



# Bahama Buy & Sell

Grand Bahama's Favorite Community Newspaper

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## Back to School Issue #1



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# Back-to-School Tips for Parents

Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

## Meet the new teacher

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins.

If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face. If your child's teacher sends a welcome letter, be sure to read the letter together.

## Tour the school

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

With an older child, you might ask him to give you a tour of the school. This will help

refresh his memory and yours.

## Connect with friends

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

## Tool up

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun. School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

## Avoid last-minute drilling

When it's almost time to stop playing, give a five-minute warning. Giving clear messages to your child is very important. Chat about



today's events and tomorrow's plans. While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

## Ease into the routine

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

SCHOOL SUPPLIES LIST

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<input type="checkbox"/> Pencil box	<input type="checkbox"/> Blunt-tipped scissors
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<input type="checkbox"/> No. 2 pencils	<input type="checkbox"/> Tissues
<input type="checkbox"/> Pencil sharpener	<input type="checkbox"/> Backpack
<input type="checkbox"/> Erasers	<input type="checkbox"/> Lunchbox or bag
<input type="checkbox"/> Glue sticks	



Q: What's the only school where you have to drop out to graduate?

A: Skydiving school

Q: What does a mermaid wear to math lessons?

A: An algae-bra

Q: When is the moon heaviest?

A: When it's full

Q: Why didn't the two 4's want dinner?

A: Because they already had 8

Q: Why does a polar bear have a fur coat?

A: Because he would look silly in a jacket

Q: What did one volcano say to the other volcano?

A: I lava you

Q: What stays in the corner but goes around the world?

A: A stamp

Q: Why shouldn't you swim on a full stomach?

A: Because it's easier to swim in a full swimming pool!

I don't worry about terrorism. I was married for two years.

A preacher prepared for Sunday morning service, but only one person, a farmer, was there. He asked the farmer, "What do you think we should do?" The farmer replied with a drawl, "Well, if only one cow came into the barn, I'd feed it."

So the preacher mounted the pulpit and began to preach... and preach... and preach. After about two hours, he concluded.

Then he stepped down and said to the farmer, "So, what did you think?" The farmer replied, "Well, if only one cow came into the barn, I certainly wouldn't try to feed it all the hay."

Top 7 Signs Your Preacher Needs A Vacation

7. You caught him snoring during the service while he was leading the congregational prayer.

6. The last ten sermons had the word "rest" in the title!

5. The closing hymn for the last three weeks has been, "I'll Fly Away!"

4. At last weekend's service he showed up in a Hawaiian shirt and Bermuda shorts!

3. Before the last board meeting, holiday brochures of exotic getaways were placed on each seat!

2. The preacher's wife has posted a picture of him with the caption: "Have You Seen This Man?" all over the neighborhood!

AND THE NUMBER ONE SIGN YOUR PREACHER NEEDS A VACATION

1. The theme of his Jonah sermon was -- "A Change Of Scenery Does A Body Good!"

For our daughters 6th birthday we bought her a rabbit. We couldn't help laughing when on the way she announced "the rabbit's name is Sparingly."

"How do you know?" I asked "look" she responded "it says "feed sparingly 3 times daily."

Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.

What has no beginning, no end, and nothing in the middle?

A donut!

Why did the turkey cross the road?

# Back-to-School Tips for Teachers

By: Jill, AAE

The joys and jitters of back-to-school are in the hearts of all teachers. Whether you're in the classroom teaching already or you're not starting back until after Labor Day take a few minutes and peruse my list of back-to-school tips. They may not all apply to your situation, but just as with teaching take the ideas that that work for you and make them your own. Enjoy!

- Start the year with a firm hand (not a mean hand), you can ease off later
- Set your rules by creating a clear discipline plan, a method for carrying out the plan and the consequences for following and not following the rules
- Decide which routines and procedures you'll have in place. Model proper execution of the routines and

procedures to your students. Next practice, practice, practice the routines with the students frequently the first few weeks. Review them as needed, students will need reminders throughout the year

- Create or update a substitute folder. Include important information about your classroom like a seating chart, your discipline plan, and class bell schedules. Include a couple of emergency lesson plans (I had at least three, one for each semester)
- Have your first week of lesson plans ready to go. Use the week to set your routines, rules, expectations. Get to know your students with different activities—in-class and homework
- Plan the first seating chart and have it

available for students as soon as they walk into class. Take note, this is the first seating chart of the year, it can change quickly

- Set aside some time everyday to grade. Etch it in stone so that you will remember to grade and to enter scores into the grade book. Around grading time, you'll be glad that you did.
- Start again—everyday. Each day of school is a new day. Give yourself a fresh start daily. Most students are forgiving; when you have a hard day, remember, tomorrow is a new day
- Be humble—we can all learn to be more effective in the classroom
- Smile—pretend like every student you meet is in need of a smile and a kind word, you'll be right most of the time

"Intelligence plus character—that is the goal of true education."



— Martin Luther King Jr.

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Why won't sharks eat clowns?  
They taste funny!

\*  
What did the mayo say  
when the refrigerator door  
opened?  
"Close the door! I'm dressing!"

\*  
What do ghosts use to wash their hair?  
Sham-BOO!

\*  
Where do horses live?  
In neiiliiigh-borhoods!

\*  
What do you do when two snails have a  
fight?  
Leave them to slug it out!

\*  
What kind of music do mummies like?  
Wrap

\*  
What did the doctor say to the banana?  
How ya peelin'!

\*  
What has 18 legs and catches flies?  
A baseball team

\*  
What do you call an alligator wearing a  
vest?  
An investigator

\*  
What is white when it's dirty and black  
when it's clean?  
A blackboard.

\*  
What never asks a question, but always  
demands an answer?  
A phone

\*  
What did one plate say to the other  
plate?  
Dinner's on me tonight!

\*  
What did one elevator say to the other  
elevator?  
"I think I'm coming down with  
something!"

\*  
Which side of a chicken has more  
feathers?  
The outside.

\*  
Why did the clown go to the doctor?  
He felt a little funny.

\*  
What happens when a red ship crashes  
into a blue ship?  
The crew gets marooned.

\*  
What day do chickens hate most?  
Fry-days!

\*  
How do you know if your clock is crazy?  
It goes "cuckoo!"

\*  
What did the left eye say to the right  
eye?  
"Between you and me, something  
smells!"

\*  
What do you call an elephant in a  
phone booth?  
Stuck!

\*  
Why is grass so dangerous?  
Because it's full of blades.

\*  
Why was the cookie sad?  
Because his mom was a wafer so long.

\*  
What do you call a dinosaur wearing a  
cowboy hat?  
Tyrannosaurus Tex.

\*  
What did the hat say to the scarf?  
"You hang around, and I'll go on a  
head."

\*  
Under the Rules of Civil Procedure, a  
deposition can be used for any purpose.  
During a trial, the defendant fell asleep  
at the counsel table. The opposing  
lawyer, obviously not impressed,  
requested permission from the court to  
use the deposition transcript to wake her  
opponent's  
client. The court, after carefully  
reviewing the rule, granted the request,  
after which the  
lawyer rolled the transcript up and  
smacked the man over the head rousing  
him from his slumber.

\*  
When my daughter-in-law noticed that  
her two-year-old daughter was ignoring  
her food, she said,  
"Keri, why aren't you eating?"  
Keri replied, "I can't eat; God told me  
not to."  
Her mother chided: "God wouldn't tell  
you not to eat your supper."  
Keri looked up at the ceiling, then  
conceded, "Well, maybe it was Moses."

# Tricks to Help You Get the Kids to School on Time

## Plan outfits ahead of time

This strategy tops lots of parents' lists for a reason. Lay out clothes for the next morning (or even the next week), and preempt any debates on what's considered appropriate school attire.

## Prep lunch the night before

When dad Chris Pegula, author of the book *From Dude to Dad*, noticed his friend's kids packing their lunch at night, a light bulb went off. "I looked in amazement as they made their choices," he said. "Within seconds they filled their lunch totes, and were onto the next task of getting ready for bed"

## Keep backpacks packed

Besides putting homework away ahead of time, professional organizer Janet Bernstein has her kids' phones charge on top of their backpacks each night, so they never forget them. "Implement this rule, and you've also solved the 'no devices in the bedroom' argument," she says.

## Set consequences and stick to them

A few moms reported that the threat of extra chores or no TV time works well in keeping kids on task. Consider making the morning routine part of your kids' allowance responsibilities: Each day you leave late, dock their weekly "pay."

## Store gear in the car

You may dream of shoes neatly placed



in bedrooms, but you might be better off stashing them by the backseat. One mom we polled always keeps socks and hair brushes in her car for getting ready on the go.

## Admit when you're the weakest link

Moms aren't immune to lateness either. Designate a tray for keys if you're constantly misplacing them, invest in a programmable coffee maker and start filling your gas tank in the evenings to make for a smoother start to the day.

## Add a little fun into the mix

Playing games at the bus stop or making it a race out the door can give kids an incentive to get moving. "I promised my kids muffins from the bakery near the school, which we could only get if we had time," says Stephanie Dolgoff, Editor at Large, Health and Family at Good Housekeeping.

## Be consistent

It's easy to space before the first cup of coffee, but standardizing the essential steps can help. "I do things in the exact same order every morning so it's very routine," says Lexie Sachs, Senior Product Analyst at the Good Housekeeping Institute. "Then I don't feel like I'm scrambling or forgetting something."

## Stay on top of signatures

Avoid last-minute scrambling by asking kids about permission slips, tests or reports cards the night before the morning rush. A family folder or inbox can also to keep important paperwork together (and not stuffed in backpacks).

## Simplify breakfast

A brunch buffet may not be in the cards, but you can still get kids fed and full with healthy breakfast bars, overnight oats or even frittata muffins. You can bake 'em on Sunday, and then reheat all week.

## Enforce bedtime

It's common sense, but a solid night's sleep makes getting up that much easier. "If they're pooped, they'll never make it," says Carla Levy, Editor-at-Large, Features and Books at Good Housekeeping, "but if both kids hit the hay on the early side, they'll usually wake up without me even badgering them. It's kind of amazing!"

You can get help from TEACHERS  
but you are going to have  
to learn a lot by yourself,  
sitting alone in a room.

-Dr. Seuss



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10 a.m.-7 p.m. |Coral Beach  
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community members as we discuss  
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and bring plenty of business cards.

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## Back to School

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# Your Biggest School Lunch Problems – Solved

### Problem #1: My kids drink a lot of juice. Is that bad for them?

“Choose 100% fruit juices over the fruit-flavored kinds, which have fewer nutrients. But since even the former have lots of calories and sugar, children over seven should have only eight to 12 ounces a day. If your kids want more, dilute it with water.” —Mary Gavin, M.D., pediatrician, author of Fit Kids



servings until at least 20 minutes have passed.” —Henry Legere, M.D., pediatrician, author of Raising Healthy Eaters: 100 Tips for Parents

### Problem #2: My daughter refuses to eat vegetables. Any advice?

“Make them fun. For example, we have a treat called Going Fishing. I cut up carrots, then put peanut butter and Goldfish crackers in separate bowls. The kids dip the carrots in the peanut butter and then ‘fish’ for the crackers.” —Cherlyn Fuhrmann, Collinsville, Illinois, mom of five

supplement the meal with items that have more nutritional value. If they insist on having chicken nuggets, for example, see that they get a salad, some fruit, and a glass of milk or bottled water along with it.” —Dorothy Brayley, executive director of Kids First, a nutritional program

“Serve salad and veggies at the start of the meal. Better for them to get full on healthy foods, versus high-fat ones.” —Alice Jo Rainville, Ph.D., R.D., associate professor of nutrition for Eastern Michigan University

“Serve them with reduced-fat ranch dressing. Students put it on everything; I call them the Ranch Generation!” —Karen Johnson, president, School Nutrition Association

“Make sweeter vegetables, like pumpkin and winter squash, into dessert-like dishes.” —Bridget Swinney, M.S., R.D., author of Healthy Food for Healthy Kids

### Problem #3: The kids just love fast food! What can I do?

“I see what they like to eat out and try to re-create those foods at home. For instance, we make our own pizza. Our version has more veggies, but it’s pizza, so they will eat it.” —Tara Nelson, Bountiful, Utah, mom of four

### Problem #4: My child’s lunch period is at 10:30! What should she eat?

“She needs a lunch with staying power to sustain her through the day. Pack her something with protein, fat, and carbs like a peanut-butter-and-jelly or cheese sandwich, and give her 2% milk.” —Ellyn Satter, M.S., R.D., author of How to Get Your Kid to Eat...But Not Too Much

### Problem #6: I give my child healthy brown-bag lunches — but how do I know if he’s eating them?

“One way to find out whether he’ll eat something healthy is by giving it to him at breakfast or dinner. If he likes it, put it in his lunch bag.” —Michael Gomez, chef in Crescent City, California, who created TEEN CHEF, a school program that teaches kids about nutrition

“Look for wrappers from foods you didn’t pack — a telltale sign that your child’s been trading!” —Alice Jo Rainville

### Problem #7: My nine-year-old decided he wants to be a vegetarian. Is this OK for a kid his age?

“This kind of diet can be healthy for your child — as long as he gets certain nutrients that meats would normally supply. Three cups of milk a day will provide much of the necessary protein along with vitamin B12 (found naturally only in animal products). He can get iron, zinc, and other B vitamins through a varied diet that includes dried beans and peas, nuts, and fortified whole grains. Of course, you should also make sure he gets six to nine servings of fruits and veggies a day, as well as a multivitamin mineral supplement.” —Bridget Swinney

“Want to get the lunch period pushed back a few hours or add a snack time? All school districts with national school-lunch programs are required to come up with local wellness policies. Get involved in these committees; it’s your chance to have a say.” —Karen Johnson

### Problem #5: Our boys eat a lot. How do I get them to cut back?

“First, have your kids eat only at the table and away from the TV or computer. Second, be sure they have plenty of water with meals. And third, don’t allow second

You have **BRAINS** in your **HEAD!**  
You have **FEET** in your **SHOES.**  
You can **STEER** yourself any  
**DIRECTION** you **CHOOSE.**  
~ Dr. Seuss

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# Essential Tools for Every Dorm Room Cleaning Kit

For many college freshman, it's their first time away from home—and first time away from Mom's expert hand at keeping their home clean. To coax them into doing chores without the lure of allowance, pack these easy-to-use (but powerful) cleaners with their supplies. They'll be the answer to many a collegiate cleaning problem, like these:

### 1. When coffee rings cover their desks

Wipes are a busy student's best friend — they're one-step, effective, and can you can stow a container of them almost anywhere, like under a desk or in a bathroom vanity. Disinfecting wipes like those from Lysol or Clorox remove dirt and grime from hard surfaces while killing bacteria. Maybe stock your kids' with a sticky note that reminds them not to use them on electronics, though — for tackling screen smudges, they should use a microfiber cloth or alcohol wipe (see #4, below).

### 2. When a hastily made breakfast ends up all over the floor

When she's running late to class, there's a good chance that handful of cereal she quickly grabbed will end up everywhere. A 2-in-1 stick vacuum picks up messes like these quickly and won't take up much space. The Bissell Bolt 2-in-1 Lightweight Cordless Vacuum 1313



a Good Housekeeping Seal holder, worked well on bare floors and low-pile carpets in our tests, plus the two-way folding handle makes for easy storage in tight quarters.

### 3. When they finally realize that bathrooms don't clean themselves

Not all students have en-suite bathrooms, but those could be faced with a rude awakening once mom waves good-bye. The easiest way to introduce your kid to the thrills of bathroom clean-up? Single-use scrubbers. Clorox Scrub Singles Bathroom Pads are disposable pads infused with a cleaner activated by water. It's a multi-surface cleaning tool can be used to remove scum and grime on showers, sinks & faucets, walls, countertops and more. Just wet, scrub, toss and rinse.

When it comes to the toilet bowl (ick!) have your student try Scotch-Brite's Disposable Toilet Scrubbers, which eliminate the need to clean a reusable toilet brush (a chore we imagine would only inspire a game of "not it!" between dorm-mates).

### 4. When their computer screen gets smudged

Laptops or tablets are a must on campus but, and since your kid will use his so often, they'll continuously collect dust, dirt, and bacteria. A can of compressed air is a handy electronic-safe way to blow debris out of keyboard crevices. And for screens, we like Grime Boss Touch Screen Wipes that banish fingerprints and lingering dust.

### 5. When they can't go any longer without doing laundry

A pop-up laundry hamper is easy to store and lug to the laundry room. The Neatfreak Pop Up Hamper with Pocket comes with pockets to hold laundry detergent and fabric softener, too (Or maybe that textbook, for fitting in some extra study time as their clothes tumble? A mom can dream.)

### 6. Before critters become a big issue

Dorms are defined by the swaths of people who are coming and going, every single day. As such, it's can be touch to control the insect friends that might get in the door, or sneak in wayward crack, hypnotized by the scent of snack food crumbs. Equip your college-bound kid with a mattress encasement so bugs don't decide to take up permanently in their bed. Try the Bed Bug Zipped Mattress Protector from Aller-Ease. It holds the Good Housekeeping Seal, and comes in twin extra-long, so it's sure to fit most dorm mattresses.

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On his last birthday, after all the presents were opened, it was clear that my five-year-old son wasn't thrilled with the ratio of toys to clothes he'd received. As he trudged slowly up the stairs, I called out, "Hey, where are you going?"

"To my room," he said, "to play with my new socks."

On his birthday, the husband was stuck driving their six rambunctious children around. As usual, they were yelling, punching, and annoying one another. Finally the father had enough. "Kids," he said over the din, "if you would behave and be kind to each other, that would be a very nice birthday present for me."

The six-year-old shot back: "Too late, I already got you another present."

The old lady who was always a regular church member had finally talked her cousin, a very free spirit, into joining the Church.

"Tell me, Reverend," the old lady asked, "Do you feel that my cousin will have her sins forgiven after all those years?"

"Yes I do. I'm positive of it. You must remember that the greater the number of sins, the greater the glory."

"Really, Reverend? Golly, I sure do wish I'd known that fifty years ago."

Where do shellfish go to borrow money?  
The prawn broker.

As a woman in the Marines, I often don't feel as feminine as when I had a civilian job in which I wore dresses and left my hair down. One day I was feeling especially depressed about this and couldn't wait to get home and change. When I arrived, I found that my friend and her 18-month-old daughter had been waiting for me. My friend is married to a Marine, and my worries about appearing less than feminine only increased when her little girl glanced up at me and yelled happily, "Daddy's home!"

What does seaweed say when it's stuck at the bottom of the sea?  
"Kelp! Kelp!"

By the calendar, it may still be spring. However, at 80 degrees, it feels like summer.

# Teachers Reveal Their Best Back-to-School Money Saving Secrets

Making sure your kids eat right as they dash between classes, after-school activities and plans with friends is tough, which is why it's important for parents to get creative when it comes to ensuring nutritional standards in their kids' lives even when they're away from home. Here we've found 50 great snacks and snack ideas that fit into the lifestyles of all types of active kids, no matter how messy that backpack is.

## The Fundamentals

These classic snacks are fun to eat, kid favorites, and easy to pack in bags and lunch boxes.

- **Peanut butter:** Packed with protein and the good fats your kids need to keep them running around all day, it's an easy add-on to sandwiches, breakfast toast, as a veggie dip and with fruit. Spoon a few dollops into a small plastic container for dipping.
- **Popcorn:** Pre-pop a bag of popcorn or Kettle corn — particularly the kind without loads of extra salt and butter — for a fiber-rich snack that's fun to eat.
- **Nuts:** Great for active kids who need extra calories but limited junk, nuts are easy to eat and pack. Choose unsalted nuts and nut mixes for less sodium.
- **Raw Veggies:** Cut up carrots, celery, bell peppers, cucumbers and other raw veggies for kids to munch on as they break for lunch or head to practices and games after school.
- **Peaches:** Peaches have a lot of vitamin C, so throw a pack of diced peaches into your child's backpack for cold-fighting power.
- **Strawberries and citrus:** These fruits are also high in vitamin C and great for transporting. Oranges don't even have to be cleaned before eating — teach your kids how to peel an orange or clementine they can eat any time.
- **Healthy energy bars:** Your grocery store's energy and snack bar aisle is probably pretty overwhelming, but don't grab any old box. Pick bars with more than 3 grams of protein and fiber, heart-healthy fats, whole grains, and limited sugar.
- **Sugar-free Jell-o:** Jell-o now makes sugar-free, low-calorie gelatin snacks in all types of flavors, already pre-packaged for backpacks.
- **Lean lunch meat:** Pierce rolled up pieces of lunch meat with toothpicks for a snack.
- **Trail Mix:** Assemble your own trail mix according to your kids' tastes and nutritional needs. Throw in dried fruit, sunflower seeds, nuts, low-sugar cereals, and even the occasional piece of candy for something sweet.

## Fun Recipes

When you have the time to experiment, surprise your kids with these fun recipes.

- **Carrot Wraps:** Cheeses, nuts, and apricots spruce up regular carrots.
- **Cherry Hungry Caterpillar:** Cherries and cream cheese are turned into a friendly caterpillar with this recipe.
- **Kabobs:** Low-fat meats and cheeses, cherry tomatoes, and fruit are fun to eat when pierced with a kabob stick.
- **Tuna salad roll:** Scoop out a whole-grain roll, then stuff it with tuna salad made with chopped apples and celery. Use low-fat mayo.
- **Apple bites:** Great for Halloween or a surprise, you'll stick silvered almonds in apple wedges that your kids will love to share.
- **Tomato Basil Pizza Snack:** Even as chilled leftovers, these are a great snack kids will look forward to all day.
- **Cream cheese hearts:** Use fruit spread and cream cheese with whole-wheat bread, and then cut the sandwiches into heart shapes.
- **Awesome applesauce:** Make your own applesauce to serve your kids at school.
- **Honey Ginger Carrots:** Give baby carrots more flavor with grated ginger, lemon zest, butter and lemon juice.
- **Yogurt on the Go:** Add sunflower seeds, raisins and strawberries to light yogurt.
- **Pizzadillas:** Don't forget to pack the dip for this sensible snack that packs in spinach, fiber, calcium, lots of

vitamins, and protein.

- **Wraps:** Wraps are an easy way to get your kids to eat spinach or lettuce, especially when they're surrounded by low-sodium meats and low-fat cheeses.
- **Egg tortilla:** Scramble eggs to roll in a wheat pita or tortilla.
- **Confetti quinoa:** Introduce your children to this fiber- and protein-rich food by whipping up this mix, packing it into a container, and serving it at room-temperature or cooled for lunch or later.
- **Super Strawberry Bars:** Make your own bars with rolled oats and strawberry jam.
- **Sweet-Potato Sticks:** Made with sweet potatoes and egg whites, this yummy snack is surprisingly easy.
- **Quesadillas:** Slip a leftover quesadilla made with low-fat ingredients into your kids' backpack for portable snacking.
- **Polka Dots' Tomato Spots:** These cherry tomato, cheese and tuna snacks will fit nicely in a plastic container and are easy to pop into little mouths.
- **Polka-Dot Waffle Sticks:** Kids get extra iron and vitamins with this recipe.
- **Cheesy Apple Butter Snack:** Add cottage cheese and grape nuts to apple butter.
- **Balls of Energy:** These little balls are packed with nutrients from bananas, peanut butter, peanuts and wheat germ.

## Keep Chilled

Throw an ice pack into your kids' snack bag to keep these nutritional snacks fresh.

- **String cheese:** A favorite kid snack for years, this fun-to-eat cheese stick is perfect for throwing into side pockets and lunch boxes.
- **Yogurt:** Protein, vitamin D and calcium are just some of the nutrients kids can easily get from yogurt, a product that's well-marketed in kid-friendly packaging and flavors.
- **Fruit salad:** Depending on the season, you can pack chopped and assorted fruits in a hard container for your kids' backpacks, with kiwi, blueberries, watermelon, strawberries and grapes for a colorful, tasty variety.
- **Milk:** Fill up a thermos with milk instead of buying sugary juices and sodas for their lunch.
- **Low-fat pudding:** Use nonfat milk if you make your own, or buy low-fat pudding already pre-packaged for healthy desserts.
- **Last night's chicken:** If you have left-over lean chicken, chop up chilled pieces for a salad topper or a snack for your kid's backpack.
- **Hard-boiled eggs:** Give your child a dose of protein power by hard-boiling a couple of eggs and putting them in plastic containers.
- **Cubed cheeses:** Pack an assortment of cubed cheeses for easy, portable snacking, and lots of calcium and protein.

## Crumble-Proof

Lots of snacks seem like a great idea, until they're smashed at the bottom of a bulky backpack. These crumble-proof foods last all day.

- **Raisins:** Higher in calories than regular fruit, raisins do fight cavities and gum disease, and it's an effective power-boosting snack to eat before workouts and active sports.
- **Pickles:** Low-calorie pickles are a kid-favorite because of their tart, sour taste. Buy pickles with no added sugars or artificial flavors.
- **Pita and hummus:** Either as a snack or lunchtime sandwich, pita is pretty durable, even in a backpack, and whole-wheat varieties have a lot of dietary fiber.
- **Salsas:** Pack salsas in a hard container — either a store-bought kind or something you make yourself — for healthy dipping and extra incentive to gobble up veggies.
- **100% juice boxes:** Avoid juices that are mostly made with sugar.
- **Apples:** They might bruise after a few days, but a

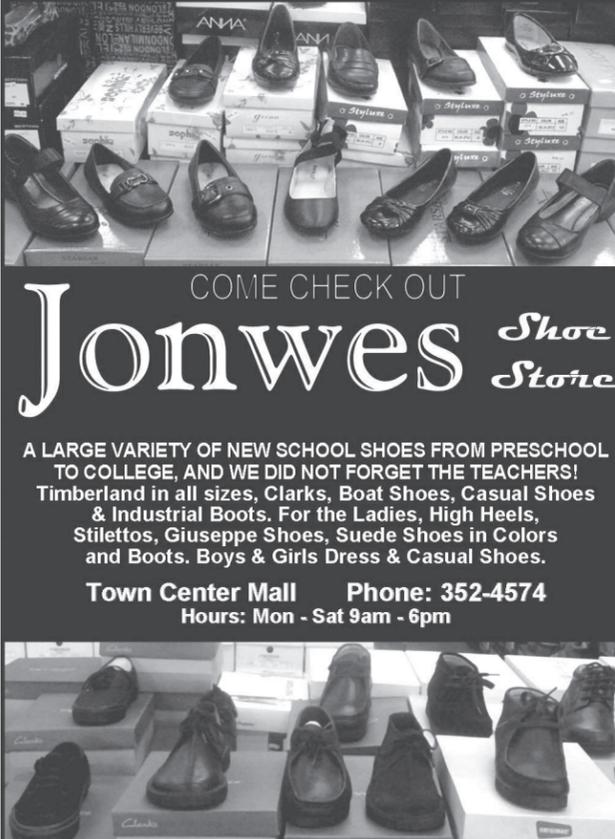


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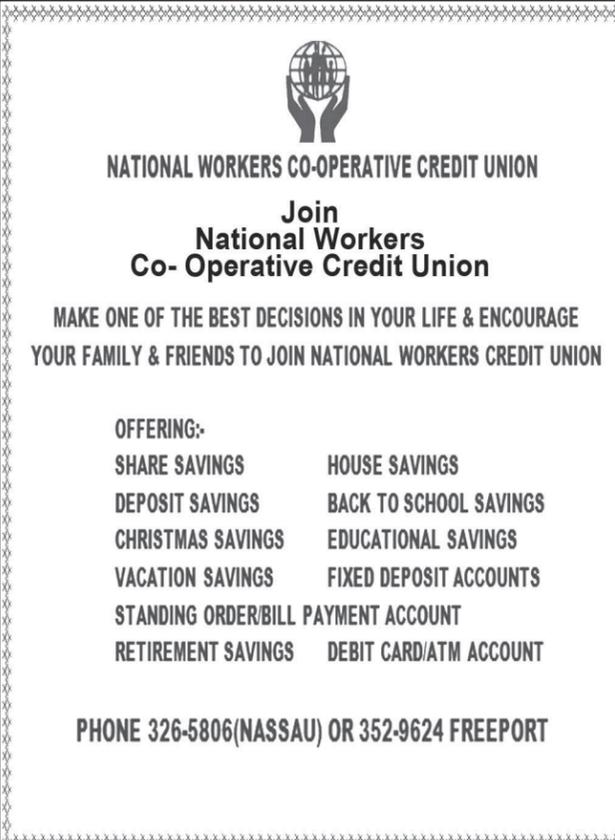


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washed apple is one of the easiest snacks a kid can dig out of his pack.

## Snacks to Share

- Pack extras for your kids to share with their friends, inspiring even more kids to eat healthy.
- **Baked chips:** Not all chips are totally bad for you, especially when they're baked, wheat-based, and shared with friends.
- **Rice cakes:** Buy lightly flavored (but low-sugar) varieties, or include a small container of peanut butter for your kids to share with the carpool gang.
- **Cheese and crackers:** Pack cheese spreads or slices along with wheat crackers.
- **Whole Grain Cereal:** Mix different types of whole grain cereal together for your kids to pass around with friends.
- **Oatmeal cookies:** Instead of throwing little boxes of junkier cookies into your child's bag, encourage them to share oatmeal cookies instead.



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A biker was riding along a California beach when suddenly the sky clouded above his head and, in a booming voice, the Lord said, "Because you have TRIED to be faithful to me in all ways, I will grant you one wish."

The biker pulled over and said, "Build a bridge to Hawaii so I can ride over anytime I want."

The Lord said, "Your request is materialistic. Think of the enormous challenges for that kind of undertaking. The supports required to reach the bottom of the Pacific! The concrete and steel it would take! It will nearly exhaust several natural resources. I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that would honor and glorify me."

The biker thought about it for a long time. Finally he said, "Lord, I wish that I could understand my wife. I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong, and how I can make this wonderful woman truly happy."

The Lord replied, "You want two lanes or four on that bridge?"

\*  
What has forty feet and sings?  
The school choir!

\*  
Why was Cinderella thrown off the basketball team?  
She ran away from the ball.

\*  
Why were the teacher's eyes crossed?  
She couldn't control her pupils.

\*  
What do you call a country where everyone has to drive a red car?  
A red carnation.

# Stay Focused

By Apostle Kenneth A. Miller



*7 Only be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest.*

## Joshua 1:7 King James Version (KJV)

In the realm of education, students worldwide are faced with many challenges that can detour them from purpose and fulfillment! Sometimes these challenges present themselves in many forms right within the classroom. To every student who is return to the classroom in The Bahamas, stay focused on the mark of excellence! When Joshua was about to the Promised Land in Joshua 1, we see that the Lord gave him the ultimate pep talk. It was in this pep talk that God gave Joshua three main strategies to remaining focused: knowing the purpose of your assignment; study and meditate as well as rest in the fact that He has his back.

### Knowing the Purpose of your Assignment (Part 1)

Purpose is what we were created to do in this world, and it is the extension of God's power in the Earth! We are vessels carrying divine agendas and fulfilling heavenly task entrusted to us by God Himself. Moreover, purpose can be as simple as mopping the floor or carrying out the trash, for this reason, whatever God tells you to do make sure to do with excellence. There is even purpose wrapped up in returning back to school.

Going back to school can be daunting especially when you are going to a new school or into a new

grade level, but here are some tips to help you arise into knowing the purpose of your assignment.

### #1 Learn Now, Benefit Later

Every subject has a purpose in your life even though it may seem unlikely now! For instance, I have always enjoyed cooking and baking, and my desire was to take up Hospitality when I got in high school. My mother told me to take up Business Studies because I never know when I will need it. Begrudgingly, I heeded to her instructions and took that course. After High School, I was preparing to go to college and the option of majoring in Human Resources stood out to me.

Once again, my mother intervened and suggested that I take up Business Administration which will give me a broader appreciation and understanding for the realm of Business. With a mature stance, I followed her instructions again. Today, I can truly say that I am grateful for the wisdom of my mother because when I started pastoring every element of business that I studied over the years was needed and applied. Never underestimate the value of your lessons!

### #2 Build & Maintain Positive Friendships

When Joshua was entering into the Promised Land, he always had a positive ally who he could have trusted in the person of Caleb! Caleb's attitude was one of courage, determination and zeal. His positivity contributed heavily to the successful possession of the Promised Land. Whenever you have friends and family who give sound advice and guidance in your life, they are actually investing your advancement as an individual.

### #3 Don't be Afraid to try New Things

In the pursuit for knowledge, new opportunities and horizons will present themselves to you, and they should be approached with an open mind. Scholarships, school transfers and additional time in a particular grade are all factors that aid in one's development. Never underestimate the value of the hiccups, delays and turning points as you mature and learn new things.

**JOSHUA 1:7 NIV**

**BE STRONG AND VERY COURAGEOUS.**

**BE CAREFUL TO OBEY ALL THE LAW MY SERVANT MOSES GAVE YOU; DO NOT TURN FROM IT TO THE RIGHT OR TO THE LEFT, THAT YOU MAY BE SUCCESSFUL WHEREVER YOU GO.**

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# Things Teachers Wish Parents Knew

The parent-teacher relationship is indeed a special one. When you're both on the same page, you can pave the way for a (hopefully!) smooth school year. But often parents don't realize it's their own common misconceptions that are causing bumps in the road. So we asked teachers what they'd tell parents point-blank if they had the chance — and some of their answers might surprise you.

## 1. "Attending back-to-school night can really help us both"

It's not just the same spiel every year. Often, your child's new teachers will also have new policies and procedures to tell you about. If you miss out, you might not know to look in your kid's backpack for important papers each day (like information on picture day or the school play) or what sort of homework schedule to expect.

## 2. "If your kid's having a bad morning (or a bad week, or a

## bad month), let me know when you drop him off"

You don't have to go into detail, but it can make for an easier day if your child's teacher knows that he might be feeling a little bit off.

## 3. "I can tell when your kid isn't getting enough sleep"

Teachers are noticing that kids just don't have bedtimes like they used to. If your kid stays up too late watching TV or playing on the computer, it can affect how he feels and acts during the day.

## 4. "I buy school supplies (with my own money) for a reason"

It's a sad truth, but many schools just don't provide teachers with the budget they need to help their classroom activities run smoothly. So take care to not lose that sturdy folder (filled with helpful memos) that the teacher sends home with your kid every day. And if he or she asks you to chip in for classrooms

supplies, do what you can.

## 5. "If you have younger kids, you can't trust them to tell you everything that happens at school"

So check their backpacks for homework assignments, permission slips, or notes home.

## 6. "When your kid gets older, it doesn't mean you can start being less involved"

In high school and middle school, you might be tempted to ease off the gas when it comes to checking in on what your child does at school. But teachers report that setting a positive example, and taking interest in your kid's education, is still critical in the later years. If you still believe that teaching is a part-time job, educators would like to remind you that they regularly put in extra long days and catch-up on classroom prep on the weekend.

What do you call a country where everyone has to drive a pink car? A pink car-nation.\*

A sales rep, an administration clerk and the manager are walking to lunch when they find an antique oil lamp. They rub it and a Genie comes out in a puff of smoke. The Genie says, "I usually only grant three wishes, so I'll give each of you just one." "Me first! Me first!" says the admin clerk. "I want to be in the Bahamas, driving a speedboat, without a care in the world." Poof! She's gone. In astonishment, "Me next! Me next!" says the sales rep. "I want to be in Hawaii, relaxing on the beach with my personal masseuse, an endless supply of pina colodas and the love of my life." Poof! He's gone. "OK, you're up," the Genie says to the manager. The manager says, "I want those two back in the office after lunch." Moral of story: always let your boss have the first say.\*

What did you get for Christmas? A mouthorgan, its the best present I've ever had. Why? My mum gives me extra pocket money every week not to play it

A lawyer and a Bahamian woman happen to be sitting next to each other on a long flight from London to Nassau. The lawyer leans over to her and asks if she would like to play a fun game. The Bahamian is tired and just wants to take a nap, so she politely declines and rolls over to the window to catch a few winks. The lawyer persists, saying that the game is really easy and a lot of fun. He explains how the game works. "I ask you a question, and if you don't know the answer, you pay me, and vice-versa." Again, the Bahamian politely declines and tries to get some sleep. The lawyer figures that since his opponent is a Bahamian he will easily win the match, so he makes another offer. "Okay, how about this ... If you don't know the answer you pay me only \$5, but if I don't know the answer, I will pay you \$500." This catches the Bahamian's attention and, figuring that there will be no end to this torment unless she plays, she agrees to play the game. The lawyer asks the first question. "What's the distance from the earth to the moon?" The Bahamian doesn't say a word, reaches in to her purse, pulls out a five-dollar bill, and hands it to the lawyer. Now, it's the Bahamian's turn. She asks the lawyer, "What goes up a hill with three legs, and comes down with four?" The lawyer looks at her with a puzzled look. He takes out his computer and searches all his references. He taps into the Air-phone and searches the Net and even the Library of Congress. Frustrated he sends E-mails to all his co-workers and friends he knows. All to no avail. After over an hour of searching for the answer he finally gives up. He wakes the Bahamian and hands her \$500. The Bahamian politely takes the \$500 and turns away to get back to sleep. The lawyer, who cannot imagine what the answer is, and is going nuts trying to figure it out, is more than a little frustrated! He wakes the Bahamian and asks ... "Well, so what goes up a hill with three legs and comes down with four?"

# WATERKEEPERS BAHAMAS HOSTS SPLASHMANIA



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A grandpa was telling his young grandson what life was like when he was a boy. "In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

\* What would the country be called if everyone in it lived in their cars?  
 An in-car-nation.

\* Why does the Easter Bunny have a shiny nose?  
 His powder puff is on the wrong end

\* How do you make an egg laugh?  
 Tell it a yolk.

\* How do you prevent a Summer cold?  
 Catch it in the Winter!

It was a first of its kind and it was hard to tell which was louder – the plop-pop of the paddles or the laughter of the racers.

Organized and hosted by Waterkeepers Bahamas, the event was called Splashmania and like the name implies it was a perfect excuse for spending a day at the beach.

"When you are a child, going to the beach is just about as good as life gets. As we get older and responsibilities weigh us down, sometimes we need a little reminder about why we live in The Bahamas and love the water so much," said Rashema Ingraham, Executive Director of Waterkeepers Bahamas. "Hosting an event like Splashmania helps put us back in touch with the wonders of our waters and that is in line with what Waterkeepers represents which is to make our waters fishable, swimmable and drinkable."

According to Ingraham, the turnout at Manta Ray Village on Williams Town Beach was better than expected.

"We had about 20 races, covering individual and team races, and indeed all participants really came to enjoy the fun," said Ingraham, who heads the local affiliate of an international alliance that operates largely with volunteer monitors. On six continents, thousands of volunteers and limited staff monitor, test, assess and report conditions of their oceans, rivers, lakes, ponds and streams. The Bahamas has three affiliate Waterkeepers of the 300 in the global alliance – Grand Bahama, Clifton- Western Bays, and Bimini.

Races were broken down by age and distance with Kaylee Murray, 8, and Tafari Fountain, 10, taking top place honours in the youngest category. In the teen group, Tristan Rampersaude, 15, went the distance

alone to come in first as did attorney K. Brian Hanna in the men's division. In women's, it was the tandem duo of Gayla McPhee and Naisha Russell who power-paddled their way to a trophy. Michael Flowers powered his way to Best of the Best while K. Brian Hanna and team earned a second trophy for corporate group and the Grand Bahama Sailing Club won the civic and service organization category.

"We couldn't have done this without the support of all our sponsors I want to give special thanks to Manta Ray Village and Restaurant, Grand Bahama Nature Tours and Freeport Aquatics Club," said Ingraham. "Between those sponsors, they provided the venue, all the kayaks, paddles and vests and the buoys and all the race materials we needed."

Other sponsors included ALIV, Barefoot Marketing and 242News.com, Bellevue Business Depot, Fast Track Management, Kosha Ltd., Mechanical Engineering, Ocean Reef Yacht Club, Out da Sea Restaurant, Rotaract Club of Freeport, Pelican Bay Resort, Save The Bays, Subway Freeport and the YMCA Grand Bahama.

Waterkeepers Bahamas and Save The Bays partner in several water-related activities including helping to sponsor the learn to swim programs at the YMCA Grand Bahama and the Freeport Aquatics Club.

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**A Mother's 1st Day of School Prayer**

I wonder what you're doing now,  
 And if everyone is treating you kind.  
 I hope there is a special person,  
 A nice friend that you can find.

I wonder if the teacher knows  
 Just how special you are to me.  
 And if the brightness of your heart  
 Is something she can see.

I wonder if you are thinking about me,  
 And if you need a hug.  
 I already miss the sound of your voice  
 And how you give my leg a tug.

I wonder if you could possibly understand  
 How hard it is for me to let you grow  
 On this day know that my heart breaks  
 For this is the first step in letting you go.

# 5 Common Back-To-School Illnesses

Now that your kids are back in school and we're back to embracing morning routines (and nightly homework), we must also prepare ourselves for the inevitable: the back-to-school illnesses.

Close quarters, sharing of toys and seasonal viruses lend to this phenomena of those back-to-school bugs. Arm your family with some simple preventive measures and knowledge about some of the most common back-to-school germs.

## Colds

This is number one on my back-to-school illness list for good reason. It's the most common and most contagious illness your child will encounter. The good news is that most colds are mild with runny/stuffy nose, mild sore throat and cough. While a bit annoying to your child, she usually is up to going about her day (this includes school).

Just remind your child to sneeze and cough into the crook of her elbow and wash her hands frequently throughout the day to reduce the spread of this virus to her classmates. Any child with a fever of 100.4 F or higher should remain home until they are fever free for 24 hours.

## Flu

Unfortunately, it's that time of year... and the various strains of the flu virus start to make its rounds. You'll know your child has this when he is suddenly hit with a high fever (usually over 101 F), has body aches and is unusually tired. Unlike the common cold, the flu will hit your child much harder and likely keep him out of school for a couple of days.

## Stomach flu

Also known as gastroenteritis, this virus affects the lining of the GI tract causing pain, vomiting, and/or diarrhea. It's extremely common during the school year. Kids are typically sidelined for a day or two. Hydration is the top priority. Offer your little ones frequent sips of clear liquids to stay on top of it.

## Pink eye

Eye discharge is one of those things that makes everybody squirm and start washing their hands religiously. Hand washing is good because this infection is highly contagious and seems to spread like wildfire when kids are in close quarters. Yellow/green eye discharge and waking up with one or both eyes sealed shut are good indications that your child indeed has pink eye (aka bacterial conjunctivitis) and will need antibiotic eye drops prior to returning to school.

## Strep throat

This bacterial infection (caused by Group A Strep) causes fever, severe sore throat, headache and loss of appetite. It's highly contagious and needs to be treated with oral antibiotics to prevent serious complications.

## Prevention

When it comes to these common back-to-school illnesses, hand washing is one of our best defenses. Washing after playing outside, before eating and after using the restroom with good old soap and water will go far in preventing many of these contagious viruses and bacteria.

Now is the time to ask your child's doctor about the flu shot. Many pediatric offices have already received their seasonal supply. Remind your children not to share drinking or eating utensils and to sneeze/cough into the crook of their elbows. Carry a travel size hand sanitizer for when soap and water are unavailable. And, don't underestimate the power of sleep, a healthy diet and plenty of exercise to keep their little immune systems in tip top shape.

## DR MOM'S BOTTOM LINE

Yes, back-to-school means back to fighting off the multitude of germs. However, with some simple hand hygiene habits and knowledge of some of the most common illnesses, you and your children will thrive this school year, save for a few necessary sick days.



There was a lady in her 90s who became a sort of local celebrity

because she had recently gotten married. The local news station decided to interview her. The interviewer asked questions like how it was to be a newlywed in her 90s. "This isn't my first husband, so it's not much different than the others," she replied with a smile. "Oh? How many husbands have you had?" the interviewer inquired. "This one will be my fourth," she replied. "I was married in my 20s to a banker, then in my 40s to a circus performer. After that I married a preacher." "What does your current husband do?" "Oh he's a funeral director." The interviewer laughed and then asked how she came to marry these men from such different backgrounds and personalities. "It always made sense to me," she replied. "I married one for the money, two for the show, three to get ready, and four to go."

\* The Spuds had three daughters, all of whom went away to college. There they met and dated several different people. All three became engaged at the same time, and went home to tell their parents. The oldest daughter said, "Mom, Dad, I have some good news.

I'm getting married!" The parents asked, "So who is the lucky fellow?" "His name is Daniel Russet," the daughter said, with a hint of pride in her voice. "Wonderful!" The proud parents exclaimed. "The Russets are a distinguished line of potatoes!" The middle daughter said, "Mom, Dad, I have good news, too. I'm also engaged to be married." "And who are you going to marry, dear?" "His name is Benjamin Idaho," the daughter replied. "Oh, the Idaho's are a fine old potato family," Mom and Dad Spud said. "We're so happy for both of you!" The youngest daughter's turn came. She said, "Mom, Dad, you won't believe this. I'm engaged, too!" "And who is your lucky fellow?" the parents wanted to know. His name is Tom Brokow," was the reply. At this the parents looked at their youngest daughter with a disapproving stare. "But, honey," they gasped. "That won't do at all! Why, he's just a common tater!"



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- Glue
- Ruler
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- Calculator
- Personal organizer/calendar
- Book socks
- Backpack
- Lunch bag

**“If we believe that tomorrow will be better, we can bear a hardship today.”**



Did you hear about the little boy that they named after his father? They called him dad!

\* What are prehistoric monsters called when they sleep? A dinosnore!

\* How does a pig go to hospital? In a hambulance.

\* If a long dress is evening wear, what is a suit of armor? Silverware.

\* What bird can lift the most? A crane.

\* What bone will a dog never eat? A trombone.

\* What country makes you shiver? Chile.

\* What did one elevator say to the other? I think I'm coming down with something!

\* What did one magnet say to the other? I find you very attractive.

\* What did Tennessee? The same thing Arkansas.

\* What did Delaware? Her New Jersey.

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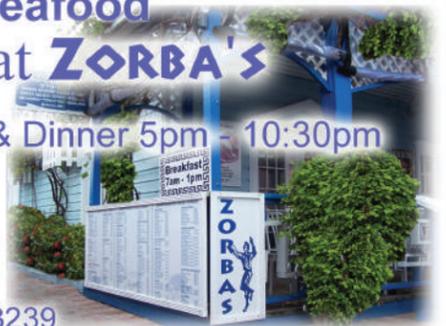
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Q. A hiker went without sleep for seven days and wasn't tired. How come?  
 A. He slept at

night.

Q. A man drove 2,000 miles with his family without knowing he had a flat tire. How come?

A. It was his spare tire that was flat.

Q. What has cities without houses, rivers, without water, and forests without trees?

A. A road map.

Tongue Twister  
 Poor pure Pierre.  
 Poor pure Pierre.

Poor pure Pierre.  
 Poor pure Pierre.  
 Poor pure Pierre.

\* Why do birds fly south in the winter?  
 Because it's too far to walk!

\* What is "out of bounds"?  
 An exhausted kangaroo!

\* Have you ever seen a duchess?  
 Yes - it's the same as an English "s"!

\* What followed the dinosaur?  
 It's tail!

\* Did you hear about the mad scientist who put dynamite in his fridge?  
 They say it blew his cool!

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FREEPORT	3:00 PM	BIMINI	3:30 PM	DAILY	\$189.00	\$97.00
BIMINI	9:30 AM	FREEPORT	9:55 AM SAT	SUN, MON, THURS, FRI	\$189.00	\$97.00
BIMINI	3:30 PM	FREEPORT	4:00 PM	DAILY	\$189.00	\$97.00
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MARSH HARBOUR	8:00 AM	FREEPORT	8:45 AM	DAILY	\$199.00	\$103.00
NASSAU	8:00 AM	STANIEL CAY	8:45 AM	DAILY	\$214.00	\$118.00
NASSAU	2:00 PM	STANIEL CAY	2:45 PM	DAILY	\$214.00	\$118.00
NASSAU	8:00 AM	BLACK POINT	8:45AM	DAILY	\$214.00	\$118.00
NASSAU	2:00 PM	BLACK POINT	2:45PM	DAILY	\$214.00	\$118.00
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# GB CHAMBER MEMBERS TEAM UP WITH LOCAL GOVERNMENT TO CLEAN UP



The Grand Bahama Chamber of Commerce worked along with the business community, local government, and a contractor from the area to clean up three areas that had been used for indiscriminate dumping in East Grand Bahama.

Rudy Sawyer, operator of Blue Green Outdoors, a nature-based company offering land and sea based tours in the East End, coordinated the effort. "East End of Grand Bahama is well known for its rich ecological attributes," Mr Sawyer said, "and it is unfortunate when this is spoilt by human action, as in this case, indiscriminate dumping."

Local contractor Mr Alfred Higgs of McLean's Town was engaged to carry out the removal of the debris that had been dumped along side roads in the eastern district, moving it to the designated waste processing site in the area.

The Grand Bahama Chamber of Commerce helped coordinate the funding for the project from among four of its members, namely: Pharmachem Technologies G.B. Ltd; Bradford Marine Bahamas; Bahamian Brewery & Beverages Ltd; and, Freeport Ship Services Ltd.

Local Government practitioners for the area — the Deputy Chief Councillor and township representative for McLean's Town, Mr. Daniel Bain; Mr. Wilton Thomas, township representative; Mr. Marcus Cooper, Chief Councillor; and, Mr. Harvey Roberts, Administrator for the East — all inspected the area with me after the job was reported completed by the contractor.

**ABOUT THE GRAND BAHAMA CHAMBER OF COMMERCE**  
The Grand Bahama Chamber of Commerce has worked to provide the network, to sustain, promote and support business development in an effort to encourage growth and expansion in the Grand Bahama economy and within a healthy and clean community environment for more than 36 years. It is a voluntary organisation of individuals and businesses that band together to advance the commercial, financial, industrial, civic, interests of a community. The Chamber provides frequent workshops, business-focused meetings, and conclaves with local stakeholders and the government, working to effect change within local and national issue, and to present a united front for the benefit of all members. The Chamber functions through standing committees mandated to address key areas of interest for business. As a not-for-profit organisation, financing the Chamber's costs is on a voluntary basis, apportioned among its members, consisting of firms and individuals on Grand Bahama. More can be learned at the Chamber's website, [gbchamber.org](http://gbchamber.org).



Above Image: Donors and members of the Grand Bahama Chamber of Commerce present a cheque to an East Grand Bahama local government representative to support the clean-up effort. Pictured (L-R): Dan Romence, vice president, Bradford Marine Bahamas; Jeremy Cafferata, president, Freeport Ship Services; Tracey Coffey, executive assistant, PharmaChem; Don Delahey, general manager, Bahamian Brewery; Marcus Cooper, East End Councillor; Donna Laing-Jones, GB Chamber Membership Committee; and, Rudy Sawyer, operator, Blue Green Outdoors.



# COOKING Recipes

## Tuna Spinach Tortas

### Ingredients

- 10 ounces frozen spinach, preferably in a bag rather than in a block
- Two 5-ounce cans tuna packed in olive oil
- 1/4 cup freshly grated Parmigiano-Reggiano cheese
- 1/2 cup plain panko (bread crumbs)
- 7 large eggs
- 8 to 12 small cherry tomatoes or grape tomatoes
- 3/4 teaspoon kosher or sea salt
- 1/4 teaspoon freshly ground black pepper

### Instructions

Preheat the oven to 400 degrees. Grease the wells of the muffin pan with cooking oil spray. Boil a kettle of water.

Place the frozen spinach in a fine-mesh strainer in the sink, using your hands to break it up. Pour a cup or so of the boiling water over the spinach, shaking the strainer to drain the spinach. Place the vegetable between several layers of paper towels, roll up and squeeze (over the sink) to get rid of as much moisture as possible.

Drain the tuna, if desired, discarding the oil. Combine the tuna, Parmigiano-Reggiano and panko in a mixing bowl, stirring until the mixture is evenly moistened. Divide it equally among the muffin pan wells, packing it in firmly.

Crack the eggs into the mixing bowl you just emptied, lightly beat them. Coarsely chop the tomatoes (to taste), then add to the eggs, along with the salt and pepper. Give the spinach one more good squeeze, then add it to the bowl, discarding the paper towels. Stir until well incorporated, then spoon equal amounts of the mixture on top of each tuna portion in the individual muffin pan wells, packing it lightly. Bake for 15 to 20 minutes, until set and lightly browned.

Let cool for a few minutes before carefully inverting the tortas on individual plates. Serve warm.



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Q. How are prisoners and astronauts alike?

A. They are both interested in outer-space.

Q. When is a house not on land and not on water?

A. When it's on fire!

Q. Two outlaws robbed a bank. They decided to bury the money they stole. If it took two outlaws five days to dig a hole, how many days would it take them to dig half a hole?

A. None. You can't dig half a hole.

Q. What would you call a short, sunburned outlaw riding a horse?

A. Little Red Riding Hood.

Q. Why wasn't the outlaw buried in the town cemetery?

A. Because he wasn't dead?

# SUDOKO!

Here is something moderately challenging for the sudoku enthusiast! How to sudoku? Its Easy at least in principle. Arrange the digits 1-9 so that each appears exactly once in each row and column and once in each 3x3 box. SOLUTION IS LOCATED IN THE ISSUE

	1			9	2			8
						3	1	
		8		4	6	2		
	7							
5	6							
4				8				6
1	4		7			9	2	
	2	7			9			5

## Crossword Puzzle

Good luck and enjoy!  
SOLUTION IS LOCATED IN THE ISSUE

1	2	3	4	5	6	7	8
9				10			
			11				
12			13				
	14		15		16		17
18							
19			20	21			
							22
23	24				25		
26				27			
28				29			

- Across
- 1 Law enforcement assistants (8)
  - 5 Evaluate (6)
  - 9 Dimmed (8)
  - 10 Coiffure (6)
  - 12 Draw out (5)
  - 13 Hindrances (9)
  - 14 Main course (6)
  - 16 Savior (7)
  - 19 When the moon blocks all sunlight (7)
  - 21 Expel (6)
  - 23 Bizarre (9)
  - 25 Forest god (5)
  - 26 An introductory section to a story (2 words) (6)
  - 27 Found on roofs (8)
  - 28 Harm to property (6)
  - 29 Baffle (8)
- Down
- 1 Avoid (6)
  - 2 Employees (9)
  - 3 Not those (5)
  - 4 Something very ugly (7)
  - 6 Swordsman (9)
  - 7 Enlist (5)
  - 8 Financial supporters (8)
  - 11 Utilizer (4)
  - 15 Atoning (9)
  - 17 Fazed (9)
  - 18 Revolted (8)
  - 20 Beige (4)
  - 21 Excavator (7)
  - 22 Found on most pencils (6)
  - 24 Assertion (5)
  - 25 The mountain of the Ten Commandments (5)

# COLLEGE PACKING LIST

## ACADEMIC SUPPLIES

- Three-ring binder
- Three-hole punch
- Loose-leaf paper or spiral notebooks
- Subject dividers
- Index cards
- Blue or black ballpoint pens
- Mechanical pencils
- Permanent markers
- Highlighters
- Erasers
- Pencil case
- Scissors
- Stapler
- Tape
- Post-Its
- White-Out
- Personal organizer /calendar
- Calculator
- Book bag
- Laptop
- Printer
- Computer paper
- Ink cartridges

## CLEANING SUPPLIES

- Swiffer
- Trash bags
- Air freshener
- Clorox disinfectant wipes
- Collapsible laundry basket or bag
- Detergent, fabric softener and stain remover
- Quarters for laundry

## DORM FURNISHINGS

- Mattress cover
- Egg carton mattress pad
- Pillow(s)
- Pillowcases and twin extra-long sheets
- Twin extra-long blanket and comforter
- Bed risers
- Full-length mirror
- Plastic storage bins
- Buildable racks and shelving
- Closet organizer/shoe rack
- Trash can
- Desk and floor lamp
- Fan
- Extension cords
- Alarm clock

## DORM SUPPLIES

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| <input type="checkbox"/> Subject dividers   | <input type="checkbox"/> Backpack                             |
| <input type="checkbox"/> Index cards        | <input type="checkbox"/> Lunch bag                            |
| <input type="checkbox"/> Folders            |   |



A rich couple was going out for the evening. The lady of the house decided to give the butler, Throckmorton, the night off. She said they would be home very late and he should just enjoy his evening. As it turned out, the wife didn't have a good time at the party, so she came home early.

She walked into the house and eyed Throckmorton sitting alone in the dining room. She called for him to follow her. She led him to the master bedroom. She closed and locked the door. She looked at him and smiled. "Throckmorton. Take off my dress." He did so, carefully. "Throckmorton. Take off my stockings and garter." He silently obeyed her. "Throckmorton. Remove

my bra and panties." The tension mounted as he complied. Finally she looked at him and said, "Throckmorton. If I ever catch you wearing my clothes again, you're fired." \*  
Q. What cattle follow you where ever you go? A. Your calves.

Q. A cowboy went on a trip on Friday, stayed three days, and came back on Friday. How is that possible? A. His horse was named Friday.  
\*  
Q. If lightning strikes an orchestra, who is most likely to get hit? A. The conductor.  
\*  
Q. Can you make a fire with one stick?



A distinguished young woman on a flight from Switzerland asked the Priest beside her, "Father, may I ask a favor?" "Of course. What may I do for you?"

"Well, I bought an expensive woman's electronic hair dryer for my mother's birthday. The dryer is unopened and well over the Customs limits; and I'm afraid they'll confiscate it. Is there any way you could carry it through Customs for me? Under your robes perhaps?" "I would love to help you, dear, but I must warn you: I will not lie." "With your honest face, Father, no one will question you." When they reached the Customs area, she let the priest go ahead of her. The official asked: "Father, do you have anything to declare?" "From the top of my head down to my waist, I have nothing to declare." The official thought this answer strange, so asked, "And what do you have to declare from your waist to the floor?" "I have a marvelous instrument designed to be used on a woman, but which is, to date, unused." Roaring with laughter, the official said, "Go ahead, Father."  
\*

A man moved to another state where he didn't know anyone. In the move, his old piano was jarred, and of course it needed to be tuned when the man arrived. So he asked around, and was told that Earl Opporknockity was the best piano tuner in the area. The man called Earl and hired him to tune his piano. Earl had a keen ear and a deft touch, and did a wonderful job tuning the old piano. The man was able to play beautiful music once again, and was very pleased. After a year or so the old piano started producing sour notes again. So the man called Earl, and asked him to come work his magic on the old piano again. To the man's surprise, Earl refused, saying "Sorry, I can't accept the job."  
"Why not?" the man wanted to know. "I'll pay you twice as much as last time if you'll just come tune my piano."  
"Haven't you heard?" Earl asked, "Opporknockity only tunes once."  
\*

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength. After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, "It all seems perfect. Your family must be delighted you can hear everything now."  
"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

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 A bank robber wanted to keep his identity a secret, but he forgot to bring his mask. He told everyone in the bank not to look at him or he would shoot them. One foolhardy customer sneaked a look, and the bank robber did what he said he would... he shot him. The robber asked the crowd if anyone else had seen his face... One customer, gazing intently at the ground, said "I think my wife got a glimpse."  
 \*  
 What do you mean by telling everyone that I'm an idiot?  
 I'm sorry, I didn't know it was supposed to be a secret!  
 \*  
 One day, a scuba diver was enjoying the aquatic world 30 feet underwater. He noticed a guy at the same depth he was, with no scuba gear on whatsoever. The diver went down to 60 feet, and noticed the guy headed down with him. The diver descended to 90 feet and saw the guy still headed down toward him. The diver finally stopped at 130 feet underwater and found the guy right next to him. The scuba diver was impressed that this guy was able to go so deep without any scuba gear, so he took his underwater slate and wrote, "How are you able to go to 130 feet underwater with any scuba equipment." When he showed to the him, the guy ripped the slate out of his hands and wrote, "I'm drowning you fool!"  
 \*

What did the mother broom say to the baby broom?  
 It's time to go to sweep.  
 \*  
 What did the necktie say to the hat?  
 You go on ahead. I'll hang around for a while.  
 \*  
 What did the rug say to the floor?  
 Don't move, I've got you covered.  
 \*  
 What do bees do with their honey?  
 They cell it.  
 \*  
 Why did the child study in the aeroplane?  
 He wanted a higher education!  
 \*  
 In the park this morning I was surrounded by Lions!  
 Lions, in the Park?  
 Well, dandelions!

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**Sudoku Solution**

7	1	6	3	9	2	5	4	8
2	9	4	8	5	7	3	1	6
3	5	8	1	4	6	2	9	7
8	7	9	6	2	4	1	3	5
5	6	1	9	7	3	4	8	2
4	3	2	5	8	1	7	6	9
1	4	5	7	6	8	9	2	3
9	8	3	2	1	5	6	7	4
6	2	7	4	3	9	8	5	1

**Crossword Solution**

D	E	P	U	T	I	E	S	A	S	S	E	S
O	E	H	Y					P	N	P		
D	A	R	K	E	N	E	D	H	A	I	R	D
G	S	S	S	S	S	U	D	O	N			
E	V	O	K	E		O	B	S	T	A	C	L
S	N					R	E	S				O
	E	N	T	R	E	E		R	E	S	C	U
R	E	E							I	N	S	
E	C	L	I	P	S	E		B	A	N	I	S
B												E
E	C	C	E	N	T	R	I	C		S	A	T
L	L	T	U	K	I	T						A
L	E	A	D	I	N		S	H	I	N	G	L
E												E
D	A	M	A	G	E		B	E	W	I	L	D

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BACK TO SCHOOL GIVEAWAYS

ENTRY FEE \$20.00  
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T-SHIRT, WATER, FRUITS AND ORANGE JUICE  
5:30AM TO 7:30AM  
CIRCLE MALL PARKING LOT

**The Amazing Maze**

How long would it take for you to get to the end of the maze. Use a pencil lightly to solve the maze so you can erase your tracks if you get stuck. Enjoy!

**WORD SEARCH**

You can find the words in the grid by looking Diagonal, Forward, Backward, Up, and Down. Circle them with a pencil to highlight the letters. But most of all HAVE FUN!!!

A	E	H	T	I	S	Y	L	E	U	A	E	N	T	I	A	X	T
E	O	N	O	S	I	N	R	N	M	E	G	S	D	R	J	D	H
R	D	Z	I	G	H	I	W	A	O	Y	B	Y	P	C	E	Y	Y
Y	I	E	K	M	N	I	L	A	Y	L	E	E	H	O	X	H	O
J	P	C	M	O	E	T	M	O	P	K	F	A	H	O	N	R	N
A	S	A	M	Y	H	G	R	A	Y	O	L	R	T	T	E	D	E
U	A	E	S	E	N	T	A	L	L	D	R	S	E	H	O	P	E
T	H	R	A	I	H	A	A	C	E	I	I	U	C	L	R	M	E
O	N	C	A	O	P	P	G	N	L	L	A	T	E	A	A	P	T
N	Z	M	S	L	R	H	E	L	L	I	H	E	X	N	P	K	A
O	O	I	O	A	E	E	A	A	G	E	T	I	J	I	E	E	Y
E	E	X	H	V	H	C	C	E	M	S	D	E	M	E	M	U	G
R	X	U	E	T	A	K	E	I	A	I	D	R	E	U	O	A	E
P	Z	M	I	R	A	K	S	C	K	Y	E	Q	P	P	D	N	T
L	P	S	M	L	N	T	O	E	L	H	G	L	O	O	Y	T	E
O	A	E	Y	A	O	I	Q	I	H	Y	M	J	N	R	R	H	T
P	A	K	N	A	E	T	S	A	R	D	A	F	I	I	U	E	I
S	E	A	D	E	L	S	A	Y	M	E	T	I	S	E	E	D	L

ADRASTEIA THEBE  
AITNE THEMISTO  
AMALTHEA THYONE  
ANANKE  
AUTONOE  
CALLIRHOE  
CALLISTO  
CARME  
CHALDENE  
ELARA  
ERINOME  
EUANTHE  
EUPORIE  
EUROPA  
EURYDOME  
GANYMED  
HARPALYKE  
HERMIPPE  
HIMALIA  
IOCASTE  
ISONOE  
KALE  
KALYKE  
LEDA  
LO  
LYSITHEA  
MEGACLITE  
METIS  
ORTHOSIE  
PASIPHAE  
PASITHEE  
PRAXIDIKE  
SINOPE  
SPONDE  
TAYGETE

**Bahama Buy & Sell**  
Grand Bahama's Favorite Community Newspaper

**KIDS KORNER** For kids of all ages!

**Felt Cutout Pencil Pouch**



**Ribbon Bookmarks**



**Welcome!**

Hip, hip, hurray  
It's back to **SCHOOL!**  
Come in from the park!  
Come in from the pool!  
Gather your **PENCILS**,  
Your **PAPER**, your **GLUE**.  
There's lots of fun learning  
We're going to do.  
I'll be there to greet you  
With a **SMILE** on my face.  
You'll see that **SCHOOL**  
Is a very nice place!



ABCDEFGHIJKLMNOPQRSTUVWXYZ

# The Original Choices "Luv" Page

**Q.** I have been dating this guy for a few months and he's been asking for me to cook for him and asking to come over to my place just to chill. I told him no because I believe that doing those things for a man should be done in marriage. Well it's how I was raised. He says well since we already being intimate he don't see the big deal. He say he needs to know how I cook and how I live before he can consider marrying me. But I have seen so many of my girlfriends move men in and do everything for them and still end up with being left alone. I don't want that to be me. What should I do?



**Alex says...** You should stand your ground. Many readers would say that you are already giving up the goods so why should anything else really matter? Well I say it matters a whole lot. Obviously you're intimate with him for your own personal gratification but if you choose to withhold other benefits based on your own beliefs, then don't feel bad about that. I would dare say that by his comments about marriage that he's probably not even ready anyway. We all have our standards and requirements in a relationship and you should hold fast to yours without guilt. Do what works for you not because of anyone else's experience. I would however like to suggest that you consider withholding sex as well in an effort to keep the best benefit of marriage for the man who truly respects you and deserves to have all of you ... mind, body and soul.

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To provide consistent, sympathetic, caring and professional, "Service with Excellence" serving the Commonwealth of the Bahamas and worldwide, with the highest level of consideration to the personal desires and financial comfort to our client families.





**Bahama Buy & Sell**  
Grand Bahama's Favorite Community Newspaper  
2017 Schedule



**Bahama Buy & Sell**  
Grand Bahama's Favorite Community Newspaper

Issue date	Theme	Deadline
January 25th	Financial Planning Issue	January 17th
February 8th	Valentine's Day Issue	January 31st
February 22nd	Healthy Lifestyles Issue	February 14th
March 8th	Spring Fashion Issue	February 28th
March 22nd	People In Business Issue	March 14th
April 5th	Easter Issue	March 28th
April 26th	Wedding Issue	April 18th
May 10th	Mother's Day Issue	May 2nd
May 24th	Prom/Graduation Issue	May 16th
June 7th	Father's Day Issue	May 30th
June 21st	Hurricane Issue	June 13th
July 5th	Independence Day Issue	June 27th
July 19th	Vacation Guide Issue	July 11th
August 2nd	Back To School Issue #1	July 25th
August 16th	Back To School Issue #2	August 8th
August 30th	Back To School Issue #3	August 22nd
September 13th	18th Anniversary Issue	September 5th
September 27th	Fall Fashion Issue	September 19th
October 11th	National Heroes Day Issue	October 3rd
October 25th	Home Improvement Issue	October 17th
November 8th	Culinary Arts Issue	October 31st
November 22nd	Thanksgiving Issue	November 14th
December 6th	Christmas Planning Issue	November 28th
December 20th	Giant Christmas Shopping Issue	December 12th

\*Schedule and themes are subject to change.

Prices quoted below are for TWO issues. All Prices are INCLUSIVE of VAT.

ADVERTISING RATE SCHEDULE		
AD TYPE & SIZE	BLACK & WHITE PER MONTH	COLOUR PER MONTH
MONTHLY PRICES = 2 ISSUES PER MONTH = 2 ADS PER MONTH		
Size A	Full Page - 15.9"H x 10"W	\$ 946.00 \$ 1,333.00
Size B	Half Page - 8"H x 10"W	\$ 505.25 \$ 698.75
Size C	(Flyer Size) - 9.5"H x 7.47"W	\$ 473.00 \$ 666.50
Size D	Third Page - 4.7"H x 10"W	\$ 317.13 \$ 467.63
Size E	Quarter Page - 8"H x 5"W	\$ 290.25 \$ 397.75
Size F	7.47"W x 4.7"H	\$ 252.63 \$ 360.13
Size G	3.1"H x 7.47"W or 4.7"H x 5"W	\$ 166.63 \$ 252.63
Size H	4.7"H x 3.45"W	\$ 130.00 \$ 195.00
Size L	4.7"H x 2.42"W	\$ 80.00 \$ 123.00
Size I	Double Block - 3.1"H x 2.42"W	\$ 55.00 \$ 75.00
Size J	Single Block - 1.5"H x 2.42"W	\$ 30.00 \$ 50.00
Size K	Banner - 1.5"H x 10"W	\$ 161.25 \$ 225.75
Business Card		\$ 45.00 \$ 66.50
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\*A design fee will apply to artwork created by BB&S.



A balding, white haired man from Chebacco Lake in Florida, walked into a jewelry store this past Friday evening with a beautiful much younger gal at his side. He told the jeweler he was looking for a special ring for his girlfriend. The jeweler looked through his stock and brought out a \$5,000 ring. The man said, "No, I'd like to see something more special." At that statement, the jeweler went to his special stock and brought another ring over. "Here's a stunning ring at only \$40,000," the jeweler said. The lady's eyes sparkled and her whole body trembled with excitement. The old man seeing this said, "We'll take it." The jeweler asked how payment would be made and the man stated, "By check. I know you need to make sure

my check is good, so I'll write it now and you can call the bank Monday to verify the funds and I'll pick the ring up Monday afternoon." On Monday morning, the jeweler angrily phoned the old man and said, "There's no money in that account." "I know," said the old man. "But let me tell you about my GREAT WEEKEND!!" \* A guy sees a sign in front of a house: "Talking Dog for Sale." He rings the bell and the owner tells him the dog is in the backyard. The guy goes into the backyard and sees a black mutt just sitting there. "You talk?" he asks. "Sure do," the dog replies. "Sooo, what's your story?" The dog looks up and says, "Well, I discovered my gift of talking pretty young and I wanted to help the

government, so I told the CIA about my gift, and in no time they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping. I was one of their most valuable spies eight years running." "The jetting around really tired me out, and I knew I wasn't getting any younger and I wanted to settle down. So I signed up for a job at the airport to do some undercover security work, mostly wandering near suspicious characters and listening in. I uncovered some incredible dealings there and was awarded a batch of medals." "Had a wife, a mess of puppies, and now I'm just retired." The guy is amazed. He goes back in and asks the owner what he wants for the dog. The owner says, "Ten dollars."

The guy says, "This dog is amazing. Why on earth are you selling him so cheap?" "Cause he's a liar. He didn't do any of that stuff!!" \* A farmer in the country has a watermelon patch and upon inspection he discovers that some of the local kids have been helping themselves to a feast. The farmer thinks of ways to discourage this profit-eating situation. So he puts up a sign that reads: "WARNING! ONE OF THESE WATERMELONS CONTAINS CYANIDE!" He smiled smugly as he watched the kids run off the next night without eating any of his melons. The farmer returns to the watermelon patch a week later to discover that none of the watermelons have been eaten, but finds another sign that reads: "NOW THERE ARE TWO!"



Visionary Business Consultants, Ltd. and Bahama Buy & Sell would like to advise its valued customers that we have relocated from #16B Kipling Building to #2 Marlborough Building (Churchill Square), Downtown Freeport

Our telephone numbers remain unchanged  
We look forward to your continued support

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