In addition, Leslie experienced the recent administrative intervention by the Dutch from close up. She is extremely critical of both the intervention in principal and the method of its implementation in practice.

The democratically elected island government has still not returned.

According to the author, a dialogue is needed between Statia and the European Netherlands, a dialogue about which old colonial structures are hindering progress, otherwise Statia will continue to behave as a subordinate and the Netherlands will behave top-down as a colonizer.

The book poignantly exposes where things keep going wrong in the relationship between the European Netherlands and Sint Eustatius. The Netherlands should get to work on this, but so should the Stadians themselves. The Netherlands cannot make Stadians strong and empowered, they have to do that themselves, says Leslie.

Publisher: Boekscout in the Netherlands.

Order your book via Boekscout.nl, Amazon.nl, Amazon.com and Bol.com. Stadians can purchase a book via goeiemie@gmail.com

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FINDING CREATIVE PURPOSE ECO LEARNING PROGRAM 2022

GREAT BAY--- The Department of Community Development, Family & Humanitarian Affairs (CDFHA) in collaboration with Spaceless Gardens is kicked off its "ECO Learning program focused on Agroecology" Tuesday May 2, 2022. The eight (8) week program combines virtual/theoretical and hands on training that focuses primarily on agri-cultural \ home gardening practices . The sessions will run for a timespan of 8 weeks and have been executed for 1-2hr, four days per week (Tuesday , Thursday, Saturday and Sunday).

The central objective of the program is to introduce and impart valuable knowledge and skills on the fundamentals and benefits of agriculture and home gardening. Other topics include: climate change, hurricane preparedness, finding creative purpose, seed germination, plant science, layers of the soil \ soil types, plant-production systems, plant care and maintenance, history of agriculture on sxm, agri-business, nutrition, creating resilient and sustainable communities and the culinary art of harvesting will be key points of engagement.

Former ECO Programs has accumulated over 80+ registries with 70 persons completing the sessions.

Additionally, interested persons were required to satisfy the following criteria to take part in the program:

1. Reliable access to an internet connection
2. Ability to visit the Agricultural Research and Development Center
3. Unemployed



Group C members of the ECO Learning Program (May-July 2022) engage in transplanting their Salad Mix and Flint Corn.

or underemployed

4. Has sufficient space to grow items (spacious yard, porch etc)

5. Contributors (Interested person willing to contribute resources towards project development in the field)

6. Ability to successfully actively participate and complete the program
7. Complete assessment

Managing director of Spaceless Gardens Mr. Denicio Wyatt has serve as the facilitator and sessions will be conducted at

The St Maarten Agricultural Research and Development Center, formerly known as the St Peters Community Garden located on Strawberry rd #16 in the St Peters District.

"I'm grateful to once again be a part of this important initiative along with CDFHA that focuses on building continuous awareness in the field of Agriculture for country St Maarten. Yet, still concerned that we the people need to place more efforts in this sector if we truly seek to develop and conserve sustainable applications for production that will safeguard our food security and livelihoods. I encourage community members to take advantage of more opportunities like this in the near future, as having a program of this capacity hopes to shine light and connect with interested persons that are willing to get involved, contribute their time and resources towards enhancing consciousness and productivity in the field". Wyatt explained.

Participants will receive a certificate upon the successful completion of the program.

We look forward to keeping the general public informed pertaining upcoming registration dates for future ECO - Learning Sessions.

For additional information please visit or contact any of the following Help Desks: Cole Bay Help Desk 1721-5204315; St. Peters Community Help Desk 1721-5203418 ; Dutch Quarter Community Help Desk 1721-520765, Email: CDFHA@sintmaartengov.org or visit www.stmaartenagriculture.com

THE FARMERS SEE: STINGING NETTLE PT 2

WHAT ARE THE BENEFITS AND USES OF STINGING NETTLE?

.....Continued from Dec 2021 Edition

THE NCCIH also report that other home remedies for allergies, such as capsaicin, quercetin, spirulina, and French

maritime pine bark extract, do not have enough solid evidence behind them to prove their effectiveness.

Treating benign prostatic hyperplasia

Benign prostatic hyperplasia (BPH) is a noncancerous

growth of the prostate gland in men. The condition can cause a range of symptoms, mostly involving urinary processes.

Stinging nettle may help slow the growth of the prostate in people with BPH by affecting hormone levels or interacting with cells in the prostate.

Some studies have found that stinging nettle can reduce the symptoms of BPH. For example, in one RCT from 2013, researchers gave people either stinging nettles or a placebo for 8 weeks. They found a significant reduction in symptoms for people taking stinging nettles but not those taking the placebo.

However, there is not currently enough research in humans to determine whether stinging nettle can help treat the symptoms of BPH. That said, future studies may uncover other ways to use it.

A person should see a doctor if they suspect prostate

problems, so the doctor can rule out or treat any serious issues.

Managing diabetes

There is some early evidence to suggest that stinging nettle could also help with the treatment of diabetes. However, much of this research is limited to animals.

In another RCT from 2013, people with type 2 diabetes took 500-milligram (mg) capsules of stinging nettle extract or a placebo every 8 hours along with their usual treatment. After 3 months, the stinging nettle extract had a positive effect on blood glucose levels.

Other studies have had similar results.

These findings are promising, but researchers need to conduct more studies in humans to determine whether stinging nettle could be a useful addition to traditional diabetes treatments.

Where can I find stinging nettle?

Stinging nettle grows throughout the U.S. It grows in damp soil, such as near lakes or in open forests. It can also grow at roadsides or in fields.

When foraging for the plant, make sure to correctly identify it to be sure it is stinging nettle and not a similar-looking plant. A person can usually tell by looking at its leaf shape and structure.

People can also purchase stinging nettle products that use the stems, leaves, and roots of the plant in health food stores and online. When purchasing remedies over the internet, be sure to check the reviews and find reputable brands.

How to use

The method of taking stinging nettle will vary depending on its intended use.

For example, the Arthritis Foundation suggest taking

CONTINUED ON PAGE 8

HEALTH BENEFITS OF STINGING NETTLE...FROM PG 7



up to 1,300 mg of stinging nettle as a tea, capsule, tablet, tincture, or extract. Otherwise, people can take 1–4 mg per day as a tincture, or they can apply creams directly to the skin.

Many research studies have used a capsule or extract of stinging nettle, but

there are no official guidelines as of yet.

The Food and Drug Administration (FDA) do not regulate the ingredients, strengths, and claims of herbal remedies or supplements. This includes stinging nettle products.

People should therefore use such

products with caution.

Side effects

Stinging nettle is a safe herb to consume in moderate amounts. However, side effects can include:

- stomach problems
- urinary issues
- sweating
- hives or rashes

- diarrhea

There is no official safety information for pregnant women or children. For this reason, both groups should avoid using stinging nettle.

It is always important to consult a doctor before using any herbal remedy to treat a medical condition.

Possible drug interactions

Stinging nettle may also interact with certain medicines, including:

- blood thinners
- treatments for high blood pressure
- heart disease medication
- diabetes medication

Summary

Stinging nettle could have a range of health benefits. There is some evidence to suggest that the herb may be useful in treating arthritis.

However, there is much weaker evidence to support claims behind its use in treating other conditions, such as allergies and BPH.

Stinging nettle is usually safe, but it can cause some side effects. It is important to consult a doctor before using stinging nettle to treat any condition, as it may interact with medications.

BY ALLRECIPES
Recipe by: Stephanie

VEGATERIAN AND VEGAN RECIPES

ORANGE VEGAN CAKE



No eggs or milk on hand? This moist cake is great whether or not you're vegan.

INGREDIENTS

- 1 large orange, peeled
- 1 ½ cups all-purpose flour
- 1 cup white sugar
- ½ cup vegetable oil
- 1 ½ teaspoons baking soda
- ¼ teaspoon salt

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

DIRECTIONS

Step 1

Preheat oven to 375 degrees F (190 degrees C). Grease an 8x8-inch baking pan.

Step 2

Blend orange in the blender until liquified; measure 1 cup orange juice.

Step 3

Whisk orange juice, flour, sugar, vegetable oil, baking soda, and salt together in a bowl. Pour batter into the prepared pan.

Step 4

Bake in the preheated oven until a toothpick inserted in the center of the cake comes out clean, about 30 minutes.

Cook's Notes:

Substitute 1 cup store-bought orange juice for the blended orange if desired.

For a plain cake, use 1 scant cup soy milk, rice milk, or water instead of the orange pulp/juice.

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Opinion Matters

The West Owes a centuries-old debt to Heiti Pt. 2

....Continued from Dec 2021 Edition

By Howard W. French for latimes.com

ON THE basis of Black sweat and blood, production of this fiber soared, coming to account for two-thirds of America's exports at its peak, by the eve of the Civil War.

America rose swiftly on the back of cotton exports produced by the enslaved in the Mississippi Valley, and on a boom in ancillary businesses that profited from it, from northern banking to railroads — all because, on a Caribbean island in 1791, Black people demanded freedom.

The impact of the Haitian Revolution was just as dramatic on the other side of the Atlantic, especially for Britain.

We are accustomed to thinking about Britain's rise during the Industrial Revolution as a tale of mechanical ingenuity and enterprise. But no less than America's, that country's boom was predicated on slavery in the Mississippi Valley.

At a 19th century peak, while 1 in 13 Americans worked to produce cotton, a number that consisted overwhelmingly of the enslaved, 1 in 6 Britons worked in textiles. Make no mistake: Textiles meant cotton, the one indispensable ingredient of the Industrial Revolution. Cotton meant the Mississippi.

A historical irony
That history may not be front of mind when we see news



Illustration depicting combat between French and Haitian troops during the Haitian Revolution. From *Histoire de Napoléon*, by M. De Norvins, 1839 | Photo by britannica.com

coverage about Haitian refugees and the U.S. Border Patrol. But it suffuses the imagery and the language whenever Haiti is the topic.

As scarcely anyone with a television or a social media account could have missed, for the first time since the border has become a front-line political issue in this country, refugees were chased last month by Border Patrol agents on horseback, as if they were cattle being herded in a Hollywood western. In the most infamous images, these agents ran down Black men while wielding leather reins that bore a painfully close resemblance to lashes.

The symbolism of Americans corraling Haitian refugees could hardly be more tragic or ironic. Haiti not only bequeathed the world historical events laid out above, but also, with nearly a million enslaved Africans

brought to the island after 1680, was one of the premier sites in the development of chattel slavery as an institution in the so-called New World. The word "chattel" directly derives from "cattle" and describes a system in which humans are reduced to bestial property, put to work however their owners deem proper, stripped of all rights — even those associated with parenthood, because the offspring of enchattled people automatically became the property of the parents' masters.

The appalling scene at the border offers us a rare opportunity to rethink the shared Western debt to Haiti for its extraordinary role in our history. The refugee crisis is itself a chance for Americans to live up to the ideals of the Haitian Revolution.

'Poorest nation'
As a former longtime

foreign correspondent for the New

York Times, I know that I have played a role myself, however unwitting, in the journalistic reductionism that has helped erase Haiti's place in the rise of the West and the expansion of the United States.

I covered the country for four years in the early 1990s, traveling there countless times, and sometimes spending weeks at a time in Haiti during a period of prolonged and severe political turmoil and violence.

MORE IN JUNE 2022 EDITON

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What are the Art Trends to Watch in 2022?

By artconnect.com

WE'RE LOOKING ahead to some of the trends that may be set to play a more central role in the art ecosystem over the coming year – including crypto art in museums and a resurgence in figurative painting.

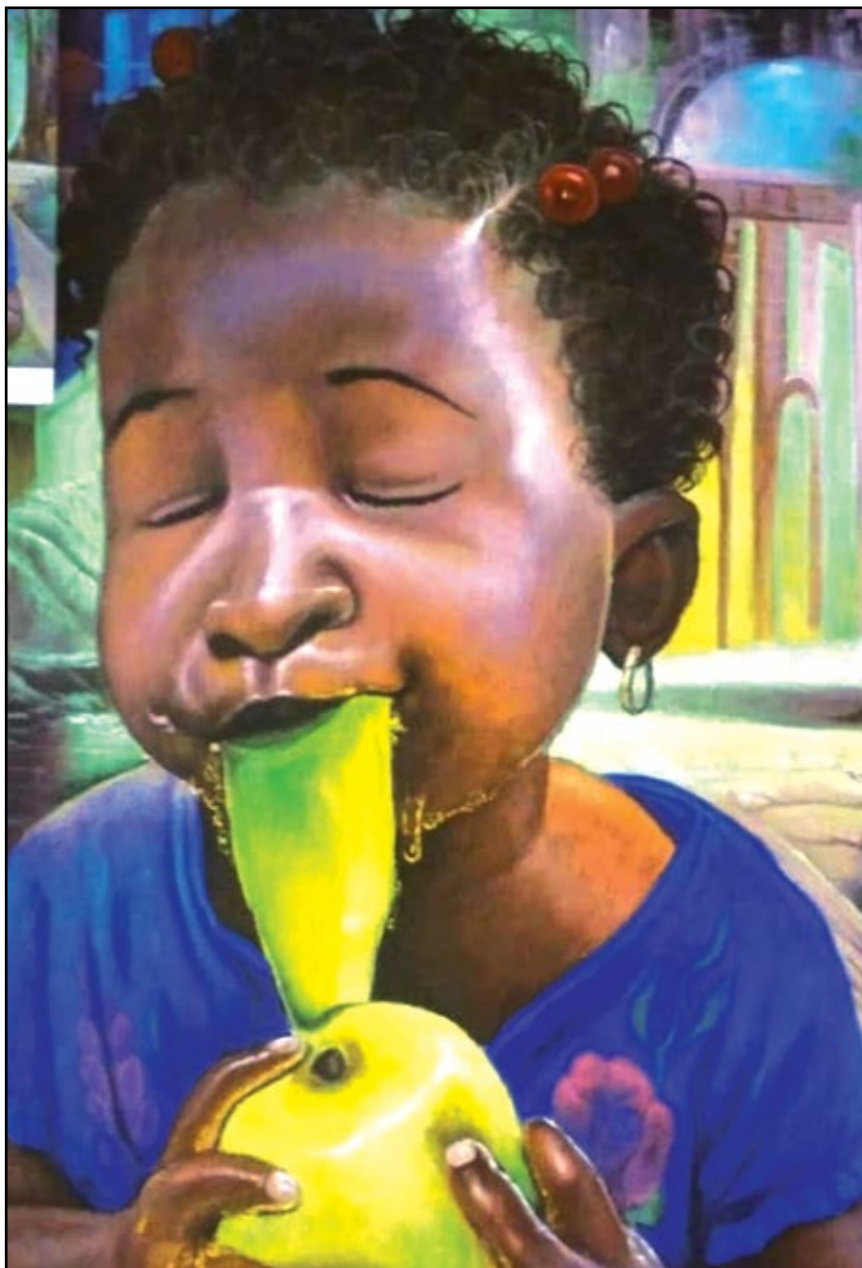
FIGURATIVE PAINTING – THE BODY IN FOCUS

Figurative painting has witnessed a resurgence in recent years, and 2022 brings some major exhibitions of well-established names in figurative painting to institutions around the world. Alex Katz, known for his distinctive style of portraiture, has two upcoming retrospectives: one is set to open at the Guggenheim in New York this year, and the other, the artist's first-ever retrospective in Spain, will open at Museo Nacional Thyssen-Bornemisza in Madrid in June.

Turner Prize winning artist and cultural activist Lubaina Himid CBE RA, who is internationally recognized for her figurative paintings, is also currently featured in a large-scale exhibition at Tate Modern. The first comprehensive exhibition in Germany dedicated to the work of Lynette Yiadom-Boakye is now on at Kunstsammlung Nordrhein-Westfalen, featuring the artist's depictions of Black men and women in oil, charcoal and pastel pencil. And Jenny Saville's paintings and life drawings are currently being exhibited in institutions across Florence. Just to name a few.

Young and emerging artists are also exploring the body in painting to delve into subjects like identity, cultural history, personal narratives and more. Some such works can be seen at Lawrie Shabibi gallery in Dubai, which is currently presenting a group exhibition of contemporary women artists using figuration as a central motif – through painting as well as other media.

Gallerist Laetitia Gorsy, founder of She BAM!, discusses this theme: "2022 could be a year of celebration of figurative painting's resurgence, arising from a need to recognize people, signs, or situations,



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inflated by this post-pandemic time – a need to get physical. The younger generation is taking the reins, addressing the present, and creating emotional links with the viewer. And, of course: if on one side the art world is embracing NFTs, on the other, we might feel a need for palpable ideas. That could be figurative painting."

The increased development of this trend might point to a renewed focus on the lived experience of bodies, resulting not only from the pandemic, but also to international protests and discourse around police brutality and institutionalized racism, addressing questions of representation and visibility, for example.

In his review of 2021 for Contemporary And, art critic Enos

Nyamor points out: "In the past year more figurative paintings, miracles of seduction, have revisited the convergence of Black bodies... There has been such flavor in color, such prominence in features, in representations of the Black body – Blackness as a luminous texture on both screen and canvas."

A current exhibition at Los Angeles County Museum of Art (LACMA), Black American Portraits, also spans over two centuries to the present day, centering Black American subjects and narratives.

CRYPTO ART IN MUSEUMS

It's clear that NFTs made a big impact on the art world in 2021 and will continue to do so in 2022. But while they seem to

be everywhere these days, museums and cultural institutions have been slower to pick up on the trend. And understandably so. There are a number of reasons for this – including questions of copyright, conservation, and authorship. In the meantime, much has been written about museums and NFTs – from how they might find common ground to whether museums should get into NFTs in the first place.

Of course, that isn't to say that museums haven't gotten involved with NFTs and crypto art at all. Last year, for example, The British Museum partnered with the startup LaCollection.io to sell NFTs of Katsushika Hokusai's works. And other museums and institutions have hosted panel discussions and talks to address essential questions around NFTs.

But museums might be set to play a more active role in the crypto art field this year. The British Museum is organizing its second NFT sale with LaCollection.io – this time with NFTs of JMW Turner's paintings from its collection. And Dmitry Ozerkov, head of contemporary art at the State Hermitage Museum, recently made the prediction that museums will have digital copies of themselves in the metaverse.

In fact, Ozerkov has already been developing a digital version of the museum, "Celestial Hermitage", to exhibit NFT art. And the museum sold its first NFTs – reproductions of works from its collection – last autumn, followed by its first entirely digital exhibition showcasing NFTs, under the title "The Ethereal Aether".

Then there's the Museum of Crypto Art – a metaverse museum founded by Colborn Bell in 2020. The museum's collection has also been exhibited in physical spaces internationally, and will soon find its own physical home in a former church in New York. The first Latin American crypto art museum – Museo de Arte Latinoamericano (MALa) – was also established in virtual reality last summer. And this month, a new museum opened in Seattle – the Seattle NFT Museum – the first (physical) museum to exclusively exhibit NFT art.

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10 Trends Shaping Eco Travel In 2022: EXPLORATION MEETS ETHICS

Visitors from around the world visit St Maarten to learn more while exploring agri-cultural and Eco Tourism practices with Spaceless Gardens.



**BY AMY BUXTON FOR WWW.
GREENQUEEN.COM**

DIGITAL TRAVEL platform Booking.com has released its seventh annual Sustainable Travel Report, offering insights into consumer attitudes towards sustainable travel in a post-Covid climate. Overall, travellers are shifting towards 'planet-first' destinations and meaningful travel experiences.

Globally, aviation accounts for around 2.5 percent of carbon emissions and 1.9 percent of all greenhouse gas emissions. This might sound small, but the lack of democratic access to international travel needs to be taken into account.

Previous estimates claim that up to 80 percent of the world's population do not, or cannot, afford to fly. Therefore, flights should be considered on a personal emissions basis. This could be bad news for the frequent-flying elite.

The report used data collected online this past February from 30,314 individuals across 32 countries and territories who had travelled in the last 12 months and who had plans to travel in 2022.

As the importance of one's personal climate impact becomes everyday discourse, consumers are looking at how they can adapt their lifestyles. Common

adjustments include diet and day-to-day logistics, but global travel is a consideration too. The newly-released Sustainable Travel Report confirms this with its observations and predicted trends.

The following 10 themes are expected to reshape the travel industry in 2022 and beyond.

1. Sustainable properties will win out

78 percent of global travellers revealed that they intend to look for low-impact properties to stay in. This could include locations that feature rainwater harvesting, ground pump heating systems or were built using sustainable materials. 46 percent of participants claimed to have already stayed at such a property, in the last year.

2. Climate impact is a consideration when booking a holiday

71 percent of travellers say they will make a concerted effort to put sustainability at the forefront of their next holiday choice. This relates to destination, travel methodology, property stayed in and experiences booked, whilst away.

The figure has increased by 10 percent from 2021.

CONTINUED ON PAGE 13

10 Trends Shaping Eco Travel In 2022...from pg 12

3. Sustainable luxury will become an important niche

The survey shows that 27 percent of travellers assume that sustainable destinations won't be as luxurious as they want.

Comfort levels are cited as a concern. It is reasonable to expect resorts to cotton on to this stereotypical way of thinking before myth-busting.

Five-star luxury sustainable accommodation is likely to become a trend, potentially via social media, with travellers looking to get involved as it takes off in popularity.



Photo by Atlas Green at Unsplash.

4. Off-peak will become the new peak

50 percent of travellers admit that readily available information about climate change has made them rethink when they leave their home country.

An emerging trend is exploring during off-peak seasons, to avoid overcrowding and lessen the impact on host destinations.

33 percent of survey participants said they have already travelled during less popular times, to avoid crowds. 64 percent noted they are willing to avoid popular destinations and attractions, to prevent impactful tourism.

5. Cultural immersion will overtake lazy beach days

45 percent of travellers say they see learning about local cultures as key to sustainable travel. This is supported by 66 percent of people wanting to have 'authentic' experiences that give insight into local culture and customs, away from exaggerated tourist attractions.

6. Stewardship of places visited will become second nature

More than half (59 percent) of people surveyed claim they want to leave a destination better than when they arrived. Injecting cap-

ital into local economies will be a key driver to making this a reality. 25 percent of respondents said they would be happy to pay more for holiday experiences if they knew that local communities would directly benefit.

A stumbling block to community stewardship is accessibility. 34 percent of travellers say they have no idea how to find activities or tours that would positively

impact local spaces. Almost the same number (32 percent) of people would enjoy travel companies making suggestions of things to do that will support native communities.

7. Responsibility and relaxation will go hand-in-hand

'Getting away from it' will no longer mean shirking all responsibility when in a foreign country. 29 percent of survey

respondents said they feel travellers have a responsibility to reduce the negative effects of tourism. Destruction of natural habitats, overcrowding of popular hot spots and increases in waste will all be tackled by conscious exploration.

8. Travel methods will no longer be a negligible part of the holiday experience

More than half (51 per-

cent) of travellers surveyed said they consider low or zero carbon emissions while they reach a destination as a key facet of sustainable travel. Electric rental car and public transport use are likely to increase in holiday destinations.

Reaching foreign countries will still mostly rely on commercial flights, but attitudes to this are changing. 30 percent of people feel ashamed to fly because its impact on the environment is well documented. 40 percent actively seek out sustainability information, such as carbon offsetting initiatives.

9. Far away destinations won't be an automatic go-to

Even if domestic travel doesn't take off quite yet, travelling a little less further afield looks set to become a trend.

23 percent of survey participants already chose to holiday closer to home and 33 percent would be willing to do so specifically for a smaller carbon footprint. 57 percent acknowledged they are happy to look at closer destinations in future, especially if travel companies showcase locations in closer proximity.

10. Sustainability will filter in as a standard consideration

So far, actively looking to include sustainable credentials during the holiday selection process remains non-unilateral.

36 percent of people say that travel platforms need to highlight sustainability information so that it can play a more active role in decision making.

A filter specifically for sustainable locations would be helpful, according to 34 percent of people surveyed.

This offers future scope for destinations to be labelled with carbon emission information, just as food is starting to be.



Community Tours by Spaceless Gardens gets visitors acquainted with the surrounding community while learning about local fruit trees and culture.



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BUSINESS

21 Great Small Business Ideas to Start.....continued from Dec 2021 Edition

By Max Freedman

4. Online bookkeeping

As with education, technology allows many bookkeeping services to be performed online. If you are an accountant or bookkeeper who wants the freedom and autonomy of running your own business.....

you can take advantage of modern technology to start your own online bookkeeping service, taking on other companies as clients.

5. Medical courier service

If you have a reliable vehicle and good time management skills, you may want to consider creating your own courier service – more specifically, a medical courier service. As a driver, you would be responsible for transporting medical items like lab

specimens, prescription drugs and equipment. The healthcare industry is expanding, which is great for medical courier service job stability. You could start your courier business on your own or hire other drivers to work for you.

6. App developer

If you are knowledgeable and experienced in technology, you may want to consider a career in app development. Smartphones have become an everyday accessory for

many Americans, which has increased demand for mobile apps. Similarly, virtual reality software has become popular in recent years, so there is also a demand for VR app development.

7. Transcription service

If you have a good ear and can type quickly, a transcription service is a great business idea that allows you to work from home with a flexible schedule. Medical transcription services are

especially needed as voice recognition technology proliferates for healthcare provider dictation. If you're not looking to start all at once, or if you have a day job you would like to keep for the time being, you can accept as few or many transcription jobs as you'd like. To boost your business prospects and justify charging more, consider becoming a certified transcriptionist and delving into a few specialties.

Medical tran-

scriptionists typically charge 6 to 14 cents per line of transcription, which can quickly add up. The typical turnaround time for transcription work is 24 hours, so it's important to stay on top of the jobs you accept. However, the flexibility to accept only a few requests to get started means you can scale up as you are ready, making transcription an easy service to start up slowly. Best of all, there is very little startup cost and overhead. You simply need a computer, the appropriate software and a secure messaging service.

8. Professional organizer

Looking for a business idea that can really "spark joy"? Professional organizers, like Marie Kondo, help people declutter and minimize for a living. In an age of material-

ism, many people are desperate to downsize and take control over their possessions, rather than letting their things possess them. Minimalism is becoming extremely popular, but people often find it hard to part with things they've owned for a long time. Part of being a professional organizer is helping clients develop a system for downsizing and keeping things that way.

If you're a highly organized person who enjoys making spaces functional and comfortable, you might be good at coaching others to do the same. People will pay you to help them devise a method of minimizing their possessions and then maintaining an organized space. To promote your business, ask if your clients will let you take before and after photos of the areas of their homes you've organized, and use those to create a portfolio that you can put on social media to attract more clients.

MORE IN JUNE 2022 EDITON



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YOUR GUIDE TO A CIRCULAR CO-OPERATIVE SOCIETY



MINISTRY VSA KICKED OFF THE FIRST FITNESS AND NUTRITION SESSION IN, MARCH 2022

THE DEPARTMENTS of Community Development, Family and Humanitarian Affairs (CDFHA), Collective Preventive Services (CPS), and the Monster Factory kicked off the fitness and nutrition sessions at the Festival Village back in March 2022

Minister Ottley thanked everyone for choosing to be present for this important health initiative, despite the fact that they could have been anywhere else. They chose their health, they chose to exercise, and they chose to make a positive difference in their lives.

CDFHA was on hand to provide information about their services, while CPS took vital signs and distributed information and nutrition booklets to participants. Ms. Chawlyn Mezas of C.H.A.W. Fitness warmed everyone up with



Participants of all ages enjoy fresh organic produce and iced teas at fitness sessions.

some simple stretches and Zumba moves. Nick Boyd, manager of the Port de Plaisance gym, was also on hand to provide vitamins, energy boosters, and body detoxes for men and women. Dimar Labega and his team assisted participants throughout the obstacle course, and participants were treated to fruits, beverages, and nutritional bars.

Spaceless Gardens was also invited to provide participants with fresh locally grown herbs, leafy greens, bananas and iced teas made for our local tea bushes/shrubs.

Minister Ottley expressed his gratitude to everyone who participated and expressed his excitement to see the general public enjoy this fantastic initiative that got everyone moving regardless of their age.

TOP 7 TIPS TO BOOST ENERGY AND STAY ACTIVE IN 21/22 PT. 2

Continued from Dec 2021 Edition

4. Laugh More. Yes!

Whether it's from a funny story you read or a conversation with a friend, laughing is a great way to increase your energy. As kids, we laugh all the time. Laughing brings the silliness of our youth back to the present moment.

When you laugh, your oxygen level increases, endorphins are released, and positive emotions are felt.

Laughing also builds confidence and self-esteem while increasing our creativity and suppressing negative thoughts.

It doesn't seem related, but this is actually a genuine top tip to stay active. Happy



people are moving people.

5. Take a Power Nap to Reenergize

Can you recall a time when you took a 15-30 minute snooze and woke up feeling totally refreshed? As kids, naps were built into our schedule—and for good reason!

A 10 to 60-minute power nap can help our body to seriously recharge. Naps help build alertness and raise our energy, helping us get through the rest of the day. It's definitely a top tip to stay active—although

it requires no activity at all!

Taking a journey on a meditation retreat also helps the body recharge and recalibrate, leaving you with a new routine upon returning home.

6. Watch Your Diet

Most food gives us some form of energy, but certain foods are better at "packing the punch."

High sugar foods raise our blood sugar and lead to a crash and burn effect.

Eating too much sugary foods can actually leave us feeling drained in the short, and long term.

If you want to increase your energy throughout the day without this adverse effect, opt for more

nutritious choices. Eggs, whole grains, oatmeal, chicken, beans, walnuts, fatty fish, berries, dark chocolate, vegetables, and fruit are the healthiest choices and the most consistent energy boosters.

7. Take Supplements

When in doubt, there are also supplements that help to boost your day-to-day activity levels and mood. According to experts, some supple-

ments known to boost energy include:

- Ashwagandha: increases energy by enhancing your body's resilience to physical and mental stress.

- CoQ10: helps your body's cells produce energy, grow, and reduce fatigue.

- Vitamin B12: keeps your nerves and blood healthy; helps transform food into energy and keeps your nerves and blood healthy. This 'Superpower Supplement'

keeps our energy levels alert.

- Creatine: a fast-acting energy booster enjoyed by many athletes for the quick jolt in stamina; especially helpful for short runs and high-intensity sets.

Pro tip: Quick absorbing supplements, like sprays offer a 93% absorption rate, whereas sub-lingual options provide better absorption than pills or capsules.

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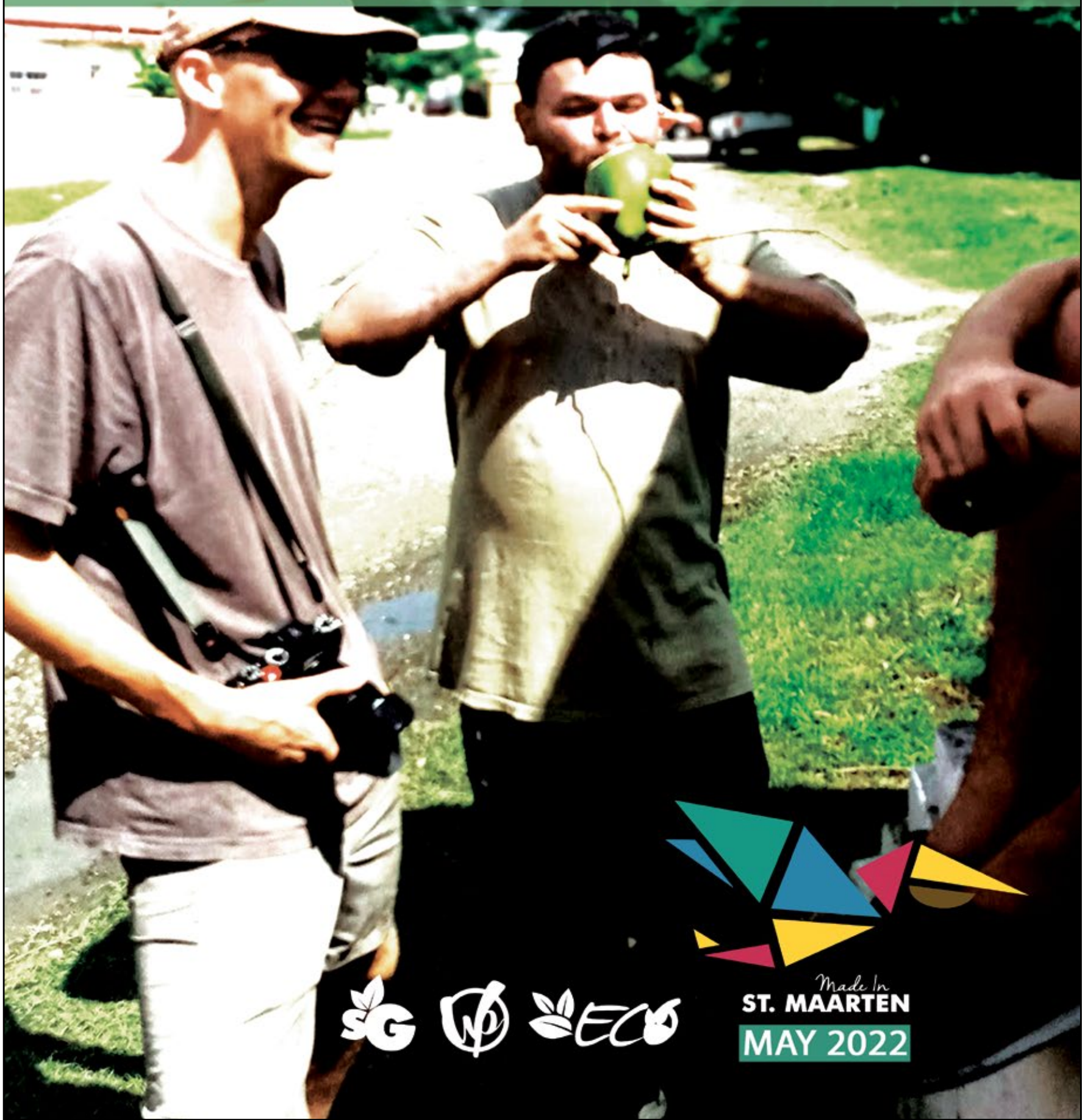
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