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TRADEWINDS

The Community Newspaper Since 1972 • St. John, U.S. Virgin Islands



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Flourish at
Maho Bay Beach
Thanks to Eco
Serendib Support**

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St. John Tradewinds News Photo by Yelena Rogers

First Annual Paddle the Park Challenges SUPers

Friends of VINP volunteers and staff greet SUPers at the Paddle the Park race finish line at Maho Bay on November 3.

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Senator Roach Meets with St. John Senior Citizens To Discuss Adrian Senior Center

St. John Tradewinds

Senator Tregenza Roach met recently with about 30 seniors who are strongly opposed to the Department of Human Services' plan to close the Adrian Senior Center at George Simmons Terrace and move them to a program at St. Ursula's Anglican Church in Cruz Bay.

Further deepening the seniors' opposition and frustration is the department's move to offer the activity and enrichment programs only two days per week.

"In listening to the seniors at the Adrian Senior Center, it goes without saying that they are passionate about their facility," said Roach. "Continuously, they have expressed that they are a family at the center. The seniors strongly shared their desire for the Adrian Center to remain open on its regular scheduled days."

"Several seniors voiced their dissatisfaction of having to relocate," he said. "I am concerned of the likelihood that a significant number of seniors who currently attend the Adrian Center, will not participate in the activities at St. Ursula's if the change in location is put into effect. It is a hardship to seniors, first to reduce daily operating hours at the center to only two days per week and then to further exacerbate that action by moving them to another site."

A similar action took place on St. Thomas with the Anna's Retreat Senior Center. The facility closed and those seniors were then required to utilize the Hospital Ground center. Following this action, a number of seniors did not attend, and certainly their quality of life declined.

"Some seniors who utilize the Adrian Center have worked for the Government of the Virgin Islands for 27 to 40 years," said Roach. "Now in their twilight years, the Government should surely bend over backwards to accommodate them by providing the servic-

"Several seniors voiced their dissatisfaction of having to relocate," he said. "I am concerned of the likelihood that a significant number of seniors who currently attend the Adrian Center, will not participate in the activities at St. Ursula's if the change in location is put into effect. It is a hardship to seniors, first to reduce daily operating hours at the center to only two days per week and then to further exacerbate that action by moving them to another site."

— Senator Tregenza Roach

es and facilities they need and enjoy."

Also at the meeting was Department of Human Services Assistant Commissioner Michal Rhymer-Brown who assured seniors that the department will continue to look into viable solutions based on the concerns raised and will close the center only as a last resort.

Roach was encouraged by the department's receptivity to the concerns and desire to not cause undue disruption in the programs which play such a significant part in the lives of the seniors, he added.

GHS Hosting Strategic Planning Workshop at Westin on November 16

Giff Hill School will be hosting a Strategic Planning workshop on Saturday, November 16, from 9 a.m. to 2 p.m. at the Westin St. John.

The purpose of this workshop is to consider the needs and future direction of the school and create action steps to implement this plan. Input from the community is welcomed. To participate call Molly Murrill or Beth Jones at 776-1735.

CBCC Annual Meeting, Potluck Nov. 18

The Coral Bay Community Council's Annual Meeting and potluck is rescheduled for Monday, November 18, at Miss Lucy's from 4:30 to 7 p.m.

Dinner will begin at 5:30 p.m. with the business meeting beginning at 6:30 p.m., during which time the group will elect board members.

CBCC officials apologized last week to anyone who went to great effort to prepare delicious food for what was a rain-cancelled event.

"We were disappointed too," said CBCC President Sharon Col-dren. "We hope you will surprise us with another wonderful dish on November 18! And to those who cannot make this rescheduled event, we also apologize."

Audubon Meeting Set for Nov. 19

Author Cristina Kessler will speak at the first Virgin Islands Audubon Club meeting of the season on Tuesday, November 19, at 7 p.m. on the second floor of The Marketplace.

Kessler will tell the group about the children's book she wrote "Hope is Here," about Hope the Whimbrel, which will be given to Virgin Islands school children at First Lady Cecile deJongh's Christmas parties and at local schools.

IGBA Green Thursday at GHS Nov. 21

The Island Green Building Association will kick off the 2013/2014 season of its popular monthly Green Thursdays seminar series on Thursday, November 21, at 5:30 p.m. at the Giff Hill School's upper campus auditorium.

Villa owners and managers, as well as anyone who's interested in IGBA's drive to "green" the tourism industry, is invited to attend this month's seminar, where IGBA's new Green Villa Membership Program will be discussed.

The Green Villa program aims to guide villa owners and managers toward a less expensive and lower-impact lifestyle and business. IGBA will introduce its Green Villa certification checklist, provide tips on reducing energy and water costs, and show villa owners and managers how the program offers a competitive advantage in the rental market.

GHS Gives Back Day Is November 22

Giff Hill School is proud to announce the 4th Annual "Giff Hill School Gives Back" community service day on Friday, November 22. All students and faculty from preschool through 12th grade will take part in this event and give back to the community with service projects throughout the day, all over the island.

For more information, to volunteer, or looking for help with a project at an organization, contact Meghan Duffy or Molly Murrill at 776-1730.

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Wounded Veterans with Team River Runner Enjoy a Week of Health and Healing on St. John

By Jaime Elliott
St. John Tradewinds

The pristine beaches and lush hillsides of St. John draw thousands of vacationers each year.

Yet none of those honeymooners or family vacationers likely enjoy the island's warm waters and calm seas, as well as its peaceful tranquility and healing energy, more than a group of wounded veterans who stayed at Cinnamon Bay Campground recently.

The 14 veterans were part of the latest leadership program with Team River Runner, an adaptive kayak program founded at the Walter Reed Army Medical Center by Washington D.C. area paddler Joe Mornini.

Mornini, a recently retired special education teacher, launched the program with a few donated boats stored in his garage in 2004. Today Team River Runner has 40 chapters — mostly started and run by veterans — at VA hospitals across the country. The group is run largely by its hundreds of volunteers and only employs six part-time helpers and two full time staff members.

Team River Runner has been hosting a leadership trip to St. John for five of the past six years. For the past three years, the trip has been organized by former St. John residents John and Brandi Schuld, who have also been able to make the trip self-sufficient thanks a popular annual fundraiser.

Participants in the leadership trip are recommended by their local chapters and spend a week learning more about Team River Runner while also forming important bonds and challenging themselves with daily kayak and snorkel excursions.

While former participants have included paraplegic and even quadriplegic veterans, this year's Team River Runner group had wounds no less dire, yet unseen by the naked eye, explained John Schuld.

"This year we really want to emphasize the invisible wounds being suffered by our veterans," said Schuld. "Veterans with Post



St. John Tradewinds News Photos by Jaime Elliott

Team River Runner founder Joe Mornini gets ready to head out on a kayak trip from Cinnamon Bay during the group's St. John trip.

Traumatic Stress Disorder and Traumatic Brain Injuries comprise the largest segment of wounded veterans. These injuries can't be seen, but they are there and they are taking a toll on our veterans."

The incidence of PTSD in returning veterans is staggering. At least 20 percent of Iraq and Afghanistan veterans have been diagnosed with PTSD with many military counselors putting the real figure much higher, according to veteransandptsd.com.

The statistics linking PTSD and suicide are even graver.

"According to a 2012 study published in the American Journal of Public Health (Vol 102, Issue S 1, p.S21-S23, 2012), suicide is the

10th leading cause of death in the US, resulting in 33,000 fatalities," according to the website. "Being in the military doubles your risk of suicide. An estimated 5,000 veterans die by suicide each year."

The issue is compounded by preconceived notions about mental disorders and depression as well as years of denial and misdiagnosis. This year's Team River Runner's group included veterans ranging in age from 25 to 51 and hailing from Oregon to Virginia, yet they all shared one thing; PTSD and/or TBI.

All of the veterans were recommended by their chapters as potential leaders who could return and start new chapters or take leader-

ship roles in their local groups.

Sergeant. Major Tom G. grew up on the New Jersey shore and was drawn to Team River Runner due to his love of anything on the water. A HALO veteran with more than 2,000 dives under his belt, he was drawn to the physicality of kayak, but also to the chance to help fellow veterans, he explained.

"I had a career for over 30 years that most people would consider adventurous," he said. "And now I have 32 years of experience and I have a lot to share with the younger guys. Some people have aspirations to climb mountains, I wanted to work with people I knew about and who I knew needed help."

Working with his local Team River Runner chapter in Alexandria, Virginia, allows Sgt. Major G. to engage wounded veterans to join the group's kayak outings.

"I've been mentoring and coaching wounded veterans for years and this program puts it all together," he said. "It's way to reach some folks who you wouldn't otherwise be able to help."

Sgt. Major G. has seen first hand the impact Team River Runner can have on veterans who return wounded from war, he explained.

"You see these 20-year-olds, some with serious injuries who can't do a lot of the things they could do before," he said. "People don't join the military because they're couch potatoes. When you are injured physically or emotionally, it can be really challenging to find the goodness in anything."

"Kayak is so inclusive and adaptive, anyone can really do it," said Sgt. Major G. "It allows them to become a part of society again. This program helps their self-esteem, their self-confidence and their self-pride."

Sgt. Major G. is relocating to Savannah, Georgia, where he plans to start a new Team River Runner chapter.

"It's about so much more than paddling," he said. "It's about mentoring and helping people who are struggling. It's an opportunity to learn a sport and meet a bunch

of people and make bonds through that sport."

The group arrived on St. John on Sunday, November 3, and enjoyed a week filled with kayak and snorkel trips, meals at local restaurants and even entertainment at the campground. St. John homeowner author Homer Hickam screened the film "October Sky" based on his book "Rocket Boys." A Vietnam War veteran, Hickam also led an open discussion with the group following the movie.

Sadie Sea Charters helped transport the veterans to and from Red Hook. Ocean Grill, Barefoot Cowboy Lounge, Castaways, Skinny Legs and Across the Street Bar hosted the group for dinner on different evening either at their establishments or at Cinnamon Bay Campground. St. John Brewers hosted a beer and root beer tasting.

Crabby Watersports, Arawak Adventures and Cinnamon Bay Watersports donated kayak equipment and hosted paddles for the group.

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NEXT DEADLINE

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Claesa Stephenson Leads Heat Over Bulls at Pine Peace Basketball Opening Tourney

St. John Tradewinds

The Pine Peace basketball court opening tournament, hosted following the venue's rededication ceremony on Thursday, November 8, was full of excitement.

The Heat 12 and under beat the Bulls 14 to 10 in a thriller. The Heat were led in scoring by Claesa Stephenson, who recorded eight points, while the Bulls were led by

Jenekia Magras who had six.

The other games planned for that night were rescheduled due to darkness. When action resumed on Friday, November 8, the Heat beat the Lakers 18 to 12.

The Heat were led in that effort by the Stephenson sisters and Nekwante Sprauve while the Lakers were led by Kaleem Powell and Dillan Gumbs. The second

planned game was stopped due to rain and will be rescheduled. At the time it was called, the Spurs were leading 8-4 over the Bulls with 40 seconds remaining in the second quarter.

Games will continue each Thursday and Friday. See next week's *St. John Tradewinds* for more Pine Peace basketball tournament scores.

St. John African Revolution Commemoration Committee Issues Call for Volunteers

St. John Tradewinds

Dr. Gilbert Sprauve, Chairman of the 1733 St. John African Revolution Commemorative Committee, has issued a call for volunteers to assist in the presentation of this year's annual 1733 St. John African Revolution Commemoration, which is scheduled for November 29 on St. John.

"We need persons to help with pre-event marketing and outreach and to assist with on-site coordination of our tours and activities on November 29," said Sprauve. "There are many ways to assist. We need help with mailings, public relations and marketing, fundraising and soliciting donations. We are interested in speaking with individuals who wish to promote the continued growth of this historically and culturally significant event."

"Volunteering is a learning and growth experience that will never be forgotten," Sprauve said.

The committee is seeking volunteers who are interested in becoming part of a growing celebration of the culture and history of St. John through recognition of the historic 1733 Revolution in Fortsberg, St. John. Volunteers will find that their service will afford an up-close view of the unique history of the Revolution.

For more information contact Sprauve at (340) 776-6087 or (340) 344-2756, or email gilsprauve@gmail.com.

Turkey Day 5K Set for November 28

Well, it's that time of year again and before long the holidays will be here.

That can only mean one thing — the Annual St. John Turkey Day 5K!!

What better way to prepare for a day of feasting than by working up an appetite with a vigorous morning run?

The course is a mix of road and trail running and spans from Annaberg out toward the Francis Bay walking trail, then back through the Annaberg Ruins and Leinster Bay Trail before finishing at the parking lot.

Is it scenic? Yes!

Is it challenging? Yes!!

Is it fun? Yes!!!

Registration begins at 7:30 a.m. at the Annaberg parking lot and the race begins at 8 a.m. Although not required, donations would be greatly appreciated in the form of a canned or non-perishable food item. These will be collected and donated to a local charity. Parking is limited so runners are asked to carpool.

For more details email louise@surfbvi.com.

Annual Fortsberg Hike Set for Nov. 29

The St. John Historical Society will join the Fortsberg Committee of St. John-St. Thomas on Friday, November 29, for the annual walk to Fortsberg.

Participants are asked to park near the V.I. National Park visitors' center and meet at the entrance to the Cruz Bay Battery at 9:10 a.m. An orientation will then take place at the VINP visitors' center.

Those going by bus are asked to make a \$25 cash contribution for adults, and \$12 for children. Those going in their own vehicles are asked to make a \$15 cash contribution. For more information, contact Dr. Gilbert Sprauve at 344-3556.

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St. John Tradewinds News Photo Courtesy of VINP

(L to R) Friends of VINP volunteer Mike Marruquin, St. John plant ecologist Gary Ray, Eco Serendib owner Harith Wickrema and Friends of VINP Development Director Karen Vahling with a seagrape sapling at Maho Bay beach.

Native Plantings Flourish at Maho Bay Beach Thanks to Eco Serendib Support

By Jaime Elliott
St. John Tradewinds

Years of high traffic human use on St. John, from parking vehicles along the shoreline at Maho Bay to thousands of feet walking to the beach at Cinnamon Bay, have caused severe shoreline erosion throughout V.I. National Park.

Several years ago, local plant ecologist Dr. Gary Ray devised a native plant restoration plan for five beaches along the island's north shore as a way to anchor sand in place and fight the ongoing erosion. The plan included banning vehicles from parking on the coastline at Maho and planting native species of flora at Cinnamon, Trunk, Hawksnest, Francis and Maho Bays.

Although Ray had the plan completely designed, it needed funding in order to take root. When environmentally conscious villa owner Harith Wickrema — who owns the progressively green Eco Serendib Villa and Spa — heard about the

program, he knew it fit perfectly with his rental villa's mission.

"We became involved in the Eco Serendib Beach Restoration Project because we very much wanted to give back to the St. John community while supporting our mission to reduce carbon emissions," said Wickrema. "This program not only protects the island from the devastating impact of erosion — preserving our natural beauty and supporting the tourism industry which is so vital to our local community — but also counteracts the carbon footprint we all create."

The project is coordinated by Friends of V.I. National Park, which is committed to protecting local resources.

"The Friends is deeply concerned about the ongoing deterioration of the beaches along the north shore and would like to do what we can to mitigate this damage and protect against future damage," said Friends of VINP Executive Director Joe Kessler.

The program is supported by a portion of each stay at the eight-suite Estate Chocolate Hole villa. Wickrema was recently on island and presented Friends of VINP's Development Director Karen Vahling with the latest donation from Eco Serendib.

"Our objective is to set aside a portion of income for every night the villa is rented while educating our guests about the vital work of Friends of VI National Park," Wickrema said. "Eco Serendib Villa and Spa is only eight suites but we have contributed nearly \$20,000 to this program."

The project began two years ago with a pilot program at Maho Bay and has since spread to Hawksnest Trunk and Cinnamon Bays, with work at Francis Bay planned next.

The money has been used to fund the propagations and reintroduction of native plant species along the shoreline as a way to halt the destructive erosion which

Continued on Page 18

The St. John Band



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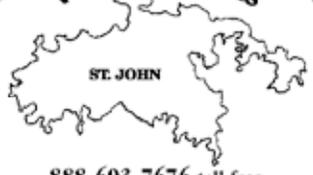
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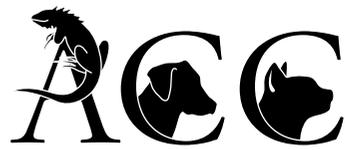


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Peaches is about 2 years old, and a Pit/Hound Mix. She is a very sweet dog can be a bit shy. Peaches is great with other dogs and is still figuring out the leash. She has a lot of potential to make a loving companion.

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St. John Tradewinds News Photo Courtesy of St. John Football Association

St. John Football Association co-founder Kent Wessinger talks to his Youth Flag Football team during a game at Winston Wells ball field.

St. John Youth Flag Football League Needs Coaches and Refs

By Jaime Elliott
St. John Tradewinds

St. John offers a limited amount of recreational opportunities for local children and one popular league needs the community's support in order to continue.

After the St. John American Legion's flag football program folded six years ago, local youth did not have the chance to play football for two years until Kent Wessinger and Brummell Germain stepped up to the plate and formed the St. John Football Association, launching both a men's adult and youth flag football leagues.

The two organized the leagues, secured donations, dealt with permits and insurance and even coached youth teams as they watched the programs more than quadruple in size over four years.

"The American Legion was doing a league and then they stopped and nothing happened for two years," said Wessinger. "Then one day I was out in the field at Julius E. Sprauve School playing football with my son and within 30 minutes I had 25 kids out there

playing football with me. They wore me out, so I retreated to the stands."

"I was sitting there and I looked around and there was a rat under the seat, the garbage was overflowing and there was not a blade of grass on the field," Wessinger said. "And here were these guys on the field longing for adult leadership and the chance to play. I thought, 'Here I am. I can do this and I'm just bailing out.'"

And so the St. John Football Association was formed and with a small but dedicated group of coaches and organizers, the weekly games have drawn a steadily growing group of supporters and players to their Friday night games.

"That first year we had 38 or 39 players in the youth league and this past year we had 160-something kids," said Wessinger. "The kids love it and are ridiculously passionate about it."

With increasing demands on their time this year, Wessinger and Germain decided not to host the men's adult league, Wessinger explained.

"We just don't have the time to do both," he said. "We don't really have the time to do either, but the kids need the youth league."

In order to continue this season and into the future, the youth flag football league needs help, Wessinger explained.

"We've been running the league by ourselves for our years now and this year we're both really busy" he said. "We need the community to take ownership and buy into this a little more. It's really important to the kids and it's really important to the community."

Residents can help by coaching a team, being a referee for games or making donations to the league. The league has two divisions — one for 8- to 12-year-olds and one for 13- to 15-year-olds — each with six teams. In addition to needing 12 coaches, the league needs referees and financial support, Wessinger explained.

"We need 12 coaches and four referees," he said. "It would be great if they knew or played the

Continued on Page 16

Taylor Robinson and Jaydan Jacobs Among St. John Junior Tennis Tournament Winners

St. John Tradewinds

The St. John Junior Tennis Tournament in honor of Dr. Gilbert Sprauve, wrapped up recently after having been postponed due to rain.

These junior players played their hearts out, making parents, coaches, other players and spectators very proud. They displayed sportsmanship, poise and gamesmanship beyond their tender ages.

Girls 14 and under

Winner - Taylor Robinson
Finalist - Brittany Leonard

Boys 14 and under

Winner - Jaydan Jacobs
Finalist - Joshua Gomez

Girls 12 and under

Winner - Brittany Leonard
Finalist - Diantha Mathews
3rd place - Skyler Bell
4th place - Gabrielle Boschulte
5th place - Lily de Leon

Boys 12 and under

Winner - Kevin Hughes Jr.
Finalist - Sky Bitschnau-Moraino
3rd place - Luca Hotze
4th place - Jonathon Gomez
5th place - Brandon Jackson



St. John Tradewinds News Photo Courtesy of Patric Harley

(L to R) Kevin Hughes II, winner of the Boys 12 and under, Dr. Gilbert Sprauve (Honoree for the junior tournament) and Sky Bitschnau-Moraino, finalist of the Boys 12 and under.

Thanks to all the parents, coaches, and tennis enthusiasts for giving the players a chance to show their skills on the tennis court. It takes all of us to raise our children.

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St. John Tradewinds News Photo by Yelena Rogers

Todd Clemens of St. Thomas, winner of the men's open division, cruises to the finish line at Maho Bay beach during the first annual Paddle the Park.

Paddle the Park Draws 48 SUPers To Challenging Maho Bay Course

Nat Ford Tops Elite Course; Todd Clements Wins Open

By Jaime Elliott
St. John Tradewinds

A total of 48 paddlers set off from Maho Bay beach on Stand Up Paddle boards on Saturday morning, November 9, in the first annual Paddle the Park race hosted by Friends of V.I. National Park.

After the original event date of November 3 was rescheduled due to inclement weather, the SUPers lined up at the Maho shoreline in a light breeze under sunny skies last Saturday.

Elite course paddlers in green

performance jerseys took off for a five and a half mile trek, which took them around Whistling Cay, around Cinnamon Bay and back around Whistling Cay before ending at Maho Bay.

Five women and 17 men finished the elite course with 31-year-old St. John resident Nat Ford winning the men's division in a time of one hour, five minutes and 30 seconds.

Ford, who has competed well in SUP races from Puerto Rico to St. Croix, was thrilled to have a race

hosted on St. John.

"I paddle a lot," he said. "It's a great sport and I'm stoked to have a race on St. John."

Bill Kraft, 45, of St. Croix took second in the men's elite course, finishing in one hour, six minutes and 41 seconds. Forty-year-old Eric Walker of St. Thomas finished third in the division with a time of one hour, eight minutes and 21 seconds.

In the women's elite division, St. Croix's Isabelle Picard, 53, was

Continued on Page 17

Friends of VINP Paddle the Park 2013 Results

WOMEN'S OPEN				
Place	Name	Time	Age	Home
1	Sharie Smyth-Seibert	0:54:04	68	St. Thomas
2	Julie Lonski	0:57:10	43	St. John
3	Laura Kline	0:59:32	52	St. Thomas
4	Diana Ripley	1:02:53	60	St. John
5	Kim Sammararo	1:06:04		St. John
6	Clare Spangler	1:10:28	43	St. Thomas
7	Beth Jones	1:17:23	41	St. John
8	Jessica Schnell	1:17:24		St. John
9	Sally George	1:24:50	64	St. Thomas
10	Tammy Boiko	1:31:37	46	St. Thomas
11	Amanda Hoffman	1:48:59	33	St. Thomas
11	Anne Hoffkan	1:48:59	34	St. Thomas
11	Kate Hoffman	1:48:59	31	St. Thomas

MEN'S OPEN				
1	Todd Clements	0:41:48	44	St. Thomas
2	Mark Lonski	0:48:33	42	St. John
3	Matthew Lasota	0:49:25		St. John
4	Bryson Spangler	0:51:27	38	St. Thomas
5	Sean D'Abbraccio	0:52:14	35	St. John
6	Clarke Hincks	1:07:43	23	St. John

WOMEN'S ELITE				
1	Isabelle Picard	1:26:40	52	St. Croix
2	Thais Tatlor	1:38:49	30	St. John
3	Jude Woodcock	1:48:07	57	St. John
4	Karen Jarvis	1:55:32	43	St. John
5	Donna Smith	2:15:40		

MEN'S ELITE				
1	Nat Ford	1:05:30	31	St. John
2	Bill Kraft	1:06:41	45	St. Croix
3	Eric Walker	1:08:21	40	St. Thomas
4	Brian Duff	1:19:32	33	Tortola
5	Sam Wessinger	1:20:27	14	St. Croix
6	James Rosenbury	1:21:27		
7	Matthew Jarvis	1:25:18	55	St. John
8	Adam Thill	1:26:01	47	St. John
9	Galen Stamford	1:28:24	32	St. John
10	Andy Morrell	1:29:21	49	Tortola
11	Robert Gonzales	1:30:00	44	St. John
12	Arthur Jones	1:31:16	47	St. John
13	Jeff Miller	1:42:45	52	St. John
14	Gorge Dias-Garcia	1:44:52	63	St. John
15	Mark Grant	1:45:55		St. John
16	Peter Laterek	2:00:23	43	St. John
17	Ralph Antolino	2:10:56	57	St. John

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St. John Tradewinds News Photo

St. John resident Brummel Germain, left, and Sulay de la Rosa during the filming of a St. Thomas Carnival scene in "Timeless."

First Virgin Islands Feature Film "Timeless" by Ed La Borde, Jr. Launches Kickstarter Campaign

By Jaime Elliott
St. John Tradewinds

While the Virgin Islands is often a beautiful backdrop to feature films, like "The Chronicles of Benjamin Button" and "Twilight: Breaking Dawn Part 1," no films have yet to tell a gripping tale about these islands or use local cast; until now.

"Timeless," the movie weaves a compelling story that instantly resonates with the viewer. Even from the short trailer available to view, it's obvious that this production is no amateur effort.

"Timeless," is writer and director Edward La Borde Jr.'s third feature film, yet his first movie solely about the Virgin Islands and featuring local actors. La Borde is originally from St. Thomas and attended high school in New York. He entered the film industry after serving in the Navy for four years.

His first feature film "Me and Mrs. Jones," earned rave reviews at film festivals around the world and is still in distribution today. La Borde made his second feature film "Get Money," starring Carl Anthony Payne II in 2003. He's been working on Timeless while also racking up local Addy Awards, producing music videos and more.

La Borde formed Cutting Edge Entertainment with University of the Virgin Islands theater instructor David Edgcombe, who serves as the film's executive

producer. The two are working with local production company Digitek and have a strong cast of Virgin Islands actors.

The film weaves a tale about love which begins in 19th century Ghana and transcends to modern day St. Thomas. The movie is about the lives of Asante and Akwasi, who are ripped apart by slave traders in Ghana in 1800, but their love survives and their souls find each other again in modern day St. Thomas.

Nothing is easy, of course, as the couple is once more plagued by slavery, this time in the form of poverty, prostitution and racism.

"Audiences will relate to the romance, corrupt politics, folklore and Caribbean culture displayed in the film," according to the Timeless press kit. "The movie explores the idea that hurricanes are really the souls of people that suffered during the Middle Passage. There will be scenes set in West Africa and will definitely appeal to those interested in the historic connection between West Africa and the Virgin Islands."

The cast includes female leads Kmisha Counts and Sulay de la Rosa and Love City's own Brummel Germain as the lead male. Germain plays Alphonse Walcott, a best-selling author who recently returned to the Virgin Islands from the mainland.

Count's character is a St. Thomas senator who

Continued on Page 19

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Second Annual Poker Run Benefits STJ Cancer Fund



St. John Tradewinds News Photos by Yelena Rogers

The second annual St. John Poker Run drew a crowd of revelers who plied local waters for playing cards before returning to High Tide Bar and Grill to play their hands. The event raised \$6,000 for the St. John Cancer Fund which helps local cancer patients in need.



Yelena Rogers Photography

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ISLAND GREEN LIVING

by Lovango Cay resident Dan Boyd

Energy Savings Gadgets

St. John Tradewinds

With WAPA rates being sky-high and soon to go up again — the latest increase is set to take effect on December 1 — I thought it would be a good idea to discuss energy saving ideas.

Hot water. Did you know that with an electric water heater, your hot water is about 25 percent of your electricity bill? The average house spends about \$75 per month on electric hot water alone. You can cut that way down.

Solar hot water systems are great, and getting better and better all the time. Of course, it does involve an investment to install solar hot water at your home.

One quick payoff is to simply to use less. When you are not home or when you do not plan on using your hot water, shut it down. You can turn off your water heater either on the unit or at the breaker. If it's

not turned on it will not consume power!

You can even have a timed switch installed, the type that you twist to 30 or 60 minutes, and that way you will not forget to shut it off. Or if you keep a regular schedule, you could set up a timer that will turn the heater on and off around the times you will be using hot water.

Electronics. Be mindful of standby or “ghost” power. TVs, cell phone chargers, computers, and printers all are drawing electricity, even when they are “off” and not being used. Plug them into a strip cord, and switch off the strip cord when not in use. You will be amazed at how much energy this simple trick will save.

Solar powered cell chargers also work great! You do not have to leave your phone in the sun, either. Just lay the small 4”x4” solar panel in the sun for a

few hours, and it will store the solar energy in its built-in batteries. When your phone starts running low, all you do is plug it in! I paid \$15.00 for the charger I have, and it has saved me from a dead battery on a number of occasions.

Solar-powered generator. The SUNRNR (pronounced “sun runner”) is a renewable energy storage device, much like a portable gas-powered generator, but it makes no noise and does not consume fossil fuels.

You plug the solar panel into the SUNRNR to charge it up. When electricity goes out or when you want to run without WAPA power, you just plug your appliances into the SUNRNR and you are ready to go with 2,000 watts of power.

These units are great for boats, camping, or just living off grid if you so desire. (Island Solar is an authorized SUNRNR dealer; contact me if you want to learn more.)

As always, its best to use less if you want to conserve both your finances and your energy consumption. Turn off lights when you're not in the room, use fans instead of air conditioning, wash large loads when washing clothes, and hang your clothes out to dry instead of using the dryer. A clothesline will not only save you money, your clothes will smell better, too!

For a greener tomorrow.

Dan Boyd of Island Solar is a Virgin Islands Energy Office authorized vendor. For more information call Boyd on his cell phone at 340-626-9685 or by email at islandsolarvi@gmail.com.



Memorial Sunset Sail on Kekoa for

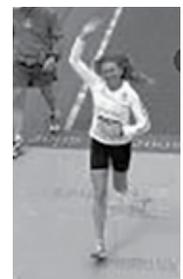
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St. John Tradewinds News Photos

Enjoy sweeping water views, above and below, from these two Calabash Boom cottages.



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On *the* Market

A feature dedicated to special homes on the market listed with *Tradewinds* real estate advertisers*

Calabash Boom Cottages Offer Unobstructed Views

By Jaime Elliott
St. John Tradewinds

Perched on a lush hillside on the quiet side of St. John, the views from the Calabash Boom cottages will make you want to linger on your deck all day.

These two private cottages are each one-bedroom and one bathroom, are for sale for \$675,000, and offer plenty of opportunities for a home buyer, explained Islandia Real Estate sales associate Lynn Giovanna.

"Enjoy extraordinary unobstructed views of Coral Bay, East End, Tortola, the British Virgin Islands chain and beyond from these two, well-appointed one bedroom cottages," said Giovanna. "The cottages are located in Calabash Boom with lush landscaping throughout. Both cottages are currently income producing short term rentals, or you can live in one while you rent out the other."

Located on a quiet, dead-end road, the two cottages are private-

ly situated on a 0.23-acre parcel of land with plenty of space to install a luxurious hot tub or even a refreshing swimming pool, Giovanna explained.

"These cottages are privately situated on 0.231-acre of land and have a lot to offer," said the Islandia Real Estate sales associate. "There is room to add a main house, pool and even a hot tub. Or, simply leave it as is, and enjoy plenty of green space."

There are even architectural plans already completed for a two bedroom and three bathroom main house, for a buyer interested in expanding, Giovanna added.

The main cottage is called "Giovanna's Giardino Al Mare" (Joanne's Garden at Sea), and currently enjoys robust short-term rental bookings. The masonry cottage, built in 2007, can accommodate up to four people.

"There is a bedroom and bathroom on the lower level and a Queen sofa is found in the main

living area," Giovanna said. "There is also a kitchen and bathroom on the upper level."

Details in Joanne's Garden at Sea include Cyprus ceilings throughout, extensive decks offering breath-taking views, native rock features and an attached outdoor, screened showers.

The upper wooden cottage, completed in 2009, is called "Francesco Sorride In Mare" (Francesco Smiles at Sea). It too is a popular short-term rental, Giovanna explained.

"This small, comfortable one bedroom cottage sleeps two and offers big views," she said. "The cottage has a fully-equipped kitchen and new appliances as well as an interior bathroom with a private, outdoor mason and stucco shower."

"Sliding glass doors in the bedroom/living room area open to a deck where you can relax and read in the sun or barbeque and dine outdoors while enjoying the views and trade winds," said the Islandia Real Estate sales associate. "The deck has a rattan loveseat, marble table for two with benches and a gas barbeque for grilling."

The buyer of these cottages won't even have to purchase furnishings, Giovanna added.

"The cottages are both being sold furnished with lovely furnishings and a fully-equipped kitchen with stainless steel appliances, as well as indoor and outdoor dining or barbecue on the deck," she said.

For more information on these two Calabash Boom cottages call Islandia Real Estate sales associate Giovanna at (340) 344-1825.

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Gail Van de Bogurt's work, above and left, will be featured in the first Caribbeanes2 opening on December 6.

Kimberly Boulon Fine Arts Presents First Caribbeanese2 Opening on December 6

St. John Tradewinds

The public is invited to join in the first opening of Caribbeanese2, an evening with the arts, at Kimberly Boulon Fine Art Gallery on the second floor of The Marketplace on Friday, December 6, from 5 to 8 p.m.

This is the second season in which Boulon is exploring the Caribbean-Japanese fusion in art with the first of four planned opening shows to focus on "Miniature Musings are Magical." The show will include original oil paintings by Boulon as well as ceramic pieces by three of the island's most talented potters.

"I am excited to be collaborating with three very fine St. John clay artists for this upcoming first 'An Evening With the Arts' Caribbeanese2 visual and performing arts event," said Boulon. "Each artist has been challenged to present their own interpretation of the Caribbean-Japanese fusion in art."

Boulon's gallery will feature work by ceramic artists Kaye Thomas, Gail Van de Bogurt and Casey Giakas at the December 6 show.

Van de Bogurt, was a co-founder of Bajo el Sol Gallery at Mongoose Junction and spent 10 years developing a ceramic arts program at Maho Bay Camps. With business partner Casey Giakas, she currently offers classes in ceramics and watercolor painting at their Maho Bay Clay Works Pottery Studio in Coral Bay and watercolor painting classes for Caneel Bay Resort.

The December 6 art opening will also feature a dance performance by St. John School of the Arts students. Boulon will be raffling off a painting with proceeds going to support St. John School of the Arts.

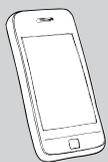
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2012

Homicides: 1

Shootings: 1

Stabbings: 0

Armed Robberies: 1

Arsons: 0

1st Degree Burglaries: 3

2nd Degree Burglaries: 3

3rd Degree Burglaries: 40

Grand Larcenies: 72

Rapes: 1

2013-TO-DATE

Homicides: 0

Shootings: 0

Stabbings: 0

Armed Robberies: 0

Arsons: 0

1st Degree Burglaries: 1

2nd Degree Burglaries: 1

3rd Degree Burglaries: 23

Grand Larcenies: 63

Rapes: 1

Letters To St. John Tradewinds



St. John Tradewinds News Photo Courtesy of Mary Burks

(L to R) Kevauna Matthew, Ke'Shame Greer, Catisha Marsh, Alexis Doway, Kasha Alomar enjoy a snorkel trip at Trunk Bay beach.

GBS Students Thank Audubon Society for Donation

Guy Benjamin School students would like to thank the V.I. Audubon Society for making their Positive Behavior trip to Trunk Bay on Wednesday, November 13, possible.

V.I. National Park Ranger Laurel Brannick took the students snorkeling and Earnest Matthias helped to lifeguard. The students enjoyed lots of fun in the sun, and plenty of food!

The field trip was a celebration of positive behavior for 19 GBS students in fourth, fifth and sixth grades, who were give few We Expect Better Behavior (WEBB) notices.

Crossword Answers — Puzzle on Page 20

A	R	T	E		S	A	L	E	M		C	H	A	N	G	O		T	D	S	
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Let New Cats Get Settled Before Letting Them Outdoors

Anyone who plans to carry a cat into a new island home might need to remember a basic truth about cats on St. John: it takes a month or more of gentle confinement for a newcomer to feel confident and safe enough to explore outdoors. Allowing a newcomer immediate outside-access can be disastrous.

A cat who is new to a place is entering a territory most likely held by a small resident colony of homeless cats, some abandoned or lost, others born in the wild. They may hide in the bush and never be seen until a new food-source appears. For survival, a colony guards its territory from newcomers.

If threatened or stressed by resident cats and unfamiliar territory, a weak or old newcomer cat may fail and die. A young frightened newcomer may bolt and try to return to her old home, often getting lost or killed along the way.

While safely confined, the new cat will be gathering scents and information about her new environment. She and the outdoor residents will have time exchange signals, each becoming accustomed to the presence of the other. At the end of that month, the door can be left open for her to explore her neighborhood.

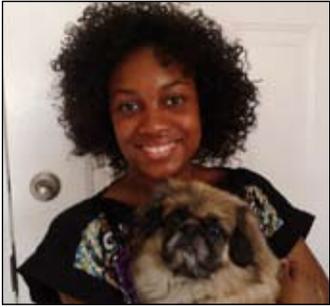
The more time she and others have to adjust their instinctual responses to each other, the better life will be for everyone sharing that place: the newcomer, her owner and the resident colony.

Name withheld upon request



St. John Tradewinds News Photos

Moving can be difficult on cats.



Rhythm & Views

An outlook on young adult and student interests and concerns
by Raven Phillips-Love

The World of Pageantry, an Insider's Perspective

St. John Tradewinds

The world of pageantry has had an important impact on the person I am today. I first entered that world before I could even walk or talk.

Yes, I competed in my first pageant when I was just an infant. Some may see this as my mother attempting to live vicariously through me, but they're wrong. She and my aunt had done pageants in the past and they both decided that they loved the experience, and thought I might look cute in a small frilly dress and win a few prizes for doing it.

In the beginning my mother had no idea that I would pursue pageantry feverishly as I got older. She only placed me in the occasional pageant or two until I got to an age where I could make the choice myself.

On that day we were sitting on the couch looking at an advertisement for a nearby pageant. My mom put down the paper, looked at me and said, "Now Raven, you're old enough to decide on this. Is this what you want to do?"

Without hesitation, I quickly nodded my head yes and picked the paper back up. In all honesty, I was very much preoccupied with the girl in the picture. She was so pretty, so poised, and so happy looking. I immediately felt the need to be her or just like her. My mom picked up on this immediately as well. That day, a long journey began for the both of us.

While I trained, practiced, and memorized, she coached, preached, and lectured. Not only did she have to prepare me for each pageant I decided to partake in, she also needed to teach me about and protect me from the evils of the pageant world.

You can catch a glimpse of it on the show *Toddlers and Tiaras*. My issue with that show is that it gives pageantry a bad name. It makes all pageant moms seem like horrible monsters and their daughters seem

like shallow brats.

I will admit that you will see a lot of that in pageantry, but it's not the only thing you see. What you may not know is that you could be watching bright futures form right before your eyes.

Pageantry is what helped give me excellent public speaking skills and a love for the art of performance. It opens up so many doors by offering scholarships and teaching young girls the importance of hard work. The harder you work and the more you focus and practice, the better scores you'll get.

You learn positive and worthwhile skills like public speaking, word pronunciation/ enunciation, poise, and more. All the negative side effects from pageantry (shallowness, bratty attitudes, promiscuity in the future, a sense of entitlement etc.) can be prevented.

If you teach your daughters about their inner beauty and that winning isn't everything, she'll turn out fine in the future. Teach her to compete in the pageant for fun, not for the prizes. Amongst the bad examples on that show, there are some good people. The reason you never really see them is because no one would watch the show if there wasn't anything to start an uproar over. The more outrageous the story is, the better the ratings are.

Pageantry should not be seen as an evil ploy to exploit young girls; it should be seen as a gateway. This gateway can lead down bright path towards a progressive future if you choose to let it. It all comes down to how you choose to expose yourself or your daughter to it.

I still use many of the things I learned in past pageants to this day. As I prepare to partake in the 2014 Junior Miss St. John pageant later this year, I'll be sure to put these lessons to the test, and I hope to see more girls showing an interest in the world of pageantry.

Friends of VINP Annual Gala Set for February 1

St. John Tradewinds

Friends of V.I. National Park officials are planning a grand "bravo" gala this year to celebrate the group's 26th Anniversary and the accomplishments their supporters have helped it achieve.

Save the date; February 1, 2014. This "National Treasures" gala will celebrate the treasures of Virgin Islands National Park and thank donors who have made it even better.

By popular demand, Friends' 11th annual gala will be at the breathtaking villa Presidio del Mar, home of Steven and Pamela Deckoff, on the point in Peter

Bay. The night will feature sumptuous gourmet catering with passed appetizers all night long, dancing under the stars to In the Sand Band, and three bars serving fine wine, champagne and cocktails.

Guests can take home a treasure from the abundant raffle and silent auction tables! Many treasures await guests throughout this enchanted evening.

This is the "Gala of Galas" and known as the island's social event of the year. Invitations will be sent shortly. For more info contact Friends of VINP Development Director Karen Vahling at kvahling@friendsvinp.org.

DID YOU KNOW...

THAT YOU CAN SUPPORT YOUR FAVORITE NON-PROFIT GROUP AND YOUR ISLAND NEWSPAPER AT THE SAME TIME?

Animal Care Center of St. John
Coral Bay Community Council
Friends of the Virgin Islands National Park
Giffit Hill School
Island Green Building Association
Kids First!
Kids in the Sea (KATS)
Sisterhood Agenda
St. John Audubon Society
St. John Christian Academy
St. John Community Foundation
St. John Film Society
St. John Historical Society
St. John Montessori School
St. John Recycling Association
St. John Relay for Life
St. John Revolving Fund
St. John School of the Arts
STT/STJ Chamber of Commerce - STJ Chapter
Team River Runner
Using Sport for Social Change
(and many more)

Call to add your registered non-profit to this list

**IT'S A SIMPLE SOLUTION:
Underwrite a yearly advertising budget
for your favorite community group.**

St. John Tradewinds supports all registered non-profit organizations with a non-profit advertising rate.
For more information, call 776-6496.

Church Directory

Baha'i Community of St. John

For Devotions and Study Circles, call 714-1641
7:30 p.m. Fridays; Study Circles 9 a.m. Sundays
776-6316, 776-6254

Bethany Moravian Church

Divine Worship 10 a.m., except second Sundays start at 9 a.m., 776-6291

Calvary Baptist Church

13 ABC Coral Bay, 776-6304
Sunday School 10 a.m.,
Sunday evening 6 p.m., Thursday 7 p.m.

Christian Ministry

Cinnamon Bay Beach
Inter-Denominational, Sunday 8:30 a.m.

Christian Science Society

10:45 a.m. Sunday- Marketplace
Wednesday Testimonials
7:45 p.m. on last Wed. of Month

Church of Jesus Christ of Latter-day Saints

Sun. 9 a.m., on St. Thomas . 776-2379
Sun., 5 p.m., STJ, Lumberyard

Cruz Bay Baptist Church

Sunday 11 a.m., 6 p.m. 776-6315

Emmaus Moravian Church

Coral Bay, Sun. 9 a.m. 776-6713

Freshwater Church

Sunday Service 10 a.m.; Monday Bible Study 6:30 p.m.
Thursday Women's Bible Study 9 a.m.
Saturday Men's Bible Study 10 a.m.
Follow us on Facebook for Locations or call (340) 514-6578

Jehovah's Witness

7:30 p.m. Tuesdays; 7 p.m.
Saturdays (Español), 10 a.m. Sundays,
340-715-053

Missionary Baptist Church

9:30 a.m. Sunday Services, 10:45 Worship,
Tuesday 7 p.m. Bible Study 693-8884

Nazareth Lutheran Church

Sunday 9 a.m., Sunday School 8 a.m.
776-6731

Our Lady of Mount Carmel

Saturdays 6 p.m.; Sundays 7:30 a.m. and 9:30 a.m.
Tuesdays and Fridays at 7 p.m.
Wednesdays and Thursdays at 7 a.m.
776-6339

St. John Methodist Church

Sunday 10 a.m, 693-8830

Seventh Day Adventist

Saturdays, 779-4477

St. John Pentecostal Church

Sunday 11:05 a.m., 6:30 p.m.
Tuesdays Prayer 7:30 p.m.,
Thursdays Bible Study 7:30 p.m.
779-1230

St. Ursula's Episcopal Church

Sunday Church Service, 9 a.m.
Bible Class on Wednesdays at 5:30 p.m. 777-6306

Unitarian Universalist Fellowship

9:45 a.m. Sunday, 776-6332



Kent Wessinger's St. John Football Association youth flag football team celebrates another victory at Winston Wells ball field.

St. John Tradewinds News Photo

Youth Flag Football League Needs Coaches and Refs

Continued from Page 6

sport, but what we really need is people with enthusiasm who are passionate about kids.”

The commitment for coaches entails two practices and one game each week for the eight week season, followed by playoff games and the championship. Many teams are coached by two people, giving coaches a bit more flexibility. Referees are needed for the Friday evening games only.

More important than having encyclopedic knowledge of football for coaches is the desire to help children and offer much-needed guidance and leadership, according to Wessinger.

“The kids are looking for leadership and they are longing for it,” he said. “This is not just important for the boys’ physical well-being, it’s important for their development too. It’s important for the whole community to buy into this.”

“The league teaches them how to be a team and they learn a lot more than just how to play football,” Wessinger said.

Players deal with a variety of issues on the grid iron and pay the price for not acting in a respectful manner, Wessinger added.

“We need 12 coaches and four referees. It would be great if they knew or played the sport, but what we really need is people with enthusiasm who are passionate about kids.”

— Kent Wessinger

“When the kids have anger issues, they get kicked out of the game and have to go to the police station,” he said. “They talk to the officers there and they learn from those experiences.”

When the St. John Football Association launched its youth flag football team four years ago, only two Love City players were on the Eudora Kean High School football team, according to Wessinger.

“There were 18 players from St. John on the team this past year and that is because of the football league,” he said. “The league

has brought the kids together and taught them how to be a part of a team.”

In addition to volunteers, the league needs financial support. Each season costs about \$10,000 to host, with costs adding up for insurance, field rental, trophies and more, Wessinger explained.

“There is a \$20 registration fee for kids, but that doesn’t come close to covering the insurance we need and the rent for the field, trophies and our awards dinner,” he said. “We need some help fundraising for that.”

The St. John Football Association is a non-profit 501c3 organization and donations are tax deductible, Wessinger added.

Anyone interested in coaching or refereeing for the league should attend a meeting on Tuesday, December 2, at 6 p.m. at the University of the Virgin Islands’ annex on the third floor of The Marketplace.

The first game of the season for the youth football league will be on Friday, January 24. For more information about the league or to make a donation, email kwessin@uvi.edu or brummellg@hotmail.com.

11-17

CRYPTOQUIP

A G H A Q H L T U Q I R H E O X A F L H T J M L M E D I E
G J V M R M A H A M I E Z X V L I H A F H E B A J N N F
O J I O N J A G J U ' V J Z V I F A J B Z H T J F .

Today's Cryptoquip clue: V equals R



St. John Tradewinds News Photos by Yelena Rogers

Isabelle Picard, top right, won the women's elite division while Love City's Nat Ford, middle right, was the men's elite division winner. Bill Kraft, bottom left, came in second in the men's elite division and Sharie Smyth-Seibert, top left, won the women's open division.



Paddle the Park Draws 48 SUPers to Challenging Maho Bay Course

Nat Ford Tops Elite Course; Todd Clements Wins Open

Continued from Page 8

the first finisher in a time of one hour, 26 minutes and 40 seconds.

Picard was celebrating her birthday the day of the race and couldn't think of a better way to mark the occasion.

"It was tough," she said. "The wind got strong out behind the little island, but it was really fun. I saw sea turtles and sting rays."

"It was a great course," said Picard, an artist who has several murals on St. Croix to her credit. "After work I love to paddle. My husband and I both paddle and it's great exercise."

Thais Taylor, 30, of St. John took sec-

ond in the women's elite division with a time of one hour, 38 minutes and 49 seconds. Love City's Jude Woodcock, 57, came in third in the division with a time of one hour, 48 minutes and seven seconds.

Six men and 13 women completed the three mile open course, which ran from Maho Bay to Whistling Cay and back. Todd Clements, 44, of St. Thomas won the men's open division in a time of 41 minutes and 48 seconds.

"It was beautiful," said Clements, who thanked his 14-foot board for the victory. "I saw a sea turtle and all kinds of fish and a sting ray out there."

Mark Lonski, 42, of St. John finished

second in the men's open division with a time of 48 minutes and 33 seconds, followed by Mathew Lasota with a time of 49 minutes and 25 seconds.

In the women's open division 68-year-old Sharie Smyth-Seibert came in first with a time of 54 minutes and four seconds. A retired school teacher from California, Smyth-Seibert credited paddle boarding for keeping her healthy.

"It's wonderful exercise and it's wonderful to be out on the water," she said, who donated one her own invention, a Taloo-ard sail used to cruise downwind on a SUP board, to the race winners.

The course didn't seem far from shore,

but once out there, proved to be a different story, Smyth-Seibert added.

"That was a lot longer than it looked," she said.

Julie Lonski, 43, of St. John took second place in the women's open division with a time of 57 minutes and 10 seconds while Laura Kline, 52, of St. Thomas finished third with a time of 59 minutes and 32 seconds.

The winners of each division took home beautiful wood and glass awards and all finishers were given goodie bags, lunch and a raffle ticket for the chance to win a brand new SUP board, which Jessica Schnell took home.

St. John Tradewinds Business Directory

Accommodations

Caribbean Villas & Resorts
tel. 1-800-338-0987
or locally 340-776-6152

Island Getaways
888-693-7676,
islandgetawaysinc.com
kathy@islandgetawaysinc.com

Suite St. John Villas/Condos
tel. 1-800-348-8444
or locally at 340-779-4486

A/C & Refrigeration

Dr. Cool | St. John 693-9071
A/C Refrigeration and Appliances
Mitsubishi A/C Diamond Dealer
Sub-Zero, Wolf, Bosch, Viking

Architecture

Crane, Robert - Architect, AIA
tel. 776-6356
P.O. Box 370, STJ, VI 00831

Banking

Firstbank
Located in downtown Cruz Bay
340-776-6881

Scotiabank
#1 Mortgage Lender in the VI
The Marketplace (340) 776-6552

Green Building

Island Green Building Association
check www.igbavi.org for Seminar
Series info and ReSource Depot
inventory

Insurance

PGU Insurance
Located at The Marketplace
776-6403; pgunow@gmail.com

Theodore Tunick & Company
Phone 775-7001 / Fax 775-7002
www.theodoretunick.com

Jewelry

R&I PATTON goldsmithing
Located in Mongoose Junction
776-6548 or (800) 626-3445
Chat@pattongold.com

Landscaping

Alfredo's Landscaping
tel. 774-1655 cell 513-2971
P.O. Box 91, St. John, VI 00831

Coral Bay Garden Center
tel. 693-5579 fax 714-5628
P.O. Box 1228, STJ, VI 00831

Real Estate

Debbie Hayes, GRI
tel. 714-5808 or 340-642-5995
debbiehayes@debbiehayes.com
www.stjohnvirealestate.com

Holiday Homes of St. John
tel. 776-6776 fax 693-8665
P.O. Box 40, STJ, VI 00831
info@holidayhomesVI.com

Islandia Real Estate
tel. 776-6666 fax 693-8499
P.O. Box 56, STJ, VI 00831
info@islandiarealestate.com

Restaurants

Fish Trap Restaurant and Seafood Market
tel. 693-9994, Closed Mondays

La Tapa Restaurant
tel. 693-7755
Open 7 Days a Week

Skinny Legs
"A Pretty OK Place"
tel. 340-779-4982
www.skinnylegs.com

Services

C4th Custom Embroidery
tel. 779-4047
Located in Coral Bay

Island Solar
"Off the Grid Living for 10 Years"
tel. 340-642-0531

Wedding Services

Weddings by Katilday
www.stjohnweddingplanner.com
www.katilady.com
340-693-8500 - Consulting, Travel
Coordination, Accommodations

Veterans with TRR Enjoy Week of Health and Healing

Continued from Page 3

The trip is funded by in-kind donations and the revenue generated from the annual Chaotic Kayak Race hosted at Oppenheimer Beach each July.

"It was really great to see this community support," said another veteran with Team River Runner who asked to not be named. "This makes you realize that there is a lot of support for us, which you don't

see a lot of."

What started in 2004 with a only four donated boats, has grown to a nation-spanning organization which saw 1,500 wounded veterans in kayaks, according to Mornini.

"We started this with a desire to do something and a budget of zero," said Mornini. "With our first donation we bought a few kayaks last year alone and got some guys

into the pool at Walter Reed. Last year we had 1,500 butts in boats."

While that is impressive growth, Mornini has an even bigger plan.

"Our goal is to have 15,000 wounded veterans take part in adaptive kayak," said Mornini. "We'll get there."

For more information about Team River Runner or to make a donation check out www.teamriverrunner.org.



A young Friends of VINP volunteer helps to maintain a sea grape sapling at Maho Bay beach.

St. John Tradewinds News Photo

Native Plantings Flourish at Maho Thanks to Support

Continued from Page 5

threatens both natural and cultural resources, explained Ray.

"This erosion harms natural communities, but also threatens cultural resources, particularly at Cinnamon Bay beach where active archeological sites are getting undermined by massive dune wasting attributable mostly to winter storm events," said the local plant ecologist.

Simply eliminating vehicle tires from Maho Bay Beach is not enough to bring back native plants to the area, which now fight with invasive species for space and nutrients, according to Ray.

"Human foot-traffic and construction has brought in exotic species with shallower root systems, including limeberry (*Triphasia trifolia*) shrubs, coconut (*Cocos nucifera*), and the expansion of a cosmopolitan weed tree called seaside maho (*Thespesia populnea*)," said Ray. "These introduced species compete with our native flora for light, moisture and nutrients."

So far, the project has seen about 60 trees planted on four of the five target shorelines, Ray explained.

"To date, more than 60 trees have been planted at four of the five beaches; only Francis remains, yet more saplings are needed at most beaches," he said. "Seagrape (*Coccoloba uvifera*) composes most of the saplings being planted in this phase of our beach restoration project. It is a species of choice due to its massive root systems, which can help re-stabilize

primary dunes."

The plant list also includes smaller numbers of orange manjack, a deep-rooted, fast-growing coastal tree that attracts hummingbirds; false nutmeg, an evergreen shrub with woody seeds dispersed by bats; and canella, a handsome, red-berried evergreen tree of sand dunes, according to Ray.

The local plant ecologist has also overseen the installation of hardware cloth cages to protect the sea-grape saplings at Maho Bay beach from white-tailed deer, he added.

As Ray continues his work along the shorelines, Wickrema pledged continued support of the beach restoration project and hoped to inspire others to do the same.

"It continues to be our hope that our efforts will be an inspiration to others in the hospitality industry and beyond," said the Eco Serendib Villa and Spa owner.

VINP officials also hope to educate beach-goers to the effects of erosion.

"Besides the technical solution of replanting trees, we also need to find ways of better educating visitors and residents on this issue," Kessler said. "We are very grateful to the Harith Foundation for the forethought on the issue and generous support of this project."

For more information about the beach restoration program, contact Friends of VINP at 779-4940. For more information about Eco Serendib Villa and Spa check out the website ecosserendib.com.

Answer to Nov. 17 Cryptoquip:

THAT WACKY WOMAN PUTS CAKE ICING ON HER IMITATION FUR COATS AND TELLS PEOPLE THEY'RE FROSTED FAKES.

First V.I. Feature Film "Timeless"

Continued from Page 9

helps Germain secure a job and definitely has some ideas about what she expects in return. De La Rosa plays a recent transplant from the Dominican Republic with less than perfect English, who falls for Germain's character and things quickly start to get interesting.

Timeless has plenty of talent, creativity and professionalism at its core. What it doesn't have is funding. Far from being even a low-budget indie film, Timeless has been a zero-budget production so far.

The actors are not being paid for their work — they have agreed to work on deferred payment contracts and continue to work their full time jobs — while Digitek, which owns its equipment, and Cutting Edge Entertainment are working gratis and have used their own funds for the film to date.

With the first half of the film completed, including scenes from St. Thomas Carnival, the crew is beginning work on the second half of the film, which is going to be costly. The Timeless team is launching a kick-starter campaign to help cover costs of traveling to St. Croix, historical scene building, costumes and marketing, and is hoping the Virgin Islands community steps up to the plate.

"The second half of the movie will be the most difficult and costly to shoot, which is why we need your support," according to the Timeless Kickstarter campaign website. "We will be shooting in St. Croix and building sets for Timeless' West African scenes. The cast that has been filming so far won't be in the 18th century scenes of the movie but we will need to transport the crew as well as equipment over to St. Croix from St. Thomas."

To support the film go to <http://www.kickstarter.com/projects/timelessthemovie/timeless-a-virgin-islands-love-story-feature-film>.

The film will not only benefit the cast and crew, but the entire Virgin Islands, according to Timeless' kickstarter website.

"The success of this film will not only benefit everyone who is directly involved but it will help to serve as kick-starter (no pun intended) for the film industry in the U.S. Virgin Islands; an industry that has fallen by the wayside," according to the site.

Before Timeless, Germain had no professional acting to his credit, explained the father of two and St. John business owner.

"It was really crazy," said Germain. "I have not had professional acting experience and I've never been in a full-on movie. I went to the audition and got the call back and it's just been crazy since then."

"I was really excited and intimidated at first," he said. "It was weird at first to try to bring to life someone's vision and tell their story. You have to buy into it 100 percent."

Working with the seasoned director La Borde was a great help, Germain explained.

"It was tough in the beginning but once we started getting together and doing readings and started practicing, I learned so much from Ed La Borde," he said. "His tutelage made me realize he really knows what he's doing and he can really help me."

Now firmly bitten by the acting bug, Germain loves filming scenes for the movie, he added.

"It's addictive," said Germain. "You look at the takes and you can't believe it's you on the screen. It's really fun."

While shooting the film has not been easy, especially since Germain has agreed to deferred payment, it's been a rewarding experience, he explained.

"The tough part is the filming schedule since for me, on a day-to-day basis, I have two kids and a business to run," said Germain. "It's been a sacrifice but it's worth it. I didn't know anyone in the crew — we were all perfect strangers — and now everyone on the set is family."

The crew hopes to have the film wrapped by early next year as long as funding comes through and the production schedule remains on time. To help ensure that happens, go to <http://www.kickstarter.com/projects/timelessthemovie/timeless-a-virgin-islands-love-story-feature-film> and make a donation. Fans can also follow the film's progress on Facebook.

Police Log

Friday, November 8

8:30 a.m. - An Estate Contant resident p/r that a taxi driver made comments about his wife that he did not like. Police assistance.

1:30 p.m. - A citizen c/requesting police assistance to remove a male from Cruz Bay beach. Police assistance.

3:53 p.m. - An Estate Enighed resident p/r that he lost some documents. Lost documents.

6:54 p.m. - An Estate Grunwald resident c/r that she is having a dispute with her landlord. Landlord/tenant dispute.

Saturday, November 9

1:16 a.m. - A citizen c/r that her son was creating a disturbance at her residence. Disturbance of the peace, D.V.

1:09 p.m. - A citizen c/requesting police assistance to remove her belongings from her previous residence. Police assistance.

8:40 p.m. - A citizen c/requesting police assistance with a male. Police assistance.

9:29 p.m. - A citizen c/requesting police assistance with her boyfriend. Police assistance.

9:30 p.m. - A citizen c/requesting police assistance with his tenant. Landlord/tenant dispute.

Sunday, November 10

12:45 a.m. - VIPD Officers came upon a fight in progress

while on patrol in the area of Cap's Place. Disturbance of the peace, fight.

9:35 a.m. - A citizen c/requesting police assistance to remove his brother from his vehicle. Police assistance.

11:13 a.m. - A citizen c/r a disturbance at the Enighed barge ramp. Disturbance of the peace.

12:52 p.m. - A citizen c/r a possible drowning in the area of Hansen Bay. Police assistance.

11:10 p.m. - A citizen c/r that he was assaulted in the area of Frank Powell Park. Assault in the third.

11:10 p.m. - Badge #117 p/ at Leander Jurgen Command with one Kenson Jolly of Estate Pastory under arrest and charged with assault in the third. His bail was set at \$25,000 by order of the court. He was detained at Leander Jurgen Command and later transported to the Bureau of Corrections on St. Thomas to be remanded.

Monday, November 11

6:07 p.m. - The owner of Uncle Joe's BBQ c/r loud music in Cruz Bay. Disturbance of the peace.

7:23 p.m. - An Estate Pastory resident p/r that a Rasta male approached her in a disturbing manner. Disturbance of the peace.

10:05 p.m. - A citizen c/r a

disturbance in the area of Cactus Hill. Disturbance of the peace.

Tuesday, November 12

12:34 a.m. - An Estate Enighed resident c/r that he was assaulted near the Cruz Bay ferry dock. Assault in the third.

11:37 a.m. - A Great Cruz Bay resident c/r that he fell off his balcony. Accidental injury.

8:10 p.m. - An Estate Pastory resident p/r that a male stole his money when it dropped out of his pocket at Wharfside Village. Petit larceny.

Wednesday, November 13

10:04 a.m. - An Estate Carolina resident c/r a disturbance at Mongoose Junction. Disturbance of the peace.

10:51 a.m. - An Estate Contant resident c/r a disturbance at Elaine I. Sprauve Library. Police assistance.

Thursday, November 14

12:38 a.m. - A citizen c/r an auto collision in the area of Estate Enighed. Auto collision.

8:30 a.m. - An Estate Enighed resident p/r an auto collision, hit and run, at Mongoose Junction. Auto collision.

3:34 p.m. - A citizen p/r that her iPhone 4S and \$1,000 were stolen from her bag in the area of downtown Cruz Bay. Grand larceny.

Crime Stoppers U.S.V.I.

To date, no tipster has ever been discovered due to a fault in the system, anywhere. If you know something, say something as law enforcement needs to know what you know.

Between 10 a.m. Wednesday, October 29, and Thursday, October 30, at about the same time, a dinghy, engine and trailer were stolen from the area of Great Cruz Bay. The dinghy is a grey 2010 inflatable, is 10' 6" in length, and 5' 5" in width. The outboard engine is a Yamaha E15.

VIPD Safety TIPS

VEHICLE SAFETY TIPS

Common sense tips to use everywhere — at home and on vacation

Always keep a copy of your driver's license, registration and insurance with you or in the car while driving — it's the law

If you hear sirens, you must pull over and let the emergency vehicle pass

Cooperate with the police officer if you are stopped while driving your car

Making our Community a Safer Place to Live, Work and Play

These safety tips are brought to you by the VIPD and the St. John CIT



Community Calendar

St. John Tradewinds welcomes notices of community-oriented, not-for-profit events for inclusion in this weekly listing. Call 776-6496, e-mail editor@tradewinds.vi or fax 693-8885.

Monday, November 18

— The Coral Bay Community Council's Annual Meeting and potluck is Monday, November 18, at Miss Lucy's from 4:30 to 7 p.m. Dinner will begin at 5:30 p.m.

Tuesday, November 19

Author Cristina Kessler will speak at the first Virgin Islands Audubon Club meeting of the season on Tuesday, November 19, at 7 p.m. on the second floor of The Marketplace.

Thursday, November 21

The Island Green Building Association will kick off the 2013/2014 season of its popular monthly Green Thursdays seminar series on Thursday, November 21, at 5:30 p.m. at the Giff Hill School's upper campus auditorium.

Friday, November 22

— Giff Hill School is proud to announce the 4th Annual "Giff Hill School Gives Back" community service day on Friday, November 22.

Thursday, November 28

— The St. John Landsharks will be hosting their annual Turkey Day 5K on Thanksgiving morning, November 28.

Friday, November 29

— The St. John Historical Society will join the Forstberg

Committee on Friday, November 29, for the annual walk to Fortsberg. Participants are asked to park near the V.I. National Park visitors' center and meet at the entrance to the Cruz Bay Battery at 9:10 a.m. An orientation will then take place at the VINP visitors' center. Those going by bus are asked to make a \$25 cash contribution for adults, and \$12 for children. Those going in their own vehicles, \$15 contribution. For more information, contact Dr. Gilbert Sprauve at 344-3556.

Saturday, December 7

— The CBCC is planning a "Coral Bay Bizarre Bazaar," a large community outreach program and fundraising event on Saturday, December 7, from 11 a.m. to 5 p.m. at Pickles in Paradise.

Wednesday, December 18

Don't miss the St. John Animal Care Center's Christmas Open House on December 18 at the group's animal shelter on Library Road in Cruz Bay.

Saturday, January 18

Mark those calendars for January 18 from 6 to 9 p.m. when the St. John Animal Care Center will host its annual Winter Gala at the Hall House in Estate Chocolate Hole.

ALCOHOLICS ANONYMOUS MEETINGS

All meetings are now open. Monday, Tuesday, Wednesday and Friday 6 p.m. Nazareth Lutheran Church, Cruz Bay; Thursday 7 a.m. Nazareth Lutheran Church, Cruz Bay; Sunday 9:45 a.m., Hawksnest Bay Beach; Tuesday, Thursday and Saturday 6 p.m. at Moravian Church, Coral Bay

NARCOTICS ANONYMOUS MEETINGS

Narcotics Anonymous has open meetings from 6:30 to 7:30 p.m. every Saturday at St. Ursula's Church.

AL-ANON MEETINGS

For Al-Anon meeting location and times, please call (340) 642-3263

Crossword

By Frank A. Longo

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116						117		118	119	120				121	122					
123						124							125							
126						127												129		

PICTURE OF ANCIENT CONFLICT

ACROSS

- 1 Jokester Johnson
- 5 Witch trials town
- 10 "Presto —!" (magician's cry)
- 16 Super Sunday stats
- 19 Big skin-care brand
- 21 Former veep Humphrey
- 22 Sound from a boozier
- 23 Start of a riddle
- 25 That, in Chihuahua
- 26 Methods of cell division
- 27 Adult kitten
- 28 It gets the graphite out
- 30 Has life
- 31 Riddle, part 2
- 36 Writer — Calvin
- 38 "— So Vain"
- 39 RSVP encl.
- 40 Roomy auto
- 44 Home of the Buccaneers
- 47 Deborah of "Quo Vadis"
- 48 Lacking depth, briefly
- 49 Riddle, part 3
- 52 Superpower until 1991
- 54 Toy brick brand
- 55 Kid-friendly card game
- 56 Jump for joy, perhaps
- 59 "It takes two to —"
- 63 Kidney-related
- 65 Riddle, part 4
- 67 Zadora of "Hairspray"
- 68 Mob group
- 71 Step face
- 72 "Which way — he go?"

DOWN

- 1 Japanese cartoon style
- 2 Secure in position again
- 3 Little Richard's "— Frutti"
- 4 Character of a culture
- 5 Most aching
- 6 Years and years
- 7 "Holiday" actor Ayres
- 8 Austin-to-Boston dir.
- 9 Traveler Polo
- 10 Apt to gab
- 11 Drone
- 12 Actress Maryam d'—
- 13 Reno's st.
- 14 Mourning people
- 15 Cheri formerly of "Saturday Night Live"
- 16 Constellation Cygnus
- 17 A drug might cure it
- 18 Left a lasting mark on
- 20 Napping, say
- 24 Water, in Lille
- 29 Election loser, e.g.
- 31 Texas siege setting
- 32 Total flop
- 33 Just dandy
- 34 Actor's signal
- 35 Bursts in suddenly
- 37 Rate — (be perfect)
- 40 Hollywood's Mineo
- 41 Salon boards
- 42 Place-marking folds
- 43 In a little bit
- 45 Ill-gotten wealth
- 46 Location
- 50 A Disney princess
- 51 Baglike part
- 53 Roils up
- 57 French for "father"
- 58 "Ella" author Geller
- 60 "Absolutely"
- 61 Bits of sparkly stuff
- 62 Atypical
- 64 Former New York senator
- AI D'—
- 65 Trial promise
- 66 Alphabet quintet
- 67 Ryder Cup org.
- 69 Illuminated by a flame

- 70 Bartender's "rocks"
- 74 Bill Gates' wife
- 75 Tier
- 76 Modest "As I see it," to texters
- 77 Rhythm
- 79 Go-ahead signals
- 82 Exerciser's moisture
- 83 Tax write-off
- 85 — Paulo
- 87 Bumps that contain taste buds
- 89 Author Morrison
- 90 Arranges like a graphic designer
- 91 Fly south, say
- 92 Excitement
- 93 Some roller coasters
- 95 Costa — Sol
- 96 Top card
- 101 Exertion
- 103 Gradually narrows
- 105 Some diving positions
- 106 Sock-in-the-gut sound
- 107 Back in style
- 109 Super 8, e.g.
- 110 Battery part
- 111 "— -Cop"
- 112 Bad lighting?
- 115 Suffix with prank or poll
- 118 — -en-Provence, France
- 119 Old boomer
- 120 Tee- —
- 121 Skirt line
- 122 Bond girl player Green

Classifieds

For Rent

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"Casa de Sonadores" - Is a top of the line luxurious pool villa located in the gated, upscale subdivision of Virgin Grande Estates. Sweeping south to westerly views from St. Croix & over Pillsbury Sound to St. Thomas ensure great sunsets year round. Features include custom woodwork, coral stone floors & decks throughout, pool and spa, game and media room and fine furnishings. **\$2.65M**



"Privateer Point" - St. John's most dramatic home site is now offered for sale. For a spectacular private estate, one cannot find better than the 14 acres of Privateer Point. Surrounded by water on three sides with unlimited views of most of the British Virgins, it just does not get better than this. Three pocket beaches add to the charm of this nature lover's paradise. Paved roads. **\$9.15M**.



"Tree-Top Hideaway" "Green Architecture & Self Contained" with comfy living areas at an affordable price - your "Shipping Muse." Seen in Dwell Magazine, these unconventional houses make perfect sense for island living. An innovative owner has created a wonderful property with 3 separate units, each with screened kitchen/dining porches & decks for your leisure with fine St. John valley views. **\$399,999**



"Sea Palms" in Great Cruz Bay is near the end of the point at Maria Bluff with fantastic water views south to St Croix and west to St Thomas. This well built 3 bedroom, 3.5 bath home features custom mahogany trim, air conditioning, wet bar, high ceilings, large pool, easy access and fantastic sunsets. Each bedroom has a private balcony. Master bedroom has a walk in closet. Large 0.76 acre corner lot has room for a guest house. **\$1.679M**

"Samba Azul" is an exquisite new rental villa that boasts beautiful sunset views overlooking Chocolate Hole bay and beyond to St. Thomas with two spacious, air conditioned bedrooms each with its own Jacuzzi tub, large shower and private deck. The great room consists of a well-equipped gourmet kitchen with granite counter tops & a large comfortable living area that opens to an outdoor, covered dining area. Exceptional craftsmanship throughout by the Owner/builder must be seen to be fully appreciated. **\$1.3M**



"El Cielo" - This masonry home has an ideal location in every way. Midway between Cruz Bay and Coral Bay this four bedroom home is perched on a flat ridge just above Upper Peter Bay & has National Park land to the north and east to ensure quiet and privacy. Graceful arches frame the sweeping views from Lovango Cay to Jost van Dyke. Features include custom mahogany doors & windows, a large deck with pool, stainless appliances, air conditioned bedrooms, 18" floor tiles, large great room & an office. **\$2.25M**.



"Vista Cielo", or View of the Heavens, features some of the best sunset and water views in the Caribbean. This luxurious, fully air conditioned, very well built 3 bedroom pool villa is located in the quiet gated community of Virgin Grand Estates. It sports a gourmet kitchen and an architecturally magnificent pool, is elegantly furnished with every convenience, and beautifully landscaped with colorful tropical blooms. **\$2.95M**



"Picture Point" - One of the most beautiful lots on St. John, this parcel is high on Bordeaux Mountain at "Picture Point" - aptly named because it has the most breathtaking views on St. John & it is hard to drive by without snapping a few photos. See all the way from Jost Van Dyke to Tortola, Virgin Gorda & Peter & Norman Islands. Over one acre with a moderate slope & paved access for an easy build. High elevation & easterly trade winds. Just listed at **\$550,000** Adjoining half acre also available.



"Limin' Time" - The perfect Caribbean cottage with a sandy pocket beach on Great Cruz Bay & a very large pool & deck. Completely redesigned and refurbished in 2009, Limin' Time is better than new with high end fixtures, furnishings & new pool with the perfect location in this well established neighborhood. Moor your yacht within sight & just pull your dinghy up on the beach. Swim & snorkel without driving. New solar power. **\$1.249M**.



"Rhapsody" - Perhaps the most impressive short term rental on St John. Features include waterfront location, 16' x 32' spectacular infinity pool at great room level, stone & masonry construction, granite & stainless kitchen, 2 full laundries, garage, spa, 5 lg. bedrooms (2 with sitting rooms), spectacular sunsets and end of road privacy. Close to Cruz Bay **\$5.95M**



"Palm Terrace Villas" - Some of the most spacious condos to be found on St. John with beautiful views, generous balconies, common sun deck and pool area, tropical landscaping, walk to town & Frank Bay Beach. Granite countertops, stainless appliances, private washer and dryer, ample storage, and cool breezes. These condos have it all. **\$525,000 to \$799,000**.

"SPECTACULAR WATERFRONT" parcel with access to a sandy beach at Friis Bay and amazing views of the British Virgins. Enjoy the cool breezes & sounds of surf on the beach below. Easy access and downhill build. A protecting barrier reef provides calm waters with gorgeous turquoise & blue water colors over the lagoon. You might even catch your own lobster for dinner. **\$725,000**

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Concerns Over Essential Oils



Some wonder whether the fascination with essential oils is so good for the planet, given that it can take hundreds if not thousands of pounds of plant material to make just one pound of an oil. Pictured Left: A lavender field at the Norfolk Lavender farm and nursery and distillery in Heacham, Norfolk, England.

Dear EarthTalk:

What's the skinny on essential oils? I love them, but a friend told me they are no good for the environment.

Mary M., via e-mail

Essential oils are more popular than ever for medicinal and therapeutic purposes as well as in fragrances and flavorings for food and drinks.

Typically produced by harvesting and distilling large amounts of various types of plant matter, essential oils are in many cases all-natural and can take the place of synthetic chemicals in many consumer applications.

But some wonder whether this fascination with essential oils is so good for the planet, now that their popularity has turned them into big business.

"It often takes hundreds of pounds of plant material to make one pound of essential oil," reported aromatherapist and author Mindy Green of GreenScentsations.com.

It takes 50 to 60 pounds of eucalyptus to produce one pound of eucalyptus oil, 200 to 250 pounds of lavender for one pound of lavender oil, 2,000 pounds of cypress for a pound of cypress oil and as many as 10,000 pounds of rose

blossoms for one pound of rose oil, Green added.

Production of these source crops takes place all over the world and is often organized by large multinational corporations with little regard for local economies or ecosystems.

"Growing the substantial quantities of plant material needed to produce essential oils results in a monoculture style of farming, with large swaths of land dedicated to a single species," said Green. "These systems are most efficiently managed by intense mechanization, and irrigation is frequently used for optimal oil production of the plants."

"As global citizens we have not learned how to equitably distribute vital resources like food, and water resources are trending toward a crisis of the future," she said. "So there are deep ethical concerns about devoting croplands to essential oils destined for use in candles, bath oils, perfumes, or lavish massage and spa purposes."

Many essential oils are not produced from sustainable sources, Green added.

"Some species are at risk, particularly those occupying marginal habitats such as dwindling tropical forests," she said.

The poverty-stricken in developing countries will harvest

and sell whatever they can, in order to put food on their own tables, Green added.

Cropwatch, a non-profit that keeps tabs on the natural aromatics industry, maintains a list of wild species threatened by the fast-growing essential oil trade. Of particular concern are essential oils derived from rosewood, sandalwood, amyris, thyme, cedarwood, jatamansi, gentian, wormwood and cinnamon, among others, as they may well be derived from threatened and illegally harvested wild plant stocks.

Also, some essential oils must be treated as hazardous if spilled and should be kept out of sewers and local waterways. Mountain Rose Herbs, a leading retailer of essential oils, reports that if its tea tree oil spills, it should be absorbed with inert material and sealed in a container before disposal at a hazardous waste collection site.

Such information is included on the company's Material Safety Data Sheet for every essential oil and includes information about flammability and chemical composition. Consumers would be well served to check the MSDS for any essential oils they might like — Mountain Rose will supply them to customers by request — to make sure they are using (and disposing of) them correctly.

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<p>"SAVE WAPA COSTS! 'SEA TURTLE VILLA'" is a "green" SOLAR NET-METERED contemporary home that cash flows! Amazing water views, sleeps 8, tropical landscaping, pool, & open architecture set amidst secluded privacy.</p> <p>MLS 12-301 \$1,295,000</p>	<p>"WINDCHIME" is a very private 1.4 ac. estate set high atop Giffit Hill. Dramatic views to the east w/ spectacular breezes and sunrises. This 3 bdrm villa has room to expand with an oversized pool facing the terrific view.</p> <p>MLS 12-381 \$1,295,000</p>	<p>"WHALE WATCH" - Enjoy pristine East End in this lovely, 2 bedroom villa with big water views. Downstairs apartment offers additional living & income space. Hear the sound of the waves lapping below.</p> <p>MLS 13-204 \$1,225,000</p>	<p>"SONNENBERG" AMAZING VIEWS Perched above Coral Harbor and Hurricane Hole with large pool, 4+ bedrooms and private apartment. Close to town in gated community.</p> <p>MLS 13-392 \$1,200,000</p>	<p>"PARADISE ON THE ROCKS" - Tropical living, ocean & mountain views in this masonry home centrally located on Ajax Peak. Two units: upper level is 2 bd/2 bth home w/ deck while the lower level offers a private entry 1 bd/1 bth apartment. Rent one, live in the other!</p> <p>MLS 13-470 \$1,150,000</p>	<p>"WILD ORCHID VILLA" in Skytop features privacy and amazing 270° panoramic views! Flexible floorplan 4 bdrm, 2 level villa is custom crafted in exotic hardwoods & stonework. Awesome sunrises! Beautiful sunsets! Cool breezes!</p> <p>MLS 12-391 \$980,000</p>
<p>"LOVE VIEW TOO" 2 br/3bth w/ sweeping views to East End & BVI. Concordia home near Salt Pond Bay and US National Park is all-masonry construction w/ pool. Villa w/ pod living is ideal for rental or family retreat.</p> <p>MLS 12-139 \$850,000</p>	<p>"COMPLETE THIS DREAM" The ground work has been laid for a new owner to step in and complete this house! Completed is a masonry 2x1 apartment and a detached 1x1 wood cottage.</p> <p>MLS 13-129 \$745,000</p>	<p>"YOU CAN SEE FOREVER" Exceptional BVI views from nearly 1/2 acre, 2 home property on lower Bordeaux. Large cottage with kitchen & living room area, bdrm, bth, sleep loft & wrap-around porch. Second cottage is roomy efficiency with full kitchen, bath & lovely front view porch. Live in one & rent the other!</p> <p>MLS 13-346 \$615,000</p>	<p>"FISH BAY" 4X2 INCREDIBLE VALUE! Huge panoramic views and a quiet, private, breezy location that borders Nature Conservancy property make this home a must see!</p> <p>MLS 13-267 \$475,000</p>	<p>"VERY MOTIVATED SELLER!" SABA COTTAGE offers an open floor plan & valley views of historic sugar mill. Room to expand this small but well constructed home. Two parcels-keep one and sell the other.</p> <p>MLS 13-199 \$215,000</p>	<p>"BEACHFRONT GRANDE BAY RESORT" Has great views! Beautifully furnished & easy access to shop/restaurants. Large pool & deck area, fitness & reception center, indoor parking & elevator service.</p> <p>Two 3 BR/2 BA from \$1,139,000 and 1 BR/1 BA \$745,000</p>

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HANSEN BAY	hillside & WATERFRONT \$ 144,000	CALABASH BOOM	hillside \$ 229,000	SABA BAY	hillside & WATERFRONT from \$ 999,000
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Schedule of Events —

**FRIDAY,
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Single-Handed and Gaffers Race

8:30 a.m. — Registration

9:30 a.m. — Skippers Meeting. Race course announced.

5–7 p.m. — Friday night music and party at Skinny Legs

Mandatory registration Friday night for all Saturday **Pursuit** Class racers. This is all boats other than PHRF. If unable to attend, please call Steve at 340-513-4955 for your start time for Saturday morning.

**SATURDAY,
NOVEMBER 30**

All Classes: Traditional, PHRF1, PHRFII, IC24, & Pursuit

8:30 a.m. — Skippers Meeting.

Race course announced. Start times for Pursuit Class announced.

5:30 p.m. — Awards Party at Skinny Legs with music by **HUDSON & THE HOODOO CATS!**

PLEASE NOTE: Traditional Class shall have a gaff or low aspect ratio sail. Consult the Race Committee for luff-foot ratio. The Race Committee reserves the right to disallow non-traditional vessels. Pursuit Class will have open sail choice.



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