



Bijlage VSBO PBL

2025

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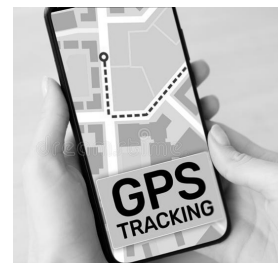
Engels

Tekstboekje

Text 1 Smart solutions

Need to use your GPS for directions, but forgot to charge your phone before heading out? The following tips from our readers ensure your battery lasts:

- Take screenshots of the turn-by-turn directions. Checking a photo requires less battery power.
- Input your destination, then switch the phone to airplane mode to turn off all battery-draining apps.
- Download your route ahead of time and then use the phone's Offline Maps feature, which can be used without internet.
- Turn off your phone's Live Logging option, which not only shares your location with friends and family, but also drains your battery.



Adapted from: First Magazine

Text 2 Bachelor's Beach

The Public Entity Bonaire has confirmed that Bachelor's Beach (Playa Fòrn'i Kalki) will remain freely accessible to the community. The goal is to improve the facilities so families and everyone else can enjoy the beach more. In recent months the island government has been rethinking the design in response to comments and proposals it has received from the local community.

The current plan provides for more parking spaces for cars and more space for scooters and bicycles. There will be speed bumps on the E.E.G.-Boulevard, a terrace, barbecue area, playground, public toilets and shelters for rainy weather. Kiosks will be available where local entrepreneurs can sell products or rent out beach equipment. Free highspeed internet will be provided by Telbo. According to the government, it wants to assure "the beach retains its current identity and does not become too crowded."

Adapted from: The Bonaire Reporter

Text 3 No chicken in the nuggets?

Burger King (BK) has a new vegan alternative to one of its classic meals: chicken nuggets, without ...4.... The newest menu item on the Miami-based fast-food chain comes after the success that the company saw in 2019 with the plant-based 'Impossible Whopper'.



As you can see in the picture, the 'Impossible Nuggets' ...5... regular chicken nuggets, with a golden-brown, crispy breading. But 'Impossible Nuggets' are quite a bit more expensive than the bird-based chicken nuggets, according to BK's website. They cost about ...6.... And how do these nuggets taste? "Delicious," according to many enthusiastic ...7....

The nuggets are on the menu at select BK restaurants in Miami. The company did not immediately respond to the Miami Herald's question on when they will be available in the rest of Florida. Burger King rolled out the plant-based nuggets across three cities for a test run. ...8... Miami, the nuggets are also available at BK locations in Des Moines (Iowa) and in Boston.

Many vegan and vegetarian menu items have been appearing on menus in South Florida restaurants in recent years. When it comes to plant-based *fast food*, Burger King is king for now. However, it probably won't be long until McDonald's launches its ...9... Big Macs.

Adapted from: The Miami Herald

Text 4 Advice column

Dear Abby: I am 17 years old and I've been going out with my girlfriend, also 17, for a year. She is a beautiful girl who has quite a few male 'fans' on Facebook, mostly from before we met. What bothers me, is her habit of posting selfies and then loving the comments from all these guys about her looks, and I don't understand why she does this. We have discussed this many times, but she can't seem to stop.

Other than this, we seem to have a healthy relationship with the occasional normal hiccups. I would like to take our relationship to the next level, but I can't help wondering if the Facebook habit is a sign that she needs more than what our relationship is giving her. Please advise me.

- Harold

Dear Harold: Your girlfriend's Facebook habit may be a sign that she is insecure about her looks – or a show-off –, which is why she encourages these 'fans' by totally loving their comments. Frankly, it's sad that she needs more attention than she can get from one person, but that's the young woman you're involved with. You need to figure out if you can live with this. If she were seeing these boys and men in the real world, I would say you have a serious problem. But as long as she's not, it shouldn't present a serious threat to your relationship, unless you make it one.

- Abby

Adapted from: The Charlotte Observer

Text 5 Meet B-Girl Logistx

This is Logan Edra, a famous B-Girl (as female break-dancers are known), from California.

1 I started using an appointment planner when I was 6 years old. Not that I had many appointments – but I had to keep track of 'school,' 'homework,' 'play with dog' and 'eat lunch' somehow.

2 My dad noticed how orderly I was and how much I kept to myself, and he wanted to make sure I was socializing with other kids. I was 9 when he – almost literally – pushed me into hip-hop dance classes. He had grown up in the 80's and he thought this might be the perfect way to free me from my shyness. Trying to imitate the older dancers' moves, I was stunned, but also thrilled. My dad eventually gave me my nickname, Logistx, because of my obsession with organizing and details.

3 Dance was scary in a good way. It was like a roller coaster that terrified me, but after the ride finished, all I wanted was to get back on. It certainly pushed me outside my comfort zone. I've already been to Taiwan, China, India, England and Hungary to do head spins and



cartwheel flash kicks. With each opportunity to travel, perform and share with others, my horizons have expanded – and my art is expanding along with them.

4 I've been offered jobs teaching choreography. I have appeared in movies, TV series and on TV shows, and I've produced a mini-documentary about African dance. My dream is to compete in the Olympics. Break dancing has recently been added as a new category in the Olympics, which is huge.

Adapted from: The Oprah Magazine

Text 6 Best buddies!

1 These two handsome young boys are inseparable! They eat together, sleep together, chill together, walk shoulder to shoulder together, and are always ready for human attention together. Both seven months old, Yuki (black) is about a week older than Bali. Yuki arrived after being rescued by Animal Rescue; a few weeks later, Bali's owner passed away and he was taken to the shelter. But neither were interested in hanging out with the other animals! The two cats bonded immediately and have been best friends ever since.



2 The shelter would really love to have these two cats go to the same 'fur-ever' home. They are so close that it would be really sad if they were separated. Yuki and Bali are both very laid-back kittens, always ready for love and attention from humans... and usually sleeping or cuddling together the rest of the time. They are definitely not animals that require high maintenance and they would be a loving and warm addition to any home. Two is often better than one, as these two keep each other company when you are at work or away.

3 Please come and meet Yuki and Bali. You will surely fall in love with these buddies, just as the shelter staff has. You can visit them at Kaminda Lagun 26, Mon-Fri 9 am-12 pm and 3-5 pm, Sat 9 am-3 pm nonstop. You can also call or WhatsApp 701-4989 to make an appointment to meet them.

Adapted from: animalshelterbonaire.com

Text 7 Explore a piece of paradise... Klein Curaçao



- 1 Klein Curaçao is a 1.7-square-kilometer uninhabited island south-east of Curaçao in the Caribbean Sea. The only structures on the island are an old lighthouse, a beach house (with toilets and showers), and several huts.
- 2 Klein Curaçao is well known as a great spot because of its beautiful coral reef. It is fairly easy to spot colorful fish and sea turtles also when snorkeling. There are many charter boats that can take you to Klein Curaçao to experience its natural beauty and charm. The charter boats provide all snorkeling equipment. Upon arriving on the island, you will see crystal clear blue water and a white sandy beach that stretches for most of the coast. The sight is truly one that needs to be seen in person.
- 3 Once you reach land, and you dig your toes in the sand, you realize you have just set foot on a piece of paradise. Before laying your towel down to relax in the sun, take a short walk to the lighthouse. Once there, you will be able to climb it, not to the top, but a short distance up. It is a charming structure that will create beautiful photos for your summer album.
- 4 Next, strap on your fins and snorkel mask and dive in. There are many turtles and fish to explore just a few feet from shore. You can easily spend hours exploring the underwater world of Klein Curaçao. If you have chosen to take a charter boat to the island, lunch is usually included, along with drinks. The only items you really need to pack are a towel, sunscreen and a camera.
- 5 Klein Curaçao is a one-of-a-kind experience. So if you have the chance to take a trip there while on your summer vacation, it is highly recommended.

Adapted from: Summer Breeze Magazine

Text 8 Toad 'steals' shoe

1 A toad claimed one of Sita Hood's running shoes, on the porch outside her front door, as his home last year. At first, Hood thought it was a coincidence and assumed the toad would hop away over the next day or two. But the toad ended up staying the entire summer. Sita named him Jabba. He would catch as many flies as he could consume by day and lounge in her shoe in comfort by night. Then one day in October he disappeared, going somewhere else to sleep through winter.



2 It was a cute story, and Sita thought it ended there, but she was in for a big surprise! Jabba returned this spring and jumped right back into Sita's old shoe. Sita says it's no longer her shoe anymore but Jabba's home. She even made a sign for the amphibian so people wouldn't accidentally kick him out.

3 "Donating my shoe was no big deal," Sita added. "If it provides Jabba comfort and protection, why not?"



Adapted from: Reader's Digest

Text 9 Healthy hair with chia seeds

Chia seeds are tasty, healthy and whole grain. But did you know that they improve your hair's health also? They reduce fall-out and increase hair growth. Minerals like magnesium and calcium in the seeds hydrate and strengthen hair strands. Plus, their omega-3 fatty acids stimulate your hair at its root. This promotes growth. The high amount of protein in chia seeds repairs damaged hair and fortifies it at the root to prevent hair from falling out.

In a bowl, mix 1 tablespoon of chia seeds and $\frac{1}{2}$ cup of coconut milk and let it soak for 5 minutes. Next, massage the mixture onto your clean, dry scalp for 1 minute. Let sit for 15 minutes before rinsing. Use twice a week for a head of hair that looks two times thicker within three weeks.

Want a bonus? Make a chia-seed pudding by combining 3 tablespoons chia seeds, 1 cup of milk and $\frac{1}{2}$ tablespoon of honey. Let sit in the fridge for two hours or overnight. Then top with fresh berries before enjoying.



Adapted from: First Magazine

Text 10 All you need is LOVE

Gloria Alexis and Jeffrey Miller fell in love in a residential care center in Brooklyn, New York. This couple's wonderful story will steal your heart and fill it with hope and happiness.

1 The days that Gloria, 71, spent in the hospital inspired an 'aha moment' for 76-year-old Jeffrey Miller: He realized he wanted to marry his sweetheart. The two had met at Amber Court Assisted Living in Brooklyn years earlier. Gloria, a widow from Grenada, began giving Jeffrey a daily kiss on the cheek when she passed his table in the dining room. Soon they were eating meals side by side and watching reruns of old TV series.

2 When Gloria was hospitalized, Jeffrey decided it was time to act. He bought a diamond ring! Then he asked staffers to assist with roses and balloons. A few days after Gloria returned to the center, he pulled her onto the terrace and proposed, while staffers watched with excitement. 'She didn't see it coming,' Jeffrey admits, 'but she said yes.' He adds: 'You're never too old to find love.'



Adapted from: The Oprah Magazine

Text 11 What are you most grateful for this year and why?

Deana	The beautiful outdoors. I only knew the gym before. Now I have all kinds of animal friends I see during my workouts. There's a squirrel that greets me each morning – same place, same time. The happiness I feel from that daily meeting has surprised me.
Jodi	The break-up with my boyfriend that I never expected. It has allowed me to become the strong, wise, sassy and fun young woman that I am. I never knew she was hiding inside.
Lori	That I live in a country where the authorities listen to the scientists and health professionals.
Louisa	My friends. I have reconnected with old ones and gained new ones in my neighbors. Somehow, I feel even closer to my best friends. I am thankful for all the love in my life!
Nickolas	Time for self-care. I have been tired, stressed out and over-worked for over ten years now. Strangely enough, I have been able to take time for family, naps and relaxation. Over 100 days in a row!
Vanessa	My dad's recovery after his illness. At first it was the worst news of the year, but it turned out to be less serious than we expected. His operation was successful, and we are all so happy.

Adapted from: The Oprah Magazine