

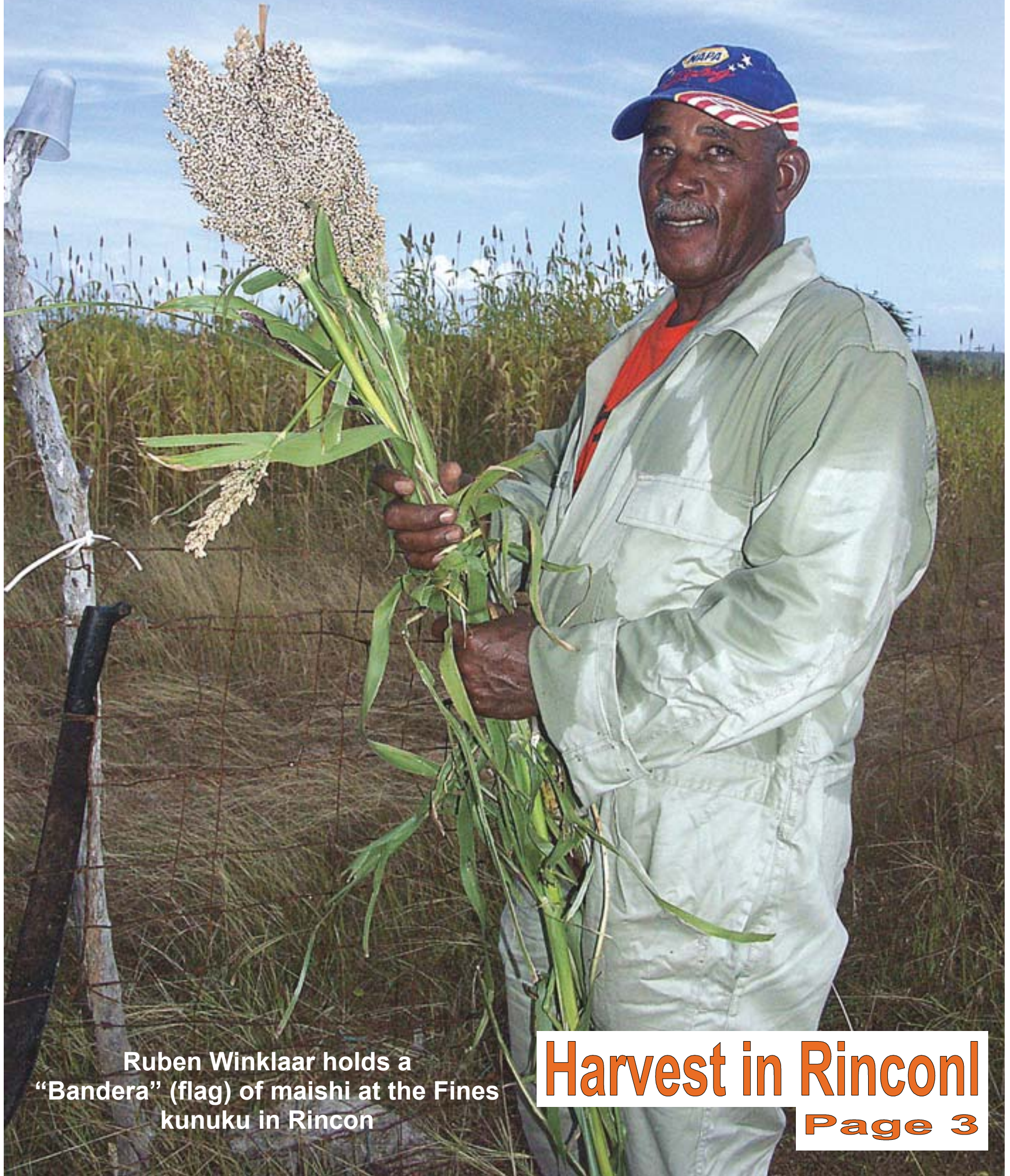
**IT'S
STILL
FREE**

March 11 to 18, 2005 Volume 12, Issue 10

The **BONAIRE!** REPORTER

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SINCE 1994



Ruben Winklaar holds a "Bandera" (flag) of maishi at the Fines kunuku in Rincon

Harvest in Rincon!
Page 3

FLOTSAM AND JETSAM

The Bonaire Island government is conducting a demolition derby. Following the earlier flattening of the 200-year-old Ma Didi's House (Hausmann's Folly) on the waterfront, the former Brion barracks next to the post office in Playa were knocked down last week. Embarrassingly, during the demolition old files of the Economics Department, some with sensitive personal information, blew into the street. The Brion barracks were built in the last years of World War II but were never used as military barracks. Right after the war, they housed the first non-sectarian school on the island. Then several government departments moved in during the 1980s. Bevolking, the Census Department, was one of them. Over the past several years these departments were relocated to other sites because the building was run down and needed major maintenance.

A new administration building for the Island Government and the Executive Council will be built in its place.



An historical document plastered into a wall was recovered. Hopefully, it will be restored in the new building. Men with ties: Commissioner Jonchi Dortalina and Mingel Martis, Head of DROB

► Get ready to pay even if just passing through Curaçao. Although completion of the new airport terminal in Curaçao is not scheduled until March 2006, the airport operators are introducing a **\$2 head tax for transit passengers effective April 1**. The tax has met with resistance from airlines and disgust with travelers from other ABC islands. Other Curaçao departure tax rates re-

main the same.

► A government press release said that a requirement that **all youngsters over 12 must carry their sedula government ID and present it to police on demand** will be enforced. It's hoped the measure will reduce juvenile crime. If the youngster has no ID and is not in the company of an adult, his or

her parents will be contacted. The ID checks will be conducted in the evening in areas where teens congregate. Youths over 12 who do not have ID should contact the civil registry office (Bevolking) immediately.



Head of the Mariadal foundation, Dr. Giovanni Frans, and Commissioner James Kroon introduce new Bonaire surgeon, Dr. Jaap Hallewas.

► **Bonaire has a new General Surgeon. Dr. Jaap Hallewas** has replaced Dr. Rob Van de Veen who has retired. Dr. Hallewas will work at San Francisco Hospital. In addition to his general surgical skills, Dr. Hallewas is especially experienced in trauma medicine and laparoscopic techniques.

Dr. Hallewas will have office hours at San Francisco Hospital on Monday, Wednesday and Friday from 8 am to 12. Make an appointment at the hospital reception desk or call 717-8900.

► A campaign will soon be launched in Curaçao to provide for **organ donations, specifically kidneys**. There are many situations in the Antilles that require patients get kidney transplants,

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but up until now they have had to depend exclusively on foreign sources. A Dutch expert visited the island to make the necessary preparations. Kidneys must be transplanted 24 to 48 hours after they are removed. There are 160 kidney patients who need dialysis in

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Harvest Time on Bonaire



Everyone joins in to cut the maishi

It's *Simidan* or harvest time, when the *maishi* (sorghum) is harvested on the *kunukus* of Bonaire. Amelia and Selsio Fines opened their farm to American visitors Lois and Eldon Gemmil and Ray Galloway. Amelia Fines led the group through a labyrinth of paths cutting through the field. It was a particularly good harvest this year thanks to the unusual abundance of rain.

The Fines' granddaughter, Maria Lucia DePalm, accompanied the group on her *kuarto*, playing the traditional *Simidan* song. The *maishi* "tassels" are dried and ground into flour. Back at the house, waiting for the workers was a delicious vegetable soup and a *lamunchi* drink. Harder drinks were there for the ones who toiled all day. □ L.D.



Amelia shows us how it's done. Cutting maishi

Seen at the Rincon Marshé . . .



An expert on the culture and folklore of Bonaire, Frans Booi speaks Bou di Ramada (on the porch) at the Rincon Marshé (with shake in hand!)

It was a busy day at the Rincon Marshé last Saturday. The first Saturday of each month is the Big Marshé with the most stands and activities. Among those speaking "Bou di Ramada," of Bonaire's culture were Frans Booi, Alex Semeleer, Flora Molina and Flora Martis.

A new shop opened, "Choyce Shake Rincon," run by Choyce and Broertje. Official opener was Commissioner James Kroon. Shown at right: Artist who decorated the shop, Sigfried Beaumont, James Kroon, Choyce, Lucille Soliana and Broertje. The fresh fruit shakes are sensational and cheap! □ L.D.



(Flotsam & Jetsam. Continued from page 2)
Curaçao, of whom 30 are on the "Eurotransplant," waiting list (the European organization that coordinates transplants). Thirty Antillean kidney patients have received new kidneys through Eurotransplant since 1999.

► Manager of St. Eustatius National Parks Stenapa) Foundation, **Nicole Esteban, has been elected the first president of the Dutch Caribbean Nature Alliance (DCNA).** The first full board meeting of the new Alliance was recently held in Curaçao. DCNA is an alliance of nature conservation and park management organizations of all the Dutch Antillean islands, modeled after Bonaire's *Aliansa Naturalesa* of environmentally concerned NGOs. The DCNA will administer a new Dutch Nature Trust Fund. Plans for distribution of the fund's future revenues will be initially distributed among the islands as follows: Bonaire and Curaçao 21.4% each; Saba and Statia 17.3% each; and St. Maarten 11.3%. (St. Maarten does not have a land-based (nature) park.



Nicole Esteban



The USS Saipan

► Venezuelan Consul General Angiolollo Fernandez said, "An aircraft carrier gets called in for tactical purposes and is absolutely not a 'Love Boat.' The presence of the American (helicopter) aircraft carrier *Saipan* in Curaçao, a distance of only 55 miles from Venezuela, is pure intimidation." Antillean Prime Minister Etienne Ys said, "The *USS Saipan* is here for rest and recreation, with the consent of the National Government."

The consul general is positively con-

vinced that the *Saipan*, which was on a humanitarian mission to Haiti, deviated from her course to give a sign to Venezuela. "It is purely display of power of the Americans. The US is busy making our President, Hugo Chavez, look devilish, by accusing him of being involved with guerilla activities and drug dealing. Yesterday, a spokesperson of the American government indicated that Venezuela is violating the human rights," continued Angiolollo.

► **Communications Minister Omayra Leeftang has lifted the minimum of 70 cents per minute for mobile pre-paid calling as of last week.** This allows the providers of pre-paid cell phones to cut prices. "I foresee a price war and mobile calling will get cheaper," said a satisfied Leeftang. "The minimum rates that the former Minister established were illegal and discriminatory," she added.

Curaçao's cell companies, CT and UTS, received a letter last week announcing the withdrawal of the decision of the former Minister of Telecommunication to decrease the minimum rate from 85 to 70 cents. UTS immediately reacted with a special. Chippie users calling another Chippie will pay only 13 cents per minute. Other companies are expected to follow suit. "Consumers are expected to benefit from the price war that is sure to come," Leeftang said.

► **Cellular One is giving free Nokia phones** with the purchase of NAf350 in phone cards and free calls for Cellular One customers calling another Cellular One customer on weekends. If you have a Telbo or UTS non-Chippie phone and don't want to be forced to buy another phone when they convert to all Chippie, go into Cellular One and they will **change your number** to a Cellular One number **at no charge.**

► **Former Member of Parliament David Dick was sworn in as the new Minister of Justice.** Before he can be sworn in, he was screened by the Intelligence Ser-



David Dick



Aggreko generators at WEB

► **WEB has met the island's demand for electricity** continuously since the rented Aggreko generators went on line last week. As a bonus we notice the generators emit far less black smoke, as well as less noise, than the old WEB machines did. Check out the photo. The generators that are running have the lid on the exhaust pipe tipped up.

vice of the Netherlands Antilles. In 2001 and 2002, Dick was a Member of Parliament, but he resigned when he was suspected of accepting bribes for his party. In December of 2003, he was exonerated and acquitted. He was the only person given an unconditional acquittal by the Court.



Andrea 1 ramp

► **Have you noticed that the turn-off to the Andrea 1 dive site has been blocked?** It's because of work going on to make access to the beach easier. The steep grade has been reduced, making it more convenient to access the shoreline. Construction of a half-dozen luxury waterfront homes just north of Andrea 1 is proceeding according to plan. If you are interested in one of these super houses contact any of the realtors advertising in *The Reporter*.

► **Now that Bonaire has cancelled its 2005 Dive Festival it looks like Curaçao will hold one.** The First Annual Curaçao Dive festival 2005 will

begin on May 15th and continue through June 4th. Activities will include wreck diving, fish ID classes, film and scientific lectures and Maritime Museum trips. But crass commercialism raises its head because it coordinates with the First Annual Ultimate Ocean Encounter in Curaçao at the Lions Dive Hotel and Seaquarium. **The Seaquarium holds many dolphins captive against their will to perform for the pleasure of tourists.** Many divers and other people believe it should be boycotted on animal rights and environmental grounds.

► **Last Friday, the penalties in the case against the five individuals who confessed to the brutal robbery and beating of two Bonaire residents in their home on October 11-12, 2004 were handed out** by Judge J.H. Bosch. Sergio Mercera and Ellery Nicolas each received 12 years unconditional imprisonment. The Prosecution had sought 15 years. A third criminal, Ryan Frans, received 6 years; the prosecutor had asked for 12. Others who played a lesser role, V. Nicolas and B. Wanga, were sentenced 3½ years (6 years imprisonment requested) and 2½ years (3 years requested) years each. The victims of the crime participated in rallying the Bonairean community to action by being open in the press and in public meetings about their injuries and were admired by many in the community for their bravery.

In a published statement the victims wrote, "We are pleased that the crimi-

(Continued on page 6)

OPINION

FAIR IS FAIR

In a few short weeks the NGO (Non-Governmental Organization), STINAPA, which has responsibility for managing and maintaining Bonaire's Land and Sea Parks, will assess new and higher fees for the use of the island's Parks. We believe these fees are reasonable and pleased that 100% of the fees go to STINAPA and not to general government funds.



Oceana

But we do not like it that a large group of Marine Park users will not have to pay the general \$10 annual user fee. These are the people who arrive on Bonaire by cruise ship. By any measure they qualify under the same criteria that apply to the many people who will enjoy the Bonaire National Marine Park on or under the water. Sailors, kites, fishermen, snorkelers and charter boat guests all must pay. The cruise ships tie up in Marine Park waters; they are users of the Marine Park. Period.

Both crew (who need pay only once a year) and passengers are accountable. Incidentally there is currently no "head tax" assessed by the local government on cruise ship passengers as most other cruise ship destinations charge. Passengers should be pleased to pay a small fee to support the preservation of an almost pristine natural environment far different from that in their home countries.

If this is enforced then more than enough revenue will be gained to exempt the residents of Bonaire, many of whom have great respect for Bonaire's natural attractions, from the payment of fees. □ G.D.

NEW STINAPA FEES EXPLAINED

STINAPA (The Foundation for National Parks) Bonaire is a non-profit and non-governmental organization dedicated to the conservation of nature in Bonaire, both above and underwater. STINAPA Bonaire are conducted by a governing board composed of local professionals. The organization manages the natural resources on Bonaire, Klein Bonaire, Lac Bay and the caves of Barcadera.



To better achieve its goals STINAPA Bonaire is implementing a more comprehensive financing program to generate additional income and become independent of donations and subsidies. It proposed a two-tier Nature Fee to be paid by visitors and residents of Bonaire.

Effective 1 April 2005 all scuba divers who use the Marine Park (shoreline to 200' deep surrounding Bonaire and Klein Bonaire) will have to pay \$ 25 per year. They get a dive tag that they attach to their equipment. Other users of the islands waters like snorkelers, windsurfers, kayakers, sport fishermen, kite boarders and all others will have to pay \$10 per year. They will receive a different tag. All tag holders get free entry to Washington-Slagbaai Park (currently \$10 for visitors, NAf5 for locals, dive tags now cost \$10/year).

The money which is obtained from the nature fee will be spent on research, control, education, legal assistance, information, and the conservation of the areas which STINAPA is responsible.

The new tags will go on sale on 1 April 2005 at dive shops as before, but also at hotels, resorts, windsurfing spots, aboard sport fisherman boats, sail -, snorkel - and water taxi ventures, ports and other water sport ventures on Bonaire.

Jack Chalk, a STINAPA Bonaire Director, said to all who use the Parks and visit the island, "We hope that you'll want to continue to visit Bonaire and help protect the fragile resources so that also future generations can see Bonaire not only as a 'divers' paradise,' but as a 'nature paradise' as well."

For further information call (011-599)717-8444, or e-mail info@stinapa.org or surf to www.stinapa.org. □ STINAPA Press Release

LETTERS

'ENVIROWATCH' -VANDALISM OF PALM TREES ALONG WATERFRONT PROMENADE

Dear Editor:

As you already stated, the accusations you made were based on rumors of bystanders and not the bare facts. Everybody should regret that our Royal Netherlands Marine Corps is accused of committing the acts of vandalism and theft based on rumors. Their existence is more than necessary to help the people of Bonaire in their fight against narcotics. I think they deserve more respect and at least a proper investigation before they are accused and found guilty beforehand. I am so determined because these marines were not even on the island when the vandalism took place. It is not nice of *The Reporter* to print the article without checking the facts. But the damage is done, our beloved Marine Corps honorable name is slandered. No reader of *The Reporter* will benefit from this.

I hereby kindly request *The Reporter* to revise their column.

Q.P.O. Theo Knevel



Reply:

Our information was obtained directly from the residents who live on the waterfront who saw the incident with their own eyes, not on rumors. The last thing we would want to do is slander the Marines, but if the Marines didn't do it, who did? Are there other groups on Bonaire who look like Dutch Marines? Let's hope whoever is guilty of the vandalism is brought to justice. *Ed.*

(Flotsam and Jetsam. Continued from page 4)
 nals have been brought to justice and that they have been held accountable for their actions. The good people of Bonaire have a clear example that with full disclosure of the crime by any victims and full cooperation between the Media, Police and Prosecutor it is possible to convict those responsible for their crimes..."

► **A two-day course in the principles of Feng Shui**, the ancient Chinese art of arrangement, will begin on Saturday, March 12th at New Lagoen City (at the end of the Lagoen Road). Luz Van Goens will be the instructor. The course will be taught in Spanish and cost NAf95. Includes drinks, snack, book and certificate. Call 790-9450 or 786-3109 or pass by the Tambu Shop on Kaya Grandi for information.



► **In May a top instructor in Healing Touch will give classes in English on Bonaire** beginning with a free introduction class on Thursday, May 5th. Healing Touch is a holistic, energy based technique for individuals and health care professionals. It's internationally recognized with many practitioners in the US and The Netherlands. Successful course completion earns continuing education credits and an official completion certificate. For information e-mail blueskyz@idiom.com. More details in upcoming issues of *The Bonaire Reporter*.

► What do you do with your time? Are you interested in the area where you reside? Do you want to contribute to your community and meet some new people? Have any hidden talents that you want to keep sharp? Maybe you just want to get out of the house.

Join a meeting of the Stinapa Volunteers on Tuesday, March 15th at 5pm at Stinapa Headquarters. Your input is needed and valued. You can make a difference. Come and hear what the latest developments for the parks and what projects are scheduled. For more information call Chile or Linda Ridley 791-4262



► **It's hard to figure out how this jeep got in this position.** After all, the shorefront promenade is for pedestrians only.

► The Jong Bonaire model in the **Benetton ad** on page 11 this week is **Genesis Sint Jago**. Lovely clothes on a lovely girl.

► **Last chance to send in your stories for the April Fools Day edition is this Saturday.** □ L./G.D.



This year's 50K Tower-to-Tower walk from the Wilemstoren Lighthouse to the Malmok Lighthouse was conquered by a record number of participants. Bôï Antoin reports: "The ones who finished are: Bea van der Harst, Indra Lucasius, Lisette, Janella, Nazario Alberto, Humphrey Genaro, Dioris Cicilia, Rudsel Leito, Fermin. The start was Saturday night, February 26, around 10:45, and arrival at Malmok on Sunday morning at 11:45. Only three did not make it to the final destination. We walked the Playa Frans Route. That is the longest route for Willemstoren to Malmok." □ L.D.

Champions at Malmok!



Rough going along the way

Ask the Dietitian

Prevent Child Obesity—With Healthy Nutrition and Physical Activities

Part 2 -information for parents with children ages 1 to 4

This week I will continue with more practical tips and recommendations to prevent and fight obesity among our young children. Parents can also follow all these guidelines. Children like to imitate their parents, so together you can create a healthy family and prevent obesity.

Sandwich Fillings

You can make a lot of variations with sandwich filling. You may choose: apple syrup, jam 100%, *vruchtenhagel*, vegetable spread, cheese, spread cheese, luncheon meat. Of the last three, choose the low fat versions. Try to avoid chocolate spread and peanut butter on a daily basis because they contain lots of calories. Try to teach the child at an early age to eat vegetables. You can start by combining sandwich fillings with vegetables. Do not cut off the bread crusts because this helps teach a child to chew well.

The above mentioned choices of sandwich fillings contain nutrients. Try to teach the child to make good choices. I've noticed that a lot of children like sugar so much that they'll eat plain sugar or even condensed milk (which is very high in sugar) as a filling. Not only can too much sugar contribute to child obesity, but it also causes hyperactivity.

In Betweens

It is nice for your child to have a little snack (in between) during the morning and afternoon. But do not exceed four in betweens a day. Too many cause obesity and also contribute to tooth decay. Healthy in betweens are: fruits, whole wheat biscuits, whole wheat crackers, whole wheat cookies with fruit filling, rice waffles, etc.

If you want to give the child sweets or candy, make sure they know they can have **only one "sweet moment" a day**. Decide on a fixed time when the child can have a sweet. In this way the child will learn not to keep asking for more sweets at other times during the day.

Don't create the habit of comforting a crying child with sweets or as a compensation for good behavior. These habits are easy to get used to and very difficult to unlearn.

Fatty in betweens, like pieces of cheese, chips, *pastechi*, etc. contain a lot of calories, so don't give them too often.

Managing Sugar

Many children have an uncontrolled use of the sugar jar. Uncontrolled use of sugar in beverages, in food or just by eating it from the sugar jar can easily lead to obesity.

Almost all beverages contain sugar already. Because 100% fruit juices and milk already contain natural sugar parents should teach their children not to add addi-

tional sugar. Tea doesn't contain sugar. A child can add a maximum of two level teaspoons of sugar in the tea. (Keep in mind, though, that tea can contain caffeine.) Diet soft drinks don't contain sugar, but sweetener, but the amount should be controlled – no more than one to two glasses a day.

The Heavy Lunch or Dinner (warme maaltijd)

Make sure the child gets enough healthy foods that are filling, like: vegetables, potatoes, (whole grain) pasta, (whole grain) rice, etc. Choose low fat meat, skinless chicken, fish. Remember to use low fat cooking techniques: stewing, steaming, grilling, stir-frying, cooking in the oven, etc., instead of frying or deep fat frying.

Prepare low fat sauces. Do not use extra oil or margarine in making sauce and avoid using sauces like peanut butter sauce, mayonnaise or other ready-to-use white creamy sauces.

By offering a lot of variations you teach the child to get used to different tastes.

Consult the recommended daily amount a child from the ages of one to four should have from the previous article.

The "Birthday Treat"

A "birthday treat" can be something very simple and healthy. It is a little extra for the day. For children from one to four a treat can mean a whole meal. That's why it is important to have small treats that don't contain too many calories.

Some ideas for a little treat:

- little package of raisins
- fruits or a fantasy of fruits, like fruit sâte or fruit salad
- whole wheat small pancakes with 100% fruit jam
- popcorn or pretzels
- frozen low fat yoghurt mixed with fresh fruits (yoghurt ice cream)
- a thin slice of fruit cake without cream or vegetable cake, like carrot cake prepared with less sugar and without cream.
- 1 package of fruit juice, etc. □ *Angélique Salsbach*



Angélique Salsbach, a dietitian with Bonaire's Department of Health and Hygiene, has a radio program every other Tuesday 9 to 9:30 on Bon FM. Write her at dietitan@bonairenews.com □



Bonaire Ambassadors

EnviroWatch

At Sorobon Beach Resort, the TCB awarded two couples bronze ambassador medals. Mike and Becky from the US have visited Sorobon every year in February for the last 10 years. They enjoy their three-week holiday because of the beautiful environment and friendly people. They think of Sorobon as their true paradise!



TCB's Joanny Trinidad with David Tighe, visitor from the UK (his wife Judith wasn't there for the photo), Rian, manager of Sorobon, Michael Gorman and Rebecca Wetzel from the US.



Joanny Trinidad of the TCB with Robert Tsing

Robert Tsing has been visiting Bonaire for 26 years, making him a Gold Medal Ambassador. Robert and his wife visited for the first time in 1979 and have since been visiting the island three to five times a year. In the beginning they stayed at Flamingo Beach Hotel, then at Captain Don's Habitat, Harbour Village and Plaza Resort. Throughout the years they brought many friends with them. In 2000 the Tsings bought a house on the island. They love the relaxed atmosphere that Bonaire has to offer and make Bonaire their second home. □ Ambassador stories and photos by Joanny Trinidad.



When the historic *Brionkarzerne* (the building next to the post office) was demolished last week it was sad to see that some of the old trees around the structure were badly damaged. Perhaps something can be done to save some of them. After all big trees, especially on Bonaire, are precious. □ G.D.

A Good Year For Turtles

Thanks to the continuity of the newest turtle nesting research project begun in 2002, the STCB can estimate how many turtles were born on Bonaire during the nesting season last year. It is very important to understand that these numbers represent an estimate and not an exact figure.

During the development of the research project one of the things that was focused on was the monitoring of the nests with the goal of tracking the number of nests we have on the island and, of course, to be able to protect them from the different predators and dangers they face.

As a result, we can share the following information from the last nesting season (year 2004):



Turtle babies

Nest Information	Klein Bonaire	Other Bonaire places
Total number of nests	78	25
Number of lost nests (Ivan)	6	10-15
Number of live hatchlings	7000	1500
Number of dead hatchlings	3000	1000

As we can appreciate from the chart, during the 2004 nesting season approximately 8,500 hatchlings successfully came out of their nests and went into the ocean!

If we consider that of these 8,500 hatchlings only a very small percentage will live to become adults (from scientific data only 1 out of 1,100 survive to become an adult), we can conclude that only 7.5 turtles out of these 8,500 will survive.

Having this information in mind makes clear the huge responsibility we all have to help preserve these animals who are in danger of disappearing from our world.

On the 15th of February, the last nest of the season hatched at Klein Bonaire. This nest was from our radio-tracked turtle, "Funny," who is now in her feeding grounds at Serranilla Banks, and whom we hope to see back nesting on Bonaire in two or three years! □ Mabel Simal Nava, STCB Project Manager/Coordinator



KRALENDIJK TIDES (Heights in feet, FT)									
<i>Remember: Winds and weather can further influence the local tides</i>									
DATE	TIME	HEIGHT							COEF
3-11	1:58	1.5FT.	7:53	1.2FT.	14:03	1.5FT.	20:20	1.2FT.	99
3-12	2:50	1.5FT.	10:09	1.1FT.	15:26	1.3FT.	20:02	1.2FT.	96
3-13	3:49	1.6FT.	12:14	1.1FT.					89
3-14	4:44	1.7FT.	13:48	1.0FT.					79
3-15	5:44	1.8FT.	14:44	0.9FT.					67
3-16	6:30	1.8FT.	15:38	0.8FT.					55
3-17	7:20	1.9FT.	16:16	0.8FT.					43
3-18	8:00	1.9FT.	16:50	0.8FT.					35

VESSELS MAKING A PORT CALL:

Adesso	Honalee	Reward
Alessa	Jacuzzi	Sanuk
Ahodori	Jan Gerardus	Sapphire
Alice	Janus	Sarah
Amante	Jel-jok France	Santa Maria
Angelos	Laetitja	Sandpiper, USA
Argus, USA	L'Aquila, BVI	Significant Other
Aton	Libelle	Sirius
Bettina, Venezuela	Luna C. USA	Solvig of Lorn
Bright Sea	La Escotilla, Caymans	Star of the West
Camissa, Chan Is.	Maebelle	Sylvia K
Cape Kathryn	Mahi Mahi	Tagora
Deneb	Maggi	Ti Amo, USA
Flying Cloud, USA	Maki, France	Ulu Ulu, USA
Gabrielle	Meruva	Unicorn, Norway
Galandriel	Mignon	Varedhuni, Germany
Gambler	Moana	Ya-T, BVI
Guaicamar I, Ven.	Mulloka II	Zahi, Malta

YOGA FOR YOU

Minding your breath

*Do not dwell on the past,
Do not dream of the future,
Concentrate the mind on the present moment.*

If you find breath work soothing and enjoyable, you might want to try using it as a way to explore meditation.

The first step is to take up your breathing as an exclusive object of attention: Focus your attention on the sensations produced as the lungs, naturally and without interruption, fill up and empty themselves. You can pick up these sensations by bringing your attention to your nose, chest or belly. Simply allow the breath to flow. Let the breath happen, rather than making it happen. Like waves of the ocean, the free flow of the breath brings peace and calmness. It prepares the mind to flow freely.

Of course, you might find that your mind starts to wander off somewhere.

The practice is to keep returning to the breath each time you are distracted. Step by step the mind will learn to settle down and feel steady, calm, and peaceful.

Concentrating on breathing in such a manner enables the mind to gather together all of its scattered energies, becoming much more steady and clear.

Your breath is like a good friend accompanying you along the way.

You can also use your breath to help you be mindful during the activities of your day. Turning to your breathing from time to time can ground you in these activities. The breath is always there for you. You can let it assist you in cutting down on unnecessary thinking that distracts you from the here and now.

Make the change you wish to see in yourself. □ *Desirée*

Adapted from "Breathing Lessons"

*Don and Desirée of
"Yoga For You"
offer classes from
beginners to advanced.
786-6416
info@aplaceforyoubonaire.com*



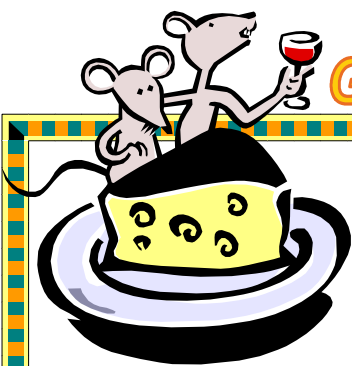
Bonaire's Culinary Team Practice, Practice, Practice



Coordinator Sara Matera goes over comments made by the tasters on the team's entries. Apprentice chef Andreas Cicilia (l) and Chef Isadoor van Riemsdijk (r)

Bonaire's Culinary Team continues to practice to "Go for the Gold" at the "Taste of the Caribbean" competition in Miami in June. Last Sunday some of the volunteers on the committee and a chef did a tasting at the SGB (Chez Nous) kitchen. The team, coached by Vernon "Nonchi" Martijn, is: Isadoor van Riemsdijk (Rum Runners), Ricky Janzen (Divi Flamingo), Floris van Loo (Rum Runners), Tico Marsera (Den Laman) apprentice chefs Bram Smit and Andreas Cicilia.

Fundraising activities will start off with the big Wine and Cheese Party on Saturday, March 19, at the Fountain Plaza of Harbour Village, 6:30 to 9 pm. Lunches for the public will be on Sundays, March 20, April 10 and April 17. All lunches will be held at the Flamboyant Restaurant on Kaya Grandi. Call Sara (786-9299) or Laura (717-8988, 791-7252) for tickets. Your donation includes a three-course meal and glass(es) of wine.



Get your tickets now!

Get your tickets now for the **big Wine and Cheese Fundraiser** to send our team to Miami. It's **Saturday, March 19 at the Fountain Plaza of Harbour Village, from 6:30 to 9 pm**. Participating local wine purveyors are ALCON, Antillean Wine Company (AWC), Bonaire Gift Shop and The Island Supplier (TIS).

Sumptuous appetizers and cheeses will be supplied by Bonaire's leading restaurants. Donation is NA\$50. For tickets call Sara Matera at 786-9299 or Laura DeSalvo at 717-8988 or 791-7252. **These culinary events are always highlights of the year!** □ L.D.

Katzevs present Wuyts' Culinary DVD to SGB's Chez Nous



Phil and Laraine Katzev present Hendrik Wuyt's DVD to winning culinary students: Bram Smit, Wendy Heredia, Andres Cicilia, Samantha Statie

Phil and Laraine Katzev presented the **ABC-Sint Maarten Student Chef Culinary Competition DVD** made for the SGB to the winning team of student chefs. The DVD, which told the story of the three-day event, was **created by Hendrik Wuyts of ScubaVision and produced and sponsored by the Katzevs**. The very entertaining, inspiring and informative movie will be used on Career Days at the SGB to show what an exciting career can be had in the Food and Beverage industry. As Austrian Chef and Culinary Judge Helmut Holzer says in the movie, "A good chef can go anywhere in the world!" The DVD will also be shown in Italy when the next group of student chefs goes there in the fall for a four-week stage (internship) program. Bonaire's winning team (above) will spend a week at Chef Klaus Friedenreich's school, Culinary Arts Institute in Ft. Lauderdale in June. **The students will be offering a barbeque to raise money on Sunday, March 13, at Wilhelmina Park in connection with the Dutch Dixies Concert.** □ L.D.



Winning student chefs with their parents and teachers. The winning team won a week's instruction at the Culinary Institute in Ft. Lauderdale in June.

BONAIRE'S BEST SOUVENIR



DVD or Tape Available

Have Bonaire's professional underwater filmmaker, Hendrik Wuyts ("World of Ocean Films" and "Eye On" Series -most recently in Peru and Kenya), custom produce an underwater video of your dive for only \$85

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E-mail: INFO@SCUBAVISION.INFO

THE BONAIRE GARDNER

It's been a while since I've written a column; I've been doing a lot of traveling lately. So here is the latest news on gardening on Bonaire.

Some people have asked me if I'd stopped writing this column because I was out of topics, but I believe there is always something to write about gardening and plants. Plants are living creatures, and I think on Bonaire we are only at the beginning of what can be possible with plants. As I saw in the US, large numbers of nurserymen and other plant lovers are always searching for new species and better varieties. In Holland there is a lot of research these days to find new stronger and healthier plants because a lot of the chemicals that were used before are now forbidden.

When I was in Venezuela and walked in the jungle I saw a lot of plants that we use in our gardens. With all the rainfall in the last months I almost believed that we could create the same thing on Bonaire, but now we are back to the old days with lots of wind and drought.

These days we have to be very careful about giving our plants in the gardens **sufficient water**. During the last months they've been very spoiled and they're all growing like crazy. Most of the soil we have on Bonaire doesn't have the capacity to hold water, simply because we don't have any groundwater, and most of the gardens are built on rocks. This combined with the rapid change of the season means we have to be extra careful to give the plants enough water. Also it is not too late to do **some serious pruning** on the wild growing plants. This will also help



Ficus benjamina

to stabilize the situation. But the good part (of the dry season) is we will have more time for this, because there are fewer weeds and hopefully fewer mealy bugs, of which there seemed to be an explosion on the plants in the last months.

During the next weeks I will continue writing more about certain groups of plants in our gardens and how to use them.

This week I will write about **hedges and how to use them**. There are a lot of different plants suitable for hedging, but as I've said, things are changing here too. A year ago I would have recommended the *Ficus benjamina* to be the best plant for this use. It's fast growing, evergreen

Pet of the Week

Meet "Charlotte," a sleek little short haired pup who has tons of personality. Someone found her and brought her into the veterinarian's office, hoping she would be a good candidate for adoption. Charlotte has been blessed with attractive good looks of black with accents of brown, but it's her personality that makes her stand out. She's self assured and happy to be alive. Because of her intelligence she should be easy to train. And for the right owner she'll be protective and a good watch dog.



Stop by the Bonaire Animal Shelter on the Lagoon Road to see Charlotte and all the other superior cats and dogs that are offered for adoption. Only those that are healthy and social are considered as adoptees. The Shelter is open Monday through Friday, 10 am to 2 pm, Saturdays until 1. Tel. 717-4989. □ L.D.

and very easy to prune. But it seems to be getting more and more vulnerable to different types of diseases. After a long period of rain it can get something like we know in Holland as "**Verticillium**." The tree loses its leaves within a few days, the trunk gets rotten and it dies in days. There is nothing we can do about it except as soon as you see it, take out the tree with its roots and take it to the landfill. Burning it would be better, but that is difficult. The disease is very contagious, and you also have to **clean your tools**. Don't prune with clippers and then use them on the next plant; it's likely to spread. In some parts of Bonaire, like in Sabadeco, we've seen dead plants that were left in the ground for a long time,

and after awhile the disease starts to spread. And also they have gotten vulnerable to a new type of bug which causes the leaves to curl, making it difficult for the plants to grow. This is easy to get rid of by spraying. This disease I have only seen on the *Ficus benjamina*.

Now we have a new variety called the *Ficus benjamina "Atrovirens"* and I haven't seen any diseases on this type. It doesn't grow as fast as the *benjamina*, but grows very nicely: green and thick. We've started growing two new varieties that are very good for hedging: the *Ficus binnendijkii "Allii"* and the *Ficus nitida*, also fast growing, easy to prune and very thick. □ *Ap van Eldik*

Ap van Eldik owns Green Label Landscaping which designs, constructs and maintains residential and commercial gardens. Two nurseries and a garden shop in Kralendijk carry terra cotta pots from Mexico and South America. Phone 717-3410. **NOW OPEN SATURDAYS, NON-STOP 9 TO 4.**



The Bonaire Reporter needs your ideas for our annual April Fools issue.

Send your stories and photos to Fools@bonairereporter.com or mail text or disk to Bonaire Reporter, Kaya Gob Debrot 200-6, Bonaire.

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Call or fax *The Bonaire Reporter* at 717-8988 e-mail ads@bonairereporter.com

JanArt Gallery, Kaya Gloria 7, Bonaire Local Art, Art Supplies, Framing, and Art Classes. Open Tu-We-Th & Sat 10 am- 5 pm Friday 1- 7 pm; or phone 717-5246 for appt.

BonaireNet is the leading consumer and business information source on Bonaire. Telephone (599) 717-7160. For on-line yellow pages directory information go to <http://www.yellowpagesbonaire.com>

PSYCHOLOGY PRACTICE BONAIRE. Consultation, Supervision, Hypnotherapy, Psychotherapy **Dr. Johan de Korte, Psychologist, Phone: 717-6919**

CAPT. DON'S ISLAND GROWER
Trees and Plants, Bonaire grown. 8000m² of plants and nursery. Specializing in garden/septic pumps and irrigation. Kaminda Lagoen 103, Island Growers NV (Capt. Don and Janet). **Phone: 786-0956 or 787-0956**

LUNCH TO GO- Starting from NAf5 per meal. Call **CHINA NOBO 717-8981**

Bonaire Images

Elegant greeting cards and beautiful boxed note cards are now available at Chat-N-Browse next to Lovers Ice-Cream and Sand Dollar.
Photography by Shelly Craig
www.bonaireimages.com



Visit **Gallery "MyArt"**
Marjolein Fonseca-Verhoef
Call: **785-3988**

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CATCH OF THE DAY
COUPE CARIBE**

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DINNER 06.00p.m. - 09.30p.m.
Sunday and Monday closed

**ROYAL PALM GALLERIES,
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Kaya Grandi 26 F/G, TEL/FAX :
717-4321**

NEW RENTAL PROPERTY/TIMESHARE

For Rent: Comfortable 2-bedroom beach villa-weekly or monthly-choice location-privacy & security-**May 1st until Dec. 15th.** Brochure available. Phone (Bon) (599) 717 3293; (US) (570) 586 0098. Email larjaytee@aol.com

FOR SALE

Logan compact mat cutter- 100 Naf; **LG Studioworks 17 " computer monitor** almost new- 100 Naf; **Daewoo large microwave with transformer-** 200 Naf.; **George Foreman grill-** 50 Naf.; **white student desk-** 30 Naf; **Black and Decker electric leaf blower-** 40 Naf; **dark wood sofa table** 50 Naf; Call **717-3976 or 786-0076**

FOR SALE: (2) Scubapro MK10/6250 **regulators** with octopus and Suunto **gauges/compass**-\$125 each. Men's (Large) Scubapro Finseal **BC**-\$50, Women's (Xtra Small) Dacor **BC**-\$25. CALL 717-2050

FOR SALE:
1- **Ipod MP3-** 10 GB all included with world adaptor ... \$185.00
1- **Laptop:** Averatec 8 months old 256mg-Ram/ 30 gig / wireless card internet / CD RW/ DVD - slim 5.2lbs -XP. Perfect cond... \$850.00
1- **PDA 800 Toshiba/SD card** 512mb/ navigation program loaded/ wireless internet/VGA screen - USB sync base. Was \$600 for \$300. can sell GPS separately for \$130.

1- **Sony Ericson P900** smart phone/camera/mp3/internet/video/games, Unlocked work any where in the world / sync USB with computer/blue tooth. Was \$900.00 Sell for \$500.

1- **Wireless router server-Dlink** DL714/ 4 ports and printer port. Was \$120 Sell for \$60.00

1- **Repeater** or extend range D-Link DWL 800 Was \$90 Sell for \$50.

1- **120 Gig Hard drive** USB and Fire Wire \$140.00

1- **Blue tooth PCMCIA** - USB blue tooth - CF wireless card - 4 in 1 pc card Sell \$25.00 each.

1- **Digital Pentax Camera** option 4meg pixel / small like new / 512mb SD card. Sell \$275.00

1- **Canon 35mm underwater** Sure Shot Camera like new. Sell for \$150.

2- **Bicycles** 24 speed / light / like new. Were \$450 Sell for \$200 each

Kite surf North (11) with board - harness- bar etc. all brand new Got in \$2,000.00 Sell for \$1,500.00

You can contact me at Bonaire Antilles (599) **786-4260 OR 786-4083** captain@lagace.us (All data's) cptmichel@hotmail.com

For Sale Appliances: Whirlpool Super capacity 5 cycle washer made for 50 cycle

127 volts- 400 Naf available March 17;

Avanti counter height **refrigerator** with transformer- 225 Naf; Daewoo

SOLD

FOR SALE, cont.

Revolving CD-Stand, wood, holds about 300 CDs, NAf90.00, call 717-2848

Gaastra Force, Stealth & Phoenix kites -assorted sizes 4.0 to 17.5 meter. Nearly new. Call for more info. \$300-\$600 obo. Call 717-6862 or 791-4926

CARS FOR SALE

Grease monkey special.. '83 **Honda Jazz** NAf2.000 call 785-9760

LOST



I am still looking for my dog, Betsy, lost since December 26. Red short hair, lost in the area of Nikiboko South. Call **785-3700**

BOATS & ENGINES for SALE

"Koncha", NB-123, fast-sailing 14ft. **FRG centerboard sloop**, Naf 1,400. Trailer available. Also **stowable dinghies** cheap: 12 ft "Banana" and 2 Avon inflatables. Call **Mac 717-7312**.

Classic Sailor

Make an Offer. Traditional Bonairean Sailing sloop. Wood, traditional construction, about 21' long. Fiberglassed in and out for minimal maintenance. Two time winner of Bonaire Regatta, Class A. A dream to sail. One of the last of its kind. Call **717-8988 or 785-6125**.



WANTED

Wanted - full time employment opportunity. Experienced in management and administration. Many years on the island and no work permit needed. Please call Marion Wilson at 717-5571

WANTED: Experienced waiter or waitress for dinner service. Call Croccantino at 785-0581.

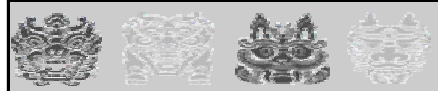


Porch Sale- Saturday 12 March, 9 AM, Punt Vierkant #12; Everything must go! Many kitchen items; igloo cooler, Christmas tree with decorations, small Shark vacuum, lamps, garden furniture, picture frames of all sizes, surround sound system, tools and many free items. Call **717-3976 for directions. Do not come before 9 AM.**

BUSINESS FOR SALE

Business license for sale. BV for photo/video business above and below the water surface. Including web design and whole sale. Comes with URL and website. Great potential. Selling because I am leaving the island. Call **781-1465**

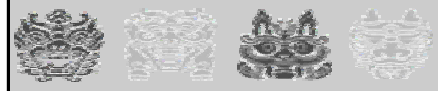
Lovely small restaurant in Playa. Please call **567-0576 / 569-8871 or 717-4888**



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Make it more livable from the start

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Interior or exterior design advice, clearings, blessings, energy healing China trained, Experienced. Inexpensive. Call Donna at **785-9013**



COMING UP

Contest di Fli - Bonaire's Annual Kite Contest



A kite from last year's event

What started as Iris Semeler's idea 27 years ago has become one of Bonaire's most fun and well attended events on the island. It's the *Contest di Fli* – a fantastic competition for the most beautiful and outrageous kites – all made by hand. These days competitors even come from Aruba and Curaçao to show their craftsmanship and vie against the Bonaireans' entries. Even if you won't be entering your own creation you should go. It's a day for families, for people of all ages and you won't believe what things people have made to fly! There's food, drinks and good camaraderie. It starts in the morning and goes pretty much all day, depending on how many entries there are.

This year, the 27th, the Contest will be on Sunday, April 3, at the Juventus Field, the big ballpark behind Kooymans, near the Pauw gas station. There will be prizes for all-around winners of: 1) Smallest, 2) Biggest, 3) Funniest, 4) Most Beautiful, 5) Most Original.

Entry fee for children 7 to 15 years is NAf3,50. For ages 16 and up it's NAf7,50. **Sign up at the Flamingo Book Shop on Kaya Grandi #21 before March 28 or 29.**

This year the contest is dedicated to Valerie's Gift Shop which has been a sponsor of the event for the last 16 years. **If you would like to be a sponsor, call Iris at 717-6586. They could always use some help, and you'll be contributing to a wonderful cause.**

Other sponsors are SABADECO, WEB and Maduro & Curiel's Bank Bonaire (MCB Bonaire). See you there! □ L.D.

New Guest Artist - Willie Dijkstra

On Saturday, March 12, the Cinnamon Gallery will have an opening of their latest Guest Artist, Willie Dijkstra. The opening will be from 7 to 9 pm and will be an evening of music by the Bonaire Jazz Trio, drinks and food. Nolly Oleana will open the show.

Willie started painting in 1987 and learned a lot by doing, reading and visiting exhibitions and museums. For several years she was a member of an artist company in Holland.

Very important in the development of her own style of painting is her friendship with Rem de Boer, a well-known painter in Holland. They worked often together in his atelier where he held weekly sessions with models to be painted.

Willie has had several exhibitions in Holland. She has painted a number of private commissions and her works are hanging in collections in many parts of the world.

In 2003, she came to Bonaire as a teacher at the SGB high school. Even while teaching, she is still painting a lot, and now she is happy to show her work in this exhibition.

She loves sitting in the field painting what her eyes see: different subjects like people, flowers, animals, landscapes. Sometimes her work is very realistic (*Simadan* of Rincon); other times she likes to paint abstracts (*Dreamfish*), or a mix of styles. But she always uses strong colors, all in acrylic.

Please visit <http://www.cinnamonartgallery.org/willie-dijkstra-mar2005.html> for examples of Willie's work.

The Gallery is on Kaya A.P.L. Brion #1, just off Kaya Grandi, behind Banco di Caribe. The Gallery is open weekdays from 9 to 12, 2 to 5. Call 717-7103 or 786-9563. The Willie Dijkstra exhibit will run until April 14. □ *Wendy Horn*



Willie Dijkstra

Picture Yourself with the Reporter Leiden, The Netherlands



Jim van Ling writes, "I'd rather be in Bonaire, I thought, when my wife took this picture of me with the *Bonaire Reporter* in the snow in our backyard in Leiden. A record snowfall was recorded yesterday in Holland.

We visit Bonaire regularly and were back just a couple of weeks when the temperatures were such that all the trees and bulbs were already starting to produce flowers. And suddenly the weather changed and we have snow and freezing temperatures down to -15°C at night. I'd rather be in Bonaire." □

WIN GREAT PRIZES! Take a copy of *The Bonaire Reporter* with you on your next trip or when you return to your home. Then take a photo of yourself with the newspaper in hand. **THE BEST PHOTOS OF THE YEAR WILL WIN THE PRIZES.** Mail photos to Bonaire Reporter, Kaya Gob. Debrot 200-6, Bonaire, Netherlands Antilles (AN). E-mail to: picture@bonairereporter.com. (All 2004 photos are eligible.) □

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WHAT'S HAPPENING

WEEKLY MOVIE SHOWTIMES

Call to make sure: Usually 9:00 pm

Aviator
(Leonardo DiCaprio)

Early Show (usually 7pm)

Hide and Seek

Kaya Prinses Marie
Behind Exito Bakery
Tel. 717-2400

Tickets - NAf10,50 (incl. Tax)
High Schoolers - NAf7,75

TUESDAY, MARCH 15TH

2 THEO VAN GOGH FILMS
Cool" and "0605"

NEW FILMS BEGIN EVERY FRIDAY

SATURDAY 4 PM
Fat Albert

THIS WEEK

Saturday, March 12—Opening of art exhibition by Willie Dijkstra, Cinnamon Art Gallery, 7 to 9 pm, A.P.L. Brion #1. Until April 14. 717-7103 See page 13

Saturday and Sunday, March 12th and 13th from 2-5 pm. A two-day course in the principles of Feng Shui, the ancient Chinese art of arrangement. Make your life and home more harmonious using the principles of Feng Shui. Luz Van Goens will be the instructor. The course will be in Spanish. Cost: NAf95, includes drinks, snack, book and certificate. At New Lagoen City (at the end of the Lagoen Road). Call 790-9450 or 786-3109 or pass by the Tambu Shop on Kaya Grandi for information.

Sunday, March 13-SGB Student Chefs BBQ Fundraiser in Wilhelmina Park—4 to 8 pm (along with Dutch Dixies performance) to help SGB Student Chefs get to Ft. Lauderdale. Bonaire's team won a week at the Culinary Institute and needs funds for air and hotel. All invited. See page 10

Tuesday, March 15th, 5 pm at STINAPA Headquarters (in Barkadera, 5 km. north of Kralendijk on the Tourist Road) - Meeting of Stinapa Volunteers and for people interested in doing volunteer work for Bonaire's Land and Sea Parks. You can make a difference. Come and hear what the latest developments for the parks and what projects are scheduled. For more information call Chile or Linda Ridley 791-4262

Tuesday, March 15th -Premiere of two Theo van Gogh films "Cool" and "0605" at Movieland. Premiere party with appearance of Katja Schuurman at 2300 in City Café. Tickets NAf15.

Arts and Crafts Markets at Wilhelmina Park on Cruise Ship Visiting Days: Wed., Mar. 16-*Mona Lisa*

COMING

Arts and Crafts Markets at Wilhelmina Park on Cruise Ship Visiting Days: Tues., Mar. 22-*Aida Vita*; Sun. Apr. 24-*Endeavor*

Saturday, March 19 - Wine and Cheese Fundraiser for Bonaire's Culinary Team - Time and place to be announced
Sunday, March 20—Palm Sunday
March 21-26th Singles Week in Bonaire-Membership is open to all. Email ann@bonairewindsurfing.com or call 011-5999-786-3134 to join in the fun
Friday, March 25—Good Friday—Banks and shops closed.

MICRO MOVIE REVIEW

Seen recently in
Movieland Cinema:

'Hide and Seek' by John Polson starring Robert de Niro. Unfortunately the movie has to end in a shootout as American movies tend to do (Got a problem? Shoot it), but the movie is not too bad throughout. Dakota Fanning puts on the typical scary little girl show to an above average level, and some of the scenes will make you squirm in your seat a couple of times. Therefore this movie isn't one that I would say you definitely need to see, but if you have some time to waste it's a pretty good time. Also it gets bonus points for being a good date movie. The absolute worst thing about this movie is its lack of humor. Though the dark overtones are necessary for a true horror movie there needs to be an element of humor. After all the action and horror movies lately I'm longing for a sweet chick flick. □ *Dodo*



DUTCH DIXIES JAZZ TOUR Sponsored by Bonaire Rotary Club

Three days left to enjoy great Dixieland Jazz.

Thursday	10 March	- Little Havana	21.30 - 23.30
Friday	11 March	- Plaza Resort	17.00 - 20.00
Saturday	12 March	- Buddy Dive	20.00 -22.00
Sunday	13 March	- Wilhelmina Park	16.00 -20.00

Friday- Open House with Happy Hour at the JanArt Gallery at Kaya Gloria #7, from 5-7 pm.

Daily- The Divi Flamingo Casino is open daily for hot slot machines, roulette and black jack, Monday to Saturday 8 pm- 4 am; Sunday 7 pm- 3 am.

Every day by appointment -Rooi Lamoenchi Kunuku Park Tours Bonairean kunuku. \$12 (NAf12 for residents). Tel 717-8489, 540-9800.

FREE SLIDE/VIDEO SHOWS

Saturday- Discover Our Diversity Slide Show, pool bar Buddy Dive, 7 pm 717-5080

Sunday - Bonaire Holiday -Multi-media dual-projector production by Albert Bianculli, 8.30 pm, Capt. Don's Habitat.

Monday Dee Scarr's Touch the Sea slide experience cancelled until March 28th. (Then at the Aquarius Conference Center, Capt. Don's Habitat, 8:30-9:30pm.)

Turtle STCB slide show is canceled for March....It restarts April!

Friday- Week in Review Video Presentation by the Toucan Dive Shop at Plaza's Tippy Seagull, 5 pm. 717-2500.

VOLUNTEER OPPORTUNITIES

Bonaire Arts and Crafts (Fundashon Arte Industrial Bonaireano) 717-5246/7117

The Bonaire Swim Club- Contact Valarie Stimpson at 785-3451 or Valrie@telbonet.an

Cinnamon Art Gallery - Volunteers to help staff gallery during the day. Contact Wendy Horn:wendy@bonaireart.org

Bonaire National Marine Park - 717-8444.

Bonaire Animal Shelter -717-4989.

Donkey Sanctuary - 560-7607.

Jong Bonaire (Youth Center) - 717-4303.

Sister Maria Hoppner Home (Child Care) Tel. 717-4181 fax 717-2844.

Special Olympics - Contact Delno Tromp, 717-7659

CLUBS and MEETINGS

AA meetings - every Wednesday; Phone 717-6105; 560-7267 or 717-3902.

AI-Anon meetings - every Monday evening at 7 pm. Call 790-7272

Weekly BonaireTalker Gathering and Dinner at Gibi's - Tuesday - 6:30pm - call 567-0655 for directions.

Bridge Club - Wednesdays, 7:30 pm at the Union Building on Kaya Korona, across from the RBTT Bank and next to Kooyman's. All levels invited. NAf5 entry fee. Call Cathy 566-4056.

Darts Club plays every other Sunday at City Café. Registration at 4, games at 5. Tel. 717-2950, 560-7539.

Kiwanis Club meets at APNA Plaza, Kaya International, every other Tuesday, 7 pm. Tel. 717-5595, Jeannette Rodriguez.

Lions Club meets every 2nd and 4th Thursday of the month at 8 pm at Kaya Sabana #1. All Lions are welcome.

Rotary lunch meetings Wednesday, 12 noon-2 pm - Rendez-Vous Restaurant, Kaya L.D. Gerharts #3. All Rotarians are welcome. Tel. 717-8454

BONAIRE'S TRADITIONS

Mangasina di Rei, Rincon. Enjoy the view from "The King's Storehouse." Learn about Bonaire's culture. Visit typical homes from the 17th century. Daily. Call 717-4060 / 790-2018
Visit the Bonaire Museum on Kaya J. v.d. Ree, behind the Catholic Church in town. Open weekdays from 8 am-noon, 1:30-5 pm. Tel. 717-8868

Washington-Slagbaai National Park, Museum and Visitors' Center. Open daily 8 am-5 pm. Closed on some holidays. 717-8444/785-0017

Sunday at Cai- Live music and dancing starts about 12 noon at Lac Cai. Dance to the music of Bonaire's popular musicians.

Rincon Marshé - every Saturday - 6 am to 3 pm. Open market in Bonaire's historic town.

Soldachi Tours show you the Rincon area. **Alta Mira Nature Walking Tour at 6:30 am. Town Walking tour at 9:30, Bus Tour at 10.** Call Maria at 717-6435 to reserve.

CHURCH SERVICES

International Bible Church of Bonaire -

Kaya Amsterdam 3 (near the traffic circle)

Sunday Services at 9 am; Sunday Prayer Meeting at 7:00 pm in English. Tel. 717-8332

Protestant Congregation of Bonaire.

Wilhelminaplein. Services in Papiamentu, Dutch and English on **Sundays at 10 am.**

Thursday Prayer Meeting and Bible Study at 8 pm. Rev. Jonkman. 717-2006

The Church of Jesus Christ of Latter Day Saints, Kaya Sabana #26

Sundays 8:30 - 11:30 am. Services in Papiamentu, Spanish and English.

Catholic San Bernardus in Kralendijk -

Services on **Sunday at 8 am and 7 pm** in Papiamentu 717-8304. **Saturday at 6 pm**

at *Our Lady of Coromoto* in Antriol, in English. Mass in Papiamentu on Sunday at 9 am and 6 pm. 717-4211.

Assembly of God (Asemblea di Dios),

Kaya Triton (Den Cheffi). In English,

Dutch & Papiamentu on **Sunday at 10 am. Wednesday Prayer Meeting at 7:30 pm.** 717-2194

New Apostolic Church, Meets at

Kaminda Santa Barbara #1, Sundays, 9:30 am. Services in Dutch. 717-7116.

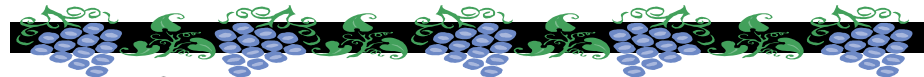
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Send events to **The Bonaire Reporter**

Email reporter@bonairenews.com

Tel/Fax. 717-8988, Cel. 791-7252

DINING GUIDE



See advertisements in this issue

RESTAURANT	PRICE RANGE / WHEN OPEN	FEATURES
Bella Vista Restaurant Sea Side Restaurant at Buddy Dive Resort 717-5080, ext. 525	Moderate. Breakfast and Lunch Dinner during Theme nights only. Open every day	Magnificent Theme Nights: Saturday: Beach Grill; Wednesday: Mexican Night; Friday: Manager's Rum Punch Party and All-You-Can-Eat B.B.Q
Bistro de Paris Kaya Gob. N. Debrot 46 (half-way between hotel row and town) 717-7070	Moderate Lunch and Dinner Closed Sunday	Real French Cooking in an informal setting Superb dishes prepared with care and love by a French chef Owner-operated Eat in or Take away
Caribbean Club Bonaire On the Tourist Road 2 mi. north of Town 717-7901	Inexpensive-moderate Breakfast Lunch and Dinner Closed Sunday	Quiet country setting, lovely landscaping, friendly staff Happy Hour from 5-7 pm Inexpensive Bar Hap dinner plus regular menu
Calabas Restaurant & Chibi Chibi Restaurant and Bar At the Divi Flamingo Beach Resort. Waterfront 717-8285	Moderate-Expensive Breakfast, Lunch and Dinner Open 7 days	Get a view of the beach and turquoise sea while enjoying a breakfast buffet or à la carte lunch and dinner at the 'Chibi Chibi' restaurant & bar. Inspiring vistas and the highest standard of cuisine.
Crocantino Italian Restaurant Downtown at Kaya Grandi 48 717-5025	Moderate-Expensive Dinner Closed Monday	Tuscan chef s prepare exquisite dishes. Authentic ingredients and romantic setting make dining a delight. Be served in a garden setting under floating umbrellas or in air-conditioned comfort. Take out too.
Garden Café Kaya Grandi 59 717-3410	Moderate Monday-Friday, Lunch & Dinner Saturday, Dinner. Closed Sunday	Finely prepared Middle Eastern cuisine plus Venezuelan specialties. Excellent vegetarian selections. Pizza and Latin Parilla
The Great Escape EEG Blvd #97—across from Belmar 717-7488	Moderate Breakfast, Lunch, Dinner Open 7 days	Bar-Restaurant poolside—under the thatched roof. Cuban Chef prepares Caribbean cuisine. Champagne brunch on Sundays 10 am to noon. Happy hours 5 to 7 every day.
The Last Bite Bakery Home Delivery or Take Out 717-3293	Low-Moderate Orders taken 8 am-4 pm; Deliveries 6-7:30 pm, Closed Sunday	Enjoy a delicious dessert or savory baked meal in the comfort of your home or resort. This unique bakery offers gourmet class items -always from scratch- for take out or delivery only.
The Lost Penguin Across from MCB Bank in downtown Kralendijk Call 717-8003.	Low-Moderate Breakfast, Lunch, Early Dinner Closed Tuesdays & Wednesdays	Watch the bustle of downtown from this street side Caribbean-style bistro owned and run by a European educated Master Chef and his wife.
Pasa Bon Pizza On Kaya Gob. Debrot ½ mile north of town center. 790-1111	Low-Moderate Open from 5-11 pm Wednesday-Sunday	Bonaire's best. The Real Thing! Freshly prepared pizzas made with the finest ingredients. Salads, desserts. Eat in or take away. Nice bar too. Call ahead to eat-in or take out 790-1111



SHOPPING GUIDE

See advertisements in this issue



ACCOUNTING SERVICES

Bonaire Pro can keep your financial records in order, minimize your tax liability and provide helpful advice. For individuals or businesses.

BANKS

Maduro and Curiel's Bank provides the greatest number of services, branches and ATMs of any Bonaire bank. They also offer investments and insurance.

BEAUTY PARLOR

Hair Affair. Expert hair cutting, styling, facials, waxing and professional nail care.

BICYCLE / SCOOTER/ QUADS

De Freewieler rents scooters and quads; professionally repairs almost anything on two wheels. Sells top brand bikes. Have your keys made here.

BUILDING AND CONSTRUCTION

APA Construction are professional General Contractors. They also specialize in creating patios and walkways with fabulous sprayed and stamped concrete pavement.

CLEANING SERVICE

CONETAL Cleaning Service cleans homes, apartments, offices. Offers babysitting, gardening, laundry.

DIVING

Carib Inn is the popular 10-room inn with top-notch dive shop and well stocked retail store. Best book trade on Bonaire. Good prices on regulator repair, dive computer H.Q.

Ocean Adventures Discover the world of low bubble, quiet diving. Learn, use, and try our Dräger Rebreathing equipment. At Dive Inn. Interested? Call 717-2278

FITNESS

Bonfysio offers comprehensive fitness programs to suit your needs whether they be weight loss, sports or just keeping in shape. Convenient schedule.

Fit 4 Life at the Plaza Resort Mall. Classes in Pilates, Aerobics, TaeBo and more. Professional trainers, fitness machines and classes for all levels.

GARDEN SUPPLIES AND SERVICES

Green Label has everything you need to start or maintain your garden. They can design, install and maintain

it and offer plants, irrigation supplies and garden chemicals.

GIFTS, SOUVENIRS AND LIQUOR

The Bonaire Gift Shop has an wide selection of gifts, souvenirs, liquor, dive watches, digital cameras, things for the home, T-shirts all at low prices.

HOTELS

Golden Reef Inn is the affordable alternative with fully equipped studio apartments in a quiet Bonaire neighborhood. Just a 3-minute walk to diving and the sea.

The Great Escape

Under new management. Quiet and tranquil setting with pool and luxuriant garden in Belnem. Cyber Café, restaurant and bar.

METALWORK AND MACHINE SHOP

b c b- Botterop Construction Bonaire N.V., offers outstanding fabrication of all metal products, including stainless. Complete machine shop too.

PHOTO FINISHING

Paradise Photo in the Galleries Shopping Center offers fast, fine processing for prints and slides plus a variety of items and services for your picture-taking pleasure.

REAL ESTATE / RENTAL AGENTS

Harbourtown Real Estate is Bonaire's oldest real estate agent. They specialize in professional customer services and top notch properties.

Re/Max Paradise Homes: International/US connections. 5% of profits donated to local community.

Sunbelt Realty offers full real estate, rental, and insurance services. If you want a home or to invest in Bonaire, stop in and see them.

REPAIRS

Bon Handyman is here if you need something fixed or built. Ultra reliable, honest and experienced. Electrical, plumbing, woodworking, etc.

RESORTS & ACTIVITIES

Buddy Dive Resort offers diving, Adventure Fun tours including kayaking, mountain biking, cave snorkeling and exploration.

RETAIL

Benetton, world famous designer clothes available

now in Bonaire at prices less than those in US. For men, women and children.

SECURITY

Special Security Services will provide that extra measure of protection when you need it. Always reliable. Call 717-8125.

SHIPPING

Rocargo Freight Air and sea shipments in/out of Bonaire. Customs agents. Professional and efficient. **FedEx agent.** Call 717-8922/8033.

SPA—DAY SPAS

Intermezzo Day Spa at Captain Don's Habitat is the newest of this ABC island chain of elegant spas. Now offering seaside massages and facials.

Pedisa Day Spa—for all your body and wellness needs. 40 years of experience Classic and specialty massages, Reiki, Reflexology and more.

SUPERMARKETS

Tropical Flamingo is convenient, clean, modern, efficient and has the lowest prices on Bonaire. Located behind NAPA.

Visit **Warehouse Bonaire** to shop in a large, spotless supermarket. You'll find American and European brand products. THE market for provisioning.

VILLAS

Bonaire Oceanfront villa for up to nine people: five kitchens, five bathrooms. Ideal for divers.

WATER TAXI

Get to Klein Bonaire by Ferry. Call Bonaire Nautico at 560-7254. Ride the *Kantika di Amor* or *Skiffy*. Hotel pickup.

WINES

Antillean Wine Company. You've tried the rest; now try the best: best prices, highest quality wines from around the world, kept in a cooled warehouse. Free delivery.

YOGA

Yoga For You. Join certified instructors Desirée and Don for a workout that will refresh mind and body. Private lessons too.

ATTENTION BUSINESSMEN:
Put your ad in *The Bonaire Reporter*.
The most advertising for your guild.
Phone/Fax 717-8988, Cel 791-7252

Yasmil Rios Gomez

I am from Colombia, from a little town called La Virginia, close to a city called Pereira. It's an agricultural area with coffee and sugar cane plantations. It's in the mountains and has a nice climate, not hot, but not cold either. I grew up with my grandmother Rosalba; to me she was my mother. I called her "Mother" my whole life. I was the only one living with her; my two sisters lived with my mother.

When my grandmother died in 2000, it was the worst thing that had happened in my life... and I still can't talk about it. She was very strict with me, but the things she taught me have been of great value throughout my life: honesty and responsibility and to do things with your heart and lots of love and... it's not about how many times you fall, but it's about the way you get up.

I am the eldest. One of my sisters lives in Murcia, Spain, with her two children. She works all kinds of jobs, but most of the time in housekeeping. She likes it there and the schools for the children are very good. My other sister still lives in La Virginia and has four children. I grew up with the idea, like all Latinas, that I was going to have a family of my own, but things have changed.

I started working in a fabric store when I was still in high school, then as a waitress in a grill. When I'd finished school I started selling bus tickets. I could have gone to college because I was a very bright student, but there was no money."

Yasmil Rios Gomez (33) is a very cute, vivacious young woman; she speaks four languages, has a great sense of humor and she's an astute observer.

"In 1995 I came to Bonaire for a vacation and stayed for three months; I liked it too much! I met all these people. We had lots of parties and I enjoyed the beach and the sea. Then I went back to Colombia to work. In 1998 I came to work in Bonaire at Zeezicht for Sylvia Abraham, an outstanding person and an excellent lady. She offered me the opportunity to move here, and I felt that in Bonaire I could do more: grow as a person and as a professional. In Colombia there's hardly any continuity in work; you're never sure how long the business you're working for is going to exist. People have to change jobs all the time. Here they are willing to give you a contract for a year and there's also the insurance.

I took Papiamentu and English classes

from Mr. Piek and also Dutch classes from Mrs. Piek. I like languages; I guess it's my strong point. Now I'm studying French because my love, my fiancée, is from Geneva. He's a plumber. We met at Buddy Dive when I was working there as a waitress. He'd come as a tourist. We liked talking to each other so much that when he left we kept in touch. After about a year and a half he came back to Bonaire and we fell in love. Giovanni is the most loving guy I've ever met. He's very special, very romantic, but he's also very funny and he has a great sense of humor and... we're going to marry soon, here, on Bonaire! He's still living in Switzerland and comes here four times a year and we're working on a plan for the future. We want to have a family, of

"The Latinos who come to Bonaire don't come for the diving, the tranquility or the beautiful sea. They come to work, to escape from poverty, to improve their lives and the lives of their families in their home countries."

course, but if it's not possible, I'll be just as happy.

When I visit my girlfriends in Colombia, I see their houses and the nice picture frames with the photos of the whole family. I feel so happy for them, but I do it my own way! I like my life and I work at the best place: Pasa Bon Pizza. Joe and Lisa are wonderful people. Every day I say, 'Thank God for my life, for everything that I have.' Because of my work I can support my mother and sister and her children in Colombia. It's not easy; with four children you need a lot of money; but step by step we're trying to help her out. Since my other sister went to live in Spain four years ago, she's also sending money to Colombia, and together we make a difference.

In Bonaire for me life is expensive,

but when you live well you have to pay for it. Here we live in peace and every day we've got nice sunshine.

We Latinos don't come from organized countries. Our governments, our politicians - they don't take care of us; they don't take care of anything. You have your family and you take care of each other.

When the parents are old we take them into our house. We've got a small house, but we make space. I would never send them to an old people's home. When your sister cannot take care of her children, you take care of them and that's what we're doing now. We do it because we love our family.

The Latinos who come to Bonaire don't come for the diving, the tranquility or the beautiful sea. They come to work, to escape from poverty, to improve their lives and the lives of their families in their home countries. Here they work in construction or in housekeeping. They can do so because other people come here to have a beautiful house built, a house that also needs to be cleaned. So, one helps the other and we all need each other. That's a good thing - Absolutely!

Life in Bonaire is better because in Colombia we have a civil war and the country cannot develop. Of course we miss our families, our food or places to go to, but I'm comfortable here. I have a lot of friends and I've gotten to know so many people from all over the world. We keep in touch and when they're back on the island they invite me to go swimming, to go out for dinner or for a party.

It's fun when you know so many people from all different places and I realize I've learned so many things here - things about the life and culture of other countries and other peoples and also of Bonaire, because we have to know about the culture we live in. I've learned about all different views, different opinions and different tastes and all the different ways people see life. From each person I've listened to, a little



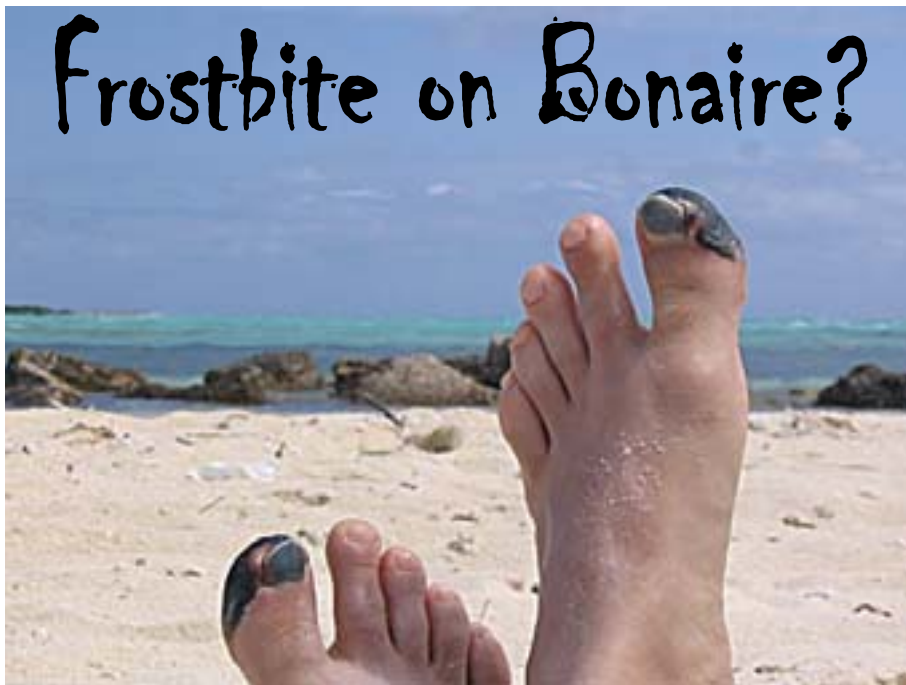
thing stayed with me, inside of me, and it changed me and it made me grow. I like people, I like to talk to them and I respect other people's opinions, but I still have my own opinion and when I let myself be influenced it's only because I feel it's good for me. I guess everyone should have their fantasies and dreams and goals because otherwise, how do you live? The way I see it: One makes his or her own life, yes, you make yourself. I still have so many things to do - a whole life to live and I feel I have qualities and I will have opportunities...

I see my future as very bright! I see my life with my love, Giovanni, because everyone wants to love someone and wants to be loved. Life is not about a lot of money - that doesn't make you happy - but it's about quality and inner peace. I would love to have my own restaurant; this kind of job is in your blood. If you don't feel it, don't do it. For me, the restaurant business is what I like best! I want my restaurant to be so that everybody, wherever they come from, feels at home with me - an international place with great food, great service and great hospitality. And... I would like to have my own house on Bonaire. It's my dream, but one day it will come true!"

□ photo and story by Greta Kooistra



Greta Kooistra



Looking at the Bonaire seashore through frostbitten feet

On January 22 two climbers started out to ascend Mount Washington in New Hampshire, US. The young man, an experienced mountaineer and also a qualified emergency physician, was introducing the young woman to the exciting world of ice climbing. Canadian and Finnish, respectively, neither was any stranger to cold.

The ascent went well. But getting down can be a lot harder. Near the top of the mountain the weather turned, suddenly and unexpectedly. The temperature plummeted to -25C with gale force winds of 140km/h, and the humidity went to 100%. In these wind-chill conditions the temperature was the effectively -45C. In blowing snow the visibility rapidly deteriorated to nothing. Sunset was not far off.

The two climbers couldn't locate a safe route off the mountain. Clothing that had kept them warm all day couldn't keep up through the night under these conditions. To get a bit of shelter they made a snow cave and huddled to escape the storm. When conditions lightened the two attempted to walk down. They were found by search parties sent out by the Park Service and immediately taken to hospital.

The cold had done a lot of damage. Both were chilled and hypothermic. The man had severe frostbite to his nose, fingers and toes. Medical opinion (including his own) was that plastic surgery would be needed, and that some toes would have to be amputated. The situation with the fingers was critical.

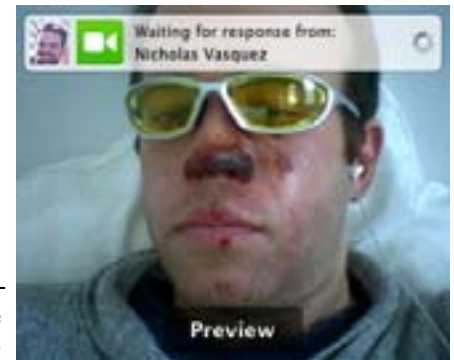
In extreme cold the flesh of living people can actually be frozen hard, like a chicken in the freezer. (The average freezer is cooled to only -20C. The mountain conditions were much colder.) Frostbite is, literally, frozen body tissue - usually skin but sometimes deeper. Ice forms in tiny blood vessels and cells and they rupture and die. The resulting injury has some of the characteristics of a severe burn. Frostbite must be handled carefully to prevent permanent tissue damage or loss. Gangrene is a common complication.

But what does this all have to do with Bonaire? Frostbite is unheard of here as the temperature rarely goes below +25C, even counting the wind-chill factor.

The frozen man, Damian, spent the next week miserably at his home in New Haven, wondering about his toes and his nose and his future, when the idea suddenly occurred – why not visit his uncle's place on Bonaire, where he could stay with family and recover in the exact opposite of a howling gale on a frozen mountain-top?

* * * * *

Damian arrived looking like this: →



He was wheeled through Flamingo Airport because his toes (which looked even worse than his face) prevented walking. The airport staff was gracious and helpful, though few could possibly have had any idea what kind of horrible disease they were dealing with.

Now as it happens, Damian's aunt, Dorothy, is a nurse with much experience in the Canadian arctic. In our day (the 1960s) the nursing stations in arctic communities were run entirely by nurses, the doctors available only by radio link. She had seen and treated frostbite like this and worse. She looked at the damage and pronounced:

“Doesn't look too bad. We can regrow all this. Normal saline dressings and warmth!”

Well, warmth we certainly have in Bonaire. And there is a lot of normal saline solution surrounding the island. The nursing prognosis was a lot better than the medical fears.

Of course it takes time to overcome despair. At first Damian viewed the ocean as a bacteria-filled swamp. But as the warmth comforted the wounded tissues, he began to see it as a benign and soothing bath. Daily snorkeling sessions became the norm. Tissue growth was supported by much high protein food from the sea, both at home and in Bonaire's excellent restaurants. (Again, Bonaireans were most gracious to a poor fellow whose nose appeared to be dropping off.)

By the end of three weeks the black toes and fingers were pink again with tender new skin. The family nose was fully regenerated, and ***Damian looked like this:*** ↓

Using only the unique, non- medical qualities that the island offers for the treatment of frostbite, Bonaire was able to return an expensively trained medical professional to working status in just three weeks. All those involved agreed that such an improvement to a severe injury was absolutely astonishing. Does Bonaire have a future in EXTREME MEDICINE? □ *Ian MacDonald*





BONAIRE SKY PARK*

*to find it, just look up

Mercury at Its Very Best For 2005

In case you've been puzzled by seeing a star close to the western horizon just after sunset that usually isn't there I can "unpuzzle you." This week the tiny first planet out from the Sun, **Mercury**, is at its very best for viewing for the entire 2005, with this weekend being the best.

On any night this week, 45 minutes after sunset, just as its getting dark out, face due west, and directly above the point on the horizon where the Sun went down you'll see-if you have a clear, flat, unobstructed horizon-a bright pinkish light which is the second smallest planet in our solar system (**Pluto** being the smallest), tiny 3,000-mile-wide Mercury. It's even smaller than **Saturn's Moon, Titan**, which we're currently visiting with our **Cassini spacecraft**.

It is frequently called the "pink iron planet." Iron because it has more iron in its core than our **Earth** does. And pink because it never gets very high above the horizon when it's available for viewing and thus the dust in our Earth's atmosphere causes a pink coloration. It is also called the most elusive of all the naked eye planets simply because it never gets very high above the horizon even though it peeks above the horizon just after sunset or just before sunrise several times a year.

Now because Mercury is closer to the Sun than our Earth it constantly changes its appearance and goes through phases just like our **Moon**. When it's on the far side of its orbit on the other side of the Sun it looks like a tiny full Moon as seen through a telescope, but as it moves closer to the Earth it changes its appearance. This weekend it is at what astronomers call "greatest elongation," which means that it is at its farthest visual distance from the Sun as seen from Earth. This further means it's much higher above the horizon than usual and will look like a first quarter Moon through a telescope this weekend. Next week, however, it will rapidly zoom closer to Earth and become crescent shaped.

So now is the time to find a friend with a small telescope. And think about this as you view Mercury this week and next: The closer a planet is to the Sun the faster it travels. So, since Mercury is Planet #1 from the Sun, only 36 million miles away from it, it is the fastest moving of all the planets and makes one trip around the Sun every 88 Earth days. And since we define a planet's year as the number of Earth days it takes for a planet to go around the Sun a year on Mercury is only 88 Earth days long!

Now when I was a kid no one knew what the surface of Mercury looked like, but in 1974 our **Mariner spacecraft** flew by and took the first close up pictures ever seen of this broiling hot planet which to many looks like another Moon. And coincidentally this weekend you can use our Moon to find Mercury. On Friday an exquisite two-day-old crescent Moon will be only 4 degrees away from Mercury, on Saturday a three-day Moon only 16 degrees above Mercury. So get thee out to see Mercury at its best, and if you have a small telescope now is the time to use it. □

Jack Horkheimer



Mercury



THE STARS HAVE IT

For the week:

March 11 to 18, 2005

By Astrologer Michael Thiessen

ARIES (Mar. 21- April 20) Spending too much time talking to friends or relatives could easily turn into a debate that could lead to estrangement. Be discreet and don't present your ideas until you're certain that they're foolproof. Try to channel your energy into physical work. You will be able to get good advice if you listen to close friends or relatives you respect. Your lucky day this week will be Friday.

TAURUS (Apr. 21- May 21) Your talent will be recognized. Opportunities to travel will develop through peers. The home environment will be unpredictable this week. Business and emotional partnerships will run smoothly. Your lucky day this week will be Saturday.

GEMINI (May 22-June 21) Love could develop at social events that are work related. Your hard work and dedication will pay off, so stick to your guns and do your job well. You can't always have your own way. You may want to try your hand at a little creative writing. Don't let your boss get the better of you. Your lucky day this week will be Wednesday.

CANCER (June 22-July 22) Changes regarding family members will set you off. You'll be prone to tears if your mate is harsh with you this week. You must not allow them to force you to rush. Your high energy should be spent pleasing your mate. Your lucky day this week will be Wednesday.

LEO (July 23-Aug 22) Look into alternate means of supporting your financial burdens. You may interest some of them in a service you have to offer. Don't count on getting any help from those you live with. Stop telling others about your problems. Your lucky day this week will be Wednesday.

VIRGO (Aug. 23 -Sept. 23) Don't lend or borrow money or belongings. You will gain valuable insight and knowledge through the experiences you have along the way. Throw yourself into your work. You need to get out and have some fun to reduce tension. Your lucky day this week will be Thursday.

LIBRA (Sept. 24 -Oct. 23) You just hate waste, and when someone else costs you dearly you see red. You should be able to get involved in an interesting proposition this week. You can meet friends who will let you know how valuable you are. You may want to take a serious look at your goals and objectives. Your lucky day this week will be Thursday.

SCORPIO (Oct. 24 - Nov. 22) You need to distance yourself from the situation for a little while first. Expect temper tantrums on the home front if you haven't been letting someone have their way. You will find that unfinished projects at home will be most satisfying. Don't forget to let your mate know how much you care. Your lucky day this week will be Thursday.

SAGITTARIUS (Nov. 23 -Dec. 21) Property investments, insurance, tax rebates, or inheritance should bring you financial gains. Attend to things that you should have done yesterday. Business and emotional partnerships will run smoothly. Be cautious while traveling to foreign countries. Your lucky day this week will be Wednesday.

CAPRICORN (Dec 22.- Jan. 20) Attempt to face key issues with lovers or problems could escalate. You can make some favorable changes to your looks. Feeling under the weather may be a result of overindulgence. You may be tired of working for someone else. Your lucky day this week will be Friday.

AQUARIUS (Jan. 21 -Feb. 19) Opportunities for new friendships are apparent. Travel will entice you; however, a tendency to overspend is quite possible. Minor health problems may flare up if you haven't been taking care of yourself or have been burning the candle at both ends. You may find it difficult to communicate with someone at work. Your lucky day this week will be Wednesday.

PISCES (Feb. 20-Mar. 20) You may find your nights sleepless due to bad dreams. Try not to attempt to do something unless you are fully intent on following through with the plans. Travel opportunities must be taken advantage of. Emotional upset may prevail on the domestic scene if you have neglected your duties or your mate. Your lucky day this week will be Wednesday. □