



# Bahama Buy & Sell

Grand Bahama's Favorite Community Newspaper

Vol. XIX No. 19 October 25, 2017

# HOME IMPROVEMENT

*Issue*



BEFORE

AFTER

## Subject Indicators

Icons indicating subject content throughout the Newspaper.



BUSINESS



NEWS



RELIGION



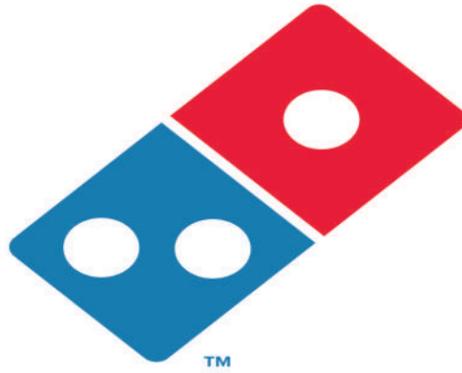
HEALTH



ENTERTAINMENT



JOKES



# Congratulations



## Grand Bahamian Gary Guillaume Named Domino's 2016 Regional Manager of the Year

This summer, Domino's International named local store manager, Gary Guillaume the company's 2016 Regional Store Manager of The Year for the Americas. The Grand Bahama native heads a team of 12 at the RND Freeport branch. He is the first manager from The Bahamas to receive the Domino's Global Award in this category.

For the team at Domino's Bahamas, Guillaume has always been a winner. The friendly store manager engages customers and motivates his team in the second city. He beat out thousands of his counterparts in Canada, South America, Central America, Hawaii and the Caribbean to take the title. According to Domino's, the International Incentives program was introduced "to recognize team member who consistently reach extraordinary sales and operational performance and motivate others to reach the same level".

Gary said the award was completely unexpected but that he is honored by the recognition. Born in Jones Town in Eight Mile Rock, he started working at Domino's as a customer service representative in 2014.

*"Working for Domino's has been a life-changing experience for me. Out of all of the jobs that I've had in the past, this has actually been one of the best. I can truly say that," Guillaume said. "What I like most about this position is that it is not limited. There are opportunities for growth, development and advancement. This job has taught me how to prioritize and focus on the most important values."*

Gavin Watchorn, President & CEO at AML Foods Limited, parent company of Domino's Bahamas, received the news of the big win directly from the international head office.

*"We are extremely proud of Gary and are pleased that our international colleagues recognize the qualities he has always*

*exhibited as a member of our local team. Gary exemplifies the vision that we have for all of our brands and has demonstrated his committed to our goal of improving the lives of the communities that we service," Watchorn said.*

In July, Domino's honored Gary with a month of celebrations including a pizza deal in his honor, a live remote, lunch with his favorite local groups and charities and a special television and social media campaign focused on his role in the company. Regional heads from Domino's International also travelled to The Bahamas to visit Gary's store and present him with a plaque and prizes.

Domino's Bahamas operates 11 restaurants in The Bahamas, including two outlets in Grand Bahama.

# ZORBA'S GREEK CUISINE

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## FRS CARIBBEAN TEMPORARY FERRY SERVICE

THE OFFICE OF the Prime Minister for Grand Bahama is pleased to announce plans for a temporary service for the period 23rd October through to the end of December 2017, which will be provided by FRS Caribbean.

FRS Caribbean presently provides Ferry service from Miami to Bimini. The vessel will provide temporary service between Miami and Freeport for the residents and visitors alike particularly stop over visitors. The Government of the Bahamas, through the Ministry of Tourism has reached an understanding that this

temporary ferry service will be provided by FRS while the Grand Celebration is on assignment assisting the US Government with hurricane relief.

In addition the government of The Bahamas will be providing the necessary marketing support to ensure Grand Bahama can maximize this opportunity and encourage as many stopover visitors as possible to come to Grand Bahama. Additionally, discussions are ongoing between FRS and the Government of The Bahamas towards the full time establishment of ferry services between the

Port of Miami and the Freeport Harbour. The Minister of State for Grand Bahama in the Office of the Prime Minister, wishes to convey appreciation to all tourism industry stakeholders for assisting the community of Grand Bahama as we continue to promote Grand Bahama as a place to vacation, relax, and do business.



## Kitchen Remodeling

Remodeling a kitchen is also quite intimidating and costly. Hence, you should make sure that you are prepared for it. You should also be ready for the inconvenience that you might experience while having your kitchen remodeled.

- Know how you are going to use your kitchen.

Knowing how you usually use your kitchen will help with the designing process. Since you are the one who will move around, it would be best to talk with your chosen remodeling contractor which parts of the kitchen you usually use and where you go next. This way, the pattern or order of the cabinets, appliances and sinks are properly planned.

Doing so will prevent you from having unnecessary movements in your kitchen when cooking or preparing something.

- Be mindful of walkways.

Your kitchen's walkways should be big and roomy so that you won't hit the cabinet doors and shelves when looking for something. This is especially true if you are often busy and would need to move around your kitchen freely.

Avoid installing things that can obstruct your walkways as this can make your kitchen an irritating place to be in when you are in a hurry and need to finish a recipe on time. This can also result to accidents and injuries, especially if you frequently need to stoop down to reach something below the countertops.

- Know the right height for everything.

Knowing the right height for your sink and oven should be prioritized to make it easier for you to work around your kitchen. It is not always advisable to follow the standard height of every detail of your kitchen when renovating. You must focus on your comfort and convenience before anything else since your kitchen should be a place where you can enjoy cooking.

- Mind the corners.

The corners are the areas where the cabinet doors bump on each other. This is also the area where storage areas are improperly installed or utilized. Hence, when making a plan for your kitchen renovation, make sure that you can make use of these corners without making it hard for you to open cabinet doors simultaneously.

- Set the function of the island.

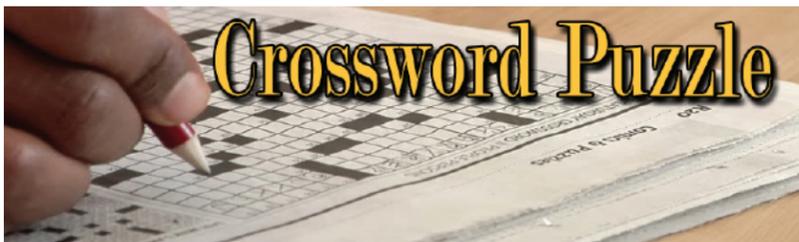
The function of the island should be determined before it is designed so that you or your contractor will know the right dimensions for it. The right materials for the counter of your kitchen island will also be easier to select if you know how you are going to use it once the remodeling is done.

- Consider the countertops.

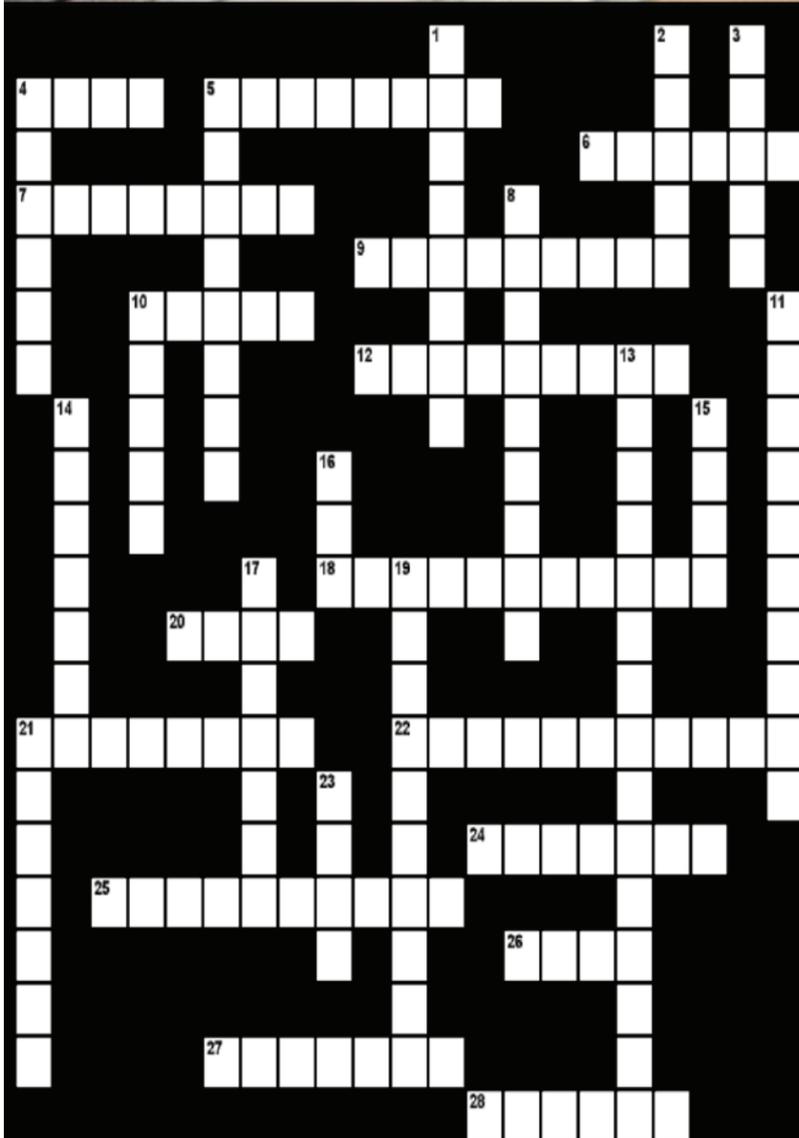
The countertops of your kitchen can be the focal point of the room. Hence, make sure that you consider them when designing the remodeling project. Research about different types of countertop materials and their pros and cons. Knowing more about them will give you the advantage of choosing the best one for your kitchen regardless of the cost.

There are times when the most expensive options are not the best ones for you. There are cheaper countertop options that will

*Continued on page 12*



## Crossword Puzzle



### Across:

4. a movable panel to permit entrance to or exit from a building, room, vehicle, etc.
5. paved or unpaved roadway leading to a garage or house
6. an opening in a building, usu. covered with glass
7. room in a house in which games are played
9. space built into the wall of a building, made of brick or stone, in which fires are set
10. small, usu. inexpensive, simply built house
12. an architectural drawing showing size and location of walls, doors, windows of a building or a specific space within a building
18. a private institution dedicated to the care of the elderly
20. a swimming pool, usu. made of cement or stone
21. the 1 and behind and belonging to a house
22. housing, usually in an apartment building. Each apartment is privately owned
24. large, expensive house with land
25. the room in a home where people sit, often to talk, read,

### Down:

1. restroom, room with a bath and toilet
2. a structure made of various materials, such as wood or wire, designed to prevent people or animals from entering or leaving an area
3. the bottom surface area inside a building
4. an apartment or house that has two living quarters
5. a bell rung to show s.o. is at a door
8. a room or set of rooms designed as living space in a building or house
10. condominium
11. a small house made of metal that can be pulled by a car or truck
13. a machine or a system used to cool air in buildings
14. a rod, wire, dish, etc., used to receive or send electronic signals
15. the place where one lives
16. room for relaxation and study
17. an apartment-building employee usu. in uniform who opens door, announces visitors
19. a one-level house
21. a room for sleeping
23. an area usu. behind or in front of a house or entertain
26. an area of cut grass
27. the large metal pipe or hollow brick structure for passing smoke from a fire or furnace into the open air
28. a building where a vehicle is kept

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When my daughter, Jade Kay, was very young, she wanted a horse in the worst way. There was no way we could manage to get her one, and I told her so.

She responded by telling me that Jesus could manage anything and she was going to ask Him for a horse.

I fretted over her young faith taking a body blow when she realized her prayer was unanswered.

I should have had more faith. She got up the next morning and announced that she had asked Jesus to give her a horse.

"Did you darling?" I said, trying to find the right words to explain that we didn't always get what we prayed for.

"Yes," she said, "but He said no." She never brought up the subject of a horse again.

# PM OFFICIALLY COMMISSIONS WEST END COMMUNITY CLINIC

By Robyn Adderley  
Bahamas Information Services

Tele-health technology will enable patients to be seen in any clinic or hospital in The Bahamas and doctors will be able to have access to their records, Prime Minister of The Bahamas, Dr. the Hon. Hubert A. Minnis, said during the Commissioning Ceremony for the West End Community Clinic on Friday, October 6, 2017.

Over \$2 million was spent on the refurbishment, expansion and modernization of the public health clinic that will service residents and visitors in West Grand Bahama. "This facility will serve as a critical element in Grand Bahama's local health system, providing essential primary care, pre-hospital and emergency care, in a facility of which every Bahamian can be proud."

With residents having awaited for the clinic to be completed, the Prime Minister said it was even more significant when the impact of Hurricane Matthew is considered.

"Ladies and gentlemen, it is simple axiom that has proven true over time, 'a government's spending reflects a government's priorities.'

"The construction and commissioning of this facility, therefore, speaks to the prioritization of healthcare development.

"Healthcare, like education, national security, and the social safety net, are essential elements of national development that benefit individuals directly, while enhancing the quality of life for all Bahamians, and the future development of the nation we all love."

As a small island nation where the delivery of essential services presents challenges, opportunities should be embraced to maximize the scarce resources.

In order to do this, a focus on sustainable development is necessary "and the flexibility to embrace innovations that will allow us to do more with limited resources.

"One such innovation that continues to have the potential to be a game-changer in the delivery of care across our country is tele-health technology."

As the then Minister of Health in 2007, continued the Prime Minister, he explained that he had the opportunity to launch the first tele-medicine pilot project in the country via the Public Hospitals Authority. This project linked the clinic in Marsh Harbour, Abaco with the Princess Margaret Hospital Emergency Room.

"Ten years later, we are on the cusp of a revolution, where tele-health technologies are poised to enhance the delivery of primary care services, national emergency medical services, and radiology services to Bahamians, and residents throughout our archipelago.

"Indeed, right here in Grand Bahama, patients and their physicians in the Family Medical Programme, made history as part of a short-term study on the implementation of tele-health within the primary care environment."

The patients involved were in a position to upload the results of daily self-tests for weight, blood pressure, blood glucose or cholesterol to their doctor in

real time, following a brief orientation. The tests were administered by each patient in their home using the devices and without having to visit the doctor's office or clinic. The results were evaluated, recorded by a healthcare professional and this permitted tracking and compliance, empowering the patients to improve their own health.

This also allowed the doctor to contact the patient if it became necessary, via video chat.

"In terms of public health, my Government will focus extensively on the prevention and treatment of chronic non-communicable diseases, like diabetes and hypertension."

More needs to be done to combat these diseases that rob too many people of general health and their lives. Such diseases place a tremendous burden on the health care system of the country.

"Another innovation that will allow for a transformation in how we deliver care is our progress in implementing a National Electronic Medical Records System."

This system will link public clinics and hospitals digitally so that no matter where the patient is seen, their medical records will be accessed instantly. "This will enhance the delivery of care in our hospitals and clinics, improving transitional care between facilities and services, while expanding avenues for medical research.

"It is in this environment of forward thinking, and healthcare innovation, that we have gathered today to celebrate the commissioning of the West End Community Clinic.

"This facility will serve as a hub for comprehensive promotional, preventative, curative and rehabilitative care for the communities of Western Grand Bahama."

The Prime Minister thanked all those responsible for making the day a reality.

Following the Prime Minister's remarks, Canon Curtis Robinson, Rector of St. Mary Magdalene Anglican Church, blessed the clinic just before the unveiling of the plaque and the cutting of the ribbon. Also participating in the unveiling of the plaque was Deputy Prime Minister and Minister of Finance, the Hon. K. Peter Turnquest; and 99-year-old Aleisha Thompson, the oldest resident of West End, assisted with the cutting of the ribbon.

Also in attendance were: Minister of Health, Dr. the Hon. Duane Sands; Minister of State for Grand Bahama in the Office of the Prime Minister, Senator the Hon. Kwasi Thompson; Parliamentary Secretary for Information and Communications in the Office of the Prime Minister and Member of Parliament for West Grand Bahama and Bimini, Mrs. Pakesia Parker-Edgcombe; Vice-Chairman of the Grand Bahama Port Authority, Sarah St. George; former MP for the area and former Minister of Tourism, Obie Wilchcombe; senior government officials and members of the public.

The delegation took a tour of the renovated facility and then participated in a brief reception before the Prime Minister left for Nassau to attend a Cabinet Meeting to deal with issues facing Grand Bahama.



**MINISTER'S REMARKS** – Minister of Health, Dr. the Hon. Duane Sands was one of the guest speakers at the official opening ceremony of the newly-renovated West End Clinic on Friday, October 6, 2017. Minister Sands says that the West End clinic has expanded its services to residents and will have full-time ambulance service.



**INTRODUCING MINISTER THOMPSON** – Member of Parliament for West Grand Bahama and Bimini and Parliamentary Secretary for Information and Communications in the Office of the Prime Minister, Pakesia Parker-Edgcombe, encouraged residents to take care of the new facility and said it would take a collective effort to make the running of the facility a success.



**PLAQUE UNVEILING** – Communications in the Office of the Prime Minister and MP for West Grand Bahama and Bimini; the Hon. K. Peter Turnquest, Deputy Prime Minister and Minister of Finance; Prime Minister, Dr. the Hon. Hubert A. Minnis; and Minister of Health, Dr. the Hon. Duane Sands. Seated is the oldest resident of West Grand Bahama, 99-year-old Aleisha Thompson.

(BIS Photos/Lisa Davis)

# GRAND BAHAMA EVENTS

October 27

**GB Chamber of Commerce Business Excellence Awards**  
 12:30 p.m. | Grand Lucayan Resort  
 Join members of the business and wider Grand Bahama community as we recognize businesses and businesspersons who have displayed excellence and positively contributed to the Grand Bahama economy.

October 27-30

**East End Homecoming & Regatta Splash**  
 TBA | East End, Grand Bahama  
 For more information contact Elaine Smith 350-8600

October 28

**Rotary Club of Freeport Annual Wine & Cheese Party. TBA | GB Sailing Club**

**Garden of the Groves Halloween Party**  
 5:30 p.m.-Until | Garden of the Groves.  
 For more information please contact Julie Ryan at 374-7779

**Cancer Society presents: An International Fair**  
 12 noon-Until | Goombay Park, International Bazaar. Join members of the Cancer Society and the community as they gather for a day of fun, food and drinks. For more information please contact 375-1498

November 4

**31st Annual Conchman Triathlon**  
 6 a.m.-8 p.m. | Taino Beach  
 1K Swim, 25K Bike, 5K Run. Based at Taino Beach. For more information contact Nuvolari Chootosingh at 350-8600

Meeting of the

**Minds: Culinary Fusion**  
 4-11 p.m. | Canal House, Pelican Bay Hotel. This event will provide a platform to bring together the island's diverse food and beverage industry, providing the ultimate venue to promote products and/or services. For more information contact Sean Johnson move242@gmail.com

**Precious Gems Committee Banquet**  
 7 p.m. | A Social Affair Convention Center. Join members of the G.B. Methodist Circuit as they recognize and honour men who have served in the church. For more information please contact Nina Winters.

**Humane Society of Grand Bahama Car Boot & Flea Market Sale**  
 11 a.m.-1 p.m. | Garden of the Groves

**HAVING AN EVENT SOON? PLACE IT HERE!**



To list your event, email to: [bbandsfreeport@gmail.com](mailto:bbandsfreeport@gmail.com)

Bahama Buy and Sell assumes no responsibility for errors or if events are changed without notification

# Benefits of Home Improvement

Before jumping on the wagon of home remodeling, it would be ideal to know its benefits. This way, you can focus your effort on the benefits that you want to achieve. Depending on the type of home renovation that you are doing, you will reap different benefits. Hence, the advantages should be considered when planning for such a project.

- **Comfort**

Comfort is the first benefit of home remodeling since adding or changing something within your home, such as adding a window or replacing the siding, will make your living condition better. No matter what home renovation project you are planning, you should prioritize the comfort that it will give you.

Doing so will enable you to enjoy the result of your project even more. No matter how good your home looks, if you are not comfortable in it, the project will not be successful. Thus, you need to make sure that you are obtaining this as one of the results of your home renovation project.

- **Increasing space**

Often, when renovating, you will have additional space. Room additions are some of the most common home remodeling projects since they give homeowners additional space for furniture and activities.

Extending existing rooms will also allow you to have more room for certain functions in your home such as entertaining guests and working on home-based jobs.

- **Energy efficiency**

Home renovations will also allow you to save energy. Projects such as changing or adding home siding, installing insulation and replacing your roofing will help maintain the ideal temperature in your home. Because warm or cool air cannot escape from the rooms in your house, your HVAC system will not run continuously. This will result in lower energy bills while being comfortable in your home.

Renovating your home can also result in needing lesser amount of artificial light. Adding sun tubes and larger windows will allow natural light to illuminate your house, decreasing your need for artificial lights.

- **Maintenance**

When your house is newly renovated, you won't have to worry about windows, doors, steps and flooring creaking and breaking down. This will save you a lot of money by not having the need to call for emergency repairs that cost a lot.

By having your house renovated, the state of your house will be a lot better. This will keep you from having the need to call for maintenance contractors that will check and make sure that your house is still safe to reside in.

- **Curb appeal**

Curb appeal is not only about the beauty of your home but its value as well. When you do renovation projects in your home, its appeal greatly increases. This affects the market value of your house, which is important especially if you are planning on selling your house in the future.

Having no plans of selling your house in the future should not affect your renovation plans, though. Even if you are

not planning on selling your home, it is still best to have a remodeling project just for the sake of comfort. You will also appreciate the savings in terms of energy bills as well as the impression neighbors and passers-by will have on your home.

### **Bathroom Remodel Tips**

Remodeling a bathroom can cost a lot. This is one of the most expensive parts of a house to renovate due to its plumbing and electric system. The features and fixtures are also hard to install and replace, making it the most laborious renovation project as well. Knowing some tips on how to make your work easier will ease up the remodeling project so make sure that you use guidelines before starting with your project.

- **Know the average cost for your project**

Depending on your goal, the overall cost will vary. Basic bathroom remodeling costs anywhere around \$3,000 to \$12,000 while mid-range to upper-class remodeling costs about \$10,000 to \$35,000. Deluxe bathroom remodeling costs about \$30,000 to \$100,000 and up.

Determine how much you are willing to spend so that you can choose the appropriate type of remodeling for your budget.

- **Leave some features as is.**

Removing or replacing some features on your bathroom can cost a lot. Tiles, for example, can make the remodeling cost skyrocket. Hence, determine which features you can leave as is so that you can avoid increasing your renovation cost unnecessarily.

- **Don't make the toilet the focal point.**

Avoid making the toilet the focal point of your bathroom. You should also avoid making it the first thing that you see when the door is open. It is not the most aesthetically appealing feature in the bathroom so it would be best if it is not easily seen, especially if the bathroom door is left open.

- **Plan a lighting scheme.**

Planning a lighting scheme will allow you to buy the right types of lighting fixtures for your bathroom. This can help you save money since you can look for the shops with the best prices of the type of lighting you are looking for.

Choosing a lighting scheme will also make your bathroom look more appealing since the right intensity and color of the light will be used.

- **Know the bathroom dimensions.**

Knowing more about bathroom dimensions will enable you to properly design your bathroom without sacrificing comfort. Knowing the minimum and maximum sizes of the different parts of your bathroom will keep you from drafting designs that are not appropriate for the intended use of the corners of your bathroom.

This will also ensure that the bathroom fixtures and furniture you are going to purchase are going to fit in your bathroom.

*(Continued on page 7)*

**Spend some time this weekend on home improvement; improve your attitude toward your family.**

**Bo Bennett**

**THE ROTARACT OF EIGHT MILE ROCK'S**

# BOOK DRIVE

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T H R O U G H

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Barbie, a waitress, decided to put her matchmaking skills to the test with our mutual friend Mike. She figured that Sandy, another customer who seemed to have much in common with Mike, would be an ideal date. One day Mike came into the restaurant when Sandy was also there. Barbie dragged Mike over to Sandy's table and introduced the two. Then she watched, in amazement, as Mike put his arm around the young woman and said in his best mock-seductive voice, "Hellooooh, Sandy." "You guys know each other?" Barbie asked. "We sure do," said Mike. "She's my sister."

Two carpenters were working on a house. The one who was nailing down siding would reach into his nail pouch, pull out a nail and either toss it over his shoulder or nail it in. The other, figuring this was worth looking into, asked, "Why are you throwing those nails away?" The first explained, "If I pull a nail out of my pouch and it's pointed toward me, I throw it away 'cause it's defective. If it's pointed toward the house, then I nail it in!" The second carpenter got completely upset and yelled, "You moron! The nails pointed toward you aren't defective! They're for the other side of the house!"

Home Improvement Rule: The dollar figure – "our absolute limit" – mentioned on the first day you walked into the architect's office will become a shameful secret, never again mentioned by either side.

The rubbish skip must by law be supplied by a company with a bad pun in its name, such as "Skip the Tip", "Hop, Skip and Dump" or "Where'syourbin".

If you live in Paddington or Balmain you are required to paint at least one surface in the colour "Hog's Bristle".

If you live in Turramurra or Haberfield, you are required to paint at least one surface in the colour "Brunswick Green".

If the whole room shrinks in hot weather, you've used too much wood filler.

## GB HAS INFRASTRUCTURE

By Simon Lewis  
Bahamas Information Services

The island of Grand Bahama has the infrastructure and the people ready to embrace industry says the Minister of State in the Office of the Prime Minister with responsibilities for the island.

Senator the Hon. J. Kwasi Thompson was on Wednesday morning addressing diplomats representing The Bahamas and those accredited with relations to the country during an official one-day visit to Grand Bahama Island.

Diplomats have been meeting in New Providence since October 15th for the 4th Annual Bahamas Diplomatic Week Conclave.

The annual event is hosted by the Ministry of Foreign Affairs and it provides a means for The Bahamas to strengthen ties and pursue social, cultural and economic exchanges and ideas with others.

Meetings got underway at Melia Nassau Beach on Monday and the diplomats were afforded the opportunity to experience Grand Bahama on Wednesday.

Addressing the gathering during a breakfast reception at Pelican Bay Resort, Minister Thompson said that "the message we wish to send with you is that Grand Bahama is open for business.

"We want the world to know that this is a place to invest not just a place to vacation," he told the gathering.

"We are creating the one stop shop for Freeport and clarifying incentives under the Hawksbill Creek Agreement, and legislation will be tabled today (in the House of Assembly).

"We believe that Grand Bahama should evolve from the industrial centre to a centre for industry and innovation. The technology industry is the natural evolution from industry.

"Grand Bahama has the infrastructure. We have the proximity as we are closer to the US than Nassau. We have two world-leading facilities in the Grand Bahama Shipyard and the Freeport Container Port that lend themselves to the tech industry," the Minister said.

Continuing, he

said there is cheap land available and "we have people who are hungry for improvement and willing to embrace this industry. We have built in duty free exemptions in the Hawksbill Creek Agreement and we have a government with the will to make Grand Bahama a tech hub."

An example of the island's potential according to the Minister is Carnival Cruise Line's Ocean Medallion Project.

"This is a one of a kind electronic concierge wearable device which will be configured and installed here in Grand Bahama. Carnival decided of all places in the world to do this, Grand Bahama was the place for them," he said.

Mr. Thompson also believes that if Carnival came, then others will. This he said is why on the 9th and 10th of November they will host the Grand Bahama Tech Summit.

"It is designed not just to put us on the market but to shape our policy to attract the Googles and Microsofts to come to Freeport. It is also designed to prepare our people for what can happen," he stated.

The group also heard from the Chairman of the Grand Bahama Port Authority, and was to meet with other industry partners, inclusive of a tour of the Grand Bahama Shipyard -- a world leader in dry docking afloats repairs, refits, refurbishment and revitalization for vessels from the cruise, commercial and off-shore segments of the maritime industry.



DIPLOMATS -- Members of the Diplomatic and Honorary Consular Corps Accredited to the The Bahamas were on a one-day official visit to Grand Bahama on Wednesday. Minister of State for Grand Bahama, Senator the Hon. J. Kwasi Thompson made them aware of opportunities for investment in Grand Bahama, as did officials from the Grand Bahama Port Authority. Mr. Thompson is pictured centre with the group following a breakfast meeting at the Pelican Bay Resort.

(BIS Photo/Lisa Davis)

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# Benefits of Home Improvement

**ATTRACT WHAT YOU EXPECT. REFLECT WHAT YOU DESIRE. BECOME WHAT YOU RESPECT. AND MIRROR WHAT YOU ADMIRE.**

BRIGHTONTHE DAY.COM

(Continued from page 5)

- Determine the right sink height. Determine the right height of sink for you. The standard height, which is 36 inches, is not right for everyone. You might want to have a lower or higher sink. So, it would be better to determine how high your sink will be before you hire a contractor so that you can give instructions before work is started. This will ensure that you will be comfortable with your new sink, which is what remodeling is about.
- Consider a tiny bathtub or a corner sink. If you don't have the budget or space for a bigger bathroom but want to be able to move around, you can opt for a smaller bathtub or a corner sink. This will provide you with more moving space around your bathroom without expanding the walls. This will also give you more room for other bathroom features such as an additional shower or a vanity.
- Choose the right vanity style for your bathroom design. The vanity is often the focal point of a bathroom; hence, you need to find the best style and design. It can go with the overall design or it can also be in contrast with the style of your bathroom. You can choose either but be mindful about the end result as choosing a contrasting style can be tricky. You need to ensure that the vanity design does not make the bathroom look uncoordinated or disorganized even if its design is contrasting with the overall style of the bathroom itself.
- Choose which aspects to splurge on. You don't always have to think about saving money on all the things that you should buy for your bathroom. Even if you are on a budget, you should learn how to choose which aspects you need to splurge on to make your bathroom look expensive even when you are on a budget. This will also help make some of the frequently used items last longer because you have invested on better quality fixtures.
- Check the size of the tiles. Some tiles are not measured in inches but millimeters. Though this seems like a small detail, it can greatly affect the overall

design of your renovated bathroom since small changes in tile sizes can alter how they look when installed. Hence, make sure that the tiles that you are using are measured properly and are the exact size that you are looking for.

- Consider turning your tub into a shower. When renovating, turning your bathtub into a shower will not only make your bathroom look bigger but can also save you a lot of money in the long run. Tubs are harder to maintain and can cost a lot; whereas, showers are not that hard to install and maintain. Having a shower will also enable you to take baths faster, which is ideal if you have busy mornings. Having a tub in only one of your bathrooms is ideal since it can save money. So, if you are renovating one of your bathrooms, it is worth considering converting the tub into a shower.
- Install the toilet yourself. Installing a toilet is not that hard since this is the last one that you should do. Once the renovations are complete, you can install the toilet yourself to save on labor fees. Some contractors will agree to this since it is not as hard as installing a bathtub or other fixtures in the room. Just make sure that you learn how to do it properly beforehand.
- Have multiple ventilation approaches. Having multiple ways on how to dry your bathroom will help you save money in the long run. Aside from installing an exhaust fan, you can also have a window installed in your renovated bathroom. This way, the damp air can escape and the wind coming from the window can dry the bathroom after you have taken a bath.
- Be mindful of transitions on the walls and flooring. Transitions between wood and tiles can have gaps that can lead to water and moisture leakage. Hence, it is important to be mindful of these so that you won't have to have your walls and floor repaired shortly after your bathroom has been renovated. The appearance of properly transitioned walls is also greatly affected, hence, it would be best to inspect this area during and after renovation to ensure that there are no unnecessary gaps.

 A lady advertises in the local paper looking for a handyman. A gentleman comes knocking at the door saying that he's responding to her ad. "I have some overhead kitchen cabinets that need fixing" she says, but the handyman replies, "Sorry I can't do that on account of my shoulder". So she asks, "Can you fix the tiles on the bathroom floor?" to which the handyman replies "Sorry I can't do that on account of my dicky knee". Slightly frustrated the lady asks, "Well can you at least mow the lawn?" to which the handyman replies, "Sorry I can't do that on account of my bad back". At this point the lady is getting quite irate and says "You do know that I advertised for a handyman?". The man replies, "Yes, I'm a handyman". "But you don't seem to be able to do anything, why do you think you're a handyman?" to which he replies, "I live just around the corner!"

**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!!!

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

**BEFORE AFTER**



**BATHROOM  
BEDROOM  
BLINDS  
CARPET  
CURTAINS  
DINING ROOM  
HOME  
KITCHEN  
LADDER  
LIVING ROOM  
PAINT  
RENOVATIONS  
ROOF  
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TOOLS**

 Customer-service reps repeat the same tired phrases so often that we can do the job in our sleep. We hear a beep telling us a customer's on the line, and we're on. I never knew how this humdrum routine affected us until a co-worker had heart surgery. She was coming to, following her operation, when she heard the beep of the heart monitor. In her anesthetized stupor, she groggily said, "This is Sue. Can I help you?"

\* I've failed over and over and over again in my life and that is why I succeed. - Michael Jordan

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There's a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses - only results. ? Kenneth H. Blanchard \*

If you think good architecture is expensive, try bad architecture.

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Home Improvement Rule: Telephone calls always come when you are atop a ladder with a loaded paint-roller. They are always a wrong number.

\* When working with electricity it's crucial to make sure you have everything you need. These comprise: an insulated screwdriver, a pair of wire cutters, life insurance.

## TECH SUMMIT SET FOR NOVEMBER IN GB

By Andrew Coakley  
Bahamas Information Services

Minister of State for Grand Bahama in the Office of the Prime Minister, Senator Kwasi Thompson says the concept of The Bahamas as a Technology Hub is not a new idea, however making Grand Bahama the center of that technology hub just makes sense.

The Minister's remarks came during a press conference at Pelican Bay resort on Monday, October 16, 2017 to announce a Technology Conference in Grand Bahama November 9-10, 2017 at the Grand Lucayan.

"The technology industry can become a third pillar of our economy," said Minister Thompson. "And that can begin right here in Grand Bahama. For years, we in Grand Bahama have been searching for industries which can diversify our economy and today is a very important step in that process."

The Minister of State for Grand Bahama noted that the information and communication technology industry has also caught the eye of other Caribbean countries. He referenced an article in Caribbean Journal that stated "the culmination of the Caribbean and technology is really ideal" and it ranked

The Bahamas as one of 13 top locations for potential Tech Hubs.

"The Bahamas is really well positioned by our proximity to the United States," Minister Thompson pointed out. "We have the infrastructure through our fiber optic cable. We also have the skilled Bahamians – some at home and some abroad to make it all possible.

"But why Grand Bahama? But as I put it, why not Grand Bahama?"

"I believe we are really the most in need of economic reform, as tourism is not enough. We therefore should be willing to make the necessary changes and modifications to make this a reality."

In giving credence to his call for Grand Bahama to become the Tech Hub for the entire Bahamas, Minister Thompson pointed out the fact that Grand Bahama is located closer to the United States than Nassau – has better infrastructure than most of the other islands, and access to acres of cheap, available land.

"We are also well-positioned with the Grand Bahama Shipyard and the Freeport Container Port," added Minister Thompson. "Both of these facilities are leaders in the region, and even in the world..., and can facilitate technology subsidiary businesses. Technology manufacturing businesses can take advantage of concessions we already

have in the Hawksbill Creek Agreement.

"So Grand Bahama is ready for a shift in industry focus, and technology is the natural evolution from our industrial nature. We need an economic system upgrade."

He continued, "It will require a focused plan, the support of local stakeholders, community involvement and a government with the will to make it happen.

"We will require changes in our legislation, special tax incentives, business license exemptions and even concessions that will attract data centers and major technology manufacturers. We need to have important conversations on internet exchange points to be able to attract and protect company data.

"We must create an environment with local entrepreneurs and innovators, where they can flourish alongside companies from abroad.

"If you are a major international tech company, we want you in Grand Bahama. If you are a Bahamian and you want to set up a Tech company, we want you in Grand Bahama. This Tech Summit in Grand Bahama is a call to all industry stakeholders locally and internationally, so that we can continue this dialogue in Grand Bahama on how we will shape the policy for Grand Bahama."

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*Your Future is now. Achieve. Succeed. Lead*

It used to be that a hammer might be the first tool you pick up when tackling a home improvement project. Today it is the Internet. It's really the first tool in the home improvement tool box.

Tom Kraeutler

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The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. - Martin Luther King Jr.  
 \*  
 Courage is being scared to death, but saddling up anyway. - John Wayne



**Make Sure Your Home Is Kept In Safe Hands**

## ANTI-BULLYING CLUB IN LOCAL HIGH SCHOOLS

The Anti Bullying Club is officially in several high school on the island, including Sunland Baptist Christian Academy, Bishop Michael Eldon, St. George's Senior High, Tabernacle Baptist Academy, Eight Mile Rock High and Jack Hayward Senior High schools.

"Thank you students for being willing to make a difference and for helping to start this new school season strong," says ABC.

ABC 4 Teens was founded by Jada Strachan to inform and educate students about bullying and to reach out and stop bullying in schools.

Strachan spoke on "Bullying in Schools" at the first annual parenting forum and training seminar held at Jack Hayward High School gymnasium October 7 under the theme "Going the Distance to Make a Difference"!

She encourages all to become a "bully buster" with the ABC 4 Teens. "Help us spread our message which is to "Stop the Bullying"! We are here to help you! Stand up for yourself, speak up for another and look up because the Anti-Bullying Club is here! We want to help you!!!"

Anti-Bullying Clubs established in schools throughtout the Grand Bahama community are pictured below, left and right, with inducted members and officers.



ABC handing out flyers.



Recruiting time at local schools in the community.



**SATURDAY NOVEMBER 4TH 2017**



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*Awards Ceremony will be in the afternoon at Taino Beach*  
*After Party on the Beach with Junkanoo, Bonfire & Fireworks*

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**Home Improvement Rule:** The builder will never listen to the radio station you listen to yourself: if you like Dove, he'll be on Love 102.7; if you like ZNS, he'll be on 100 Jams. Oh, and he likes it loud.

\* Important decisions are always made by the builder during the five minutes you are away from the site, including the decision to knock a hole for a window in the wrong wall and to pebblecrete the heritage-listed sandstone facade.

\* The height at which you place the door handles will seem a matter of enormous importance for the three days during which it's an issue but will then never again enter your mind.

\* The tool you need is always missing.

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## Home Addition Tips

Adding a room to any type of house can be challenging since you need to make the addition look like a part of the entire house. Matching the design of the house and the materials used in the addition can be difficult especially if you have a rather old house. It would be best to know some tips on how to make this work so that you can add a room efficiently.

- Have a comprehensive plan and budget. Before you begin with the renovation, you need to make sure that you have a comprehensive plan. This does not only include the design of the new room but also the overall budget that you can allot. Even the smallest details such as the style of the light switches should be determined to guarantee that the renovation will go smoothly. You don't have to get back to drafting a design for your addition when you already have a comprehensive one beforehand.

- Know how you are going to fund the project. Make sure that you have all the funds needed before you begin the project. If you are planning on re-mortgaging your home or loaning from a financial

instruction, make it a point that your loan is approved prior to having the renovation started. This is to ensure that the project will not be halted midway when you find out that you will lack funds to finish the work.

If you can finance the project with your own money, make sure that you can supply the entire budget to avoid making late payments with the team that is working on your project.

- Determine the size of your addition project. Of course, you should know the size of your addition so that you won't be surprised when you receive an estimate from your chosen contractor. A few square feet of addition to the new room will cost a lot since additional materials are needed to expand a room. Hence, make sure that the measurement of your additional room is set before you negotiate about the price of your project.

- Plan the cooling and heating system. Of course, you need to plan the cooling and heating system beforehand so that the electric system and HVAC ducts will be easier to install. Make it a point that the planning is also supervised by a professional so that the heating and cooling system will not be faulty.

- Evaluate the plumbing and electric systems. The plumbing and electric system should also be evaluated to ensure that these are properly installed. This is especially true if the addition is a bathroom or a kitchen or a part of these rooms.

- Prepare for the renovation itself. You need to not be only financially ready but physically and mentally prepared as well. Having a renovation project in your home can be quite an inconvenience even if you are not the one working on the project. The noise and mess can get into you especially for bigger projects that can last for weeks. Hence, make sure that you have your home renovation started when all of the tenants in your house are prepared. Avoid having renovations during busier days and holidays as this might ruin your celebrations at home.



**Home Improvement Rule:** Any improvement will make everything else look worse. "If only we could get a new couch," you say, but once you heave the glorious purchase into place, your eye will be drawn to the carpet, which used to look fine but now, with a brand-new couch sitting on it, appears to suffer from a medical condition. You

then recarpet at which point your eye is attracted to the wall, which used to look fine but now ...

**HOLIDAY FASHION Show**

**Saturday Evening | 6:30pm | November 4**

Join UNEXSO upstairs to see some of our latest Holiday looks. Whether you're planning for a busy party season or dinner with friends make sure you feel your best. This is a casual show that will highlight some of the top trends this season.

*Limited seating so come early and grab yours.*

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**Tool Definitions**  
**Table Saw** - a large stationary power tool commonly used to launch wood projectiles for testing

wall integrity.  
**Skill Saw** - a portable cutting tool used to make studs too short.  
**Belt Sander** - an electric sanding tool commonly used to convert minor touch-up jobs into major refinishing jobs.  
**Hose Cutter** - used to make hoses too short - but only usually at one end.  
**Hammer** - a divining rod to locate the most expensive parts adjacent the object you are trying to hit.  
**Pliers** - designed for rounding off bolt heads.  
**Pry Bar** - best used to crumple the metal surrounding that clip or bracket you needed to remove in order to replace a 25 cent part

\*  
 A plumber was working in a house when the lady of the house said to him, "Would it be okay for me to take a bath while you're eating lunch?" The plumber stopped working, sat on the toilet and replied, "It's okay with me lady, as long as you don't splash my sandwiches."

\*  
 "An architect's most useful tools are an eraser at the drafting board, and a wrecking bar at the site." — Frank Lloyd Wright

\*  
 We can have more than we've got because we can become more than we are. - Jim Rohn

\*  
**Contractor:** A gambler who never gets to shuffle, cut or deal!

\*  
**Bid Opening:** A poker game in which the losing hand wins.

\*  
**Liquidated Damages:** A penalty for failing to achieve the impossible.

11 18 17

# Uncorked

November 18, 2017 | 6:30-Until

## JOIN UNEXSO & ITALIAN SPECIALTIES IMPORTS FOR AN EVENING OF WINE AND HOLIDAY TABLE DESIGN!

Enjoy an evening of wine while receiving tips on how to make your Holiday dinner tables look inviting. The Italian Store will be providing a selection of their best festive wines for you to party plan for the coming weeks. In addition to the tasting, they will also be available for purchase on that night. We will have several looks & ideas for your next party. Paint Fair will be featuring their "color of the year" and beautiful furniture will be provided by The Design Home Center.

Keeping up with our November **Season of Giving** The Salvation Army Annual Food Drive  
 Guests will receive a raffle ticket for every non perishable item that they bring in.

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\*  
**Low Bidder:** A contractor who is wondering what he left out.

\*  
**Architect's Estimate:** The cost of construction in Heaven.

\*  
**Project Manager:** The conductor of an orchestra in which every musician is in a different union.

\*  
**Critical Path Method:** A management technique for losing your shirt under perfect control.

\*  
**Delayed Payment:** A tourniquet applied at the pockets.

\*  
**Completion Date:** The point at which liquidated damages begin.

\*  
 My grandson Davy, age 5, was asked to be the ring bearer at my niece's wedding. But he just plain wasn't interested.

We coaxed, "You get to wear a tux." Again, no - he wasn't interested.

"But, you get to walk a cute little blonde girl down the aisle." Again, no. "Why?" we asked.

His response: "Cause I don't want to get married. Can't I just stay with you, mommy?"

\*  
**You Know You're Over the Hill When...**

- At parties you attend, "regularity" is considered the topic of choice.  
 - You find your mouth making promises your body can't keep.  
 - You look both ways before crossing a room.

- You begin every other sentence with, "Nowadays..."

- When you do the "Hokey Pokey" you put your left hip out...and it stays out.

- In a hostage situation you are likely to be released first.

- No one expects you to run into a burning building.

- People call at 9 p.m. and ask, "Did I wake you?"

- You can't remember the last time you laid on the floor to watch television.

- You consider prune juice one of the most important things in life.  
 - Your joints are more accurate than the National Weather Service.  
 - Your secrets are safe with your friends because they can't remember them either.

the bitterness of poor quality remains long after the sweetness of low price is forgotten

# 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

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

## 156 YOUTH AWARD NOMINEES HONOURED

The Ministry of Youth, Sports and Culture held a National Youth Awards Nominee Medal Presentation Ceremony at Government House, October 11, 2017 during which the Ministry honoured 156 outstanding persons of the community.

Governor General Her Excellency Dame Marguerite, as patron, made the presentations, and Minister of Youth, Sports and Culture the Hon. Michael Pintard gave words of encouragement and inspiration to the young people, nominated for excellence in various categories of society achievement and service.

'National Youth Awards' was first implemented by the Ministry of Youth, Sports and Culture in October 2014. Each year since, Her Excellency Dame Marguerite Pindling, Governor-General, has served as Patron of the distinguished honour presentations, and at the conclusion of yesterday's ceremony presented

approximately 538 medals to exceptional, well-deserving young Bahamians.

Added to the collection of honours this year -- is the 'Living Legend Award' for Youth Practitioners who have given exemplary service well beyond the age of retirement. The 2017 recipient is Captain Fernley Palmer, MBE, JP, who served for more than 60 years as a member and leader in The Bahamas Boys Brigade.

The Ministry pays posthumous tribute to Lionel R. S. Elliott Sr., former Youth Development official in the Division of Youth and longstanding Executive Director and Programme Manager of Junior Achievement Bahamas.

National Youth Awards winners will receive their trophies at the Gala Awards and BTC Cash Prize Presentations Ceremony at Atlantis, Paradise Island, on Wednesday, October 25, 2017 at 7:00 p.m.



Minister of Youth, Sports & Culture the Hon. Michael Pintard addresses the National Youth Awards nominees at Government House on Wednesday evening; looking on is Governor General Her Excellency Dame Marguerite Pindling and next to her, Director of Youth, K. Darron Turnquest. (BIS Photo/Derek Smith)

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Home Improvement Rule: Important decisions are always made by the builder during the five minutes you are away from the site, including the decision to knock a hole for a window in the wrong wall and to pebblecrete the heritage-listed sandstone facade. \*

Any step made backwards off a ladder will be into an open can of paint.

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# Kitchen Remodeling

Continued from page 3

work better for your intended use; you just need to know what these options are. Knowing about this will prevent you from always choosing the costly options that are often recommended by sales personnel just for the sake of making big sales.

- Utilize the space around the range. The range is the most used area in your kitchen aside from the sink. Hence, make it a point that it is designed well. Keep frequently used pans, utensils and spices near the range so that you can reach for these items easily. This will enable you to cook in a shorter period of time. Having things nearby can also save you energy since you won't have to walk around the kitchen just to get something from a cabinet or drawer that you need to use often when cooking.

- Use swing-out taps. Swing-out taps are very convenient since these allow you to fill up pots and pans without bringing the pot to the sink. These taps are installed near the range but can be folded out of the way when you are cooking. This seemingly simple fixture can make your life in the kitchen easier since you won't have to take pots to the sink just to fill it up with water. Hence, if you are renovating your kitchen, it is worth considering seemingly simple yet functional additions such as this.

Having systematic waste bins will save a lot of time when you are collecting trash from your kitchen to the bins outside your home. Having systematic bins will also allow you to recycle items, particularly food containers, since you can easily separate which ones you can use and which ones you should throw away.

- Have the right lighting scheme. Having the right lighting scheme will not only make your kitchen more appealing but will also make cooking easier, especially during nighttime. Since your kitchen is properly illuminated, you won't have to worry about cutting yourself or burning food while cooking due to lack of proper lighting. The right lighting scheme will also affect how you prepare food. When the right type of lighting is installed, you will be able to see the real color of the food you are cooking. This will make your dishes look more appetizing not only to you but also to everyone who will eat on your table.

- Find a focal point. Finding a focal point in your kitchen will allow you to know which area you can splurge on. Since the focal point should be the place where you should invest in, you need to set the specific area where this should be. This way, you can save money on other aspects and fixtures in your kitchen while saving a bigger percentage of your budget on the focal point of the room. The countertop or the cabinets can be the focal point of a kitchen. There are also times when the backsplash is considered the focal point of a kitchen. Determine where you want to focus the attention of your guests so that you can splurge on this part. It will make your kitchen look more expensive than it really is because the focal point already gave an impression of luxury in your kitchen.

- Have systematic waste bins.

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FREEPORT	7:00 AM	MARSH HARBOUR	7:45 AM	DAILY	\$199.00	\$103.00
FREEPORT	4:00 PM	MARSH HARBOUR	4:45 PM	DAILY	\$199.00	\$103.00
MARSH HARBOUR	5:00 PM	FREEPORT	5:45 PM	DAILY	\$199.00	\$103.00
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
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## D'ASIA RUSSELL WINS HIGH SCHOOL SPEECH COMPETITION



The Ninth Annual High School Speech Competition, held Tuesday, October 14, at the Foster B. Pestaina Auditorium, saw the participation of worthy candidates (above) from various high schools throughout Grand Bahama.

Winner of the coveted title of the Ninth Annual High School Speech Competition is Bluejay D'Asia Russell standing (right) with her winnings and Coach Trevor Johnson, Coach of the Year.

(Below) Madam Moderator Deborah Anderson Pratt, Winner D'Asia Russell, 2nd Runner-up St. Paul's and 3rd place winner BMES Mr. Chazztin Bowe



### Home Improvement Rules:

Any drop of paint, released at ladder height will hit the one gap in your plastic sheeting.

\*

The only fabric you can bear the sight of will be the most expensive one in the shop. Ordering it will involve a three-month wait.

\*

The marital argument over whether to choose the "Calypso Blue" or the "Ocean Breeze" for the kitchen cupboards will rise in intensity according to the degree to which the two colours are indistinguishable.

\*

The builder's initial estimate should be seen as a work of fiction so rich and imaginative that it could be entered in the Booker Prize for Fiction.

\*

It's not true that the builder will never turn up. In fact, he'll turn up on day one, at precisely the time promised, whereupon he will disconnect your plumbing, remove a section of your roof, then disappear for six months.

\*

Cans of paint come in quantities of one litre, four litres or 12 litres, while all Australian bedrooms are constructed to require quantities of 1.2 or 4.2 or 12.2 litres. This means there is no Australian shed without a three-metre stack of old paint tins.



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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.

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\*A design fee will apply to artwork created by BB&S.



## Restoring The Tom Up Bed "Keep the Fire Burning"



By: Margaret Mullings

Love is feeling the warmth of your love, and spending quality time with you. Love is wiping away your tears, and comforting you in your time of distress. Love is bearing the wrong and not retaliating, holding you instead, in a firm embrace. Love is being there for you in your loneliest hour, in the dark shadows of the night. Praying for you until the break of dawn. I made a vow to love you all of my days, so my darling, together we shall triumph in every storm and sing the sweet refrain; love is stronger than death, and love triumphs over wrong! God's love will keep us loving each other!

As you read these words you too can identify with the same excitement and love you felt the day you found your true love.

Dating started, what a splendid time of enjoyment. Then you would go to work, and as soon as you got there ... instead of doing your work you just departed from each other's company .... ringing the telephone. "Honey, I miss you ... can't wait to see you tonight". You could not get enough of each others company! Do you remember gentleman, when you took her home to your parents? You were on cloud nine! Did you not tell them she is the one, she really rocks my world" - so to speak? You did not want a fly to land on her. Lady, do you remember how your heart would skip many beats every time you would hear his voice or at the mere sight of him!

What A courtship and a dynamite engagement! Eye contact, body language all in harmony with each other.

Then you got married now all of that love and attention seemed to have completely vanished.

Lady, now that same fine gentleman whom your heart raced for - your husband - you are now calling him a demon from hell, and you would not give to him the time of day!

Gentleman, you hardly spend any time with your wife; the one whom you took home to your parents. The same lady who rocked your world!

Neither do you give her any love and affection. All you say to her now is that she is a nag, and driving you up the wall! It seems you cannot stand each other's company anymore! Both of you have not been keeping the fire burning!

**STOP** ... for a moment ... think about this: the way a husband treats his wife, and the way a wife responds to her husband is a direct indicator of the way we treat Abba Father!

Please allow me to share this poem inspired by the pen.

To breathe and exhale the breath, the breath of Jehovah Shammah, whose presence we dare not awaken from sleep without. To arise at midnight to spend hour after hour talking to Him until the breaking of dawn, pausing then to listen as He speaks words of comfort and hope. Morning has risen; He is tugging at you, telling you it's time to go. Reluctantly glancing at the time, you turn leaving with the comfort of knowing you will spend the evening together before retiring for the night; and then you will have the midnight until the dawning of day. Words cannot describe this intimacy with Abba Father. There is no other relationship like it! The joy of talking every moment of the day with Him, Whispering to Him constantly, reminding Him of your love and passion for Him. Walking in the midst of troubles, His presence surrounds you. Enabling you to endure hardships and trials. Relatives and friends they do not understand, forsaking and deserting you. Yet His presence brings peace, His Anointing empowers you to forgive and to display His love. Pain and sickness may ravish your body. The Doctors may not have a cure, but His presence brings healing and restoration! Yes just to inhale in His presence, and to exhale His love to the Body of Christ. To breathe in the very presence of God, to exhale His purpose, impacting people of every nation. In His presence strips away everything that hinders. Every work of the flesh is burnt away! In His presence free to worship, free to praise Him in spite of how you may feel. To breathe in the breath of God, to exhale becoming His masterpiece! To breathe in the breath of God, there is never a dull moment with the realization

that your passion is to fulfill the purpose of God: being enlightened with the understanding, your life is hidden in Christ Jesus. Consistently inhaling in the presence of God, thus exhaling, walking to your destiny...being transformed into the likeness of Jesus Christ, staying in the presence of God. Your passion for God has caused you to become a chosen vessel of honour, for the Glory of GOD!

Beautiful Lady, and yes, you fine Gentleman, your passion and love for each other is still there. Question is ... Are you keeping the fire for God, your Abba Father burning in your hearts? Has your heart grown cold toward Him? Do you have a consistent prayer life? Do you set aside time to study the Word? Do you pray together?

For, you see, it is God who sustains and keeps marriages together. We must keep the fire of God burning in our hearts. Then, fine gentleman, the love and passion will resurface for the one who rocked your world. Beautiful Lady, you will not see your husband as a demon from hell anymore. Instead, your heart will skip beats and race for him. Yes, you will respect and honour him again!

Together in the bond of God's love, you will keep the fire burning as you rekindle your love for God, your Abba Father, to love, honour and obey His commandments.

Make being true and faithful in your walk with God your number one priority, and you are guaranteed to experience the fire burning in your marriage; as the fire of God burns in your heart!

Spend some time this weekend on home improvement; improve your attitude toward your family.

Bo Bennett

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Three contractors were visiting a tourist attraction on the same day. One was from New York, another from Texas, and the third from Florida.  
 At the end of the tour, the guard asked them what they did for a living. When they all replied that they were contractors, the guard said, "Hey, we need one of the rear fences redone. Why don't you guys take a look at it and give me a bid?" So, off they went to check it out.  
 First to step up was the Florida contractor. He took out his tape measure and pencil, did some measuring and said, "Well, I figure the job will run about \$900. \$400 for materials, \$400 for my crew, and \$100 profit for me."

Next was the Texas contractor. He also took out his tape measure and pencil, did some quick figuring and said, "Looks like I can do this job for \$700. \$300 for materials, \$300 for my crew, and \$100 profit for me."  
 Without so much as moving, the New York contractor said, "\$2,700."  
 The guard, incredulous, looked at him and said, "You didn't even measure like the other guys! How did you come up with such a high figure?"  
 "Easy," he said. "\$1,000 for me, \$1,000 for you and we hire the guy from Texas."  
 \*  
 The best preparation for tomorrow is doing your best today. - J. Brown, Jr.  
 \*  
 Some People Call it a Smoke Alarm I call it my cooking timer :)

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**NORMAL PERSON:**  
**"IT'S A GORGEOUS KITCHEN."**  
**'HOUSE HUNTERS RENOVATION' COUPLE:**  
**"IT'S A COMPLETE GUT JOB."**

**Sudoku Solution**

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

**Crossword Solution**




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*Deadline For the Next Issue*  
 5pm Tuesday October 31<sup>st</sup>, 2017

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## IN A HOUSE WORD SCRAMBLE PUZZLES

Unscramble the first four words in each set of scrambles. Then use the circled letters to unscramble the final word. Some of the words may unscramble into more than one word, but only one word is related to the puzzle.

<p><b>1. KITCHEN</b></p> <p>B D E E L N R □ □ □ □ □ □ □ □</p> <p>C E L R T U Y □ □ □ □ □ □ □ □</p> <p>N O P O S S □ □ □ □ □ □ □ □</p> <p>A C E F T U □ □ □ □ □ □ □ □</p> <p><b>Answer:</b> □ □ □ □ □ □ □ □ □ □</p>	<p><b>2. BEDROOM</b></p> <p>E E L P S □ □ □ □ □ □ □ □</p> <p>C C K L O □ □ □ □ □ □ □ □</p> <p>E E H T S S □ □ □ □ □ □ □ □</p> <p>B D E □ □ □ □ □ □ □ □</p> <p><b>Answer:</b> □ □ □ □ □ □ □ □ □ □</p>	<p><b>1. THINGS IN A BEDROOM</b></p> <p>A B D E R □ □ □ □ □ □ □ □</p> <p>O P S U □ □ □ □ □ □ □ □</p> <p>A U N T □ □ □ □ □ □ □ □</p> <p>C E I R □ □ □ □ □ □ □ □</p> <p><b>Answer:</b> □ □ □ □ □ □ □ □ □ □</p>	<p><b>2. IN A BATHROOM</b></p> <p>E H O S U □ □ □ □ □ □ □ □</p> <p>A L M L □ □ □ □ □ □ □ □</p> <p>C C H H R U □ □ □ □ □ □ □ □</p> <p>E O R S S T □ □ □ □ □ □ □ □</p> <p><b>Answer:</b> □ □ □ □ □ □ □ □ □ □</p>
<p><b>3. THE DEN</b></p> <p>C C H O U □ □ □ □ □ □ □ □</p> <p>H O O P S T □ □ □ □ □ □ □ □</p> <p>A F I L Y M □ □ □ □ □ □ □ □</p> <p>A E L R X □ □ □ □ □ □ □ □</p> <p><b>Answer:</b> □ □ □ □ □ □ □ □ □ □</p>	<p><b>4. BATHROOM</b></p> <p>B U T □ □ □ □ □ □ □ □</p> <p>A P O S □ □ □ □ □ □ □ □</p> <p>I M O R R R □ □ □ □ □ □ □ □</p> <p>E L O T W □ □ □ □ □ □ □ □</p> <p><b>Answer:</b> □ □ □ □ □ □ □ □ □ □</p>	<p><b>3. IN THE GARAGE</b></p> <p>A F R I □ □ □ □ □ □ □ □</p> <p>A L P Y □ □ □ □ □ □ □ □</p> <p>D E D G I N W □ □ □ □ □ □ □ □</p> <p>A Y T P R □ □ □ □ □ □ □ □</p> <p><b>Answer:</b> □ □ □ □ □ □ □ □ □ □</p>	<p><b>4. IN THE WORKSHOP</b></p> <p>E N R S U □ □ □ □ □ □ □ □</p> <p>C E I L O P □ □ □ □ □ □ □ □</p> <p>A E L R W Y □ □ □ □ □ □ □ □</p> <p>A E F I M N R □ □ □ □ □ □ □ □</p> <p><b>Answer:</b> □ □ □ □ □ □ □ □ □ □</p>

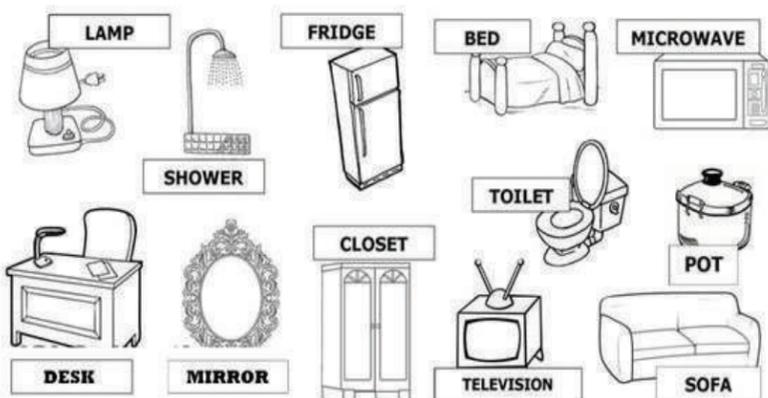
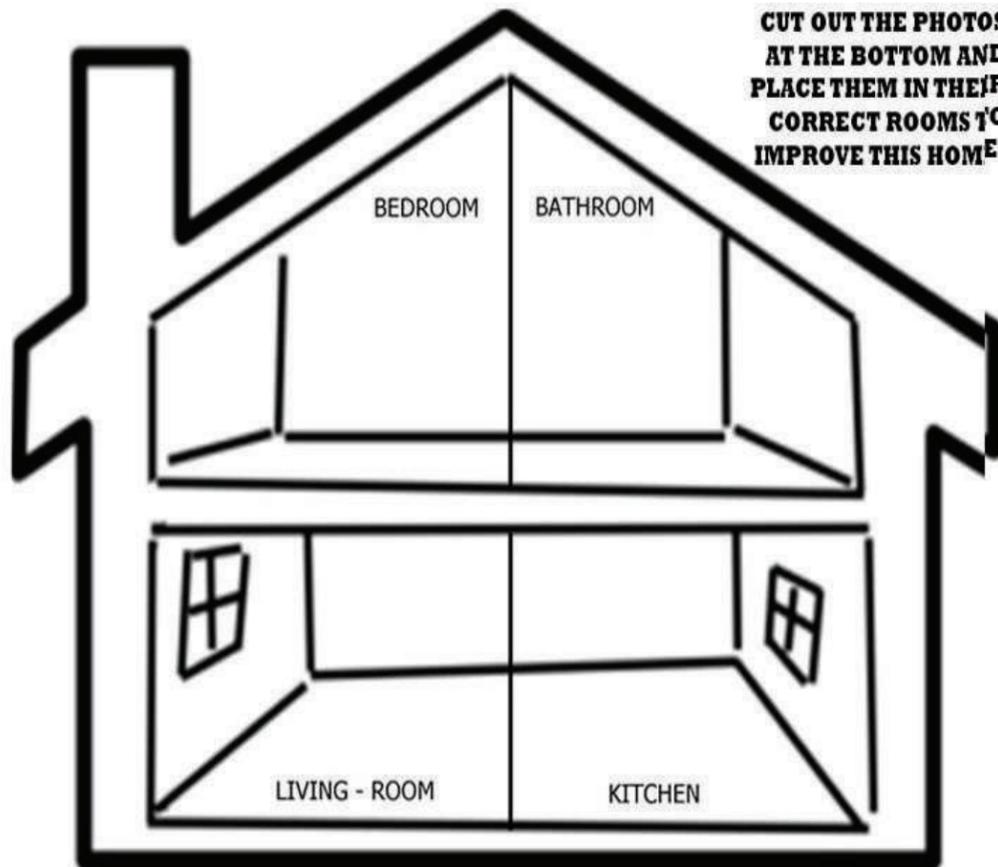
## CONNECT THE DOTS



The racehorse owner was annoyed with the running of his horse at the race. He turned on the jockey.  
"Flaherty, could you not have raced faster?"  
"Sure I could have, but you know we are supposed to stay on the horse."  
\*

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. - William Arthur Ward

**CUT OUT THE PHOTOS AT THE BOTTOM AND PLACE THEM IN THEIR CORRECT ROOMS TO IMPROVE THIS HOME!**



Energy efficiency should be on the priority list for all home improvement work these days. Canny builders will be able to provide homeowners with energy efficient measures which help them to save money and the planet.

— Sarah Beeny —

AZ QUOTES

## SPOT THE DIFFERENCES



# The Choices "Luv" Page

**Q.** Me and this girl been together about six months. She got sick about two weeks ago and it's been real hard dealing with her and her family. We wasn't even serious and they constantly calling me to come by or do stuff with her like that. But I can't do it. I know it's not her fault getting sick and all but I just am not ready to deal with all this. I'm still young and I want a woman who could go out and do stuff. And I eventually want to marry someone who could have children. How do I walk away from this without looking like the bad guy and everyone thinking I'm shallow?

**Alex Says...** Hmmmm, that's gonna be pretty hard to do considering people are judging you even now, but you know what, at least your being honest. Honest with yourself and with her. Sometimes in life we will have to make some very tough decisions and this is one of them. I'm sure very few people will see the noble value of you walking away now rather than later, but it is much better this way. If you are not mentally and emotionally prepared to take on a relationship with a sickly person, then don't. Six months is a very short span of time in the scope of forever and you shouldn't feel guilty for wanting to sever ties now. Square your shoulders because many will criticize you for your choice. But years from now when both of you have found your perfect mates, you'll be thankful that you made this choice. Life happens and we must live in it. She will be hurt, but time heals all wounds and broken hearts do mend.

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# COOKING Recipes

## CHICKEN POT PIE

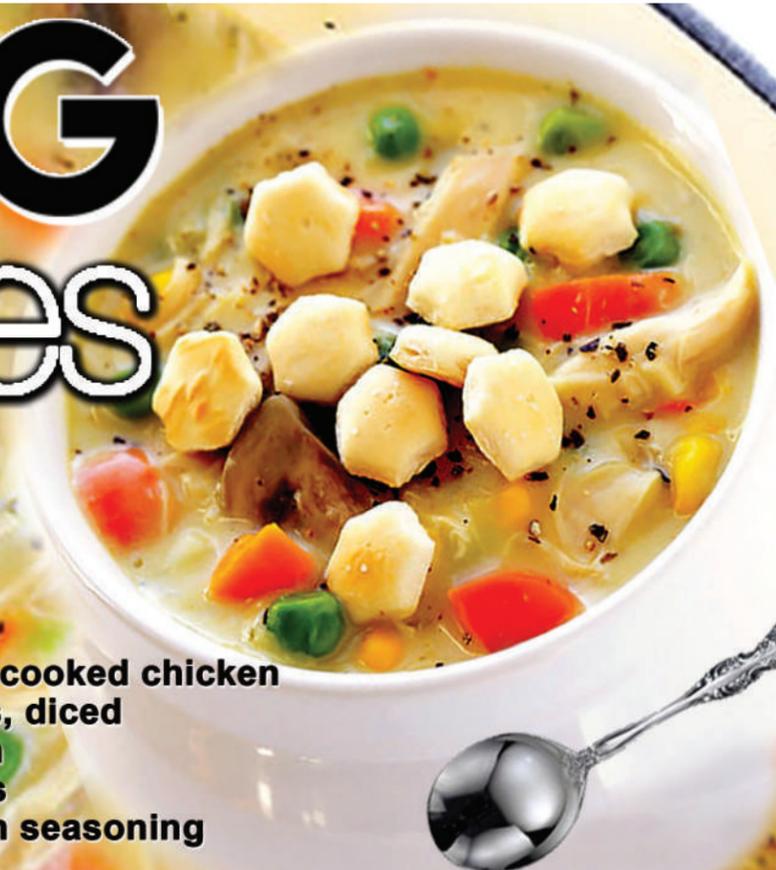
### INGREDIENTS:

- 4 Tbls butter or olive oil
- 1 medium onion, peeled & diced
- 2 medium carrots, peeled & diced
- 2 celery stalks, diced
- 4 cloves garlic, peeled & minced
- 4 ounces baby mushrooms, diced
- 1/3 cup all-purpose flour
- 3 cups chicken stock

- 2 cups milk
- 3 cups shredded cooked chicken
- 1 pound potatoes, diced
- 1 cup frozen corn
- 1 cup frozen peas
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

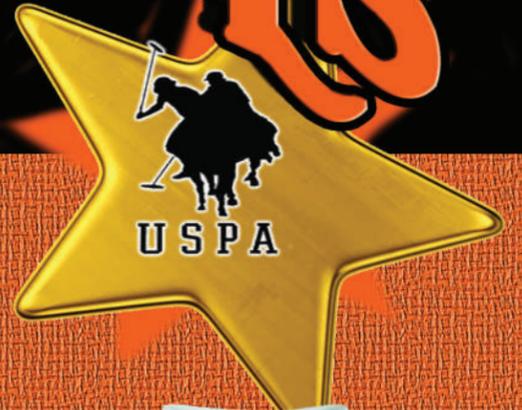
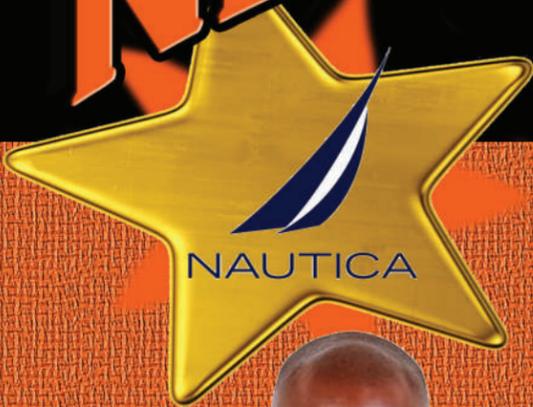
### DIRECTIONS:

Heat butter in a large stockpot over medium-high heat until melted (or heat the olive oil until it is shimmering). Add onion, carrots, and celery. Saute for 6-7 minutes, stirring frequently, until the onion is soft and translucent. Add in the garlic and mushrooms, and saute for an additional 2-3 minutes, stirring frequently, until the garlic is fragrant. Stir in the flour until it is completely combined, and saute for an additional 1 minute, stirring occasionally. Gradually add in the chicken stock and milk, stirring frequently. Stir in the chicken, potatoes, corn, peas, Italian seasoning, salt and pepper until combined. Bring the mixture to a simmer (be careful not to bring it to a boil!), stirring occasionally so that the bottom of the soup does not stick to the pan. Then reduce heat to medium-low, and continue simmering the soup for 10-15 minutes until the potatoes are soft and cooked through. Taste the soup and season with additional salt and pepper, if needed. Serve immediately, with crackers on top or on the side, if desired.



"Bon appe... mmm...mmm!!!"

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