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This Could Be You on a Spooky Night Out...
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Les Fruits de Mer
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Flexitarian: I'm Only Vegetarian During the Week



Vegetarian diets are increasing in popularity. Parental preference, religious beliefs and health benefits are the most common reasons people choose to be vegetarian.

The Mayo Clinic, a top nonprofit academic medical center, states that following a vegetarian diet can assist in reducing risk of heart disease, diabetes and certain types of cancer such as colon and esophageal; due to lowering the intake of chemical preservatives in processed foods- more on that later.

When it comes to vegetarian diets, most people know that the diet doesn't include meat, poultry or fish; but there are multiple derivatives that vary in what foods can be included and excluded.

Types of vegetarian diets include: flexitarian, lacto-vegetarian, ovo-vegetarian, lacto-ovo-vegetarian, pescetarian and vegan.

Many vegetarians, though, are lacking in essential nutrients that the body requires by not eating enough fruits, vegetables, whole grains and foods rich in calcium.

Vegans, for example, eliminate natural sources of vitamin B-12 and milk products which are great sources of Calcium.

If you are choosing to, or already are, participate in a vegetarian based diet; be sure that you are paying special attention to the following nutrients.

You Have the Power to Change Your Footprint

By: Leslie Hickerson



By 2050 there will be more plastic than fish in the world's oceans.

This is a dramatic and impactful statement to make, but according to... *Continued on Page 8*

Japanese Style of Food to Please Your Palate



Sushi and other aspects of Japanese cuisine conquered the Western world late, starting in the late seventies of the last century. In addition to the somewhat late arrival in

Continued on Page 10

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Letter From the Editor

October 19, 2018

Thank you for reading ST-MAARTEN.COM Weekly Edition!

If you would like to continue reading our publication from the comfort of your home, wherever it may be, please use the QR code to the right to find our e-publication.

With the future of planet Earth forefront in the news, we are offering you articles that take a look at bettering ourselves and our planet. John F. Kennedy said, "One person can make a difference and everyone should try". I urge you all to take a closer look at the individual changes you can make to help our island and planet.

As the month is almost over, I remind everyone that we are still in hurricane season. Be prepared and stay vigilant.

Wishing you all a pleasant week, and I hope that you enjoy our twentieth issue.



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.



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ST-MAARTEN.COM Weekend Edition

ST-MAARTEN.COM Weekend Edition is a publication of DigiPost Media:



DigiPost
149 Rue Lady Fish
97150 St-Martin
Email: info@st-maarten.com

Publisher: Jan Thielke
Email: j.thielke@st-maarten.com

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Distribution: Aquiles Raphaela
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Explore St. Maarten on a Three-Wheel Bike!



While visiting our island, a rental car is the most convenient way of getting around... if only these cars wouldn't be so dull. If you are a car buff or biker, getting excited about the most common rental cars, like the Hyundai i10, won't happen.

Harley's are possible as rentals, but they require a motorcycle driver's license and some experience in biking. Four wheelers are also offered, but we find them a bit clunky and not very safe. And finally, we have the CanAm Spyders, sophisticated three-wheel bikes, rented by SXM Spyder Rental and among the coolest ride available!

The CanAm Spyders are the most thrilling way to explore St. Maarten/St-Martin on your own. They are called the 'world's safest motorcycles'. Anybody with a standard automobile driver's license can handle these amazing machines, which combine the power and excitement of a bike with the ease of operation of a car equipped with automatic transmission. And thanks to three wheels, the Spyders can't tip over.



You will overtake buses packed with cruise ship passengers on an island tour, while you jump from one sightseeing spot to the next at your own pace. Rush up the

island's hills, stop where you find breathtaking vistas and make your way to one of the many beaches St. Maarten/St-Martin is known for, where you could stop for a gourmet lunch with your feet in the sand.

SXM Spyder Rental provides a detailed island map. As there is only one route around the island, a full circumnavigation including stops can be accomplished within a few hours and without the danger of getting lost.

Before you depart on your adventure, you will be briefed on the operation of the vehicle, and you can give it a spin away from traffic on the convenient parking lot next to SXM Spyder Rentals.



SXM Spyder Rental is located close to the cruise ship docks and next to Chesterfield's Restaurant. Typical rental days start in the morning with returning the vehicle around 4 PM. If you stay in a hotel, vacation apartment or villa, contact them:

+1 721 587-9376

email: rent@sxmspyderrental.com

They will deliver the bike directly to your location.

St-Maarten.com's Pub Crawl Put Your Party Hat On!



Explore St. Maarten's entertaining and sometimes naughty nightlife with the one and only, ST-MAARTEN.COM's Pub Crawl!

Board a luxurious van, and mingle with tourists and locals while you visit five different bars on the Dutch side. Each bar visited will give you a cocktail of their choice upon arrival for you to enjoy while you dance and party to great music and an inviting ambience.

Each location has its own style and vibe, so by participating in our Pub Crawl you'll learn the variety that our island offers in nightlife!

Starting next month this event will be offered weekly on Mondays and Fridays.

For Halloween, Wednesday October 31, the Pub Crawl will be offering a special itinerary, with hotel pickup at 6:30 PM.

From 7 PM until Midnight we will visit the following places for adult beverages, dancing and shenanigans: Snoopy's, Lagoones, D-Boat, Red Piano and Rhythm & Booze. The cost is \$55 USD per person.

Don't miss out on this one. Reserve as space is limited! Please contact:

WhatsApp: +1 721 553-8820

events@st-maarten.com

Facebook: Sint Maarten Events

Flexitarian: I'm Only Vegetarian During the Week

Continued from Page 1

Calcium

Calcium helps build and maintain strong bones and teeth. If you are skipping milk or are lactose intolerant, try dark green vegetables like turnips, collard greens, kale and broccoli which are rich in Calcium.

Vitamin D

Vitamin D is also important in your bone health! This is typically added to cow's milk, and some soy or rice milks. Check the food label and if you don't see it, consider a Vitamin D supplement.

Vitamin B-12

B-12 is essential to produce red blood cells and prevent anemia but, is almost exclusive to animal products. Vegans are at high risk of B-12 deficiency, but it is often undetected as vegan diets are high in Folate.

Protein

Protein maintains healthy skin, bones, muscles and what's inside: organs. Eggs and dairy are a great source of protein, and you don't need to ingest large amounts. Plant sources of protein include soy products, legumes, lentils, nuts, seeds and whole grains.

Omega 3's

Omega 3's are extremely important for heart health! A vegetarian diet that limits fish and eggs will typically mean you are low in your fatty acids. Canola oil, soy oil, walnuts, ground flaxseed and soybeans are a decent replacement for fish and eggs.

Iron

Iron is crucial for your red blood cells. Iron isn't easily absorbed by the body, so if you are taking a supplement the Mayo Clinic recommends taking it with Vitamin C or foods that contain it: strawberries, citrus, tomatoes or cabbage. Iron rich foods include dried beans, lentils and dark leafy vegetables.

Iodine

Iodine is part of your thyroid hormones which regulate metabolism, growth and function of several organs. Vegans typically do not get enough Iodine and can be deficient or develop a goiter.

A ¼ teaspoon of iodized salt provides your Iodine for the day.

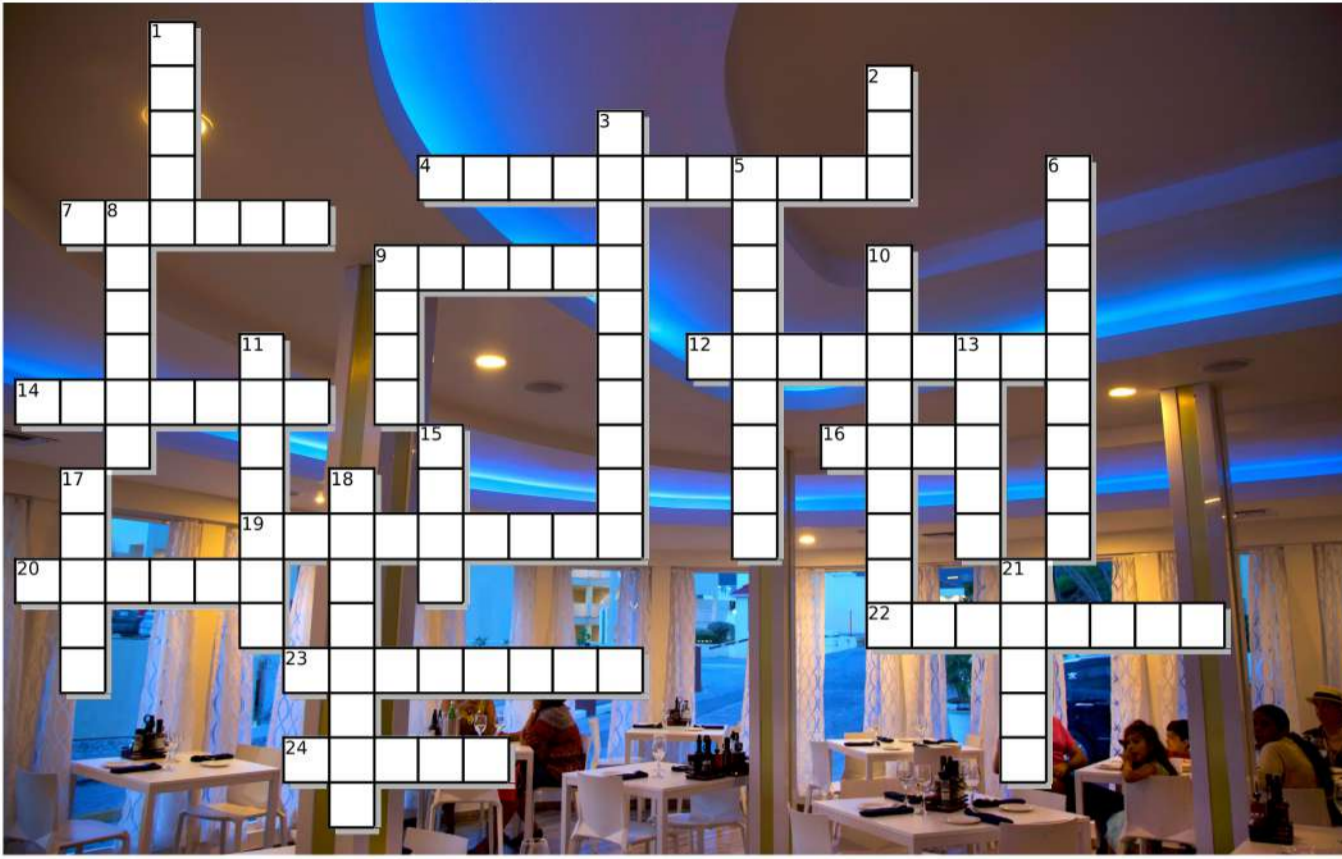
Now, you have probably heard rhetoric that meat, red meat specifically, causes cancer. This is widely unsubstantiated information. The World Health Organization did publish a statement in 2015 that classifies processed meats as a carcinogen- something that causes cancer. This is much different than fresh beef, pork, lamb and goat. Processed meats include hot dogs, ham, sausage, and bacon (but really, who can abstain from bacon?). The reason that the processed meat is under fire is because of the processes done to it: fermenting, smoking, salting or curing.

Eating processed red meats doesn't increase the risk of all cancers, just some: colorectal, esophageal, pancreatic and prostate cancer. To put this into perspective, the risk in a person's lifetime of developing colon cancer is 5%. The increased risk after consuming 50 grams of processed meat every day would increase the lifetime risk to almost 6%.

There is no disputing that eating a diet that limits processed foods as a whole and increasing vegetables, fruits and whole grains is better for your health. Other ways to lower the risk of cancer is to avoid tobacco, maintain a healthy weight, regular exercise and limiting alcohol consumption.

If you are interested in learning more about the vegetarian or vegan lifestyle, the 3rd annual Vegan festival will be held at the Belair Community center on Sunday, November 4th, 2018 from 10AM-3PM. It promises to be an event filled with interesting and valuable information relating to the vegan lifestyle and impact on the environment, along with delicious treats!

The Unique St. Maarten Crossword Puzzle



Here is the twentieth edition of the St. Maarten 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 spend much time here. It also means that the answers are valid for St. Maarten/St-Martin and for the neighboring islands.

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

For simplicity's sake, the answers are written as one word and without spaces or special characters.

Example: 'Mario's Bistrot' would become MARIOSBISTROT as the crossword answer. And 'Beach at airport runway' could be answered as MAHOBEACH.

ACROSS

- 4 Town at Great Bay
- 7 Lagoon island names after Peanuts character
- 9 Bay named like a haircut
- 12 Beach for monks
- 14 Another name for Mahi Mahi
- 16 Not dusk beach
- 19 Aquatic reptile
- 20 Bay is home to Kokomo Beach Pavillion
- 22 French upscale supermarket
- 23 Tree with pod-like fruits
- 24 What emotion is expressed at this bay?

DOWN

- 1 Juicy stone fruit
- 2 Airport code for Grand Case Airport
- 3 Island off the Eastern coast of St-Martin
- 5 Bay named after a color
- 6 After which town is this casino named?
- 8 Bay named after which stinging plant?
- 9 Beach at the end of the airport runway
- 10 Bothersome seaweed
- 11 Bay named like cartoon family
- 13 Popular game at the Jump Up Casino
- 15 Bay named after which fruit?
- 17 Sea snail
- 18 Card game at Hollywood Casino
- 21 Pre-owned luxury watch for sale at Oro Diamante

If you are a visitor to our island and get stuck answering the crossword questions, don't be shy to ask a local.

Mistakes do happen, even though our puzzle is produced right here on island. If you detect a mistake, don't be shy and drop us a line! But, be aware that some of the questions are a bit tricky purposefully. Good luck!

Cheating? Find solution to the puzzle on Page 14

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You Have the Power to Change Your Footprint

Continued from Page 1

the recent study by Project MainStream partnered with The World Economic Forum, it is the path humans are traveling on.

Several factors add up to one end, the habits of humans could cause the breakdown of an ecosystem that has been in place longer than we have been on the planet. Plastics are found in almost everything we use in 2018, including the containers our food come in, the lines of abandoned fishing nets and even in the materials that make up our clothes. These products are often not disposed of properly and end up making their way into the ocean, especially in coastal areas and on islands.

Each year around 8.8 million tons of waste finds its way into the oceans. Many people are still not aware of the difference between biodegradable products and those that just degrade. Plastics, for example, are degradable. This means that these products will break down into smaller pieces but will never truly disappear. These bits are called microplastics and can be ingested by both land and marine animals and eventually end up in foods that we eat.

St. Maarten has been found to have the highest municipal solid waste of the Caribbean. We combine this with the poor waste management and frequent signs of littering and make an island that is having a huge negative impact on the ecosystem we depend on. The only way that we can correct these habits is to make changes to our daily lives and teach children to have a respect for the planet they live on. By doing things like carrying a reusable grocery bag with you and refusing plastic straws, and limiting our single use products you can minimize your personal impact on the environment.

Many families and groups are already taking steps to become more eco-conscious.

Participation in things like Beach Clean-Ups or sponsored events that benefit the environment has been increasing over the last few years. On International Coastal Clean-Up Day (September 15, 2018) approximately 100 people showed up for the Beach Cleanup on Mullet Bay Beach hosted by the SXM Nature

Foundation and Corona. Included in attendance, were several families and groups hoping to raise awareness and make a difference by participating in the event. Two of the families, the Winkels and Sweetmans, both brought their children ranging from the ages of 2 to 7 years old.

Lisa Sweetman said that the family would be making International Cleanup Day a yearly event, "Now that the kids are old enough we are back at it."

Their children are learning about protecting the environment at school as well. "On the French Side where they go to school (Mandarine Maternal) they go around and clean up, and they teach them about recycling because they have the bins on that side."

The Winkels brought along a family of 6 with children that attend St. Dominica, Ideal Preschool, and Montessori School. Each of the children also learn about recycling and cleaning up the environment at their schools

Along with family groups the Rotary Club of SXM Sunset attended the cleanup. Sixteen of its members lead by president Jaida Nisbett came out to pick up trash on Mullet Bay.

This branch of the Rotary was formed in July and since then the group has been very active in giving back to the community both participating and in organizing several events themselves. The groups that attended the event are providing a basis for their families to continue taking part in the future.

The only way new habits are built as a com-

munity is for those of us who did not grow up learning these ways to begin teaching them to younger generations. The fact that many schools on the island are teaching their students about the importance of helping the environment is very encouraging, but will only be sustained if that is supported at home as well.

To look for events that you could participate in you can follow the St. Maarten Nature Foundation, EPIC, and other eco-friendly organizations on social media. Most events are posted with much notice so you can plan to attend. Other ways you can make a difference in your environmental impact include:

- Refusing single use plastics including drinking straws, shopping bags, and drinking bottles.
- Disposing of waste products properly to ensure that they don't make their way into the sea. Recycling those products that can be recycled properly.
- Supporting businesses that use sustainable products like paper to-go containers and straws.
- Picking up litter on beaches and roadways.

Even if these feel like small changes that might not make much difference every single step you take will minimize your effect on the ocean and help provide a healthy environment for the future generations.

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Partner Hand or Getting an Interest Free Loan



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"Because some people don't need a loan, they need an obligation to put money aside. Maybe they plan a trip and know they need cash in ten months' time. Or they want to put a new roof on the house... whatever the reason may be. They force themselves to save. And since banks don't really pay interest on savings anymore, but still charge sky-high interest rates, the partner hand became pretty popular again."

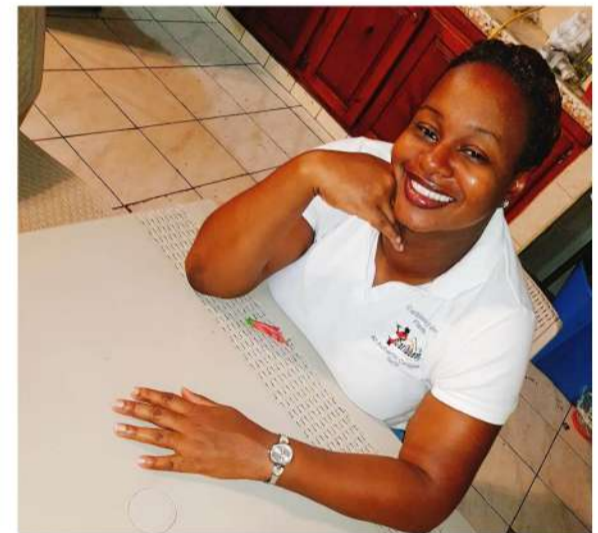
Credit and savings solutions existed in the Caribbean long before the general population had access to modern banking. A 'Partner Hand' is both a credit association and, at the same time, a firm savings agreement among a group of people who have established trust. There is no collateral needed to get a loan other than one's social standing in the community.

"If ten people agree to each save five hundred Dollars every month and to do this for one year, the partner hand takes in five thousand Dollars every month for a total of sixty thousand Dollars."

She pulls out a printed spreadsheet and shows that each payment is accounted for: "It's important that each partner pays on time. This usually working out just fine if you know who you let into the partner hand."

Sherlyn Montclair frequently acts as the 'banker' in local partner hands and explains the system:

But how is this working to give out loans?



Sherlyn Montclair - Partner Hand 'Banker'

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Japanese Style of Food to Please Your Palate



Continued from Page 1

and Western Europe, there was considerable lag time for Sushi to arrive on our island of St. Maarten/St-Martin - give or take a few decades.

It took time for the average Caribbean palate to accept that not all food needs to be cooked to be enjoyable and healthy. Acceptance of dishes offering raw fish is still a work in progress, but nowadays it's possible to find Sushi restaurants in all regions of the island, including take-out platters in the more sophisticated supermarkets.

Wasabi Charlie opened its doors in Cole Bay at the beginning of 2018 next to landmark restaurant Pineapple Pete. Guests will recognize many of the staff from the former Sushiiito Japanese Restaurant and the menu reflects ghosts of a previous gastronomic incarnation as well.

As the only restaurant on the island to offer Teppanyaki style dinners, Wasabi Charlie already has its niche cut out. The rest of the menu does not pander to the sensitivities of sushi purists. No, Wasabi Charlie's mission is to adjust a food style perceived as extremely exotic by the local population to

the point where almost everyone will find an item to enjoy.

Not in the mood for raw fish? Try some specialty rolls with thoroughly cooked seafood. You don't want any fish? You still get lucky, by ordering rolls made vegetarian style.

It's not traditional? Who cares? Pizza, to use an example of a dish not sticking to tradition, was originally a way to prepare left-overs in a budget-challenged household, until Italian immigrants in the USA converted it into the delicious concoction we enjoy nowadays.

With the Sumo Happy Hour, Wasabi Charlie created arguably the best possible Happy Hour for early bird sushi eaters. Starting at 5 PM and going until 7 PM, you'll be able to order select specialty rolls for only \$5.

And don't walk out without trying the superb Category 5 plus cocktail, which was an entry to our recent cocktail competition. We don't want to spoil the surprise, so no more description here about this drink.

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Educating About Snow Birds at the Migratory Bird Festival



The activities of the Les Fruit de Mer association brings back life to a location which has once been the island's most charming museum: The Old House. Step by step, the property is returned to functionality, but there are already many activities available for children and anyone eager to acquire more knowledge about fauna and flora on St-Martin.

The latest event took place on Saturday, October 16th. Despite the rain, over 150 guests of all ages found fun new ways to learn about birds at the Migratory Bird Festival. Created by an all-volunteer team from the Les Fruits de Mer association, this year's festival took place at Amuseum Naturalis at The Old House in French Quarter.

"This was our sixth Migratory Bird Festival, so we created a lot of new activities to keep it fresh," explained Les Fruits de Mer President Jenn Yerkes. "You could listen to bird sounds and measure yourself compared to local birds. People loved decorating their own bird tote

bags and playing Bird Bingo in the gardens."

The Migratory Bird Festival celebrates the birds that travel thousands of miles each year to live on our island, connecting St. Maarten/St-Martin to the Americas. The festival also highlights the things these birds need to survive.

At the Portable Pond, guests could see aquatic insects and other creatures that many migratory birds eat. The Habitat Scavenger Hunt sent kids looking for food, shelter and other things that birds depend on.

Les Fruits de Mer is a non-profit association based in French St-Martin, whose core mission is to raise awareness about nature, culture, and sport. The organization carries out this mission through publications, an education program, and special public outreach events that entertain, inspire, and inform.

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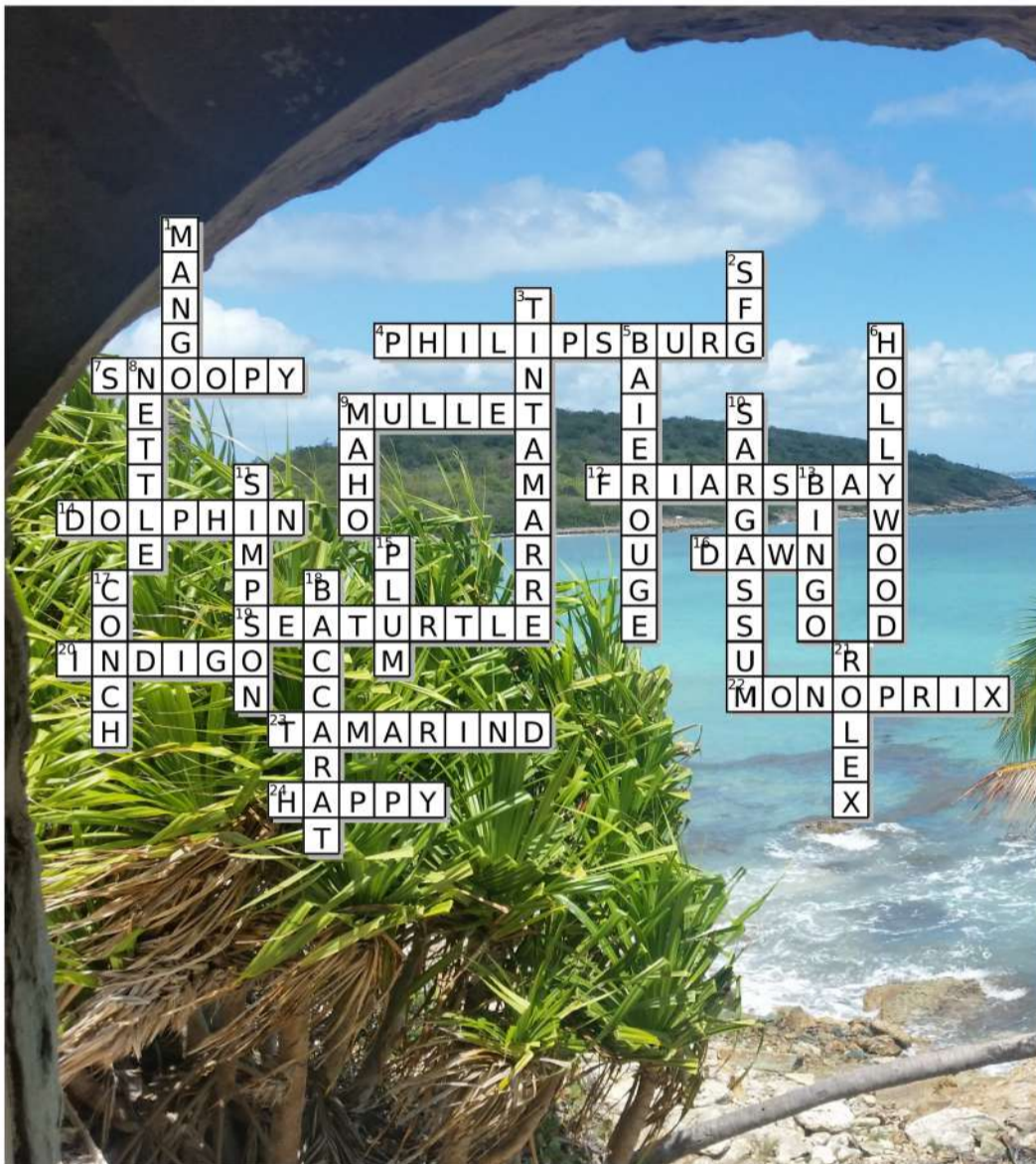
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