

**JUNE  
DEC  
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**CX**

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**the Forest Farmer**

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## SMALL CARIBBEAN ISLANDS WITH BIG COVID-19 IMPACTS PT. 2

....FROM MAY 2021

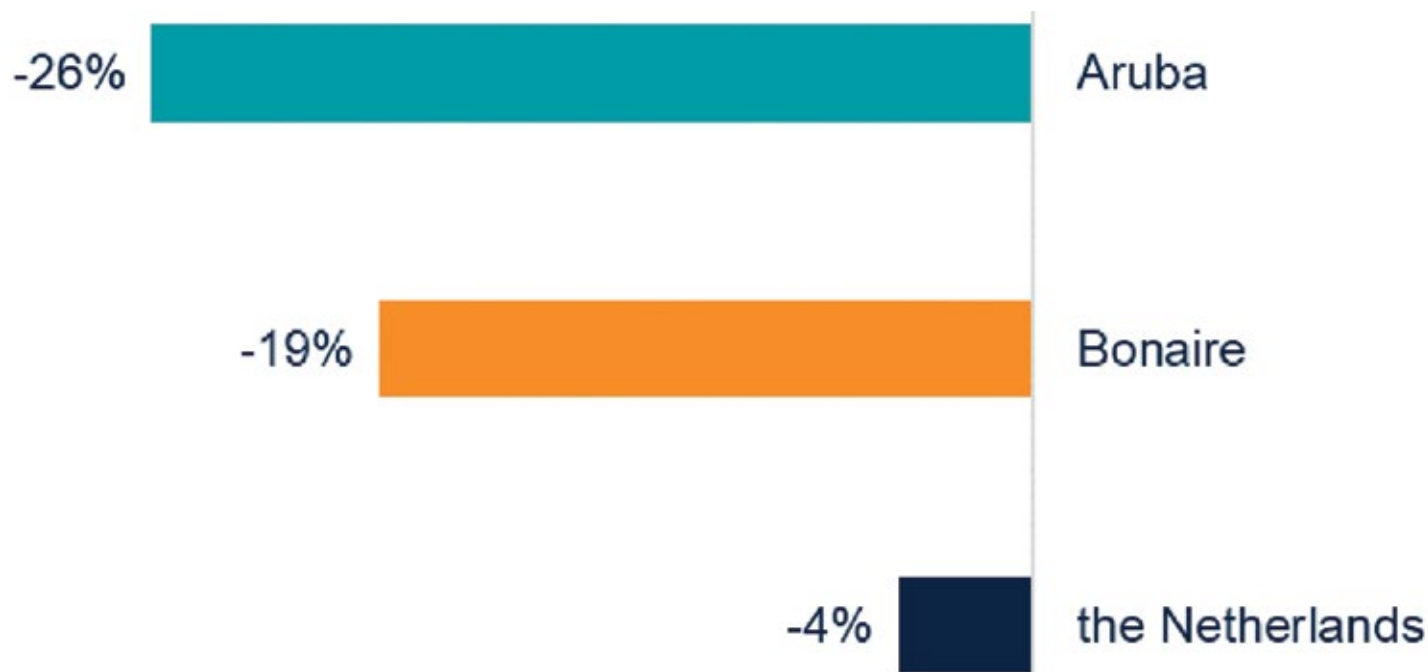


Figure 2: Estimated Real GDP contraction in 2020

**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 (Figure 2).

The pandemic led both governments to request support from the World Bank, through the RESEMBID program, to inform their COVID-19 response and recovery measures. In Bonaire, a Post-Disaster Needs Assessment (PDNA) was conducted to eval-

uate the effects of COVID-19 on critical areas such as macroeconomic management, tourism, commerce and industry, agriculture logistics, environment, and disaster risk financing measures.

The subsequent analysis of Bonaire's 2020 macroeconomic performance revealed an estimated 19% contraction in real GDP and highlighted that without the US\$67.4 million financial intervention from the Netherlands, the economy would have likely spiraled into an estimated 36.2% downturn in 2020.

Key recommen-

dations that arose from the PDNA included the continued need for financial assistance to businesses, the re-design and scale up of social benefits to protect livelihoods, the strengthening of agricultural logistics, and the set-up of a broad asset management database and central registration of inflow of funds to inform effective disaster risk financing.

For example, a large share of the population reported a negative change in income as a result of the pandemic..

The PDNA analysis also pointed to an unmet need for pro-

grams that address food security, housing support, psychosocial care, and childcare. As a result, and informed by the findings of the PDNA, the Island Council of Bonaire petitioned the Dutch government to raise its subsistence level to counter the regression in livelihoods following COVID-19. In Aruba, since 90% of its economic activity is dependent on tourism and the agricultural sector contributed to less than 0.5% of GDP at the onset of the pandemic, the government was concerned that the COVID-19 crisis could potential-

ly pose risks to food security and livelihoods. It, therefore, requested an assessment that would offer strategies to strengthen resilience in its food supply chain. This assessment, Building Resilience in Aruba's Food Security During the Covid-19 Pandemic and Beyond allowed the Department of Economic Affairs and the Department for Agriculture, Livestock and Fisheries (Santa Rosa) to deliver a plan that was later approved by the Council of Ministers to operationalize the recommendations.

For both islands, these analyses provided the tools needed to have in-depth dialogues with partners and stakeholders around recovery efforts.

The findings and recommendations can also be useful for other OCTs and the wider Caribbean region as countries evaluate how to better secure economies and livelihoods and build resilience against future health and natural hazards.

**By Kerri Coxrendell**

**Ernest Kortstefanleeffers**

**& Mary Boyer | blogs.worldbank.org**



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# RESILIENT CARIBBEAN COMMUNITIES PT 3:

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

BY CORINNE L. HOFMAN & COL-LEUGES

## 2. METHODOLOGY

Working together with local stakeholders in all case studies, we combined data from archaeology, paleoenvironmental studies, cultural heritage, and ethnohistory/ethnography. The archaeological and paleoenvironmental data were collected during (rescue) excavations in the Lesser Antilles between 1995 and 2015 by a team from Leiden University, the Netherlands, in collaboration with local stakeholders. As the sites were threatened by either natural or human impacts or both, rescue interventions were necessary for both the well-being of the communities and their rich cultural heritage.

Observations concerned the resilience of precolonial inhabitants to severe weather events, and special attention was paid to the sustainability of their living conditions, particularly house-building and settlement organization. The team collected palaeoenvironmental data during excavations at two sites (Anse à la Gourde, Guadeloupe and Anse Traubaud, Martinique), in collaboration with colleagues from the Free University of Amsterdam (VU) in the first case and the Université des Antilles and University of Amsterdam (UvA) in the second. In the case of Anse à la Gourde, oxygen isotopic studies on terrestrial molluscs (*Bulimulus guadalupensis*) were performed to study the climatic conditions over time. Predictive modeling was used both at the archaeological site of Morel (Guadeloupe) and in the case study of

contemporary Saint Kitts to record longitudinal coastal-erosion processes. In the case of Morel, this was done by carrying out a topographic survey and using aerial photography and satellite imagery. In the case of Saint Kitts, we used satellite imagery and the Digital Shoreline Analysis System (DSAS), a freely available ArcGIS plugin provided by the United States Geological Survey (USGS). We extracted shoreline vectors from LANDSAT MSS, TM, ETM, and OLI-TIRS imagery. To understand the results of this environmental coastal change from the perspective of the individuals living there, a survey and in-depth interviews were conducted in the case study area (see for the reporting of these). Moreover, in order to understand and highlight contemporary local community responses, the participation of and collaboration with the Kalinago communities in Dominica and Saint Vincent and the Grenadines were central to each step of this research in order to highlight the important role of traditional knowledge and Indigenous responses to climate-related, and other, crises.

## 3. Lessons to Be Learned from the Past: Evidence from the Mid-to Late Holocene

The first Mid- to Late Holocene campsites—and ultimately larger permanent settlements—were often, though not exclusively, located on the islands' coasts and lagoons and in mangrove areas. Apart from the fact that these habitation sites are susceptible in terms of climate vulnerability, the long-term changing



Figure 2. (a,b) Impact of the eruptions of the La Soufrière volcano (2021) on the livelihoods of the Kalinago in Sandy Bay, Saint Vincent; (c) damage to the Kalinago Territory, Dominica, in the wake of Hurricane Maria (2017). (Photos by Irvine Auguste, Augustine Sutherland, Marvin Pierre, Raydon May, and Danroy Thomas.)

coastal dynamics have impeded their archaeological visibility and distorted its historical reality. The absence of early Archaic Age sites in the Windward Islands may, for example, be explained by increased sea levels over the past millennia, or by changes in coastal configurations due to extreme weather events that led to the disappearance or submergence of sites. Recent archaeological research has shown that climatic variation, coastal erosion, and repeated flooding and heavy droughts must have had significant impacts on pre-colonial settlement locations, organization, and house-building activities. Hurricane-proof shelters have been documented throughout the pre-colonial Caribbean during the Ceramic Age (400 cal. BC-cal. AD 1500). These structures could be repaired rapidly after a disaster, since only

light construction, such as roofing and walls, would need to be replaced. Wind-breaks were sometimes attached to the houses, offering protection against the prevailing north-east trade winds and heavy rains to the entrances and the activity areas of the houses. The

main posts of the individual structures have been found to be very sturdy and dug deeply into the ground, fixed with large slabs or dug into the bedrock, providing strong support for the roof-bearing posts, with an outer wall construction sometimes made only of large posts, but occasionally from alternating large and small posts.

The site of Anse à la Gourde (cal. AD 500–1450) is located on the Pointe des Châteaux peninsula of northeastern Grande-Terre, Guadeloupe, an area that is particularly vulnerable to extreme weather events. Paleoenvironmental data have shown that in the past, this region has been exposed to severe climatic variations, with several relatively wet and dry periods, coinciding with its different phases of occupation. Alternate periods of flood and drought, continuous sea-level rise, and coastal erosion have led to internal relocation of the settlement during its four successive phases of occupation. A shift in the reef barrier

er, connected with sea-level changes, necessitated the gradual retreat of habitation towards higher settlement grounds. During the earliest occupation phase (cal. AD 500–700/800), there existed a beach barrier with a low-salinity lagoon behind established mangrove forests. The village was situated on the shore of this brackish water lagoon, between 50 and 100 m south of the Atlantic littoral. Unfortunately, a large part of the settlement from that time has been lost to the sea. In approximately cal. AD 800, a rise in the sea level resulted in the breakdown of the coastal barrier as well as the progressive salinization of the lagoon. In response, the inhabitants moved toward the newly formed elevated dunes. This process continued over a period of centuries, with the village moving farther and farther away from the littoral due to the continuing retreat of the coastline.

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Week 5 & 6 - History & Agri - Business



Week 8 - The Culinary Art of Harvesting



After 7 weeks participants were able to harvest and take home salad mix they germinated at the beginning of the program while monitoring the progress of the Flint Corn, Bilimbi and Cashew Trees they planted in the first week of the program. In the final 8th week We did our Culinary Art of Harvesting by preparing cultural traditional meals based on our cultural backgrounds and native countries that we enjoyed along with the salad mix we grew. Thanking CDFHA for support the cause in keeping Agriculture alive ! Certification ceremony was held on Dec 12, 2022



# WAY THE LIGHTS GONE?



**MAN IT'S REALLY CRAZY**, last year I wrote an article about the decreased baking activities that usually take place around Christmas time..

This year I could not help to notice the decrease in community members participating in lighting up there houses around this time of the year..

I started think, damn even though I am not a true believer anymore in the Christmas holidays season, I do miss the joy it brought to friends and loved ones around the holidays.

What's really happening here, I thought to myself ? Is the traditional culture of Christmas dying out ? Or, is people so irresolute on cash, that they can no longer afford to participate in such traditional activities?

This year for the season, as we know everybody's pockets a bit tight, we decided to offer everyone a chance to enjoy a tart this Christmas at the very low cost of \$10 while supporting our elder in the community that still enjoys baking during the holidays.

We offered Prune, Guava, Coconut and Pineapple Tarts and the orders racked up to about 42 tarts of which one community member purchased 20 with the intention to spread the holiday sprit and gave them away.

Cash flow is a serious thing is these trying economical times. I remember my elder colleague telling me " If I decide to make tarts this year, will people be able to afford it? The cost of goods have sky rocketed so much, that I have to also consider perhaps putting my life long traditional baking on hold because people can't afford double the price like I am forced to pay on ingredients to produce these tarts, much less buy lights

when they can't afford to put food on they table properly for the holiday season" She expressed. If you noticed, even the house over Cole Bay Hill that light up each year, has finally dimmed its lights as well.

I had to ask myself these questions because things are just not the same anymore. To me, it falls on a bit of both.

I believe that allot of people and children alike, because of tools such as the internet have widen their thought capacity on a number of long term trending topics such as the true existence of Santa Clause, Religion, Slavery, Race and other cultural influential events or activities that play a major role not only in our lives but through out the course of his-story.

His-Story, I say because the stories and myths never were naturally occurring events, but man made theory's, activities or implementations that shaped the way we think and influenced our socially active lives.

Truth of the matter is, if these occurrences never happen, would we have been influenced other wise, and by what or who's guiding points throughout the course of civilization would have navigated our socialism.

What I came to realize it that, despite some of these occurrences having negative impacts on humanity, they also have had their positive.

Christmas, was one of those activities that brought people together, fostered love, care and brought joy into our households.

If we throw what we have learned from this man made concept of togetherness on the side, what do we look forward to next ? More Social Distancing ? Economical Instability ? It seems even this man made activi-

ty have shaped a number of our social lives during this test of the time. Together we remain stronger and preserved culture, socially distant, we create room for growing apart and lack of compassion for all that we distant our selves from. Thus, resulting in times like this when we see a reflection of shallow pockets and no one around to help make the holiday season a time to smile about.

The harsh reality always remained though, there were many that could not have enjoyed the joy of such a holiday season due to the fact of sharing a different religious belief or living in a state of poverty where such delicacies are only a fairy tale to the soul.

To me, Christmas is just another great marketing theme that allows us to spend way beyond our capacity to fulfill our years wishes that we could not have afford otherwise, then leaving us in a position to wonder how, we will though it out in the Month of January the following year.

On the other hand, It is also a time that we can take to share reflect and share compassion, hope, joy and love still, even though we have lost many elders that upheld the light of the Christmas spirit.

We must not let that discourage us from keeping the lights shining, not so much the lights outside, but the lights burning within our soul.

For in that light there is joy, love, togetherness and hope that all one day again, can enjoy the true meaning of what the holidays mean to families and friends.

If we keep the fire burning on the inside, we may no longer have to ask or wonder, Way the lights gone ?

## 721NEWS

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# MEET ROLAND VAN REENEN THE FOREST FARMER

**IN A TIME LIKE THIS**, We need more people that are passionate and capable of tackling this drastic climate change at it's rapid progress. To undo the damage done, we must replace what we have removed, and that was our forests that played the most important role for the survival of the human species. One man for sure we know that is trying his best to do his part is Roland, The Forest Farmer. Here is your first hand chance to meet this amazing farmer.

## 1. Who are you and where are you from ?

My name is Roland van Reenen born the 9th of October 1964 in Rotterdam in the Netherlands.

## 2. Where did you attend school , do you hold any current degrees ?

I attended school partly in Rotterdam and partly in Breda, I am trained as a certified teacher for primary education. But since I believe that education only stops in the grave I followed a lot of courses. I may call myself a certified ayurvedic practitioner too, I followed countless courses in holistic health, I am officially a permaculture designer and trained in regenerative agriculture, hydroponics and most and for all in syntropic agroforestry.

## 3. What is your current expertise or preferred career choice ?

I have a one man's company called Syntropic and Permaculture Solutions. I am focused on consultancy and education.

## 4. What inspired you to undertake your current career?

It feels as so much more than a career, it feels more like a mission like I finally found what I am supposed to do on this earth in my lifespan. I mean my work offers solutions for poverty, food security, climate change, water-problems and the list can go on and on. I was always a nature lover, love cultural diversity and worried by inequality and now it seems like I found the key that unites all of this.

## 5. What is your view on today's rapid climate change situation ?

I underline the work of Sadhguru when he states that the depletion of soils is the greatest threat that mankind faces right now. If we don't start acting right now, I mean yesterday we might face mass starvation of people by the year 2030 because of the simple fact that we have turned most agricultural lands in deserts depleting from all forms of life. While the population of the world is growing rapidly, so is the pie we are able to produce becomes smaller, more and more people need a piece of it. So, because of this dire fact of soil depletion we might face wars, revolutions, more refugees, total chaos while the solution could be so simple.

## 6. Do you believe that man made disasters contribute to this rapid factor more than natural disasters, vice versa ?

I believe that Nature is very intelligent, wise, without mistakes but mankind on the other hand is very stubborn and when it comes to learning from mistakes in the past, ignorant or even dumb. Every civilization that once ruled and seemed invincible went under



*Roland Van Reenen - The Forest Farmer*

because of over exploitation and depletion of the ecosystem that supported that civilization. That's no intelligence to me, but on the other hand I can't blame the majority of the people for our education fails us often and the amount of distractions is sky high.

## 7. What would be your plans for revitalizing or stimulating positive climate actions ?

The wisdom of syntropic agroforestry is that it produces high quantities of high quality food, while regenerating soils, ecosystems and even climates. So even if making money is your only motive you can be still part of the solution if you embrace the syntropic agroforestry way of producing food. So anytime I train a group of farmers, or implement a farm I know that my work is one of the strongest positive climate actions.

## 8. We love to follow your work on Syntropic Agroforestry, can you tell us briefly why you so strongly believe in this plant production system ?

That's a challenge to tell you briefly while I can talk for hours about it hahaha. Well let me put it this way, syntropic agroforestry bridges the gap between ecology and economy. Though reforestation surely has indirect economic benefits in general it is perceived as something that costs money while with syntropic agroforestry we reforest the land while planting abundance of food and thus make money. Another great advancement of syntropic agroforestry is that it provides answers for problems that most farmers struggle with like lack of water, pests and weeds. Weeds and pests are perceived in our worldview as signs of poverty of the current ecosystem, our focus lies in bringing the ecosystem as a whole to a succession of next levels making weeds and pests obsolete. I mean visit a healthy natu-

ral forest and you won't find the weeds that are bugging farmers the most. Why, because weeds hate to grow in a healthy humus like soil. So our focus in syntropic agroforestry is building humus dominated soils in a faster way than nature does it.

## 9. In which countries or Islands have you gotten a chance to implement your work ?

I live in Curacao and it was Curacao that allowed me to evolve in the man I am right now. So first and foremost Curacao, but also Aruba and Bonaire, Kenya, Uganda, Tanzania and I am about to go to Zambia too.

## 10. What are the cultural focuses or agendas you would like to champion in your field of work ?

Both permaculture as syntropic agroforestry are based upon indigenous cultures, like the Native Americans in South America, African and Aboriginal heritages. But colonialism uprooted literally that way of farming forcing farmers to produce monocrops for the colonial powers while creating droughts and ecological disasters. In a sense my work is a way of payback or even reparations for the damage my fore parents caused. Syntropic agroforestry re-ignites the fire of indigenous holistic cultural practices. To be specific I want to focus mostly in developing systems for drylands.

## 11. What role does nature, spirituality and culture play in your life?

As a child I was always fascinated by different cultures. I grew up with friends from Suriname and the Antilles. Later I got friends from Morocco, Eritrea, Ethiopia and Nigeria and such. This very fact made me question monocultures, for I learned that people that are able to perform in 2 or 3 different cultures are wiser, more flexible and in my eyes advanced over people that are never challenged by other world views. To me Nature and spirituality are very close especially after learning to see nature through the spectacles of syntropic agroforestry. Although I have a lifelong fascination for spirituality I am very humble in expressing my views about it. To me it's more an inner knowing than something to boast about.

## 12. How does your field of work impact cultural heritage ?

Wherever I go there are always people that kind of recognize what I am talking about. Like my grandmother taught me this as a child but in that time I didn't care. If you talk about cultural heritage as the heritage of people that were once closer to nature and could read nature like we read books. Literally for I have a friend in the interior of Suriname that never learned to read nor write but is a great healer representing African medicinal systems that got extinct in Africa. He is able to 'communicate' with the plants to find out, which herb will cure a certain person. That makes me the illiterate and it surely humbles me.

## 13. What are your views on agricultural development in urban environments?

CONTINUED ON PAGE 11





## THE FARMERS SEE: CUMIN

### WHAT ARE THE BENEFITS AND USES OF CUMIN

**CUMIN IS A SPICE** made from the seeds of the *Cuminum cyminum* plant. Many dishes use cumin, especially

foods from its native regions of the Mediterranean and Southwest Asia. Cumin lends its distinctive flavor to

chili, tamales and various Indian curries. Its flavor has been described as earthy, nutty, spicy and warm.

What's more, cumin has long been used in traditional medicine.

Modern studies have confirmed some of the health benefits cumin is traditionally known for, including promoting digestion and reducing food-borne infections.

Research has also revealed some new benefits, such as promoting weight loss and improving blood sugar control and cholesterol.

This article will review nine evidence-based health benefits of cumin.

#### 1. Promotes Digestion

The most common traditional use of cumin is for indigestion.

In fact, modern research has confirmed cumin may help rev up normal digestion

For example, it may increase the activity of digestive enzymes, potentially speeding up digestion.

Cumin also increases the release of bile from the liver. Bile helps digest fats

and certain nutrients in your gut.

In one study, 57 patients with irritable bowel syndrome (IBS) reported improved symptoms after taking concentrated cumin for two weeks.

#### 2. Is a Rich Source of Iron

Cumin seeds are naturally rich in iron.

One teaspoon of ground cumin contains 1.4 mg of iron, or 17.5% of the RDI for adults.

Iron deficiency is one of the most common nutrient deficiencies, affecting up to 20% of the world's population and up to 10 in 1,000 people in the wealthiest nations.

In particular, children need iron to support growth and young women need iron to replace blood lost during menstruation.

Few foods are as iron-dense as cumin. This makes it a good iron source, even when used in small amounts as a seasoning.

#### 3. Contains Beneficial Plant Compounds

Cumin contains lots of plant compounds that are linked with potential health benefits, including terpenes, phenols, flavonoids and alkaloids.

Several of these function as antioxidants, which are chemicals that reduce damage to your body from free radicals.

Free radicals are basically lonely electrons. Electrons like being in pairs and when they split up, they become unstable.

These lone, or "free" electrons steal other electron partners away from other chemicals in your body. This process is called "oxidation."

The oxidation of fatty acids in your arteries leads to clogged arteries and heart disease. Oxidation also leads to inflammation in diabetes, and the oxidation of DNA can contribute to cancer.

**CONTINUED ON PAGE 8**

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## HEALTH BENEFITS OF CUMIN...FROM PG 7



Antioxidants like those in cumin give an electron to a lonely free radical electron, making it more stable.

Cumin's antioxidants likely explain some of its health benefits.

### 4. May Help With Diabetes

Some of cumin's

components have shown promise helping to treat diabetes.

One clinical study showed a concentrated cumin supplement improved early indicators of diabetes in overweight individuals, compared to a placebo.

Cumin also contains components that counter some of

the long-term effects of diabetes.

One of the ways diabetes harms cells in the body is through advanced glycation end products.

They're produced spontaneously in the bloodstream when blood sugar levels are high over long periods of time, as

they are in diabetes. AGEs are created when sugars attach to proteins and disrupt their normal function.

AGEs are likely responsible for damage to eyes, kidneys, nerves and small blood vessels in diabetes.

Cumin contains several components that reduce AGEs, at least in test-tube studies.

While these studies tested the effects of concentrated cumin supplements, routinely using cumin as a seasoning may help control blood sugar in diabetes.

It is not yet clear what is responsible for these effects, or how much cumin is needed to cause benefits.

### 5. May Improve Blood Cholesterol

Cumin has also improved blood cholesterol in clinical studies.

In one study, 75 mg of cumin taken twice daily for eight weeks decreased unhealthy blood triglycerides.

In another study, levels of oxidized "bad" LDL cholesterol were decreased by nearly 10% in patients taking cumin extract over one and a half months.

**MORE IN JAN 2023 EDITON**

BY ALLRECIPES.COM  
Recipe by: latinmama

## VEGATERIAN AND VEGAN RECIPES

### CHANA MASALA (SAVORY INDIAN CHICK PEAS)



"Give this chana masala dish a try and don't look back. Indian food is not just curried sauces. It's not too exotic either, unless "exotic" is code for "yummy and full of flavor."

#### INGREDIENTS

- 1 onion, chopped
- 1 tomato, chopped
- 1 (1 inch) piece fresh ginger, peeled and chopped
- 4 cloves garlic, chopped, or more to taste
- 1 green chile pepper, seeded and chopped (Optional)
- 3 tablespoons olive oil
- 2 fresh bay leaves
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- ½ teaspoon turmeric powder
- 1 pinch salt to taste

Water as needed

- 1 (15 ounce) can chickpeas
- 1 teaspoon fresh cilantro leaves, for garnish, or more to taste

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

#### DIRECTIONS

##### Step 1

Grind onion, tomato, ginger, garlic, and chile pepper together in a food processor into a paste.

##### Step 2

Heat olive oil in a large skillet over medium heat. Fry bay leaves in hot oil until fragrant, about 30 seconds. Pour the paste into the skillet and cook until the oil begins to separate from the mixture and is golden brown in color, 2 to 3 minutes. Season the mixture with chili powder, coriander, gram masala, turmeric, and salt; cook and stir until very hot, 2 to 3 minutes.

##### Step 3

Stir enough water into the mixture to get a thick gravy; bring to a boil and stir chickpeas into the gravy. Reduce heat to medium and cook until the chickpeas are heated through, 5 to 7 minutes. Garnish with cilantro.

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# Opinion Matters

## The West Owes a centuries-old debt to Heiti Pt. 3

.....Continued from May 2022 Edition

By Howard W. French for latimes.com

**A PHRASE** that sometimes slipped into my coverage, and appears to this day in other writing about Haiti, served as a kind of code to condense the country's history into the briefest journalistic shorthand. It also rendered Haiti's real story invisible, and took Western powers and people off the hook. That phrase was "poorest nation in the Western hemisphere."

As true as this was in narrowly factual terms, it told us nothing about how Haiti had come to be, about its blood contribution to Western wealth. It silenced the immense gift to American geography that its revolution had made possible. It said nothing about the fierce opposition to Haitian freedom mounted by American founders like George Washington and Thomas Jefferson, whom we celebrate as avatars of Enlightenment values and democracy.

Both men saw the prospect of Black freedom in Hispaniola as a source of nightmarish horror that would threaten the tranquility and prosperity of white people by undermining slavery in the United States. And while Jefferson spoke of an expansionist America as an "empire of liberty," even as slavery spread westward, Haiti's revolutionary leaders took that very same language and enshrined it in their constitution,



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

immediately giving it universal substance.

"It is not circumstantial liberty conceded only to us that we want," wrote Haiti's most important revolutionary leader, Toussaint Louverture, who had been formerly enslaved. "It is the absolute acceptance of the principle that no man, whether born red, black or white, can be the property of another."

The press' reductionist characterizations of Haiti also whistle past the crippling indemnity, the equivalent of \$21 billion, that France imposed on Haiti in 1825, before Paris would recognize the young nation's independence. And they ignore the history of deep American interference in Haiti's affairs, including a military occupation, which lasted from 1915 to 1934.

"Poorest nation" indeed. No wonder Americans and Europeans would elide the causes of that poverty.

**Fight for freedom**

I am being tough on my own profession, but teachers of American and world history have done even worse.

In securing freedom for a population of former slaves, Haitians fought "as naked as earthworms," in Louverture's famous phrase, successively defeating the three strongest imperial powers of the age: Spain, Britain and France. Those latter two countries sent the two largest naval expeditionary forces in their histories up to that point to try to reimpose slavery on Hispaniola's Black population in order to control the global supply of sugar.

Each was defeated, and the details of this history go as unacknowledged in French and British classrooms today as Haiti's role in the Louisiana Purchase and the rise of King Cotton do in American ones.

Louverture explained his armies' successes in language as noble as any that emanated

ish."

As we watch Haitians sacrificing everything to make their way to this country, we should do so not only with more empathy, but also with the understanding that liberty is as integral to their story as it is to our own.

What is more, their liberty is a vital part of our own story. Howard W. French, a professor of journalism at Columbia University, is the author most recently of "Born in Blackness: Africa, Africans, and the Making of the Modern World, 1471 to the Second World War," set to be published Tuesday.

RAS  
ITAL



**POOREST NATION**

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## What are the Art Trends to Watch in 2022 Pt. 2?

... FROM MAY 2022

By [artconnect.com](http://artconnect.com)

### TEXTILE ART - BETWEEN ECOLOGY AND THE DIGITAL

She BAM! founder and director Laetitia Gorsy identifies textile art as another potential focal point in 2022. According to her: "Textile art clearly defies boundaries between disciplines, such as sculpture, performance, and drawing. It challenges societal norms, and moreover, the digital world."

On the other hand, textile art also plays with some very current concepts and aspirations, such as climate questions, the necessity of up-cycling, eco and conscious use of materials..."

Recycled and ecological materials are being used to produce textile work by artists in exciting and innovative ways. In her work, Rosana Escobar, for example, uses fique fibers leftover from coffee bag production to create rugs and tapestries (fique is an agave plant native to the Andean regions). Artist and designer Gundega Strauberga uses recycled fishing nets as fiber for weaving baskets and other objects. And Nigerian artist Marcellina Akpojotor creates elaborate portraits of domestic life from discarded scraps of fabric sourced from local fashion houses.

Contemporary artists are not only working with textiles in dialog with nature, but also the digital - and at times at the intersection of both. Scarlett Yang, for example, creates "living garments" from algae extracts and silk cocoon proteins and uses virtual reality to simulate the process of their decay. Working with organic and recycled wools, Andrea Garcia Vasquez is currently producing a series of rugs, titled "Shapes of Destruction" - a project funded by Kulturamt Leipzig and the Kulturstiftung der Freistaates Sachsen. The design of the tufted works references Google Earth screenshots from the deforestation of the Amazon - 10% of proceeds from sales are also donated to Amazon Watch.

A current artist in residence at The Studio Museum in Harlem, Qualeasha Wood creates tuftings and tapestries that



Artwork by Oldson Jean Louis Arts - Visit [www.oldsonjeanlouisarts.com](http://www.oldsonjeanlouisarts.com) to buy

draw on references from the internet and digital media in explorations of Black femininity. With their irregular edges and shapes, her tuftings take on organic forms, moving from two-dimensional screen to three-dimensional body.

What these works and artists underline are some of the ways textile art can approach urgent topics of the present. This is something that is also being explored at the Contextile 2022 - Contemporary Textile Art Biennial in Portugal, under the theme of "Re-Make" - looking at textile as a medium capable of provoking change and reacting to political and social conditions as "an experimental medium attentive to the new ecologies of production, as a questioner of borders and limits or their nonexistence".

An exhibition, "Experimental Fashion and Fiber Art 2022" is also being planned at CICA Museum in South Korea later this year. And, Textile Culture Net, an international network founded in 2020 in response to the pandemic, has been using Instagram to showcase diverse perspectives on textile art and is now curating online exhibitions with various partners around the world.

### STREET ART - PROGRAMMING, INITIATIVES, AND PRESERVATION

Perhaps due to a rise in more locally focused art initiatives, as well as outdoor exhibitions, resulting from closures and restrictions during the pandemic, street art has also become a more prominent topic. Last year, it was announced that the Uffizi Gallery

in Florence had acquired its first street art piece - a self-portrait by the UK-based artist Endless - which will go on display among the gallery's Renaissance collection.

At Vienna Art Week 2021 - under the theme of 'Losing Control' - the festival's main, curated exhibition, which was hosted at an abandoned car dealership, featured work by street artists ASTRO and sobekcis on the building's exterior walls, as well as a large-scale rooftop painting by Artists for Future with the message: WHAT DO WE WANT?

And, as part of a large-scale exhibition of sculptures and installations by contemporary artists, street artist JR's work was presented at the pyramids of Giza in Cairo, Egypt at the end of 2021 - an optical illusion of the top of one pyramid being torn off. In late 2020 - early 2021, the Public Art department of Qatar Museums launched the first round of JEDARIART - a two-part project to activate urban spaces in Doha by commissioning murals by Qatar-based emerging and established artists. The program is currently open and accepting proposals for its second round on an ongoing basis.

Another major public art initiative, Destination Crenshaw - an extensive community project and outdoor museum of work by Black artists along Crenshaw Boulevard in Los Angeles - is set to debut the first phase of the project this autumn. In the meantime, the project has been running mini mural contests to showcase the work of winning artists along the Crenshaw Boulevard construction site while work is underway.

Part of the current conversation around public murals and street art concerns how to preserve them - particularly in the context of protest art created as part of the global movement towards social justice and equality.

The Urban Art Mapping Project of the University of St Thomas in Saint Paul, Minnesota has established a crowdsourced database and map to document street art that has emerged around the world in the aftermath of the murder of George Floyd.

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# MEET ROLAND VAN REENEN....FROM PAGE 6

The future of farming will be in the city. City farms are close to the consumer so it saves a lot of fuel and transport costs and the produce will be more fresh. Also city-farms tend to be more efficient due to the facts that the farms are small. Farmers therefore find a lot of smart uses for the farm like vertical farming and such. My girlfriend and me also created an urban syntropic agroforestry farm in the concrete jungle of Nairobi. Besides that we created a system on our balcony in Nairobi too.

**14. Have you identified any potential opportunities within your field of work that may be beneficial for both young and old community members?**

It's my experience that participants of courses attract both groups from the communities. Both teenagers and elders seem to show more interest in this kind of farming. I think this is due to the fact that young people are still openminded when it comes to agriculture and elders have witnessed the downfall of current agriculture.

**15. Does having a good team behind you play an important role in your career?**

I am forever grateful for likeminded souls like Saeed Lourens, Daniel Parris, Klarvin Cijntje, Roel Sambo and others that were crazy enough to try out new concepts. When we started a lot of our insights were not widely accepted yet and just the fact that they shared the same vision was a confirmation and a lot of fun and adventure too.

**16. Who or what inspires you, do you have a role model?**

My first role model was Bob Marley, if it wasn't for his music and message

i doubt that my life would have been the same as it is now. I mean if it weren't for the Rastaman's ITAL food I think my eyes might never have opened for reality. At this moment my greatest source of inspiration is Ernst Gotsch the father of syntropic agroforestry.

**17. Has rejection ever happened in terms of your career or Have you ever been discouraged and how did you deal with it?**

In a certain way I was always a bit different so I learned to keep certain insights for myself. In that sense social media became my rescue for I found it a safe space to express my views. When I came to Curacao I experienced times of poverty when I decided to stop my nine to five work and focus on creating a food forest around my house. It was also the time that I created together with Gianne Balentien an organic weekly subscription system. Discouragement came in the form of breaking down of my deep-well pump in times when there was no money to repair or replace it. Discouragement for sure but I think my vision was stronger than discouragement. Discouragement made me also creative especially concerning water solutions.

**18. Where do you see yourself in the next 5 years in terms of your career choice?**

In 5 years I see myself doing big syntropic agroforestry farms in places where droughts brought agriculture to a halt. I also would love to have a big syntropic agroforestry farm for myself.

**19. What is your proudest achievement in your field of work or describe briefly your greatest accomplishments thus far?**



*Roland Van Reenen & friend in his farm in Curacao*

I am very proud of a project we did in Curacao with my friends that I mentioned earlier, Greening the Desert Curacao. I was doing my online PDC with Geoff Lawton then and I learned a lot from his lessons. In one of his lessons he was talking about how nitrogen fixing trees should occupy 95 % of a food forest when you start. Those nitrogen fixing trees will bring fertility and would gradually be thinned out and replaced by fruit trees. I saw all those pioneering Wabi (acacia tortuosa) trees on our island but for some reasons they are rarely being succeeded by a real forest. Yet their nature reveals that they are nitrogen fixers too. So I came up with this crazy idea to use those spiky trees as nitrogen fixing pioneer trees for a food forest. Can you imagine, everybody hates those trees and now we wanted to use them for agricultural purposes. But my friends saw the opportunity too and Daniel Parris had a piece of land that we could use for this experiment. Somewhere in 2019 we went in that forest and did some radical pruning to create open spaces under the canopy of the wabi. In these spots we planted rows of fruit trees. I was convinced that when the fruit trees grow bigger than the wabi's then eventually they would out shade them. Later we planted a lot of

agave rows, nopal cactus and napier-grass in that forest as biomass. If you see that forest now you wouldn't recognize the place anymore. It became lush and green and some wabi trees are dying, because of the simple fact that their function as pioneer tree was no longer needed. So we used an enemy as the engine to create a foodforest to produce food and at the same time reforested our island. The enemy that became a friend. Now that is real spirituality to me.

**20. From your view point, If you were a tourist, what would be an ideal cultural experience be?**

AS a tourist I love nature and culture. I would love to hike the mountains and visit eco-farms while I want to explore local music and also love to meet the wise elders those that preserve some timeless wisdom.

**21. What do you do in spare time for fun?**

The funny thing is that when you find your mission, everything becomes fun, the division between work and spare time disappears. But I love music and I am always learning new things.

**22. If you could be somewhere in the world right now where would you be?**

I am trying to get to Ethiopia, I heard so much things about 'the promised land' I am waiting for green light for some projects there. And visiting St. Martin would be very nice too and work together with you Denicio to do some impactful regenerative farming projects

**23. As we come to an end of our interview, What positive message would you like to share with, surrounding community members, readers around the world, students and entrepreneurs?**

We can create abundance not by destroying our world but by listening to nature.

We must become students of nature and realize we need her, while she can do without us. We are not saving nature but saving our own 'behinds'.

We would like to thank Mr Roland Van Reenen for taking time out to conduct this interview as he continues to create food forests on every path that he walks... We wish Mr Van Reenen much success on his journey forward!!!!

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## Stay Green: BEST ECO-FRIENDLY DESTINATIONS FOR 2022

Woamn enjoying a beautiful view | Photo thetravel.com

**BY ALEXANDRA MADAJ | THETRAVEL.COM**

**ECO-FRIENDLY** travel is set to be one of 2022's top trends, and these destinations are where many people will be immersing themselves in nature.

The past couple of years has put things into perspective for people worldwide. The importance of acquiring the latest gadgets, coolest cars, and other material objects is slowly fading into the background in favor of experiences that enhance life in a more satisfying, sustainable way. If the world is an oyster, it's about time humanity makes a concerted effort to protect the shining pearls that make our planet such a truly remarkable place.

Wanderers are lusting for destinations that reflect changing priorities. It's no longer about the glitz and glamour of overdeveloped tourist hot spots. Instead, there's a trend towards places that display why it's more important than ever to be conscious of the environment and everything it gives us. These sustainable destinations around the world will satisfy every eco-conscious traveler's desire to experience the planet in a way that respects it.

### 8 Patagonia

Hundreds of thousands of square miles of pristine wilderness serve as an example of how the planet thrives in the absence of manmade overdevelopment in

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Patagonia. The glorious expanse stretches over Argentina and Chile, its ecosystems a diverse mix that supports thousands of species of plants and animals. At EcoCamp Patagonia, travelers can take in the sights in a way they'll feel good about.

The award-winning tour company Cascada Expediciones operates the world's first geodesic dome hotel and hosts the adventure of a lifetime. Groups of travelers trek through the majestic mountains, kayak the beautiful waters, and observe the unique wildlife who call Patagonia home. EcoCamp's dedication to sustainability is on display at every turn, from using renewable water energy to power the accommodations to the raised platforms that preserve the earth beneath the hotel.

### 7 Norweigan Fjords

Norway has been paving the way for ecotourism for years, consistently cited as one of the world's top destinations for travelers who want to minimize their carbon footprint. The stunning fjords are a prime example of the country's dedication to preservation. Strict regulations regarding hunting and petroleum production ensure the region known for its crystalline waters, snow-

**CONTINUED ON PAGE 13**



# Stay Green: Best Eco-Friendly Destinations

## In 2022...from pg 12

capped mountains, and cascading waterfalls stays in the best shape possible.

While cruises take travelers through the fjords, many operate on fossil fuels. But, in 2023, travelers will have the opportunity to cruise the fjords on the world's first liquid hydrogen fuel cell ship. This remarkable achievement will likely shape zero-emission traveling at large. In the present, tourists can explore the fjords consciously by kayak or enjoy views of some of the bluest water in the world from above on the abundant hiking trails in the natural oases.

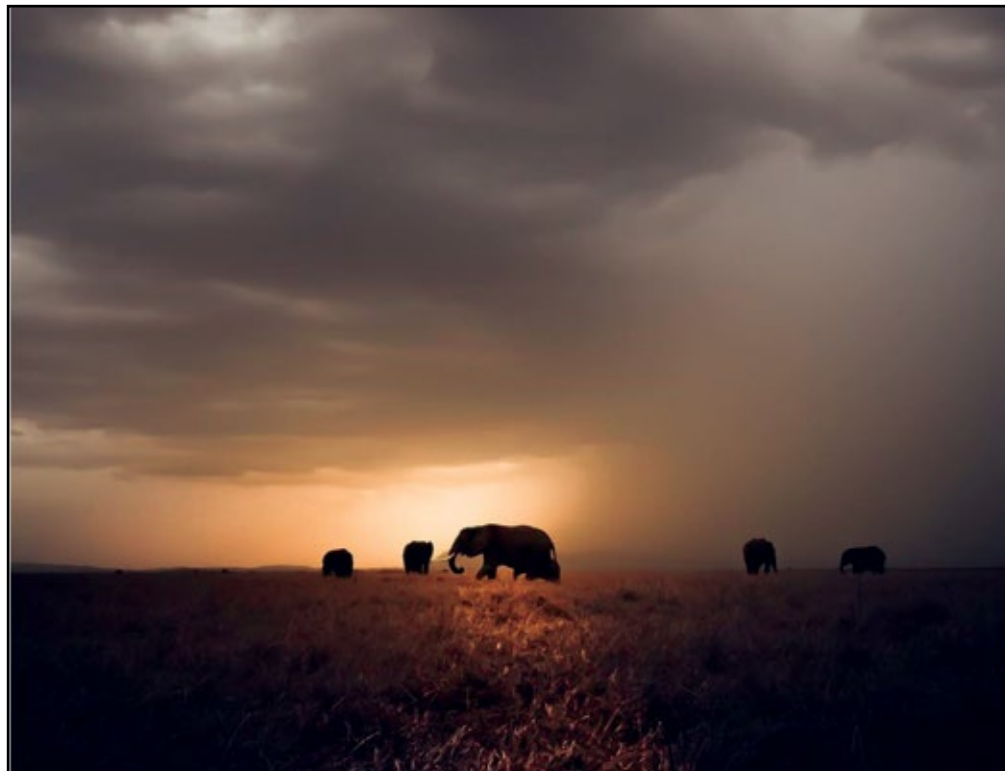
### 6 Chi Phat - Cambodia

The small country of Cambodia is big in spirit, especially when protecting its natural landscapes. The Wildlife Alliance works alongside the community of Chi Phat to preserve the country's ecosystems and provide visitors with memorable experiences. Far from the bustle of more popular tourist destinations like the Angkor Wat Temple and Phnom Penh, the quiet community in the Cardamom Mountains offers an intimate adventure with its friendly residents.

Villagers work as guides to show travelers all that's worth protecting. Rowboats breeze down misty rivers, brimming with sights of birds and other wildlife. Mountain bikers blaze through the dense forests, and food-lovers take traditional Khmer cooking lessons from villagers eager to share their delicious cuisine. At the end of the trip, visitors can promote clean air by planting a tree in Chi Phat's Million Tree Nursery.

### 5 Costa Rica

Several national parks and reserves highlight the incredible biodiversity of Costa Rica. Over a quarter of the country is rainforest, and they intend to keep it that way. At Monteverde Cloud Forest, adventure-



#amboseli #kenya #africa #safari #wildlife | Photo by solly\_levi on Instagram

ers will make their way across the forest canopy on magical hanging bridges from the loftiest daydreams. On the coast of the Pacific, Manuel Antonio National Park is home to mangrove swamps that attract wildlife in a way no other place can. The list goes on and on.

Costa Rica boasts several lodges dedicated to providing guests with a trip that's as memorable as it is eco-friendly. The all-inclusive Lapa Rios Lodge sits in a stunning patch of isolated rainforest, so guests won't even have to leave their accommodation to appreciate the scenery. The equally beautiful Heliconias Natural Lodge adds a meaningful layer of Costa Rican culture. The hotel is family-operated, and the owners do what they can to share that warmth.

### 4 Palau

Palau knows what it has and wants to make sure everyone who visits

knows, too. Upon entry, everyone has to have their passport stamped with the Palau Pledge, an agreement to respect the environment so that future generations can continue to thrive. The country is a feast for the eyes and heart, filled with breathtaking nature and vibrant, welcoming culture.

The crystal clear waters make Palau a top snorkeling and scuba diving destination. Divers witness the impressive way nature takes over under the sea, the sunken ships alive with coral reef growth. Marine life bustles as busy as a city in the Blue Corner. The beauty continues on land, the terrain a collection of savannahs, lakes, mountains, and jungle.

### 3 Kenya

The coastal kingdom of Kenya is rife with biodiversity. Its low plains roll into highlands, where most of the human residents live. Just north of

Nairobi, the Aberdare National Park holds the sprawling Kinangop Plateau. Its rivers serve as a vital source of life for the five animals people typically associate with Africa—elephants, lions, leopards, rhinos, and buffalo. The five impressive species are popular trophy animals for big game hunters, but Kenya has banned the practice since 1977.

Ecotourism Kenya set out in 1996 to "promote responsible tourism practices that will conserve Kenya's natural environment and improve livelihoods of associated communities." Their website makes it easy for prospective travelers to choose an eco-friendly accommodation, awarding facilities with a gold, silver, or bronze medal depending on their focus on conservation.

### 2 Galapagos Islands

Anyone who travels to Ecuador's Galapagos

Islands has a love for the beauty of the planet and its non-human animals. Exotic, almost unbelievable landscapes saturate the islands sprinkled in the warm Pacific waters. They're home to unique plant and animal species that can't be found anywhere else, like the eponymous tortoises, Blue-footed boobies, and marine iguanas.

The islands have seen their tourist numbers consistently increase in recent years, meaning more human interference with the fragile ecosystems. Tourist dollars are put to good use with conservation efforts, and several outlets offer eco-friendly ways to explore. Green hotels like the Pikaia Lounge offer luxury travelers feel good about. Land-based tours minimize impact while maximizing the once-in-a-lifetime experience.

### 1 Sumatra

Sumatra is known for its soul-soothing, full-bodied coffee, but it should also be known for its otherworldly ecosystems. Sumatra and Borneo are home to the "world's last remaining Sumatran tigers, orangutans, Bornean elephants, and Sumatran rhinos." Excessive deforestation cut the rainforests in half, endangering the species and impacting the planet to the sole benefit of the bottom line.

To mitigate further damage to the beautiful island, Sumatra Eco Tours provides responsible experiences that will inspire visitors to fight for the planet.

On the four-day jungle trek, guests travel deep into the rainforest and observe lush flora and countless animals, including some of the last living wild orangutans.

Other activities include a day trip exploring the island's vibrant culture to meet the people who call the beautiful place home.



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# BUSINESS

## 21 Great Small Business Ideas to Start.....continued from May 2022 Edition

By Max Freedman

### 9. CLEANING SERVICE

If you like to clean, you can easily turn it into a business. With a few staff members, a host of cleaning supplies and transportation, you can offer cleaning services to homeowners, apartment complexes and commercial properties. Most cleaning services charge between \$25 and \$50 per hour. Cleaning services are straightforward businesses that require relatively little overhead; you simply need planning, dedication and marketing to get your business noticed.

If you're looking to differentiate yourself from other cleaning services, consider adding premium options like floor waxing or exterior power washing for an additional fee. These services could be the de-



ciding factor between your new cleaning service and seasoned companies that maintain too large a client list to provide that level of cleaning.

### 10. FREELANCE COPYWRITER

If you're a natural wordsmith with a bit of marketing knowledge, you can establish yourself as a freelance copywriter. Whether you write blogs, web content or press releases, plenty of companies will

pay for your services. You can increase your value by bringing SEO knowledge to the table to help your clients craft a strategy to attack specific keywords that their target audience is already using in their online searches. Most freelance copywriters charge \$40 to \$50 per hour, but those with expertise in a given vertical could charge even more.

Freelance copywriting is a great business to run, because

as long as you have an internet connection, you can work. It's a business that you can operate from the comfort of your own home, or even from the road if you travel. If you establish a large enough network and gain referrals from satisfied clients, you could even make freelance writing your full-time job.

### 11. HOME CARE SERVICE

A background in care and hospitality can go

a long way to support housebound seniors who require in-home care. It's also a service for which demand is only going to grow. According to the National Institute on Aging, between 2010 and 2050, the 85-and-over population is projected to increase 351% globally, and the global number of centenarians (those over age 100) is projected to increase tenfold. Many will need care and assistance, oftentimes in their own homes.

Luckily, you don't need a background in healthcare to help seniors and grow a successful business at the same time, although those skills are certain to be in demand as well. Many seniors need help with everything from errands to repairs around the house. With some experience, you could consider growing your

business to help seniors transition from their homes to assisted living facilities, offering services such as packing, transporting, setting up, or storing their furniture and possessions.

### 12. TRANSLATION SERVICE

According to research from IBISWorld, the translation services industry saw a decline in 2020, as did many industries; however, it is projected to rebound nicely in 2021. That projected growth isn't surprising, as the internet has opened up entrepreneurs in other countries to English-speaking markets and vice versa.

This trend has created an opening for multilingual speakers to offer specific services, such as document translation and the translation of website information into languages for use in other markets. If you know multiple languages, carving out a niche in the translation services industry could be a successful endeavor.

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# How to Improve Your Mental Health

**By Dani Blum and Farah Miller | [www.nytimes.com](http://www.nytimes.com)**  
**WELL'S MOST POPULAR** stories of the year offered tools to stay happy and healthy.

The year 2021 was one of emotional whiplash. There was anticipation for vaccines, followed by confusing rollouts. Then, we saw some hope as many Americans were inoculated, only to find new variants, a tumultuous news cycle and widespread confusion around the bend. The good news is that people across the country — including experts, public figures and kids — started talking more openly and helpfully about the importance of mental health. Here at Well, we offered tools to stay balanced in the face of so much stress and anxiety. As the year comes to a close, we've collected the top pieces of advice from our most popular mental health stories to help you carry calm and clarity into 2022.

## 1. GIVE YOUR FEELING A NAME.

Back in April, Adam Grant had already called it; he said, "Languishing might be the dominant emotion of 2021." People certainly knew they were feeling some kind of way, but it wasn't burnout or depression or even boredom. "Languishing is the neglected middle child of mental health," Dr. Grant wrote. "It's the void between depression and flourishing — the absence of well-being." He provided some tips to cure languishing, but the powerful first step Dr. Grant proposed was simply naming the feeling. Doing so gave us "a clearer window into what had been a blurry experience," he wrote, and a socially acceptable response to the question: "How are you?"

## 2. GIVE YOUR MENTAL ILLNESS A NAME, TOO.

While Lily Burana had

always been candid about her depression and anxiety, getting a third diagnosis this spring — for A.D.H.D. — made it harder to discuss her mental health clearly, she wrote. So Ms. Burana gave "the whole bundle" a nickname: Bruce. As in Springsteen, a public figure who has been open about his own struggles with mental health. "The nickname allows me to efficiently keep people apprised of my status, as in: 'Bruce has really been bringing me down this week,'" she wrote. "The nickname helps me lighten up about my own darkness."

## 3. FIND MEANING IN EVERYDAY ACTIVITIES.

A growing body of research shows that there are simple steps you can take to recharge your emotional batteries and spark a sense of fulfillment, purpose and happiness. The psychology community calls this lofty combination of physical, mental and emotional fitness "flourishing." One easy way to get there is by doing your everyday activities with more purpose. Something as simple as cleaning the kitchen or doing yard work, or even washing your pillow cases, can build toward a sense of accomplishment. Set a 10-minute timer and go for a short jog, or try a one-minute meditation.

## 4. TRY MEDITATING ANYWHERE.

Your brain is like a computer, and it has only a certain amount of working memory, said Dr. Judson Brewer, the director of research and innovation at Brown University's Mindfulness Center. That's why negative emotions like anxiety and stress can make it harder to think or solve problems. "The first thing we have to do is ground ourselves in the present moment so we can calm down," said Dr.



Photo by [banyanmentalhealth.com](http://banyanmentalhealth.com)

Brewer, who suggested keeping this meditation technique in your back pocket:

Hold one hand in front of you, fingers spread. Now, slowly trace the outside of your hand with the index finger on your other hand, breathing in when you trace up a finger, and out when you trace down. Move up and down all five fingers. When you've traced your whole hand, reverse direction and do it again.

## 5. ALLOW YOURSELF TO GRIEVE 'SMALL' LOSSES.

In the hierarchy of human suffering during the pandemic, a canceled prom or vacation or lost time with grandchildren may not sound like much, but mental health experts say that all losses need to be acknowledged and grieved. We need to give ourselves permission to mourn, Tara Parker-Pope wrote in an article about disenfranchised grief. "Once you accept that your grief is real, there are steps you can take to help you cope," she said. "Consider planting a tree, for example, or finding an item that represents your loss, like canceled airline tickets or a wedding invitation, and burying it."

## 6. IF YOU NEED ONE, TAKE A 'SAD DAY.'

When your brain and

body need a break, taking a mental health day off from work or school can help you rest and recharge. As one clinical psychologist told Christina Caron: "You wouldn't feel bad about taking time off when sick. You shouldn't feel bad about taking some time off when you're sad." You don't need to tell anyone why you're taking the time

off. In most situations, just say that you need to take a sick day, and leave it at that, the experts told Ms. Caron. But try not to spend the day checking your messages or feeling guilty. Make a plan to do something that will help you recharge.

## 7. WRITE DOWN WHAT'S BOTHERING YOU BEFORE

## BED.

Chronically bad sleep is more than just a nuisance. It weakens the immune system, reduces memory and attention span, and increases the likelihood of depression. Anahad O'Connor, who reported on the rise of sleep disturbances during the pandemic, said that one of the most effective treatments for "coronasomnia" was cognitive behavioral therapy, or C.B.T., because this approach helps you address the underlying thoughts, feelings and behaviors that are ruining your sleep. One C.B.T.-inspired strategy is to write down all of your thoughts, especially anything that is bothering you, two hours before bed, then crumple up the paper and throw it away. This symbolic gesture empowers you and calms your mind, a sleep medicine doctor told Mr. O'Connor.

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