Salty Ocean: Tears of Misunderstood Sharks?

"Sharks are the most misunderstood species on the planet," says Melanie Meijer Ze Schlochtern, Project Officer for the St. Maarten Nature Foundation. “They are repeatedly displayed as villains and being dangerous, however, they are the victims of humans poaching, finning, overfishing and coastal development activities. Worldwide over 100 million sharks are killed per year; as a result, half of all shark species are threatened or endangered. It is important that we work together to ensure the survival of our shark populations. Therefore, the Nature Foundation is trying to bring awareness to the public by organizing Shark Week”, said Schlochtern.

Shark attacks in the Caribbean islands are quite rare. The highest rate of incidence occurs in the Bahamas, with 35 attacks since 1986. The rest of the islands, St. Maarten/St-Martin included, have less than one per year. So feel safe when you dive in!

So, if you are concerned about being attacked by a shark; don’t be! The only sharks you might encounter on St. Maarten/St-Martin are the timeshare salespeople (wink, wink). If you are diving off our shores, the most common sharks you will see are the Reef Shark and the Nurse Shark. The Reef Shark is usually about six to eight feet (2-2.5 meters) in length. They have a short, wide snout and large eyes...

Drink Rum, Rum and More Rum

Rum drinkers, it is time to get excited! Have you ever had our island’s national drink, Guavaberry Liqueur? Local berries called ‘guavaberries’ are harvested, soaked in rum and sugar and used to produce our flavorful renowned drink. Guavaberry liqueur is slightly woody, fruity and bittersweet and packs a punch with every sip! A visit to St. Maarten/St-Martin cannot be complete without a stop at the Guavaberry Emporium, which not only makes this tasty alcoholic beverage, but offers free tastings...

Sale e Pepe: A Family Affair

There is a bit of an Italian community in the Simpson Bay area and the beating heart of it is Sale e Pepe, a small but perfectly formed restaurant next to the Market Garden supermarket.

Sale e Pepe (salt and pepper in Italian) is owned and run by Sicilian chef Davide Zagami and his wife Scarlet, who hails from the Dominican Republic. They met in St Maarten 14 years ago and eventually realized their dream of combining...
Letter From the Editor  
Expires: June 8, 2018

Hello to our ST-MAARTEN.COM Weekend Edition readers! Thanks for picking up our newspaper to read. We are overjoyed to be producing our tenth issue, and we couldn't have gotten there without you.

I'd like to welcome our newest contributor, Leslie Hickerson. With infinite knowledge about ocean related activities, her articles will get you in the water and having fun.

In this issue, we wanted to bring you more articles with our fingers on the pulse of the island. In the past, our issues have covered a variety of topics from favorite beaches to historic must see's while visiting St. Maarten/St.-Martin. Since it is our tenth issue, we chose to mix things up and give you diversity in our writings.

Wishing you a wonderful weekend, please enjoy our tenth edition!

Hilary Grant  
Editor

Online Portal

For in-depth information about our island, consult ST-MAARTEN.COM - the official online portal. Please use the convenient QR codes with any smart phone to access individual pages directly.

Emergency Phone Numbers

Dutch Side
Ambulance: 912 or +1 721 542 2111
Hospital: 910 or +1 721 543-1111
Police: 911 or +1 721 542-2222
Fire Department: 919 or +1 721 543-4222

French Side
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Hospital: +590 (590) 52 26 29
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ST-MAARTEN.COM Weekend Edition  Issue 10, 2018
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Protect Your Skin!

You are ready to hit the beach for the day and grab your favorite tropical scented sunscreen and head out. You might reapply once or twice in your several hours of playing in the ocean waves or floating on a noodle; but when you return home your skin is more reminiscent of a lobster than a bronzed statue. What happened?

Unless you like the leather-y skin look, it is important to protect your skin; the days of baking in the hot sun wearing nothing but baby oil are over. When selecting a sunscreen, there are several factors to consider aside from the attractive bottle or divine scent.

US board-certified dermatologist and chair of the Skin Cancer Foundation, Steven Wang, MD; puts it simply. “As a dermatologist, I have studied the damaging effects of the sun’s ultraviolet (UV) radiation on skin, as well as how to protect against them. Ultraviolet light is invisible to humans, because it has shorter wavelengths than the light we can see. Within the UV spectrum, there are two types of rays that can damage the DNA in your skin cells and lead to skin cancer. It’s important to protect your skin from both types.”

UVB rays cause sunburns and play a major role in developing skin cancer. A sunscreen’s SPF number signifies the amount of UVB protection it provides.

UVA rays cause skin damage, aka tanning, but also skin aging and wrinkles.

It’s important to look for the words ‘broad spectrum’ on the label, which means the product has ingredients that can protect you from UVA as well as UVB rays.

The SPF number tells you precisely how long the sun’s UV radiation would take to redden your skin when using the product as specified versus the amount of time without using any sunscreen. For example, an SPF 30 would take 30 times longer to burn you than if you weren’t wearing any sunscreen.

What is the difference between sunscreen and sunblock?

Sunblocks are typically white in color, and will block almost all the sun’s UVA and UVB rays. The main ingredients in sunblock are usually zinc oxide or titanium dioxide.

Sunscreens are clear when applied on your skin and are designed to protect against either UVA or UVB, or both. Since sunscreen allows some of the sun’s rays through, you need to reapply every two to three hours.

So, should you wear SPF 30 or 50? Well, an SPF 30 allows approximately three percent of UVB rays to reach your skin. An SPF of 50 allows two percent of those rays through. That may seem like a small difference until you realize that the SPF 30 is allowing 1.5 times more UV radiation onto your skin. That is a 150 percent difference!

Sunscreen with a very high SPF, like SPF 100, generate a false sense of security and people will stay in the sun much longer, or miss reapplying. Or they may think they don’t need to seek shade, wear a hat or cover up with clothing. They end up getting a lot more UV damage, which, of course, defeats the purpose.

The Skin Cancer Foundation recommends a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher for any extended amount of time outdoors. Reapply every two hours or immediately after swimming or sweating. The reason for this? The ingredients in common sunscreens break down after exposure to sunlight.

It’s important not to rely on high-SPF sunscreens as your sole protector from the sun. No single way of sun defense can protect you completely. Sunscreen is just one vital portion of a sun protecting approach that should also include wide-brimmed hats and UV-blocking sunglasses.

Now you will be ready to enjoy our hot weather, and ensure that you don’t have to sit the rest of your vacation in the hotel room with a sunburn!
The St. Maarten Guavaberry Company, which makes an array of products, has always had a delicious tasting rum as the primary goal. The first rum they ever produced was the Guavaberry flavor. But they also offer a variety of exotic fruit flavors like mango, vaanilla, passion fruit and lime. They also make first-rate vintage rums, the Republic Rum, which is comparable to fine cognacs and aged at either five or eight years.

If you are not much of a rum drinker, do not worry. Also, created to delight your taste buds, are a variety of seasonings, hot and BBQ sauces. A local favorite is the Habanero-Lime Hot Sauce, used instead of Tabasco to spice up your bloody mary! Or try their Jerk Seasoning when making pulled pork sandwiches.

But, if you are a rum drinker, then you must participate in their rum tasting, which allows you to sample their different offerings to ensure you take home your favorite flavors. With many flavors to try, you will definitely earn pirate status before you leave!

Of course, no journey to the Guavaberry Emporium without getting a Guavaberry Piña Colada to go. Made from Guavaberry liqueur, coconut cream and pineapple juice; this boozy frozen treat is the perfect end to your visit in their store.

Guavaberry Emporium is located at:
8-10 Front Street
Philipsburg, St. Maarten
+1 721 542-2965
Do You Know St. Maarten?

Please enjoy the tenth edition of our crossword puzzle. You will notice that all of the questions are rooted in the Caribbean hemisphere and might take a bit of research to answer if you haven't spent much time here. It also means: the answers are valid for St. Maarten/St-Martin, but could also be for neighboring islands.

For example, if we are asking for an island to the North of our location, it can only be Anguilla.

If you try to solve the puzzle as a visitor to our island and you get stuck: don't be shy! Approach a local and ask! You might find they struggle to answer as well. Or strike up an interesting conversation and learn a bit about our very unique region. This island is a melting pot of many cultures and languages; setting St. Maarten/St-Martin apart from other Caribbean islands. This is why we love it here.

**ACROSS**

4  Protected sea creature
7  Men's boutique in Marigot
9  Volcano on the island of St. Eustatius
10 Protecting the local environment
11 Hotel in Nettle Bay
16 For what tournament did the Netherlands not qualify?
17 Something green Charlie likes
19 On this beach, you don't want to see the sunset
20 Last name of Jimmy who sings about cheeseburgers
21 An inn in Simpson Bay displaying a marine officer rank
23 First Indians to settle on SXM
24 What sport do they play in the Mullet

**DOWN**

1  Fish feared by many
2  Where to play pool billiard?
3  Grand Case restaurant with an English name
5  How do they call a local eatery on St. Martin?
6  Dutch police corps
7  What happened 10/10/10 on Dutch St. Maarten?
8  Name of a casino in Pelican Key
12 Suburb of Marigot
13 A beach hotel close to Philipsburg
14 Whose bistrot is located in Porto Cupecoy?
15 A dancing jeweler in Philipsburg
16 Dutch cheese
22 Runs the hair salon at the Atrium Resort

Cheating? Find solution to the puzzle on Page 15
"Speelings' of St. Maarten

Have you ever arrived with Air France on our island? Then you know that according to the airline, you are actually in Sint MAARTEN. This is the name their boarding passes and announcements show. They have consistently been misspelling Sint MAARTEN for several decades now.

As prudent website publishers, we frequently have to analyze the access logs of ST-MAARTEN.COM. That's how we find out which keywords are used by the average Internet surfer to learn more about our island. And it is fascinating to discover how creative the general public is in spelling the name of our rock in the sea. Even public institutions can't agree on how to spell Sint Maarten.

It is the dual identity of our island which creates the confusion about the correct spelling of the name: the Dutch side as part of the Kingdom of the Netherlands is correctly called "Sint Maarten", the French side "Saint Martin".

Popular in Google searches are St. Maartens, St. Maartin, St. Marten, St. Martens, St. Martins and St. Martens, or the very creative St. Martaan, St. Martan. Some folks like to combine the names into StMaarten/StMartin. All of these Google searches will lead you eventually to ST-MAARTEN.COM with the correct information.

There is one different spelling which might send you to the wrong destination: St. Martin's. Definitely worth a visit, St. Martin's is a tiny British Island as part of the Isles of Scilly, an archipelago to the South West of Cornwall. The 138 inhabitants will certainly welcome you and guide you to the outstanding beaches of St. Martin's. The website smartimsscilly.co.uk tells all.

Some additional common inconsistent spellings of other names on island: The Dutch side's capital is Philipsburg, with a single 't', not Phillipsburg.

The popular tourist attraction Loterie Farm, also uses only one 't', not the spelling of Lottery or Lotterie.

From a Server's Perspective

Danielle lives on the island for a decade now and has worked as a server in several prominent restaurants during this time. With working experience in Parisian gourmet restaurants, why did she not go to posh St. Barths? "Because I felt that St-Martin's community is more for real, while St. Barths is kind of a theme park for the rich."

First, Danielle started at a well-known restaurant in Orient Beach. Soon, she moved up to one of the elite eateries in Grand Case. After Irma, it didn't take much time with her credentials to find a job in a mainstream restaurant in Simpson Bay.

"I learned now that serving American guests and keeping them happy takes a different approach from what I'm used to. A European dining party that doesn't wish to be disturbed will typically signal with the positioning of their silverware that they are ready to see a

server. If you approach them too often asking if everything is okay, they interpret it as a pushy sales attempt. With Americans, it's different. They don't mind if you interrupt and ask if they need anything. That's service. I had to learn to be bold. If you don't do it, say goodbye to your tip."

"Americans also expect their check once they finished the meal. Where I'm from, we don't plan for a high volume turn over of tables. It's perfectly okay for guests to stay for hours after dinner and chat."

"So, over my years on St. Martin, I had to adjust to the differences in culture. But no matter what you do: Europeans tip lousy. I wish we could install a standard system on the island. Right now it's all mixed up, and on top of it, some restaurant owners play dirty and keep the tips to themselves."
Salty Ocean: Tears of Misunderstood Sharks?

By: Leslie Hickerson

The Reef Shark is actually a shy one! They won’t bother you.

Nurse Sharks are quite a bit larger. They measure up to fourteen feet (4.3 meters) and can weigh a hefty 727 pounds (330 kg)! These night creatures tend to sleep during the day, so look for them under crevices on the reef. But again, not to worry! Their favorite meal are tasty crustaceans and not humans.

The events begin at 1 PM with a Shark & Art Workshop with local artist Carla Templeton. Kids can sign up to make a shark art tile with help from Carla for $10 per child. The minimum age requirement is five years old.

There is a second session available at 3 PM. Sign up your child by emailing: naturefoundationprojects@gmail.com.

Please note: there is limited space available!

Also, beginning at 1 PM on Kids Shark Day there will be several free events including a Shark Quiz, Face Painting, Beach Games, and Shark Videos. For the first time, kids can also learn how to tag a shark for research and more about shark science. There will be gifts for the first 50 kids in attendance and prizes for winners of the games!

Throughout the week, the Nature Foundation will be going to elementary schools to teach students about shark awareness. Focusing on the importance of sharks for the reef and tourism, depletion of sharks and why they need our help.

Another exciting new event this year will be for Adults to celebrate Shark Week! On Saturday, June 16th there will be a Rum Tasting held at Buccaneer Beach Bar from 4 PM to 9 PM. Attendees can purchase a ticket for $10 and try out six different flavors of rums. Buccaneer Beach Bar and Bacardi, distributed by CC1, are sponsoring the event; so all proceeds will be donated to the Nature Foundation.

During the rum tasting, the Foundation will be auctioning off a Shark Painting by a local artist. The highest bidder will be selected at 8 PM and, to include those that cannot attend the event, the Nature Foundation is accepting bids via email. Those interested can view the painting at the Art Exhibition and Kids Shark Day.

We can thank Save Our Sharks Project, a combined effort of the Dutch Caribbean Nature Alliance and the Netherlands, for the idea of Shark Week.

The program was launched to bring to light the vital role sharks play in the ecosystem. Director of the St. Maarten Nature Foundation, Tadzio Bervoets, is also a Chair for the Save Our Sharks Committee.

These events are geared toward teaching the public the facts about sharks and the critical role they play in the ecosystem. Please come out to show your support to the St. Maarten Nature Foundation and the work they do to for our island!
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Davide’s talent and experience in the kitchen with Scarlet’s managerial experience and front-of-house presence.

The menu is a combination of Italian cuisine and a Caribbean influence that makes the most of local ingredients, notably seafood. While other talents may exist in the kitchen in the form of staff of other nationalities, this is most definitely the proud Sicilian’s domain.

Even a quick glance at the menu shows an unusually large choice of salads and other dishes on the healthy side of the fence. This, Scarlet says, is not a decision based solely on business, but on the fact that they think of it as a family restaurant.

“Our kids eat here,” she says. ‘And we want them to eat healthily.”

The salads include Caribbean lobster, the typically Italian Caprese, with its mozzarella and tomatoes, and Sicilian, which is fried goat’s cheese with honey and tomato marmalade.

There are carpaccios of beef, salmon and tuna and a rich seafood soup. Then there’s a starter fast becoming a legend in these parts, Antipasto Davide – a feast of carpaccios both meat and fish, with eggplant and zucchini.

Because many people’s idea of an Italian restaurant revolves around pasta, there is a substantial section of the menu devoted to that. You’ll find Linguine alla Vongole (clams) and Rigatoni alla Siciliana (with Italian sausage) plus a couple of risottos: one with porcini mushrooms and a vegetarian option featuring asparagus.

Gluten free pastas are available with a choice of sauces, while the non-pasta main courses range from lamb chops with rosemary lemon sauce to Mahi Mahi steamed with olives and capers – a splendid amalgam of Caribbean and Mediterranean. Daily specials make good use of what is in season and of outstanding quality, and the homemade desserts tend to be simple but exquisite.

The interior of the restaurant is cool and stylish in black and white, and there are a few tables outside where customers can eat or simply sip good coffee and watch the world go by.

All in all, Sale e Pepe is the kind of restaurant where you feel you are in good hands, with excellent food prepared and served by people who care.
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Weekend Edition
Issue 10, 2018

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Have water, food, batteries, candles, and baby items; yes, we have heard all of that before. But there are so many other minute details that, armed with the proper information, would have saved hassle and headaches for many. Here are some additional suggestions that we would like to add to the list as you prepare for the upcoming hurricane season.

Tarps! While you might have planned ahead and put trash bags over TV’s, computers and kitchen goods; having a few extra tarpaulins on hand to cover larger items like your bed, couch and roof would be a great idea to have.

Hand sanitizer is a must. If there is no clean, fresh water to wash your hands; hand sanitizer will get you through to prevent spreading of germs and many illnesses. We’d also add to this: paper plates and plastic utensils. Not having access to fresh water can make things a little dicey in the aftermath of a storm.

Lastly, available through websites like Amazon, solar powered lanterns with a USB charging station. If you are lucky enough to have a generator, do not waste the gas to plug in your smart phone. These lanterns average about $30 USD and can provide hours of light, thanks to only needing to be charged by the sun. Stay safe this season!
Don't Mind the Sheriff

Our tiny island represents two nations and therefore has several different police forces. The Dutch and French side follow their national identities, where they have different training methods and dissimilar goals; the contrasting policing on either of the island's parts plays a significant role in everyday life.

Visitors from North America will notice that there is a less intrusive police presence and that officers focus on defusing conflict and guiding the public, rather than harshly enforcing code and law.

During the coming weeks, there will be more traffic stops, because the road tax on Dutch St. Maarten is due and adherence is strictly enforced. These controls also enable the authorities to check if vehicles passed the mandatory safety inspections and even more critical; if they are insured as required.

Officers hailing from the Netherlands nowadays assist local Dutch side police. And yes, they are all aware that visitors are here to enjoy a Caribbean vacation! They are also mindful that tourism is the backbone of the island's economy and that part of their job description is to ensure that your visit goes smoothly. As a visitor, you need to rock the boat hard to get in trouble with authorities.

The Royal Marechaussee are an elite force and tasked with border control and Kingdom related duties. You will see their officers mostly at the airport. Police cars are either marked 'Police' or, if the car has been brought in from the Netherlands, with 'Politie'.

On French St-Martin, it is the Gendarmes who are the most visible, with their status similar to the Marechaussee. The term means 'Men of Arms'. The Gendarmes perform traffic controls, while the Police Nationale handle other standard policing tasks. To guarantee the impartiality of individual officers, they stay only three to six months on the island until they return to continental France. The administration seems to always make an effort to send a few English speaking officers. They are usually shy about using a language foreign to them, so be friendly and patient if English is your only tongue, and compliment them if they can be understood.

Here are a few hints of how to stay out of trouble while enjoying paradise:

- Keep your rental car documents in the glove compartment.
- You don't need to carry your passport with you, but it would help to have a scan available as ID. If driving, obviously your driver's license is mandatory, especially on the French side where there is stricter law enforcement.
- Watch your drinking, don't talk on the mobile phone and wear your seat belts.
- If you broke some law and the local cops talk to you, don't even think of offering bribes! Our island's police are not corrupt and will not accept the insult of an 'offer' lightly.

Now, what about these cars which are marked with huge 'Sheriff' logos, looking like an American police cruisers transported into the Caribbean? Don't mind them; 'Sheriff' is private a security service, whose founder had the great marketing idea to use a term for his company which implies government authority to foreigners, while in reality has no legal meaning on St. Maarten.

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“Great place. Amazing, beautiful and kind people who I am now proud to call friends. Great service. They clearly take great pride in their restaurant, food and drinks. They do a great job and I highly recommend. I stopped multiple times while walking in St. Maarten, sometimes for food and sometimes just to have a drink at the bar.”

www.ThePalmsSXM.com
Almost nine months ago we had the largest hurricane to ever hit the Atlantic basin, Hurricane Irma. Our island was forever changed.

Who could blame the bartenders for naming their concoctions 'Category Five Plus'? Now we have too many Cat 5 drinks on the island and we need a contest to decide which one is the public favorite.

The Category 5+ Hurricane Irma is now part of our history. We made it through and we don't mind Irma being memorialized as a drink causing a horrific hangover.

Here is how it works:
Go on a bar crawl and visit the participating bars and restaurants from all around the island and order each different version of Category Five Plus. (Please make sure that you have a designated driver for the occasion!) Happy drinking!

To view a list of contestants and to vote, visit ST-MAARTEN.COM by using the QR code to the right:

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Cole Bay
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Philipsburg
THE PALMS RESTAURANT
Simpson Bay
NOWHERE SPECIAL
Simpson Bay
TOPPER'S BAR & RESTAURANT
Simpson Bay

THE RED PIANO
Pelican
RENDZE-VOUS LOUNGE
Porto Cupecoy
WASABI CHARLIE
Simpson Bay/Cole Bay
TACO MACHO
Beacon Hill - Maho

Listen to our favorite radio station Island 92 for updates on the cocktail contest!
Take home our jewelry,  
have it appraised,  
then pay us!

That's Right! We are so confident of the unsurpassed quality and value of our jewelry that we shall let you go home with it, have it appraised, and send us payment after and only after you are completely satisfied. If for any reason you are not satisfied, simply ship it back to our office in New York or Los Angeles.

If you don’t know jewelry...  
know your jeweler!

Shiva's  
GOLD & GEMS

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