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MADE IN
ST. MAARTEN



HOW WE DESCRIBE OUR POLITICAL REALITY IN ST. MARTIN

BY Fabian A. Badejo
GREAT BAY, St. Martin (January 28, 2024)—Long before the southern or Dutch part of St. Martin obtained an adjusted autonomous status as a territory of the Netherlands kingdom on October 10, 2010 (nicknamed "10-10-10"), politicians and others, both on the island and beyond, have used language that is inaccurate and often misleading to mask their own fears and shortcomings and create an obviously confusing narrative.

We cannot ascribe this to ignorance. To the contrary, I think many of them have a pretty good grasp of what the reality is but are not honest enough to admit it publicly and let the population know that the SYSTEM was not designed to favor them, nor does it work for them.

The thinking is, were the people to really realize this, they would most probably opt to change of the system.

It is against this background that I have randomly selected a few words and phrases that, as the school children would say, are "trending" in the political space, especially in the aftermath of a parliamentary election that has no absolute winners nor losers.

The idea is to show how these words are often (deliberately) misused, leading to a confusion and sometimes totally erroneous interpretation of the concepts they are meant to convey.

Here we go: "Citizens"

There are no "citizens" of St. Martin!

When you fill immigration forms when you travel abroad you NEVER write that you're a "citizen" or national of Sint Maarten but of The Netherlands. That is why you carry a passport showing your nationality



Fabian A. Badejo, senior St. Martin journalist, culture critic, author. (© FAB/HNP/Tackling Photography.)

to be Dutch.

By definition, a citizen is a "person who, by place of birth, nationality of one or both parents, or naturalization, is granted full rights and responsibilities as a member of a nation or political community."

St. Martin is not a nation in the strictly political sense of the word. Citizenship is also defined as "the relationship between an individual and a STATE to which the individual owes allegiance and in turn is entitled to its protection. Citizenship implies the status of freedom with accompanying responsibilities." (www.law.cornell.edu)

Citizenship is therefore the political status of an individual. St. Martin is a COLONY and not a state.

"Country St. Maarten"

However you spell it, the southern part of St. Martin is NOT a country. It is an "autonomous" territory within the Kingdom of the Netherlands, which itself is a country. Obviously, you cannot have a "country" within a country.

So, it is very

wrong to call St. Martin a "country" or to use the current phraseology favored by some officials and so-called political analysts or experts, "a sovereign constituent country within the Kingdom"! Talk of confusion!

But this confusion is, I repeat, not a question of ignorance; it is a deliberate attempt to make the people think they do not need to seek political independence. The theory is, when the people are confused, they stay put; they reject change.

"Our Democracy"

St. Martin is not a "democracy." Again, it is a COLONY, and you cannot by definition have democracy in a colony. It is antithetical. Consequently, it is fundamentally wrong and misleading to talk of "our democracy."

The fact that periodic elections are held does not qualify a territory or country to be called a democracy.

Elections which are carried out through a democratic process, i.e. conducted in an open, free, and fair manner with the participation of the people who

have an inalienable right to vote, are necessary, and may even be a prerequisite for any democracy, but holding periodic elections is not sufficient to be considered a democracy.

In a democracy, the Trías Política i.e., the separation of powers between the legislative, executive, and judicial branches of government must be well established and well rooted.

Russia holds periodic elections. The 450 members of the State Duma of the Federal Assembly of Russia are elected every five years. Yet, is Russia a democracy?

So, instead of saying "our democracy," we should more properly and correctly say, "our electoral system/process" or "our constitutional system/status."

We—particularly those who believe in the independence of the island—need to constantly challenge anyone referring to St. Martin as a "democracy" until we change that erroneous narrative.

The path to independence requires that we make it clear that true democracy does not allow another authority to be imposed above the will of the people. It does not accept a CFT—the Board of financial supervision Curaçao and Sint Maarten—to overrule, supersede or dictate decisions taken or to be taken by the representatives chosen by the people.

Similarly, it does

not accept "Higher Supervision" by any authority not chosen by the people of St. Martin.

"Political Parties"

The "constitution" of the southern part of St. Martin does not recognize political "parties." There are therefore no political "parties" in the territory.

There are political lists that are assigned a number, and a color on the ballot paper under a name they choose.

The electorate chooses 15 independent members of parliament to a term of four years. They do not vote to elect political "parties" to represent them but individuals who are required to vote their conscience.

Similarly, they do not vote to elect the executive (government; "ministers"). They vote for 15 individual members to REPRESENT them in parliament. That is why the whole territory is the constituency of each individual candidate.

"Postulate"/ "Postulation Day"

We use this word incorrectly where it concerns individuals being placed on a political list to contest an election.

It could be because it sounds like a false cognate, a word that seems similar and may even have the same spelling in one language but that has a different meaning in another language.

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RESILIENT CARIBBEAN COMMUNITIES PT 4:

A LONG-TERM PERSPECTIVE ON SUSTAINABILITY AND SOCIAL ADAPTABILITY TO NATURAL HAZARDS IN THE LESSER ANTILLES... FROM DEC 2022

BY CORINNE L. HOFMAN & COLLEUGES

THE LAST occupation phase of the settlement (cal. AD 1200–1450) was located on the highest elevations, with a fairly intact habitation area showing numerous round and oval house structures with more than eighty burials. To withstand the force of extreme weather events, the posts of the houses were also anchored deeply into the bedrock or secured with large slab-stones.

A similar case of settlement relocation was observed at the semi-contemporaneous multi-component site of Anse Trabaud (cal. AD 700–1200), which is situated in the southeastern part of Martinique. It is located on a tombolo that comprises a number of successive beach barriers and connects a small island to the mainland of Martinique. The area is heavily susceptible to extreme weather events, and the peninsula of Pointe Baham shows the most convincing evidence for sudden storms in this area. The change in landscape from an open beach setting to a closed mangrove forest, potentially driven by a storm event, required a reorganization of offshore/near-shore water currents. Between the tombolo and the mainland, a shallow lagoon with mangrove vegetation has formed. The archaeological stratigraphy in the mangrove area shows a thick layer of sediment with a succession of compact marine sand layers caused by tidal and other dynamics in the mangrove area. A reduction zone between 0.5 m and 1.80 m is present, with extremely

well-preserved organic materials due to excessive moisture in the sediment. It is hypothesized that the inhabitants of Anse Trabaud adapted to the gradually rising sea level by moving to the outer and higher beach barriers over time. The earliest inhabitants (cal. AD 700–900) may have lived in stilt houses built around a lagoon. A limited number of posthole features in the moist layers confirm the presence of structures in the area. Stilt houses have also been documented at the site of Los Buchillones in north-central Cuba, dating to cal. AD 1250–1500, which today is situated 150 m out into the sea. At this site, the mahogany posts of the stilt houses were dug up to 1.70 m deep into a lagoon deposit; these may have offered resistance to hurricanes and other extreme weather events, floods, and gradual sea-level rise. Starch grain and phytolith analysis of the Anse Trabaud archaeobotanical assemblage has provided unique insight into changes in food procurement, production, and consumption during periods of environmental transformation and harsh climate. Due to the waterlogged conditions at both Anse Trabaud and Los Buchillones, organic materials, such as wood, gourd fragments, seeds, diatoms, and starch grains, have been extremely well preserved.

4. The Impacts of Natural Crises on Archaeological Sites and Current Coastal Communities: Present and Future Challenges

The detrimental effects of coastal degradation and the



Examples of postholes at the archaeological site of Anse à la Gourde, Guadeloupe showing the resilience of building techniques. Some of the posts were dug deep into the bedrock; others were secured with slabs. (Photos by Corinne Hofman and Menno Hoogland).

very real possibility of instant devastation caused by hurricanes that are increasing in frequency and strength are telling signs of the menace that the Caribbean islands and islanders face. Irma's total destruction of Barbuda, Saint Martin/Sint Maarten, the Virgin Islands, and Puerto Rico; Maria's devastation of Dominica in September 2017; and Dorian's incursion into the Bahamas in 2019 all happened in a matter of hours, though the havoc they wreaked will be felt for years. Extreme weather and storm events continue to affect shorelines in terms of submerging, covering, severely eroding, and/or eradicating coastal archaeological sites. The dramatic impact of such events on the archaeological record and cultural heritage of the Caribbean is often accelerated due to adverse human impacts arising from uncontrolled construction activities, sand mining, and looting. As sug-

gested above, the almost complete absence of Archaic Age sites in the Windward Islands, several of the Virgin Islands, Jamaica, and the Bahamas may partially be the result of these impacts too. For example, at the site of Morel (300 cal. BC–cal. AD 1400), located on the exposed northeastern coast of Grande-Terre, Guadeloupe, a change in

coastline of 60 m was noted between 1948 and 2020 based on a topographic survey in 1993, aerial photographs, and satellite images. The damage to the coastal landscape was accompanied by the loss of a large portion of the archaeological deposits. Rescue excavations at the site in collaboration with the local partners of the Service Régional de l'Archéologie (SRA) between 1993 and 1999 uncovered an archaeological layer with numerous human and dog burials dating to the earliest Ceramic Age occupation of the site. Sand mining and looting, especially after the archaeological deposits were laid bare as a result of Hurricane Luis in 1995, have accelerated the deterioration of the site. The site has continued to lose surface, and the context of the remaining deposits has been reduced to a minimum.

A similar situation occurred at the site of Anse Lavoutte (cal. AD 1000–1500) in northeastern Saint Lucia. This well-known site, re-

searched by the Bullens and the Saint Lucia Archaeological and Historical Society (SLAHS) in the 1960s and 70s, has been subject to heavy erosion due to a retreating coastline and slope wash, causing archaeological materials to be continuously exposed. In 2007, Hurricane Dean laid bare numerous burials and the area was left unprotected, with cars and horses trampling the remains on a daily basis. The construction of a hotel on the bay has accelerated the changes in the landscape. During rescue excavations at the site in collaboration with the Saint Lucia government and SLAHS in 2009, human remains and archaeological materials brought to the surface were salvaged. A recent assessment of Anse Lavoutte, in the context of the area's development for construction, has again attested to severe damage to the site.

MORE IN APRIL 2024 EDITON

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SYNTROPIC AGROFORESTRY AND THE POWER OF COMMUNITY

A SILENT REVOLUTION sweeps over parts of the Caribbean. Groups of people gather together and move from garden to farm and vice-versa. Its a revolution that hands back the power and authority over the basic necessities in life. Its not a bloody revolution but one that creates more life, abundant life. It is turning deserts into green oasis, concrete jungles into food producing jungles. For some it means making money by doing good, for others replacing the kind of old and surely not fresh imported food with home-grown fresh organic produce. It is a revolution that change that was thought of to be impossible into possible. It seems like heading fast forward to our ancient future where man used to live in abundant paradise alike gardens.

This revolution started in Brazil where poor farmers reintroduced the ways of the indigenous peoples. They embrace the heritage of those so called Indians that have been



persecuted for such a long time but now finally receive the credits for creating the tropical rainforests of Amazonia. Yes you read it right, the Amazon rainforest was created by indigenous Brazilians as food forests. And by planting their food as a forests they were creating rain. They call this ancient technology; 'water can be planted' The native philosophy is

completely opposite what most farmers nowadays think, that you need water to plant, no they say if you need water, you need to plant plants. At a certain point a Swiss agriculture specialist Ernst Gotsch systemized this knowledge with his experiences in Africa, Costa Rica and Brazil and dubbed it syntropic agroforestry. On his farm in Brazil he changed a

desert where it didn't rain anymore in an abundantly food producing tropical rainforest. His example was followed by a lot of poor farmers in Brazil that now started to plant food forests.

About 30 years later after spreading widely in Brazil it reached the shores of the Caribbean island Curacao. Commissioned by the Ministry of Health,

Environment and Nature (GMN) I organized an intensive course with the suggestive name 'Ban Planta Awa' (let's plant water) in which 42 people participated including people from Bonaire and Trinidad. In 2020 the course was organized again, this time online due to covid19. From that course on the participants went from farm to farm to implement as a group syntropic food forests. Although the management is relatively simple, the implementation of a syntropic food forest is hard work. It may take weeks if you do it on your own. But however when organized properly with a group of people it may be done in 1 day only. This was the birth of a syntropic agroforestry community in Curacao that created about 40 foodforests now on the island.

the introduction of this technology on the island. The odds were all against us for Aruba is much dryer than Curacao and the quality of the soils is mostly quite sandy. But we should never underestimate the power and intelligence of a densely planted plant community. After a month the desertlike farm was changed into a lush green oasis. So i was invited the second time around. The success of that first farm caused a wave of initiatives even more intense than in Curacao. To this point every weekend a syntropic foodforest is established somewhere in Aruba by a very enthusiastic community of people with an enthusiastic fire in their eyes ready to take their circumstances in their own hands.

By Roland van Reenen, Forest Farmer Curacao

(in the next episode i will explain more about the technology of syntropic agroforestry

Two years later I was invited In Aruba by Eco Living Aruba and Community Matters after a facebook post of Rhakeem Samuel pleading for

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Get up Stand Up with R4CR!

ST PETERS - The 1973 Hit Song Slogan by the great Bob Marley and Peter Tosh, today plays one of the greatest motivations in a community oriented activist. The phrase GET UP, STAND UP, stimulates our minds and souls to ACT ! Act on behalf of nature, cultural preservation, injustice, prejudice, workers rights, quality education, protecting our children, the right for peace and justice, opportunity and over all love for humanity.

None of the above, is worth giving up the fight, and because some choose not to give up the fight, it brought an abundance of possibilities to those that deserved it.

Resources for Community Resilience (R4CR) has done just that. Got up and Stood Up!

An organization that focuses on strengthening the capacity of other community organizations was much in need. With their core values such as education, leadership, equality and accountability, they have also become role models to us at ECO St Maarten Agricultural Research and Development Center Foundation and others.

Today, we are here because of the fire that was ignited from such organizations and slogans that challenge the inequalities along this journey we call life, while working towards leaving a fertile path of abundant resources and fruit in all aspects for our communities and future generations to come !

Taking a stand for what you truly believe in, is the beginning of achieving it.

ECO SXM stands behind the principle of Educating, Cultivating and Out-reaching to community members and those interested in achieving agricultural sustainability and resilience for our children, communities and Island.

‘Nothing good comes easy, and nothing easy or cheap ain’t good.’ Wyatte, Project Coordinator at ECO SXM.

At the end of the day what you put in, is what you will get out. Same aspect can be applied to ones health and our communities. What we put in, is what we get out. Currently, not sufficient or nothing, but that has slowly been adjusting as we see more positive organizations such as R4CR emerging in to our communities.

One of the trending reasons why We believe our communities are not moving forward is simply because of less or no community input from it’s members or non active organizations.

The most of us put our money into supermarkets in the community for example. But, think of it, What do those current supermarket owners do ? They pooled their resources together and created a supply chain for Us, supported by Us.

Some, may see it as a very strategic cooperative move, and it is. It’s also just business. So, the next question would be... Can We pool together resources and create supply chains to meet our community members demands? The simple Answer is Yes. R4CR has clearly demonstrated that such methods can yield great results by



Participating members of the ECO Learning Program enhance their agricultural skills in the new greenhouse funded by R4CR at St Maarten Agricultural Research & Development Center Foundation in St Peters.

providing adequate resources.

So, Why are we not doing it? Well, that may lead to a whole other paragraph.

We believe that many have tried and have lost confidence in others and themselves due to lack of consistency, transparency and accountability. These 3 simple things play great role in how we build our integrity!

Integrity - the quality of being honest and having strong moral principles; moral uprightness. "he is known to be a man of integrity". This is what you want to be known for, its the greatest recognition one can be honored with.

We at ECO SXM focus on just that, 'integrity'. It is the foundation on what we build and assure our principles and intensions are guided by such.

By upholding integrity and pooling our resources such as Intellectual properties, administration, agriculture, consulting, catering,

local product development and other essential services, there is no doubt that we may be able to come up with some pretty cool and creative project \ business ideas that can be geared toward meeting our community and it’s members needs and objectives. Which in the end, leads to a more resourceful sustainable community in all aspects.

Together, we can do just that and it doesn’t take a whole lot to achieve it, as every little counts.

We Thank R4CR for all the little things that they do, for it takes every little brick or block to build a home on this beautiful Island we call St Maarten..

When it comes to local agricultural development, ECO SXM looks forward to making more resources available to community members and the general public such as educational programs, soil, seeds, seedlings, plants, home gardening \ farming assistance and project development in

every effort to keep the awareness and importance of Agriculture for our communities alive.

Adding Strength to the capacity of ECO SXM and the development of our additional greenhouse which futures traditional and advance approaches toward the development of agriculture will allow us to execute our ECO Learning Programs for 2024 which started in Feb of this year and will encourage community members to get more involved in the much neglected sector that is of most value.

‘This project is funded by the Government of the Netherlands via the Sint Maarten

Trust Fund. The R4CR (Resources for Community Resilience) program is administered by the World Bank, implemented by VNGI, and overseen by the NRPB.

Interested in contacting ECO St Maarten Agricultural Research and Development Center Foundation for any of the above mentioned resources?

Please feel free to email us at ecostmaarten@gmail.com.





OTTLEY MEETS WITH LOCAL FARMER IN CONTINUED EFFORT TO IMPROVE LOCAL AGRI-PRODUCE MARKET

PHILIPSBURG:--- Acting Minister of Tourism, Economic Affairs, Transportation & Telecommunication (TEATT), the honorable Omar Ottley, kicked off his first in a planned series of discussions with local stakeholders who either produce locally or import agricultural products.

He held his first meeting on Wednesday, October 19, 2022 as part of his commitment to improving the local produce market. Through the discussions, Minister Ottley aims to find common ground where the Government can assist with enhancing local production of foods and vegetables and aid in the successful importation of lower-costing agricultural products.

"Ultimately, we have to ensure our population eats healthy, and since I am also Minister of Health, this is an even more critical issue. A healthy population makes for a better group of ambassadors for a Tourist destination such as ours. We intend to give full attention to the Agricultural responsibility of

the Ministry of TEATT as we do in the other areas of the Ministry," said Ottley.

The Minister said part of the Ministry's responsibility is "to continue balancing the need for local production by assisting the local farmers while simultaneously ensuring importation of Agricultural produce meets all health requirements while also meeting the economic threshold of affordability for our people."

Ottley's first meeting was with Eco St. Maarten Agricultural Research and Development Foundation President Denicio Wyatt. He is a well-known farmer and an advocate for using naturally grown foods. During the meeting, the two discussed Wyatt's longstanding request for Government's assistance in producing Medicinal and Recreational Cannabis for local consumption and export to other markets. They also discussed food production and the need for adequate land for farming.

"Land on Dutch St. Maarten is

limited, and unfortunately, agricultural land covers only around 5 per cent of our available space. Farming in such small spaces will limit the ability of local farmers to satisfy the entire local market. This means we need to import additional agricultural products, but we must do so in a manner that does not hurt the pockets of our people or discourage local farmers," said Ottley.

Where it pertains to more land for farming, Ottley said he is aware of requests made for lands to previous Ministers of TEATT and the challenge to secure those lands. "Despite Government's limitation where available land is concerned, we cannot ignore the agricultural needs of our Country; therefore, I intend to look further into the matter," said Ottley.

The Minister's goal is to reduce the cost of food in St. Maarten as an immediate effort to offer relief to the population. The series of planned discussions with local stakeholders follows his recent efforts to establish an affordable

trade route between the Dominican Republic and St. Maarten for Agricultural produce.

Minister Ottley has already met with the Deputy Minister of Foreign Affairs for Economic Affairs and International Cooperation in the DR, Mr Hugo Rivera Fernandez and Agribusiness board representatives.

During that meeting, Minister Ottley discussed the possibility of the DR supplying high-quality fresh produce to St. Maarten at affordable rates. It is with hope that the current Minister of TEATT Mr Leo Lambrix continues to carry out this vision, not with the focus on imports from the DR, but first and mostly making resources available locally to stimulate enhance and promote our locals that seek opportunity in this sector. **By *snm-news.com***

Editors comment: To this day March 2024 we still await feedback as to what resources may be set in place to assist our local farmers in this sector.



THE FARMERS SEE: CUMIN

WHAT ARE THE BENEFITS AND USES OF CUMIN PT. 2

5. MAY IMPROVE BLOOD CHOLESTEROL
Cumin has also improved blood cholesterol in clinical stud-

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

glycerides. In another study, levels of oxidized "bad" LDL cholesterol were decreased by nearly 10% in pa-

tients taking cumin extract over one and a half months.

One study of 88 women looked at whether cumin affected levels of "good" HDL cholesterol. Those who took 3 grams of cumin with yogurt twice a day for three months had higher levels of HDL than those who ate yogurt without it.

It is not known if cumin used as seasoning in the diet has the same blood cholesterol benefits as the supplements used in these studies.

Also, not all studies agree on this effect. One study found no changes in blood cholesterol in participants who took a cumin supplement.

6. May Promote Weight Loss and Fat Reduction

Concentrated cumin supplements have helped promote weight loss in a few clinical studies.

One study of 88 overweight women found that yogurt containing 3 grams of cumin promoted

weight loss, compared to yogurt without it.

Another study showed that participants who took 75 mg of cumin supplements every day lost 3 pounds (1.4 kg) more than those who took a placebo.

A third clinical study looked at the effects of a concentrated cumin supplement in 78 adult men and women. Those who took the supplement lost 2.2 pounds (1 kg) more over eight weeks than those who did not.

Again, not all studies agree. One study that used a smaller dose of 25 mg per day did not see any change in body weight, compared to a placebo.

7. May Prevent Food-Borne Illnesses

One of cumin's traditional roles in seasoning may have been for food safety.

Many seasonings, including cumin, appear to have antimicrobial properties that may reduce the risk of food-borne in-

fections.

Several components of cumin reduce the growth of food-borne bacteria and certain kinds of infectious fungi.

When digested, cumin releases a component called megalomicin, which has antibiotic properties.

Additionally, a test-tube study showed that cumin reduces the drug resistance of certain bacteria.

8. May Help With Drug Dependence

Narcotic dependence is a growing concern internationally.

Opioid narcotics create addiction by hijacking the normal sense of craving and reward in the brain. This leads to continued or increased use.

Studies in mice have shown that cumin components reduce addictive behavior and withdrawal symptoms.

However, much more research is

CONTINUED ON PAGE 8

HEALTH BENEFITS OF CUMIN...FROM PG 7



Cumin plant flowering

needed to determine whether this effect would be useful in humans.

The next steps include finding the specific ingredient that caused this effect and testing whether it works in humans.⁹ May Fight Inflammation

Test-tube studies have shown cumin extracts inhibit inflammation.

There are several components of cumin that may have anti-inflammatory effects, but researchers don't yet know which are most

important.

Plant compounds in several spices have been shown to reduce levels of a key inflammation marker, NF-kappaB.

There is not enough information right now to know whether cumin in the diet or cumin supplements are useful in treating inflammatory diseases.

Should You Use Cumin?

You can get some of cumin's benefits just by using small amounts to season food.

These quantities will provide antioxidants, iron and potential benefits for controlling blood sugar.

Other, more experimental benefits — such as weight loss and improved blood cholesterol — may require a higher dose, probably in supplement form.

Multiple studies have tested cumin supplements of up to 1 gram (about 1 teaspoon) without their participants reporting problems. However, severe allergic reactions to cumin

have been reported, but are very rare.

That said, be cautious when taking any supplement that contains much more cumin than you could possibly consume in food.

Just as with any ingredient, your body may not be equipped to process doses it would not normally experience in the diet.

If you decide to try supplements, let your doctor know what you're taking and use the supplements to complement, not replace, medical treatments.

The Bottom Line
Cumin has many evidence-based health benefits. Some of these have been known since ancient times, while others are only just being discovered.

Using cumin as a spice increases antioxidant intake, promotes digestion, provides iron, may improve blood sugar control and may reduce food-borne illnesses.

Taking higher doses in supplement form has been linked to weight loss and improved blood cholesterol, though more research is needed.

I personally prefer to use cumin in cooking rather than as a supplement. This way, I take advantage of the 10th benefit of cumin — it's delicious.

BY ALLRECIPES.COM
Recipe by: CookingWithShelia

VEGATERIAN AND VEGAN RECIPES

CAULIFLOWER STEAKS



A SIMPLE RECIPE for cauliflower steaks roasted in the oven with olive oil and steak rub. A great side for any meat or poultry dish.

INGREDIENTS

2 heads cauliflower

¼ cup olive oil

2 teaspoons steak rub, or to taste

chopped fresh parsley (optional)

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

DIRECTIONS

Step 1

Preheat the oven to 450 degrees F (230 degrees C).

Step 2

Remove all green leaves and stems from the core of the cauliflowers. Trim core but do not remove the core as it helps hold the cauliflower steaks together. Cut cauliflower lengthwise into 1/2 inch thick slices.

Step 3

Rub both sides of cauliflower slices with olive oil and steak rub. Set cauliflower slices onto a baking sheet.

Step 4

Roast in the preheated oven for 30 minutes. Flip cauliflower steaks and roast until lightly browned and cooked through, 15 more minutes. Sprinkle with chopped parsley before serving.

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Opinion Matters

EXXON KNEW that its fuels would contribute to overheating the planet, yet it chose to deceive the public. It's the very definition of fraud. Fossil fuel interests and their political allies are carrying out a fraud on humanity. They enjoy massive profits while their products are causing disease, death and disruption around the world.

More than eight million people die annually from fossil fuel pollution. Societies are burdened by billions of dollars in damages from climate-fueled heat waves, wildfires, droughts, floods and sea rise.

How can we hold them accountable? Many cities and states have filed lawsuits against fossil fuel companies seeking damages.

We citizens can demand congressional action to end fossil fuel subsidies, enact carbon pricing to make the polluters pay, subsidize clean energy, speed electrification, reform the permitting process for renewable energy, and sequester carbon through healthier forests and better agricultural practices.

Robert Taylor
Santa Barbara, Calif.

To the Editor:
The revelation that Exxon scientists in the 1970s correctly projected the long-term climate impacts of burning fossil fuels, while publicly claiming ignorance, is both unsurprising and infuriating. Rising profits beat rising sea levels every time.

Communities on the front lines of the climate crisis have



Oil refinery, owned by Exxon Mobil (Photo illustration by Salon/Getty Images)

“Exxon Scientists Saw Global Warming, as Oil Giant Cast Doubt, Study Says”

long felt the environmental, economic and health consequences of burning oil, gas and coal. It stands to reason that scientists employed by big polluters would reach the same conclusions.

When lead paint and tobacco companies were found to have known the negative health effects of their products, but spent decades concealing them, a public reckoning — with significant monetary damages — followed.

It is long past time for the fossil fuel industry to face the same kind of accountability.

Zellnor Y. Myrie
Brooklyn
The writer is a New York State senator for the 20th District.

To the Editor:
It is indeed unfortunate that Exxon was not forthcoming about its studies and its scientifically accurate projections of global warming. We can use this information to vilify Exxon Mobil, and

certainly it deserves criticism, or we can use the information to acknowledge that a great deal of untapped expertise resides in the private energy industry that can be harnessed to address climate change.

It would be highly productive if the federal government worked with energy corporations, where so much energy expertise resides, helping them make the socially beneficial decisions that are required to move toward nonpolluting and climate-friendly sources of energy.

The government could help fund research and provide economic assistance to construct new infrastructure, which would ease the monetary challenges in transitions.

Make the oil and energy industry part of the solution, as opposed to the problem.

Ken Lefkowitz
Medford, N.J.
The writer is a former employee of PECO Energy, an

electric and gas utility.

To the Editor:
Thank you for this article, but this is not

news.

We have known for some time that the oil companies have been deliberately misrepresenting the facts regarding global warming, when they knew better.

The Union of Concerned Scientists published “The Climate Deception Dossier” in 2015.

This document is a compilation of evidence that the oil companies knew what greenhouse gases would do to the Earth.

In addition, the magazine Scientific American published an article in 2015 that stated that Exxon knew about global warming in 1977.

Joseph Milstein
Brookline, Mass.

By
newyorktimes.com

RAS
ITAL



CAN'T STOP IT

LONG TIME dem a treat the earth like she a dutty rag cloth.

Dem twist her, turn her, flip her upside down and left her fi face the raw wrath of the sun fi dry out.

No time dem consider she a get weary due to dem hefty profits.

But wha me really want fi ask is...

What is it really to profit from the earth and not re-invest to ensure she can be sustainable? One day oil must run out and when it does and she her self is on her path to recovery, The judgement is lava and none a dem profit

Can't Stop it !



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What are the Art Trends to Watch... Pt. 3?

... FROM DEC 2022

THE PROJECT'S additional databases include one for street art images relating to and responding to Covid-19, as well as an Eco Street Art Database to collect street art that addresses topics like the ecological crisis, environmental justice, and sustainability. Each of these databases have been established to provide a free future resource for scholars and artists, while acknowledging street art's role and potential in activism – a foundation to build from.

Direct-to-consumer art sales

Direct-to-consumer sales of art have been gaining ground, especially since NFTs blew up over the last year, but also due to the pandemic and via the internet and social media more broadly. A number of platforms now exist, through which artists have the ability to sell their work to buyers directly – without a gallery as mediator. And there are also artist-focused fairs that follow a similar model, enabling artists to participate in a fair (for a fee), without gallery representation, connect with potential collectors and make direct sales – usually without commission.

Many see the direct-to-consumer model as the way forward. In her op-ed for artnet news last November, artist and founder of the nonprofit Unit 1 Gallery | Workshop, Stacie McCormick, called selling art on

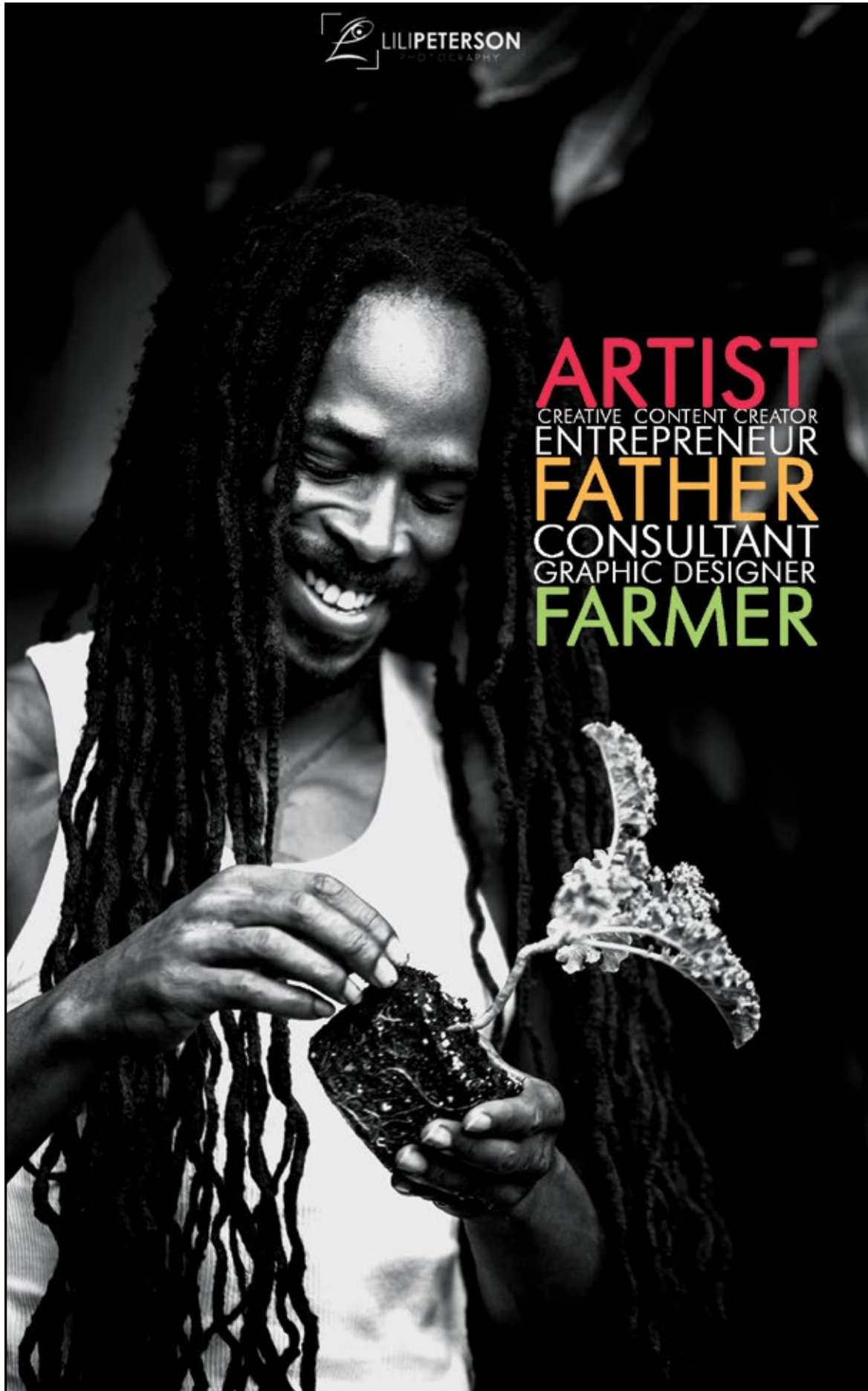


Photo: Wyattte staying rooted - Faces of St.Martin V - Man and Nature 1st place winner Lauralie "Lili" Peterson

commission "unfair to artists". While the sizable commission retained by com-

mmercial galleries (typically ranging from 30 - 60%) on artwork sales is certainly a

major factor in the appeal of a direct-to-consumer approach, other artists also

cite the fact that this model grants them greater agency.

McCormick and her gallery have also developed Fair Art Fair, an app and platform that launched last summer and provides portfolio management tools, allowing artists to curate exhibitions, network and sell their work with 0% commission. A similar initiative, also cited by McCormick, is Artists Support Pledge (ASP), which was established by artist Matthew Burroughs in 2020 in response to the Covid-19 pandemic. The project uses Instagram to facilitate sales of artwork posted by artists themselves with the hashtag #artistsupportpledge, through which interested buyers reach out via DM.

Still, some point out that a direct-to-consumer model does not necessarily provide artists with the support and infrastructure needed to advance their careers. Moreover, others express that galleries, as well as institutions, play an instrumental role in adding value and curation in the traditional market – something that could become increasingly necessary as NFTs continue to exert a great influence.

The impact and developments this might lead to in the traditional commercial gallery sector will be interesting to see over the coming year.

By artconnect.com



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9 WAYS TO EXPLORE THE CARIBBEAN SUSTAINABLY PT.1

Lebawit Lily Girma is an award-winning Ethiopian-American travel journalist and photographer who has lived in various parts of the Caribbean region since 2008. Her work on sustainable travel and the Caribbean has been featured in AFAR, Forbes, Sierra, Delta Sky, and Lonely Planet, and on the BBC, CNN, and Oprah, among other outlets. Lily is currently based in Santo Domingo, Dominican Republic.

By nomadicmatt.com

LEBAWIT LILY Girma is an award-winning journalist who has been living in the Caribbean since 2008. In this guest post, she shares her tips and advice for exploring the Caribbean in an ethical and sustainable way while benefiting the local communities that call the islands home.

In 2005, I went on my first Caribbean vacation. I chose Saint Lucia, and like a typical first-timer, I stayed at an all-inclusive resort. Over the course of three weeks, I was awestruck by the color of the Caribbean Sea, the beautiful beaches, and the natural splendor of this region.

But I realized that what moved me the most were the cultural reminders of my childhood in West Africa: the plantain dishes and chicken stews, the tropical gardens filled with hibiscus and palms, the drumming and soca beats, and the warmth of the locals. Three years later, I packed my bags, left my corporate legal career behind, and hit the road with dreams of becoming a travel writer and photographer in the Caribbean.

With over 20 islands and hundreds of beaches a short flight away from North America, it's easier than ever to go for a Caribbean escape. Even today, in the midst of a global pandemic, the Caribbean Islands are among the safest and the most tempting destinations for Americans and Canadians seeking

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an escape route near home. The region overall has had a lower rate of COVID-19 infections compared to the rest of the world, primarily thanks to the majority of Caribbean countries being separated from their neighbors by water.

But here's what most people may not realize or spend much time thinking about: the Caribbean is also the most tourism-dependent and vulnerable region in the world. Of the top 10 global destinations that are most dependent on tourism for jobs, eight are in the Caribbean. This region has also suffered the negative impacts of mass tourism — both the continuous, unabated development of large, foreign-owned all-inclusive resorts in coastal areas and the expansion of cruise tourism have created serious environmental and socioeconomic issues.

For instance, large resorts have exacerbated coastal erosion as a result of being built too close to the shoreline, and they've also caused a shortage of commodities in surrounding communities, including power and water, as the average tourist's use of these resources is higher than a local's daily usage. In the past, cruise lines have also caused increased plastic pollution and engaged in

CONTINUED ON PAGE 13

illegal dumping in the Caribbean.

To boot, climate change is hitting the Caribbean islands the hardest. The World Tourism and Travel Council has predicted that the Caribbean will become the most at-risk tourism destination in the world between 2025 and 2050. Studies have also shown that rising sea levels will put at least 60% of resorts at risk by 2050. In turn, warmer temperatures and increased carbon dioxide in the atmosphere have led to coral bleaching and ocean acidification, affecting the Caribbean's reefs.

Perhaps the greatest threat of all is the lack of significant trickle-down economic benefits from tourism to locals because most visitors stay in all-inclusive resorts or book tours with foreign-owned companies. Did you know that an online all-inclusive resort booking translates into 80% of those vacation dollars going directly to a foreign corporation overseas — not to the local economy — before the traveler even sets foot in the destination?

What does this all mean? That every decision you make during your Caribbean trip, from supporting a hotel that uses solar power and recycles water to the type of tour operator you choose and reef-safe sunscreen you pack, has a huge impact.

Today, with the economic crisis the Caribbean is facing compounded as a result of the pandemic, it's become imperative that we use this time to rethink the way we explore the Caribbean. We need to see the region not as a commodity we use and abuse but as a place that's home to unique populations in need of preservation and deserving the same amount of protection from overtourism and environmental abuses as any other major destination in Europe.

As independent travelers, we have the power to shift the tide of our favorite tropical vacation region in the years ahead. Enjoy



9 WAYS TO EXPLORE CARIBBEAN SUSTAINABLY ...from pg 12

rum, cocktails, and fine sand? That's fine — while making choices that lead to a healthier, greener, and culture-rich region for years to come, where tourism benefits communities.

Here are nine easy ways you can explore the Caribbean sustainably in the future, once travel fully resumes back to normal.

1. Stay at small hotels, community-run guest lodges, or hostels

From hostels and guesthouses to boutique hotels, villas, and rainforest lodges, there are some incredible locally owned places to stay in the Caribbean. Whether you're into mountains, beaches, or rainforests, these kinds of accommodations are usually run by locals or long-time residents who are eager to immerse you in their communities. This way, you get a more authentic cultural experience, including locally sourced meals and expert local

guides that these properties have relied on for years.

You can also find community-run lodging; these are often nature-tucked lodges or guesthouses run by a community group or cooperative members that operate just like privately owned lodges. The income, however, is equally shared among the members while you enjoy an authentic stay — a win-win.

"Staying local" goes a long way toward supporting the local economy, ensuring that your travel dollars reach those who deserve it the most, from the farmer supplying the hotel to the tour guide who gets repeat business.

To find these various types of locally owned or locally invested accommodations, you'll have to do a little extra research.

First, contact the destination's tourism board and ask for locally-owned hotel recommendations in the area

that interests you; you should also scan their website's hotel listings.

Second, you can find a handful of special guesthouses and locally run hotels on Booking.com — but take the additional step of searching for the property's own website for more information and booking directly through it.

Third, depending on the destination, you can find unique local properties listed on TripAdvisor.com, under the "B&B and Inns" category.

Last but not least, you should search for and read local news outlets from or blogs on your destination; these often cover the domestic side of tourism and tend to feature more locally owned properties.

2. Bike, walk, or use local transportation

Touring a Caribbean island on two wheels is becoming more popular than ever. On your next visit, swap the safari truck excursions for a biking tour. Bike Barba-

dos is a perfect example; you can rent a variety of bicycles from this shop in St. Lawrence Gap, on the main tourist drag, and escape along Barbados's diverse coastline before ending up back at the beach. It's a great way to make local friends, find hidden corners, and discover a different side of the destination. Other established bike tour companies around the Caribbean are:

- Zona Bici in Santo Domingo
- Aruba E-Bike \ Tours in Aruba
- RutaBikes in Havana
- Bike St Lucia in St. Lucia

You can also ask your hotel's staff if they provide bicycles for rent or for free; if they don't have any, ask for a local bike shop recommendation.

Getting around by public transportation is also a good way to reduce your footprint and contribute to the local economy. You'll get a glimpse of island life, see how most people get around, and discover places along the way that you might have missed.

3. Take cooking classes, go on food tours, and sign up for cultural experiences

What better way to learn about the local cuisine than signing up for a cooking class or hopping on a food tour? Aside from the fun side of tasting new dishes, it's a great way to support local agriculture in the Caribbean, by pumping your dollars into some delicious food, sourced straight from farmers and chefs' gardens.

Although over 80% of produce in the Caribbean is imported, the tide has begun turning toward increased food security for locals through growing one's own food and practicing permaculture principles.

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TARGET ONE MEDIA

BUSINESS

21 Great Small Business Ideas to Start pt 2...continued from Dec 2022 Edition

By Max Freedman

13. Digital marketing

The importance of the internet grows with every passing day, making it harder all the time for businesses to cut through the clutter and properly market themselves. Digital marketing services are always in demand, and many small and midsize companies would rather outsource it than establish a costly in-house team. If you've got chops in SEO, content marketing, pay-per-click, web development or social media management, you could have a business opportunity that allows you the freedom to work from home.

Digital marketing is an important part of a brand, so it's critical for you



to respond to developments in your clients' marketing strategies. Social media management entails watching for comments and messages around the clock, not just scheduling posts in a "set-it-and-forget-it" mindset. If you enjoy strategizing and implementing plans meticulously, digital marketing could be the right business for

you. You may also consider becoming an affiliate marketer, which is another form of digital marketing.

14. Food truck

With indoor dining limited in many locations right now, aspiring restaurateurs might find more success with a food truck. Food trucks come in all shapes and sizes, serving

up a wide range of snacks and cuisines. Take your favorite style of food on the road and sell your culinary passions directly to hungry customers. Sure, you'll be working, but you'll be in a space you're passionate about, with a chance to connect to people who have similar interests.

Food trucks might sound like a wild

idea, but the industry is growing. The overhead and upkeep for a truck costs significantly less than owning a restaurant, and you have the added benefit of mobility. If you're interested in serving up smiles, check out our guide to getting your food truck business rolling full speed ahead.

15. Lawn care service

If you grew up with a lawn, chances are your parents made you take care of it. For many of us, lawn care is bothersome, but for some, it offers a sense of peace and serenity. Working outdoors with your hands to tame and beautify the natural landscape can be a rewarding experience, and since so many people find the work tedious, it can

also be profitable.

Lawn care services require little more than some basic equipment, a trailer and perhaps some staff, depending on how many clients you have and how big the jobs are. You can quickly grow a small lawn care service into a full landscaping company by offering premium services and establishing a reputation as a brand that does a thorough job with a smile. If you like working outdoors and creating elegant landscapes, this could be the business for you.

16. Rideshare driver

If starting your own business seems daunting or too much of a risk, you can always use your car to become a rideshare driver. The overhead and responsibility of running the company falls on the rideshare service, giving you the freedom to work as much or as little

MORE IN APRIL 2024 EDITON

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By Kacie Goff for cnet.com

MAKE THIS year the one when you finally take control of your health with these simple daily habits.

Most of us go into the new year hoping that this will finally be the one that changes everything for the better. Our health goals tend to be at the top of the list of our New Year's resolutions. Sometimes these goals require sacrifices in the moment to reap the benefits later -- like taking time out of bingeing TV to exercise for a bit -- but those compromises don't always have to be monumental.

As you're trying to be healthier, small changes to your daily habits can make a surprisingly big difference to your overall health, especially as the effects accumulate over time.

We've got a dozen healthy habits that can help you enjoy better physical and mental health in the coming year, all backed by science.

12 daily habits for your health

Here, we're talking about small adjustments that benefit every human. With these minor modifications to your daily routine, you can start working toward better health without having to give up a ton of time, money or enjoyment.

1. Prioritize sleep

Going without sleep is a lot like expecting your phone to run all day on a 12% battery. Your body needs time to not just rest and recharge, but also to do important work like learn new things and solidify memories.

Adults should get at least seven hours of shut-eye each night. If this is a challenge for you, turn to your circadian rhythm. This is your body's natural process that should help you fall asleep, stay asleep and wake up feeling refreshed.

How do you use your circadian rhythm for better sleep? Go to bed and get up at the same time every day.



12 Daily Habits to Achieve a Healthier 2024

2. Walk more

Heading out for a stroll boosts your physical and mental health, so it's well worth adding to your list of healthy daily habits.

On the physical front, regular walking supports your immune system, reduces joint pain and makes it easier to

maintain a healthy weight.

Any exercise helps your mental health, and that includes walking. If you want to shift your daily habits to combat symptoms of depression or anxiety or to boost your

mental wellness in general, make it a point to lace up your walking shoes each day.

3. Read for 30 minutes

Feeling stressed? Crack open a book. One study found that a half hour of reading can have the same stress-busting effect as known sources of calm, like yoga and humor.

Reading also does a lot for your brain, strengthening connections there. That study showed that diving into a book has both short and long-term benefits for your brain health.

So to maintain the boost, make reading one of your daily habits. When you do, you'll also be actively working to fight cognitive decline as you age.

4. Meditate

Another stress reducer and mental health booster, meditation gives you a way to tune into the

present moment. In our busy, hyperconnected world, this can go a long way toward not just keeping yourself healthy, but also protecting your happiness.

Starting meditation could be as simple as doing a little reading on it and setting a timer for, say, 5 minutes each day. But there are also plenty of good apps to guide you. You can even incorporate a meditative mindset into your regular activities, such as mindful eating.

5. Spend time in nature

Getting into nature can help us soothe ourselves. It offers an effective counterbalance to all the screentime built into most of our days. In fact, an expanding body of research shows that time in nature can:

- Improve our cognition

MORE IN APRIL 2024 EDITON

How to Improve Your Mental Health

PT. 2 ... FROM DEC 2022

By Dani Blum and Farah Miller | www.nytimes.com

8. COUNT SHEEP ... OR WHATEVER.

Waking up at 3 a.m.? Anahad O'Connor had advice for that predicament too, like limiting your alcohol intake and reducing caffeine. Our readers had other tips: Maria De Angelo, a teacher in Los Angeles who also renovates houses, said she closes her eyes and thinks of a complicated electrical wiring scheme in a kitchen she once renovated. The mental exercise induces boredom, much like counting sheep, which helps her drift back to sleep. On other nights, to mix things up, Ms. De Angelo shuts her eyes and recites the names of every state in America in alphabetical order. "I haven't yet made it past 'N,'" she said. "Either method -- or both -- will work 95 percent of the time."

9. If you can, give back.

Well before a pandemic tore people away from their loved ones, experts were warning of "an epidemic of loneliness" in the United States. A potential cure? Kindness toward others, Christina Caron wrote in an article about the benefits of volunteering. Research shows that giving back can improve our health, ease feelings of loneliness and broaden our social networks. Start by setting a small goal, like volunteering once a week, or even once a month, and building from there.

10. Finally, give yourself a break.

During our two-week Fresh Start Challenge, Tara Parker-Pope heard from a lot of readers who were berating themselves for gaining weight or exercising less during the pandemic lockdowns. Her response? "Shaming yourself is counterproductive." Instead, practice self-compassion. One of the simplest ways to do so is to ask yourself one question: "What do I need right now?"

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