



Bahama Buy & Sell

Grand Bahama's Favorite Community Newspaper



*Happy
Mother's
Day*



Subject Indicators

Icons indicating subject content throughout the Newspaper



JOKES



RELIGION



HEALTH



BUSINESS



NEWS



ENTERTAINMENT

The Quality Of A Virtuous Mother

By: Minister Keith Evans - Host of Wake Up Everybody Show

"She is worth far more than rubies."



In Proverbs 31 we have a very poignant description of a virtuous woman. A woman with godly qualities that is very important in defining a mother. We have a plethora of women having children, but are not really mothers when you consider the true definition of the verb; mother. A mother is a woman that brings up her children, or child with care and affection. Proverbs 22:6, "Train up a child in the way he should go: and when he is old, he will not depart from it."

The role of the mother, or should I inject the adjective "godly" within the statement to emphasize the importance of her role. We live in a microwavable generation that is transforming, or conforming to this fast pace culture. With social media on the increase, our young people are conspicuously exposed to a corrupt world.

We have entertainers such as Kenya West, Kim Kardashian, R. Kelly, Beyonce teach and grow up our kids. The problem with this is that it's according to their lifestyle that is not godly on many levels. The role of the mother is vitally significant all things considered in pregnancy, the pain of child bearing, nursing, and the totality of everything they go through as mothers. Listen here people, we need to appreciate mothers! However, the godly mother is fundamentally important to the growth of our country. You may be asking me in what way; in that charity begins at home and ends abroad!

I believe the Bahamas crime situation is way out of control is because of the lack of godly mothers instilling within our children godly principles! OK now you may be saying, Keith, what about the fathers?

Fathers are important. That's a

different animal for another day. The father figure within the homes has greatly deteriorated for the fact that 70% of the homes are run by single mothers. I Keith Evans grew up without a dad in my home. I didn't allow that unfortunate situation to make me bitter, but better; not lashing out at society. Why are so many of our young people having children out of wedlock? Why so much sexual promiscuity within our Bahamas? The family structure has eroded vastly within the last couple of decades, indeed. But the reality is that we have to deal with the cards that were dealt to us, and it's primarily with the mothers.

King Solomon gives us a poetic description of a virtuous woman, a virtuous mother I might add. Proverbs 31: 10-31, "Who can find a virtuous woman? For her price is far above rubies.

The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life.

She seeks wool, and flax, and works willingly with her hands. She is like the merchants' ships; she brings her food from afar. She rises also while it is yet night, and gives meat to her household, and a portion to her maidens. She considers a field, and buys it; with the fruit of her hands she plants a vineyard. She girds her loins with strength, and strengthens her arms.

She perceives that her merchandise is good: her candle goes not out by night. She lays her hands to the spindle, and her hands hold the distaff. She stretches out her hand to the poor; yea, she reaches forth her hands to the needy. She is not afraid of the snow for her household: for all her household are clothed with

White's Etc. Etc.
Need to find that perfect dress & hat for your Mother?
Come in & check us out!
NEW ARRIVALS of wide selection of Fine Ladies' Clothing
* Dresses
* Scarves * Hats
* Accessories
just in time for that Special Day!
#7 Merport Building, P.O. Box F-44158, Freeport, Tel. Bus.: (242) 352 4864, Res.: (242) 352 9285

scarlet. She makes herself coverings of tapestry; her clothing is silk and purple. Her husband is known in the gates, when he sits among the elders of the land. She makes fine linen, and sells it; and delivers girdles unto the merchant. Strength and honour are her clothing; and she shall rejoice in time to come. She opens her mouth with wisdom; and in her tongue is the law of kindness. She looks well to the ways of her household, and eats not the bread of idleness. Her children arise up, and call her blessed; her husband also, he praises her. Many daughters have done virtuously, but thou excels them all.

Favour is deceitful, and beauty is vain: but a woman that fears the LORD, she shall be praised. Give her of the fruit of her hands; and let her own works praise her in the gates." Let's embrace our mothers and lift them up continually in prayer.



We go together like copy and paste.

* Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?" "Because white is the color of happiness, and today is the happiest day of her life." The child thought about this for a moment then said, "So why the groom wearing black?"

* Mary was having a tough day and had stretched herself out on the couch to do a bit of what she thought to be well-deserved complaining and self-pitying. She moaned to her mom and brother, "Nobody loves me ... the whole world hates me!" Her brother, busily occupied playing a game, hardly looked up at her and passed on this encouraging word: "That's not true, Mary. Some people don't even know you."

* How many times do I have to walk around you to make you fall for me?

* I may not be Heath, but I can sure balance your ledger.

* Why can't a Skeleton Lift Weights? - He's all bone & no muscle.

* I must be an incomplete ledger, because I need you to balance me out.

* What do gots call there girl friends? - There goul friends.

* What do you call it when Cris Kringle claps his hands? Santapplause

* If we were around with Noah, then you, me, pair!

* You must be an accountant because I've put you on my payroll.

* What did the goblin say to the witch? - I don't know you tell me!

* Do you need prayer? Because I'm certainly willing to lay hands on you.

* Hey girl, do you know why they call me Gross Profit? Well actually, no one does...they just call me gross.

* What did Dracula have for dessert? - Whine & Ice scream

* My parents are home, wanna come over?

* Are you my appendix? I have a gut feeling I should take you out.

* How're things looking in your books, got any room for some date-a entry?

* How many opticians does it take to change a lightbulb? Is it one or two? One... or two?

* What is Dracula's favorite restaraunt? - Murder King

* I was reading my Bible the other day, and I was wondering if you know what Paul meant by "greet one another with a holy kiss?"

* You get my heart racing like an epinephrine drip.

* You can come over a work in process but I'll make sure you leave a finished good.

* What is in a ghost's nose? - Boogers

* I know it's absurd, but every time I walk toward you, it feels like I'm being led to Bethlehem.

* Am I attracted to you or is it just volatile blood sugars?

* What was the mummies' vacation like? - Nobody knows. They were too wrapped up to tell us.

* I'm a Proverbs 32 kind of guy and you're a Proverbs 31 kinda woman.

* Blood is red, cyanosis is blue, I get tachycardia when I think of you.

* What did tha boy ghost say to the girl ghost? - You are the most booooo-fiful thing I have ever seen!

* Let me sell you an indulgence because it's a sin to look as good as you do.

* ICU in my dreams.

* Two clowns are eating a cannibal. One turns to the other and says -- 'think we got this joke wrong'

* Why does a cemetery have to keep a fence around it? - Because people are dying to get in.

* Me. You. Song of Songs: the remix.

* The way you talk to me leaves me aphasic.

* Where do vampires keep their money? The blood bank!

A mother's happiness is like a beacon, lighting up the future but reflected also on the past in the guise of fond memories.

RIIBO GOLD RIIBO GOLD EXPRESS

30-50% OFF Storewide!

Watches, Earrings, Necklaces, Chains, Charms, Rings, Bangles, Slave Bands, Bracelets, Diamond Rings, Chain Bracelets & Lots More!!!

\$\$\$ All At Low & Affordable Prices! \$\$\$

This Mother's Day let us fill your pockets. Get cold hard cash for all your Gold Jewelry

We buy your unwanted old, new or broken Gold Jewelry for CASH!

The name to know is Rube

Suite #1 Riibo Plaza | Mon. - Fri. 10am - 4pm | Tel:352-7497

5 Mother-Daughter Date Ideas That Will Be Perfect For Mother's Day

While a trinket for her china cabinet or a new silk scarf might get you the "wow" face when she opens her Mother's Day gift, a bonding activity with your mom can be even more special. So this May when you celebrate your one-and-only ma, try one of these ideas to make a lasting memory.



Since she sees all of the professional wedding and baby photos, she probably has hinted that she'd like to get everyone together for updated images that aren't circa-1980 with mall hair and hoop earrings. Set up a time with a local photographer to capture your family in a setting that describes your heritage, say your backyard, the local lake or ocean, or simply sitting around the kitchen table.

Have a sweat date

If your mom is more of a yogi than you are or she runs five miles each morning, when you can barely make it out of bed, then you know sweat-equity is definitely the building blocks of your relationship. Take one for the team and go with her to her fave class or ask her to slow it down so you can run together. You'll be able to catch up, work out and still have time to sip on mimosas at brunch post-sweat sesh. And hey, if there's a class you've both been eyeing (Underwater cycling? Hot yoga?), take it as your opportunity to both try something new, together.

Volunteer together

One way to connect, show your gratitude, and make a special memory is to select a shared cause to contribute your time to. From walking dogs at an animal shelter to visiting cancer patients or the elderly who simply need company and smiling faces, volunteering together can bring you closer, make you realize how lucky you are, and encourage you both to pay it forward more often. If you fall in love with an organization, it can become a regular tradition, helping you to build bonds with those in need and the tireless workers who run charities.

Book a trip (or a staycation)

Even if you can't quite afford to go to Europe, having a weekend getaway just the two of you (especially if you're a mom too, and need some R&R!) can be a special way to create enduring memories. Pick a destination with plenty to do, from the beach and the sand to little markets and craft shops, so you can explore a new city or town together. If you can't get away, consider booking just one night at a super-luxe hotel nearby, so you can each get those rare eight hours of sleep, order in room service, and do your favorite pastime of all: girl talk. Here are trips all moms and daughters should take together.

Try a cooking class

If your love of spicy food or your craving for chocolate brownie sundaes comes from culinary genes your mom passed down to you, consider booking a cooking adventure together. And while learning to decorate a cupcake might be fun (and totally Instagram-worthy), challenge yourself to put your home chef skills to the test and try a new and unusual ethnic cuisine. If you don't have a local culinary school or kitchen goods store near you, reach out to some of your favorite restaurants to see if they'd take you behind the scenes in their kitchen area. Just imagine your mother's face when she finally nails a tough flambe—she'll be telling the story for years to come. Get inspired for your class with these chef-favorite comfort food recipes.

Spend the day at the spa

Even if your mom is still the most beautiful person you've ever met, chances are solid that she's pretty hard on herself—and even more likely that she doesn't take the time to pamper herself. Remind her how much she truly glows (yep, from the inside out) by booking a day at the spa. From manicures and pedicures to facials, scrubs and massages, you can sip champagne (or organic herbal tea) while hanging out in robes and gossiping about the latest talk around your town. She'll feel super-relaxed, pampered, and beautiful. Brush up on your spa etiquette before you go.

Learn something new together

So you've wanted to learn sign language. Or your mom keeps chatting about how she could have been a florist, given how much she enjoys arranging flowers. Or maybe you both are visual and want to learn how to actually nail a paintbrush stroke. For Mother's Day, take your shared curiosity and passions and tie them together in an adult-sized classroom. Better yet? If you are both available and can take several classes, make it an ongoing gift, meaning you'll see her on the reg. Here's how to find a new hobby you'll love.

Take a to-do off her list

Consider something on your mom's plate that she's maybe been procrastinating or doesn't want to do by herself. Perhaps it's that big pile of photos that are from decades ago that she just hasn't gotten around to organizing. Or she's been wanting to plant a flower bed next to the front porch, but just didn't make it to the nursery for the bulbs. Whatever the pain point, solve it for her by donating the most precious gift of all: your time. Set aside a whole afternoon (or weekend, if you can) to help her be less stressed. Want to include a more traditional little something? Check out these ideas for Mother's Day gifts she's guaranteed to love.

Have a family photo shoot

Now that your mom has officially joined Facebook and (mostly) understands how to connect with people from her past and present, she's the queen of 'liking sprees' where she double-taps every post she scrolls past.

I believe in love at first sight, because I've been loving my mother since I opened my eyes.

ITALIAN SPECIALTY IMPORTS
 A FAMILY OWNED ITALIAN SPECIALTY GROCERY STORE SPECIALIZING IN IMPORTED ITALIAN FOOD AND WINES
 LOCATED NEXT TO MARCO'S PIZZA IN SEAHORSE SHOPPING PLAZA
 PHONE: 374-5434
 HOURS: 8-30AM-6PM
 FACEBOOK PAGE: ITALIAN SPECIALTY IMPORTS & BAKERY
 HOT COFFEE & FRESH PASTRIES DAILY

BE A BETTER MOM!

Becoming a mother brings a range of roles that any stage or film actress might envy. Here are a few basic guidelines that may help you become a more effective mother:

1. Have integrity. From an early age, kids look up to their parents as role models and even heroes. They will learn many of their attitudes, language patterns, and behaviors from observing you.

As you go about the daily events of your life, make values-based decisions. Your children need to see you respond to others in a consistent, honorable way. When you treat others with respect, they will too.

2. Set good standards. Expect your kids to try hard at school, to treat authorities with courtesy, and to follow parental guidelines. When you lower the bar or issue contradictory mandates, the kids will become confused and possibly get off track. Clearly explain what you want them to do, and if applicable, tell them why. Start when they are young and they will never know to do anything else until they become teens and are exposed to other ideas and examples.

3. Be fair. Treat all your children in the same manner without favoring one over another. Be consistent in setting rules as well as issuing rewards and punishments. Kids quickly sense hypocrisy or favoritism!

MODERN AIR-CONDITIONING

Celebrate

M *Mother's* **M**
Mega Sale
Day

APRIL 30TH 2018
 Thru
MAY 19TH 2018

COMFORT STAR - 12K BTU MINI-SPLIT SYSTEM W/BRACKET
ONLY \$325.00 BONDED & \$446.13 DUTY PAID (VAT INCLUSIVE!)

DELTA - 12K BTU MINI-SPLIT SYSTEM W/BRACKET
ONLY \$345.00 BONDED & \$467.63 DUTY PAID (VAT INCLUSIVE!)

The Perfect Mothers' Day Present! while supplies last

Yellow Pine St. (Across from GB Millwork) | Ph: 352-5729 / Fax: 351-4912
 Email: modern-airconditioning@hotmail.com

BIG B's

Trading Co. Ltd.

Huge Variety Of Wholesale & Retail Snacks And Candies



Come in today for great prices for school!
West Settler's Way, in the Antoinette Interiors Bldg,
Opposite C.O.B. & B.T.V.I. (the store with the single door)

Tel.: 351-2250 or 352-8805 Fax: 352-8714
Hrs: 10:00 am - 6:00 pm Mon - Fri 10:00 am - 2:00 pm Sat.

mother. YOU ARE MY

voice of reason • story teller
advice giver • hand holder
partner-in-crime • shoulder
shopping buddy • supporter
broken heart healer • teacher
chef • right-hand • psychologist
nerve calmer • angel • sunshine
heart and soul • problem solver
comedian • doctor • peace keeper
cheerleader • twin • confidant
& MY BEST FRIEND.

Island Fun & Sun Travel

CUBA FLIGHTS INCLUDING HOTEL PACKAGES TO HAVANA & VARADERO, CUBA

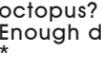
Also Specializing in:
U.S. Cruises & Airline
Hotels & Cars rentals in the United States.
Open 6 days a week.

Every Tuesday direct flight from Freeport to Havana, Cuba

• Fun • Sun • Beautiful Beaches

Email: islandfu@yahoo.com
Ph: 351-4000
Regent Centre, through walkway next to the Passport Office

 What do turkeys like to do on sunny days?
* They like to go on a peck-nic.

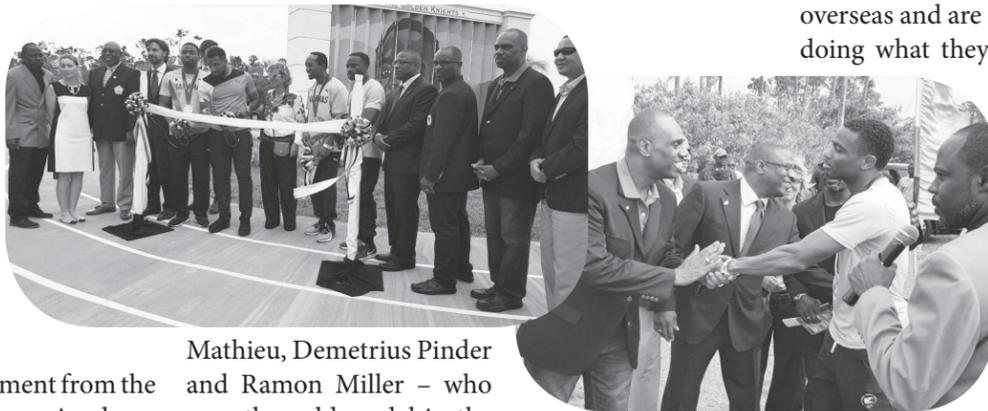
 What do you get when you cross a turkey with an octopus?
* Enough drumsticks for Thanksgiving.

 What's black and white and red all over?
* A Pilgrim with a rash!

IT'S TIME TO BRING HOME ELITE SPORTING COACHES



Minister of Youth, Sports and Culture, the Hon. Michael Pintard said it is in the country's collective economic interest to bring outstanding, international renowned Bahamian coaches back home, whether on full time or a part-time basis, in order to attract Bahamian elite athletes and their friends to come and train in The Bahamas.



He said that the Bahamas has a commitment from the IAAF to put in place a High Performance Academy for sprinters and jumpers.

"But that would only happen to the extent that we have physiotherapists, massage therapists, nutritionists, elite coaches who are available, and outstanding facilities, to make sure that we succeed," said Minister Pintard.

"The government is committed to working in this regard and we will do our part and we appeal to the private sector to work partner with us."

The Sports Minister's remarks came during a ceremony for the dedication of a mural, featuring the Golden Knights, on Monday, April 23 at the roundabout of Jubilee Way and Coral Road. All four of the Golden Knights – Chris Brown, Michael

Mathieu, Demetrius Pinder and Ramon Miller – who won the gold medal in the men's 4 x 400 meter relay at the Olympic Games in 2012, were in Grand Bahama for the special ceremony.

The unique, 3-D artwork, which sits in one of the busiest roundabouts on the island, was created by Artist Jacki Boss.

In paying special tribute to the Golden Knights and all of the Bahamian athletes who have helped to put The Bahamas in the world's spotlight, Minister Pintard also pointed out the significant role coaches play in causing The Bahamas to experience such sporting success.

He said the time has come to bring back home many of those Bahamian coaches who are coaching

overseas and are anxious to return home to continue doing what they love. He noted that at just about every major competition he has attended, he has noticed that there are Bahamian coaches grooming athletes from other countries to compete in those major events.

"Many of them are prepared to accept less salary than where they are located, in order to come home. The government, in and of itself, does not have

the capacity to pay all of those salaries, but public, private partnerships may provide the key -- "but it has to be a deliberate, strategic effort by the public and the private sector."

He noted, "I am appreciative that many of our athletes have been so nationalistic in their focus that they have been prepared, despite many inducements offered around the world to remain committed to the colours that matter most – the colours of our Bahamian flag. These are the colours that really matter.

"So, we want to say 'thank you' to them for sacrificing personal comforts, because of their nationalism."




The Shoe Village
RND Plaza, Freeport • www.TheShoeVillage.com

Spend \$100.00 and be automatically entered to win 1 of 4 Mother's Day gifts valued at \$350.00.

NATURAL

 Paudie goes into a bar and orders seven shots of tequila and one Guinness. The barman lines up shots and goes to get the Guinness. When he comes back with the pint, all seven shots are gone. The barman says: "Wow! You sure drank those fast." Paudie explains: "You would drink fast too if you had what I have." The barman asks: "What do you have?" The guy reaches into his pocket and says: "Fifty cents!"

* The one thing us Irish have is the ability to laugh at ourselves. God bless us all. - Ann Kennedy

* Two Irish drunks are walking home after a little too much celebration on St Patrick's Day. As they stumbled up the country road in the dark, Paddy says, "Bejeesus, Mick, we've stumbled into the graveyard and here's the stone of a man lived to the age of 103!" Mick replies, "Glory be, Paddy and was it anybody we knew?" Paddy says, "No, it was someone called 'Miles from Dublin'."

GRAND BAHAMA EVENTS

May 12
Rotary Club 8th Annual Cigar Night
 6:00 p.m. | Grand Bahama Yacht Club

May 16
Cat Island Association 4th Annual Seniors' Spelling Bee
 Applications available at Sir Charles Hayward Library
 Eligibility-60 years and older

May 21
Whit Monday (Public Holiday)

May 23
Grand Bahama Chamber of Commerce
Monthly Business Meeting
 12:30 p.m. | Delphine Room, Pelican Bay Hotel

May 26
Da Local Fresh Market
 9:00 a.m. - 1:00 p.m. | Rand Nature Centre
 Telephone Contact: 352-5438

May 27
Hope Society 1st Annual Shop and Sip
 In the garden 3 p.m.-7 p.m.
 For more information please contact 533-3384 or 351-*5258

G.B First Annual Powerboat Race Summer Fest Weekend

HAVING AN EVENT SOON? PLACE IT HERE!



To list your event, email to: bbandsfreeport@gmail.com

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

FOR SALE OR RENT

NEAR GOLF COURSE,
 QUIET AREA, SWIMMING POOL
1 & 2 BEDROOM CONDOMINIUMS
 FORTUNE HILLS RESORT

CALL US TODAY:
COBERT MANAGEMENT & SALES LTD.
 REAL ESTATE BROKERS & APPRAISERS
 OVER 20 YEARS OF EXPERIENCE

8A KIPLING BUILDING
 FREEPORT, GRAND BAHAMA, BAHAMAS

TEL: 242 352-4765
 US LINE FAX: 954 703-4970
 FAX: 242 351-5590

EMAIL:
 COBERTMANAGEMENTLTD@GMAIL.COM

Located Mall@Coral: Coral Rd. & Explorer's Way

30% Off

Clutches
 Fascinators
 Perfumes
 Jewelry
 Instant/Wigs
 Dermablend

happy mother's day!
 May 7th - 12th, 2018

Heavenly BEAUTY SUPPLY

"Selling products that bring out that Kingdom beauty in you!"

Formerly Hair Dimensions
 EST. JUNE 18TH, 2003

CALL US TODAY
351-1082

"Selling Products that Bring out that Kingdom Beauty in You..."

GRAND LUCAYAN NEGOTIATIONS ARE ALIVE AND UNDERWAY



"Do not believe the fake news that is out there, because the Grand Lucayan deal is very much alive and underway and we have made tremendous progress with respect to that deal," said Minister of State for Grand Bahama, in the Office of The Prime Minister, Senator Kwasi Thompson. The Minister's remarks came during his opening address of the second annual Business-to-Business Expo, which was held at Pelican Bay resort on Thursday. Minister Thompson said that they are at the end of the negotiating process with the Grand Lucayan resort and what they are negotiating goes beyond just transferring ownership of a hotel from one company to the next.

"What we are doing is providing a unique destination for Grand Bahama, one that is different and set apart from the rest of The Bahamas," said Minister Thompson. "We believe that at the end of the day, we will see up to two well-known brand names that have never been in The Bahamas before.

"This will truly provide a unique destination for Grand Bahama." The second annual Business-to-business Expo was held in partnership with the Office of The Prime Minister in Grand Bahama and the Grand Bahama Chamber of Commerce; according to Minister Thompson, it has been designed to generate much needed growth in Grand Bahama's local economy. Minister Thompson noted that the Business Expo serves as an avenue to bring people and businesses together, provide large corporations with local options for their purchasing needs and empower small businesses to frame their services to be able to engage with those large companies.

"The Government is confident that through this collaboration, many of the goods and services now imported from foreign vendors can now instead

be delivered by Grand Bahamian businesses."

The Business-to-business Expo was launched in 2017 with the Grand Bahama Shipyard and Buckeye having provided specific information on their procurement process and requirements. This year's Expo presented a panel of representatives from Statoil, Pharmachem Technologies and Quality Services Limited. In addition to the ongoing mega projects within some of the companies who presented at this year's expo, Minister Thompson said that the Government is excited that several investment projects are presently underway in Grand Bahama that will provide even greater opportunities for local entrepreneurs.

Minister Thompson outlined the various other projects that are in the pipeline of development, which will all help to revive the economy of Grand Bahama: Seaward Fishing Village in Deadman's Reef; the expansion of the Blue Marlin Cove and the much anticipated \$2.8 billion Grand Palm Beach Acquisitions Limited Resort, which was once known as the Ginn project.

"We've seen the Zipline and Water Park recently opened here in Freeport and we anticipate that a well-known skating rink and go-cart facility will be reopening its doors in Grand Bahama. The WIndriver Tobacco manufacturing company has recently commenced its operations right here in Grand Bahama, where they are manufacturing tobacco products for export.

"I recently visited the construction site of one of our major food store owners, who has embarked upon a major,

multi-million dollar expansion project." Minister Thompson pointed out that the Government of The Bahamas remains committed to making Grand Bahama the technology hub of The Bahamas. To this end, he noted that they have made some progress in respect to making that a reality. He said Technology companies have been taking advantage of the Commercial Enterprise Act, which was recently passed by Parliament and as such three technology companies have been given approval in principle to operate in Grand Bahama. "In fact, one of those companies is represented here at this Expo, that is GIBC Digital Company," said Minister Thompson. "They have already indicated that they are in the process of hiring up to fifty people here in Grand Bahama."

The Office of the Prime Minister in Grand Bahama has provided business grants to over 40 new and existing businesses in Grand Bahama.

"We believe that this initiative sets the tone for sustainable development and diversification of our Grand Bahama economy," said Minister Thompson. "Without a doubt, the business-to-business initiative stands to benefit all stakeholders, changing the way we do business and moving us forward to becoming stronger, and a more self-sufficient island and nation."

WINDBODY & SOUL FITNESS

Join Today: 242-352-1670

HOURS: 4:00AM - 8:00PM MON-FRI
 9:00AM - 1:00PM SAT.

All Mother's for the month of May you can get gym membership for only \$35.00
 LOCATED: INSIDE THE CIRCLE MALL

AFFORDABLE PERSONAL TRAINING

WHOLESDOME NUTRITIONAL ADVICE

AEROBICS CLASS
 5:30AM 9AM 6PM

Seasons Home Décor

New Arrivals Now in for Mother's Day

20% Off Sale

**Candle Holders
Candles
Pictures, Vases
Centerpieces
Wall Accessories
Flowers
Bowls, Wall Scones**



Bullard's Plaza West Atlantic Drive
Phone: 351-2900
Store Hours: Mon.-Fri. 8:00 a.m. - 5:00 p.m. Sat. 8:00 a.m. - 2:00p.m.

'BLUE DAY' FIGHT AGAINST CHILD ABUSE



Saturday, April 28 and Sunday, April 29 are being recognized as Blue Sabbath and Blue Sunday respectively.

Bishop Arnold Josey, chairman of the National Child Protection Council, said Blue Day is an initiative designed to place emphasis on the fight against child abuse during Child Protection Month.

"This is something that started years ago where it was decided that we ought to take the fight against child abuse to another level by getting everyone's attention and doing something called Blue Sunday.

The nation, especially churches, have been invited to participate in the awareness campaign and show support for preventing child abuse by wearing the color blue at services on Saturday and Sunday.

"It's been going on for more than 20 years now. It is a time when families come together and we make a special effort on that particular day to pray for our children and against child

abuse.

"We're looking forward to an exciting time here in our country as it is the first time, to my knowledge, that we're doing it. I am excited that it is happening during my time of service."

Family Islands including Grand Bahama are participating in Blue Sabbath and Blue Sunday. Bishop Josey said it is hoped that Blue Day becomes an annual event.

LENNOX MINISPLIT A/C UNIT **SOLD HERE**



SIZE	BONDED	DUTY PAID
12000 BTU	\$335.00	\$455.00
18000 BTU	\$465.00	\$666.00
24000 BTU	\$655.00	\$888.00

Conet BAHAMAS
352-1301 • 225-3836

The most important thing a father can do for his children is to love their mother.

Make it all about Mom this year....

MOTHER'S DAY

Sale

SATURDAY • MAY 12th • 2018

25% OFF
swimwear & apparel for women

Let us help you create a creative gift bag filled with treats. Don't forget, we have gift cards!

UNDERWATER EXPLORERS SOCIETY
Grand Bahama Island
www.unexso.com

Sun - Wed | 8am • 5pm | Thur - Sat | 8am • 6pm
242.373.1244



The pastor of a church decides that God is calling the church to a new vision of what it is to be and do. So at the elders meeting, he presents the new vision with as much energy, conviction and passion as he can muster.

When he had finished and sat down, the senior elder called for a vote. All 12 elders voted against the new vision, with only the clergyman voting for it.

"Well, pastor, it looks like you will have to think again," says the senior elder. "Would you like to close the meeting in prayer?"

So the priest stands up, raises his hand to heaven, and prays, LOOOOOOORD!... will you not show these people that this is not MY vision but it is YOUR vision!"

At that moment, the clouds darken, the thunder rolls, and a streak of lightning bursts through the window and strikes in two the table at which they are sitting, throwing the pastor and all the elders to the ground. After a moment's silence, as they all get up and dust themselves off, the senior elder speaks again. "Well, that's twelve votes to two then."

Nobody who ever gave his best regretted it.

Today I went to a barber's shop for a shave. The barber asked me to put a small wooden ball in my mouth so he could get a closer shave around my cheeks. I asked: "But what if I swallow the ball?" He replied: "No problem sir, you just bring it back tomorrow like everybody else."

What is see-through and smells of carrots? A rabbit fart.

An optimist sees light at the end of a tunnel and thinks it's an exit. A pessimist sees light at the end of a tunnel and assumes it is an onrushing train. The train conductor sees two stupid guys staggering on train tracks.

Job interview in a psychiatry: So you're interested in working with us. What is your experience with mentally disturbed people? I've been on Facebook for 5 years now. Very good, the job is yours.

Knock-knock. Who's there? Roach. Roach who? Roach you a letter. Didn't you get it?

Mama was my greatest teacher, a teacher of compassion, love and fearlessness. If love is sweet as a flower, then my mother is that sweet flower of love.

ZORBA'S GREEK CUISINE

Planning an Event or Party?
Let Zorba's Cater for you! Call us today!

Tzatziki Souvlaki Mousaka Gyro
Chicken Lamb Beef Seafood

Ask about having functions at **ZORBA'S**

Open for: Breakfast 7am - 1pm, Lunch 11am - 5pm & Dinner 5pm - 10:30pm

GO GREEK ONCE A WEEK!

Tel: (242) 373-6137 Fax: (242) 373-3239
P.O. Box F-44120 Port Lucaya Marketplace Government VAT Tax of 7.5% will be added to your bill.
Freeport, Grand Bahama, Bahamas
website: www.zorbasfreeport.com email: zorbasfreeport@yahoo.com



The Color Cafe
Where Beauty is on the Menu!
#1B Parker Bldg. Tel: 242-351-4425

Mother's Day Baskets on SALE!

Now Open on Sunday 10:00 - 3:00

Place Orders NOW!
We Create Elegant Baskets for All Occasions
WE ALSO CARRY MARY KAY, IMAN, FLORI ROBERTS, MAC & CLINIQUE POWER BEAUTY PRODUCTS
Make-Up Application Available



Mary's Place
Finishing Touch
a.k.a. Avon Centre

We Are Here To Cater To All Of Your Bridal Needs.
 Let Us Make You Fabulous!

WE CARRY:
 ZERMAT PRODUCTS,
 BRIDAL HEADPIECE &
 BOUQUET FASCINATORS,
 MEN & LADIES CLOTHING
 & ACCESSORIES, BRAS
 PERFUME, LOTIONS, WAIST
 TRIMMERS, BUBBLE BATH,
 & OTHER SKIN CARE
 PRODUCTS,
 & so much more.



#6 West Mall Shopping Centre, Tel: 688-9576

 To be happy with a man,
 you must understand him a
 lot and love him a little. To
 be happy with a woman,
 you must love her a lot and
 not try to understand her at
 all.

* A police recruit was asked during the
 exam, 'What would you do if you had to
 arrest your own mother?' He answered,
 'Call for backup.'

Give your Mother a gift that says
I Love You...



Exquisite
Jewelry Pieces
 only at
FREEPORT
Jewellers

Every purchase gives you a
 chance to win a *BTC Cell Phone*

Tel: 373-2776
 Port Lucaya Marketplace
 Mon-Thurs 9am-6pm ; Fri - Sat 10am-9pm ; Sun 10am-3pm

The look of **PLATINUM** with a...

SILVER Price Tag
 For
 Great **PRICES**
 and
 Trendy **STYLES**



 **THE CURIOSITY SHOP**

Ph: 373-3987
 Port Lucaya Marketplace
 Mon.-Thurs. 9:30am - 5:30pm Fri-Sat. 10am-6pm Sun. 10am-3pm

DPM ENCOURAGED TABERNACLE FALCON



Tabernacle Baptist Academy, the 2018 National High School Basketball Champion and the Hugh Campbell Basketball Champion, was on Monday praised for its athletic success and encouraged to continue to strive for that success. However, its winning team members, the Tabernacle Falcons, were urged to also focus on their academics.

The Falcons, accompanied by their principal Edward Johnson, as well as the coaching staff of the basketball team, made a courtesy call on Acting Prime Minister (Deputy Prime Minister) and Minister of Finance, the Hon. K. Peter Turnquest, at the Office of the Prime Minister.

While congratulating the group on their success, the group was reminded that exams are near and it is now time to focus on their books. "I want to encourage you to continue to focus on making yourselves better. Nothing happens without hard work and sacrifice. There are many roads to success and some of them are easy, others take time and commitment. The easy ones, are normally short lived. Instant success. But you also have instant failure because you have not built and honed your craft and skill, such that it takes you through the hard times. You have made the sacrifice that's necessary to build that character that takes you through the disappointing times.

"I want to encourage you to put in the work. Don't mind people who have early success, because a lot of them don't make it to the end. Those who persevere. Even in academics, you know. You see people who are doing well

in high school early, and a lot of them don't follow through. They don't learn how to study, they don't learn how to apply themselves because it comes easy. They can read a book and they can regurgitate it. But that only takes you so far.

"If you don't have that commitment, you don't know how to discipline yourself to focus and you will fall. This can be devastating to some. So I want to encourage you again to put in the hard work. Understand that nothing comes without sacrifice. There are no instants in this life. No instants. You have to work."

Also present was Parliamentary Secretary in the Ministry of Works, Iram Lewis. As a former Olympian, he was able to give advice from a personal standpoint. He noted the very talented athletes, likening them to players on NBA teams like the Detroit Pistons and LA Lakers.

"You've made Grand Bahama proud. I want to urge you to remain focused, dedicated to the cause. I recognize that you realize you are a student-athlete first. Stay focused in your academics. What is done in the classroom is what will carry you at the end. Stay in the classroom and get your diploma, get your degree, get your professional qualification. Always have basketball as something to fall back on."

In closing, Mr. Lewis reminded the young men that while their names were on the back of their jerseys, they represented their school, their community and as such, were ambassadors of their country.

 Today I found my first grey pubic hair. I got really excited, but not as much as the other people in the lift.
 Dentist: "This will hurt a little."
 Patient: "OK."
 Dentist: "I've been having an affair with your wife for a while now."
 *
 Why do you see so few black people on ocean cruises?
 Well, they're not going to fall for that one again.
 *
 Enjoy your life!

L & S Boutique
 #7 Les Fountain Plaza (Upstairs across from Capricorn)

*Clothing, Shoes,
 Accessories,
 Make-Up,
 Perfumes, Oils and
 Much More...*

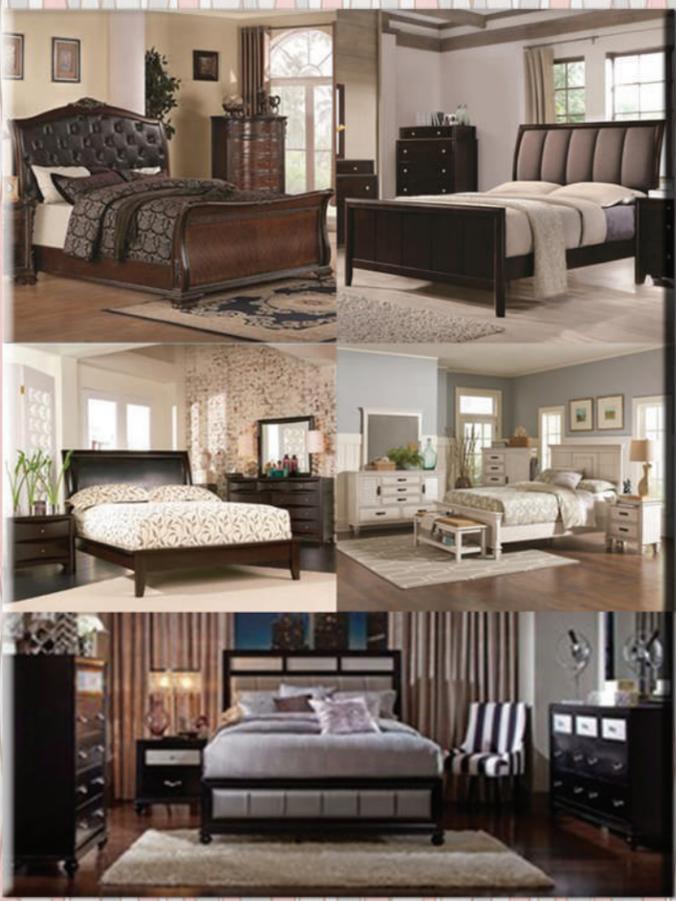


Open: Monday-Saturday 9:00am-6:00pm | Telephone: 242-442-4017

Island Bedding & Furniture

"everybody deserves ...their own Island"

**Island Bedding is fully stock
 with four piece bedroom sets
 starting at \$1,900**



Telephone: 242-351-1701
 E-mail: islandbedding@gmail.com
 Website: www.islandbeddingbahamas.com
 #5 Queen's Highway, Opposite Caribbean Veterinarian Clinic





Woman To Woman...

#1 FAN! PART 2

By: *Christina Bowe-Certified Wedding Planner*

So the question remains "why is it when we as believers praise our God that does soooooo much to make our lives better we are viewed as strange or over the top?"

Here's my take. Satan as he always is, is busy at work trying to give the world a skewed view of Christians. Trying to make praising God look bad. But think of all of his goodness, his grace and his mercy in our lives and I am thinking that's a whole lot to praise God for.

Let me demonstrate by an example. So years ago when I was a big time Heat fan, they won the Championship. I remember the moment clearly. We had put a projector with a screen in the yard and had a few friends over to watch the Finals. Well, if you had seen us when they won, I mean we were jumping up

and down in the yard, screaming, shouting and just as happy as can be.

What were we getting because they won? Nothing! Just good ole bragging rights! No money, no gifts, nothing. I would venture to say many of you were and are doing the same. But yet, as we think about what God has done, why don't we shout or scream or jump up and down. God sent his only son to afford us a life of Salvation; a life that brings peace, joy, blessings and prepares us for eternity.

A God that gets us through that devastating tragedy when we couldn't figure out how we would, a God that comforts us in the worst of times, a God that heals, a God that provides when we couldn't, a God that brings happiness and hope to our homes. There is so

much that God provides, I am sorry, not just playing, I am not really sorry. I can't help but to praise him. I am indeed his #1 fan and I am unapologetic and unashamed to say so.

So the next time you see what you call a "crazy Christian" praising and shouting and giving God all the glory he deserves, just think for a second what God may have brought that person through or where he may have brought them from and it will all make sense. Think of your favorite team or superstar and the excitement that you feel when you watch them and then think of our God. I think I made my point. Hope you become a #1 God Fan soon to!

Hooray for God and the many blessings he pours in our lives.

APPRAISALS
FOR

BANK LOANS, HOME OR BUSINESS
INSURANCE, BAIL SURETY, ESTATE
SETTLEMENTS EXPERT OPINIONS & MORE

CONTACT:
BERT E. LIGHTBOURNE, PRRA, CCRA
Certified Residential & Commercial
Real Estate Appraiser

CALL TODAY!
COBERT MANAGEMENT & SALES LTD.
REAL ESTATE BROKERS & APPRAISERS
8A Kipling Building, Freeport, Grand Bahama
P.O. Box F-40693
PH: (242) 352-4765 • FAX: (242) 351-5590
US Line: (954) 703-4970
EMAIL: cobertmanagementltd@gmail.com



Mounting-Bracket
for Mini Split Ductless
Air Conditioner
Condensing Unit

**SOLD
HERE**

@
Conet
BAHAMAS
352-1301-2253836

For 9000 & 12000 BTU
Bonded \$18.00
Duty Paid \$20.00

For 18000 & 36000 BTU
Bonded \$21.00
Duty Paid \$25.00

What do you get after eating way too much turkey and dressing?
Dessert, of course!
*
"I was going to serve sweet potatoes with Thanksgiving dinner, but I sat on them."
"So what are you serving now?"
"Squash."
*
Gobbler said, "Doctor, help me! I can't stop acting like a turkey!"
"I see," said the doctor.
"How long have you had this problem?"
"Let me think a second. Mom laid the egg in 1954..."

*Let us always meet each other with smile,
for the smile is the beginning of love.*

ILLEGAL DUMPER CAUGHT



Each month, its estimated that thousands of pounds of illegal waste are dumped in remote areas across various family islands. On Grand Bahama, beaches, service roads and other sparsely popu-lated areas have long been the target of illegal dumpers who use them to offload everything from old furniture and appliances to construction debris.

The practice of dumping 'in the bush' in addition to being illegal under law, also has far reaching implications for the environment, public health and community development.

As part of its mandate, the Keep Grand Bahama Clean Commit-tee, has long advocated for the use of legally sanctioned options for waste disposal and has worked along with other organizations to raise awareness about the impact of illegal dumping and promote cleaner and greener communities. "Not only does illegal dumping raise significant environmental concerns but there is also a real cost associated with cleaning up these areas" explained Olethea Gardiner Co-Chair KGBC and Environmental Inspector at the Grand Bahama Port Authority.

"At beaches tourists see a nasty island filled with left-over food, empty cans and of course bottles which we all know cause forest fires. The dumping of cars, tires, re-frigerators and such allow contaminates to seep right into our wa-ter, and so we all will feel the effect of these chemicals." Despite the best efforts of the KGBCC

the practice of illegal dump-ing remains extremely prevalent.

During a routine inspection, members of the KGBC and the Building and Development Services Department of The Grand Bahama Port Authority, Limited came face to face with a repeat offender.

On April 10, authorities were called in to investigate the actions of a group of an indiscriminate dumper, who was caught offloading an oversized load of garbage materials using a marked company truck.

"In this case, the persons involved attempted to change directions not to be seen so they knew what they were doing was illegal" not-ed Gardiner "and now they will face formal charges in the courts in addition to being required to clean up all the debris and trash which they dumped."

Residents are reminded not to approach illegal dumpers, but to contact the police and take pictures of those dumping and their license plates. "Concerned residents can call the police, or call our Help Line at 352-2000 or via the Freeport Report App which is avail-able for mobile download in both the Apple Store and Google Play stores," noted Gardiner.

"Fines can range from \$1,000 or more and we encourage everyone to properly dispose of their waste at the Pine Ridge landfill to avoid a similar outcome.

Mother's
DAY
35% SALE
ON ALL PRODUCTS

April 16th – May 12th

CARRYING ALL OF THE FINEST products for your dream home.

- Wood flooring
- Bathroom vanities
- Kitchen cabinets
- Granite counter tops
- And More!!!

CONETBAHAMAS
·DREAM·Design·DELIVER·

ALL LOCATIONS
(FREEPORT, MARSH HARBOR, NASSAU)

WWW.CONETBAHAMAS.COM

ATLANTIC PAPER Company Limited
 #14 Forest Avenue Tel: 352-7133
 We have party supplies for any and every special occasion!

Mother's Day Supplies

- Clear Cello Wraps/Bags
- Gift Wraps/Bags/Boxes
- Wicker Baskets
- Fillers
- Ceramic Mugs
- Cutlery
- Plastic Wine Glasses
- Plastic Champagnes
- Glasses/Flutes
- Plastic Cups/Doilies
- Tissue Sheets
- Metallic Sheets
- Paper/Plastic Dinner Wares
- Cocktail/Luncheon Napkins
- Curling Ribbons
- Pull Bows & more!

Happy Mother's Day

ID INNOVATIVE DESIGNS
 Where Style & Good Taste fit every budget.

Vertical & Wood Blind Manufacturers

We Specialize in:

- Bi-Fold Doors
- California Closets
- Carpet
- Custom Bed Ensemble
- Decorative Rods / Poles
- Sconces
- Draperies & Rods
- Duettes
- Horizontal Blinds 1" & 2"
- PVC Wood & Aluminum Interior Shutters
- Luminettes
- Silhouettes
- Roll-Up Shades
- Valances
- Vertical Blinds
- Vignettes
- Wall Paper
- Wood Floor

Custom Made Window Treatments

Windows Fashions Specialist

We Measure, Manufacture & Install with Quick Delivery
Call Us at 351-7007 • Fax (242) 352-5911

email: innovativedesigns@coralwave.com
 East Atlantic & Settlers Way P.O. Box F-60471 • Freeport, Grand Bahama

Stepping Out
 "When you want to put your best foot forward!"

New Arrivals in for Spring

We Carry the Best in:
 Designer Shoes & Sandals
 Handbags, Scarves
 Belts & Accessories

#13 Parker Bldg, Downtown, Freeport
 Tel: 351-3819

 Knock-knock. Who's there? Imma. Imma who? Imma gettin' tired of waiting -- let me in!

* Knock-knock. Who's there? Roach. Roach who? Roach you a letter. Didn't you get it?

* Knock-knock. Who's there? Dishes. Dishes who? Dishes a nice place you've got here!

* Will you remember me in one minute? Yes.

* Knock-knock. Who's there? Hey! You didn't remember me!

* Q: How does the ocean say hello? A: It waves.

* Q: What's the worst thing about throwing a party in space? A: You have to planet.



CHRONICLES OF HEALING

A Re-connection to nature

ARE RELAXERS AND FIBROIDS CONNECTED?

By: Jamal Moncur



Studies will tell you that women of African descent are several times more likely to have uterine fibroid tumors than women of any other race including Indian, Asian and Caucasian.

But Why Is That?

A published paper from researchers from Boston University have conclusively linked hair relaxers to uterine fibroid tumors in women along with early puberty in young girls.

An article by The Afrikan Voice reported on a study led by Boston University's Stone Epidemiology Center reported that scientists followed more than 23,000 pre-menopausal black American women from 1997 to 2009. Their findings were nothing short of astonishing; "the increased rate of fibroid growth among black women may be linked to chemical exposure through scalp lesions and burns resulting from relaxers."

In this study, a majority of women diagnosed with uterine fibroids had admitted to having had a chemical relaxer at some point in their lives. According to researchers, these same chemical relaxers may contain hormonally active chemicals, like parabens and phthalates that have been known to cause negative effects on cell models. What's even more alarming is that these chemicals have never been approved or regulated by the U.S. Food and Drug Administration. When exposed, these dangerous chemicals can easily seep into the skin by way of lesions caused by chemical burns.

According to this study, women who got their first

menstrual periods before the age of 10 were also more likely to be diagnosed with uterine fibroids. Early menstruation may be a direct result from the hair products young black girls are using. The study continues to state that certain racial groups including, African Caribbean, Hispanic, and white women got their first menstrual period in the 8 to 19 range. However, African Americans, who were more likely to use straighteners or relaxers got their periods earlier than the aforementioned racial/ethnic groups.

The good news comes in the form of Tamika Fletcher, co-owner of Natural Resources salon in Houston- thus far, there is only an association rather than a "cause and effect relationship between relaxers, early periods and fibroid tumors. Unfortunately though, the hair care industry is not regulated by the FDA so there is no way to tell exactly how dangerous these products are. The facts are all there. Some studies report an association while others report a definite cause and effect relationship. The questions is; do you want to expose your daughter to chemicals that MAY cause uterine fibroids? The choice is yours.

What Can You Do?

If you have ever considered going au natural with your locks, this may be the time to do so. If you feel as though you need to continue using the Creamy Crack, as some refer to relaxers, then consider doing it less often. Avoid products with a long listing of ingredients you can't even name. When purchasing haircare products, be

sure to purchase ones that are paraben-free. You only have one head of hair, take care of it. Mr. Jamal Moncur is on a journey to get the Bahamas healthy. He is the owner of the New Life Natural Cell Food store and restaurant, which sells holistic, organic products to combat such ailments as hypertension and diabetes.


NATIONAL WORKERS CO-OPERATIVE CREDIT UNION

Join
National Workers Co-Operative Credit Union

MAKE ONE OF THE BEST DECISIONS IN YOUR LIFE & ENCOURAGE YOUR FAMILY & FRIENDS TO JOIN NATIONAL WORKERS CREDIT UNION

OFFERING:-

SHARE SAVINGS	HOUSE SAVINGS
DEPOSIT SAVINGS	BACK TO SCHOOL SAVINGS
CHRISTMAS SAVINGS	EDUCATIONAL SAVINGS
VACATION SAVINGS	FIXED DEPOSIT ACCOUNTS
STANDING ORDER/BILL PAYMENT ACCOUNT	
RETIREMENT SAVINGS	DEBIT CARD/ATM ACCOUNT

PHONE 326-5806(NASSAU) OR 352-9624 FREEPORT

Government Consolidation Loan Going on Now!



CHRONICLES OF HEALING

A Reconnection to Nature-Recipe Edition

Organic Tomato Sauce

By: Shonique Moncur

Ingredients

- 8 Tomatoes, Chopped
- 1/2 C Fresh Basil, Chopped
- 1/2 C Olive Oil
- 2 Tbsp Sea Salt
- 3 Tbsp Agave
- 1/2 Tbsp Fresh Rosemary, Chopped
- 1/2 Tbsp Fresh Thyme, Chopped
- 4 Red Bell Pepper, Chopped
- 1 1/2 Red Onion, Chopped (put aside)

Directions

- Add all above ingredients into a large sauce pan
- Stew on medium heat for approximately 20 minutes. (Ingredients should be tender.)
- Once cooked, let cool for 10 minutes.
- Using a blender, add in the chopped red onions. Add in sauce mixture, blend together until smooth.
- Pour over pasta of choice.


Sandbasket Memories
 #3 Seventeen Centre - Bank Lane - Freeport - Grand Bahama
 Telephone: 352-5552 -Email - sandbasketmemories@gmail.com

Make your small moments into a lifetime of memories.





DOG DAYS MARATHON HIGHLIGHTS

Dog Days Half Marathon, was started in 2014 by Siobhan Antoni-Bates and Nikki Waugh, working mom's who wanted more racing opportunities and to support the GB Humane Society. The race also has

a 10k, 5k races and a One Mile Fun/Run for adults, kids & of course dogs. Held annually at Bahamas Adventures in Lucaya, Freeport, GB.



Hair Gallery
WIGS! WIGS! WIGS!
Wishes all Mothers a Happy Mother's Day

WHOLE HEAD WIGS, LACE FRONT, Half Wigs, Hawaiian Wave, Premium Now & Too, Italian Body, Milky Way Pure Beauty Collection, She Hair, Hair Serum, Perms, Hair Treatment, Shampoo, BW2, Pure White, Edge Control, Argan Oil, Hair Rods, Bleaching Creams, Nail Supplies, Zuri, LA Girl, Black Opal Make up

Check us out! Downtown (next to Int'l Sewing Centre)
Store HRS: 9AM-6:30PM * TEL: 352-6596



A female attorney in a law office found a typewriter on her desk with this note: "We are short of cretarial help and need your

assistance." Recognizing that this was yet another prank by her male colleagues, she quickly typed a response that forever squelched the jokes: "I wold lov to hep out eny wey I kan."



Special Congratulations to Kiara Roberts who came first in her division.



I Am A Mother: Grateful, Blessed And Sometimes THAT Mom

By: Leigh Mary Hoffmann

I am a mother.
 I am "Mom."
 I am "Mommy."
 I am "Ma-Ma."
 I am MOMMMMMMMEEEEEEEE!!!
 I wear yoga pants all the time. But I don't do yoga ever.
 I wear running sneakers with my yoga pants. I don't run, either.
 My hair is covered by a baseball cap because 1) I haven't had time to cover up my gray roots, or b) I haven't had time to wash it yet today, or yesterday.
 My nail polish is chipped, my bra and underwear don't match, and I'm wearing my daughter's socks with unicorns on them. That's how I roll.
 Other days, it's jeans. But not "mom jeans" because even I know better than that.
 I do dress up for the occasional date night with my husband, but I'd much rather wear my favorite sweats while curled up on our not-so-comfy couch watching reruns of Friends and Seinfeld, knowing my children are tucked in their beds just down the hall.
 I am middle-aged, middle-class and middle of the road.
 I am not the best housekeeper, but I keep an awesome home filled with love and laughter.
 I do not like to cook, and I am not good at it. I wish I could change that, but know I won't.
 Boxes of frozen waffles fill my freezer, and there is white bread in my cupboard. Don't judge me.
 I currently have six loads of laundry to do, five loads to fold, and four loads to put away.
 I am the official chauffer of the family minivan—The Golden Bus, as we call it—with seven stick figure stickers on the back window (eight, with the dog), the obligatory "my kid plays sports" magnet, Goldfish crumbs and empty water bottles on the floor, and 104K miles on it. It's a sweet ride, if you don't mind the smell and also the noise from the back.
 I am imperfect. I say bad words. I lose my cool. Sometimes, I need a time-out.
 I like to "pin" things, but I never actually make crafts. Pinterest sets the bar too high.
 I binge-watched six seasons of Gossip Girl, five seasons of Breaking Bad and six seasons of Sons of Anarchy on Netflix. That was like four million hours of TV when I ignored my kids. I think I should get them each their own puppy.
 My children are kind, and my husband and I lead by example. That makes me proud.
 I am often inappropriate, and I laugh at things I shouldn't sometimes.
 I do not spend enough time watching the news or keeping up on current events. I do keep up with what is happening with my children. They are my worldly news. They are my world.
 I often feel guilty about not spending enough time with my kids. Other times, I can't wait to get away from them. And that's OK.
 Some days I don't like my kids, but I love them every second of every day.
 I am a best friend to my children. They are best friends to me. I pray this never changes.
 I don't ask my children for perfect grades, but I do expect them to try their best. If they try, and they fail, they don't get punished—they get the help they need to do better.
 I believe the punishment should fit the crime. Certainly don't cry over spilled milk, but be prepared to shed some tears if you purposely hurt someone's feelings and I find out about it. (Oh, and clean up the milk your-self please. I am your mother, not your maid.)
 I referee arguments daily. Sometimes, I secretly root for one child over the other!
 I respect my children. They respect me. This one is non-negotiable.
 In my mid-30s, I wanted to go back to school to become a nurse, but life had other plans for me. Even so, my "magic kisses" and character Band-Aids can do wonders on little wounds.
 I could never be a teacher, but admire the men and women who teach our children.
 My schedule won't allow for me to coach my children's sports team, but I will be their biggest cheerleader. I will cheer like crazy for your child too. It breaks my heart that I'm not a stay-at-home mom, but going to the office every day helps keep me sane.
 I'm a storyteller, booger wiper, spider killer, toy finder, party planner, peacemaker, dream interpreter, home-work helper and psychologist. I get paid in kisses. It's totally worth it!
 The kids spend too much time on their iPads. I spend too much time on my phone. We all need to work on that.
 Sometimes, I am that mom. And that's OK because we are all that mom at one time or another—even though we may not know it.
 I am grateful.
 I am blessed.
 I am a mother.



LAND

Up to 50% Off Selected Items.

Mother's Day Special

20% OFF Handbags
10% OFF Wallets
May 10-11-12 Only

A Land Bag is Always Mother's Favorite Gift!

THE LEATHER SHOP Located in the RND PLAZA

Open Tuesday-Saturday 10am-6pm Tel: 352-2895

While I was serving as a juror, I chanced to share the elevator one morning with a visiting judge. He asked me where the jurors parked, and I informed him that we had our own lot several blocks away.

Then it occurred to me that he might be having a problem finding a place for his car, so I continued, "but Your Honour, they have a special place reserved for judges down below." "Yes," he said dryly, "I'm sure they do."

Treasure the love of your mother!

Give her the gift you know she will treasure forever!

Bellevue Gifts & Supplies Ltd.

Many gift items for this Mother's Day and every day.
 Queen's Highway Phone # 352-8808

Mother's Day Cards Including Jumbo Cards!
 Jewelry Boxes and Tin Boxes!

Decorations!
Mugs!

Banners!
Beautiful Vases!

Inspirational Books, Bibles & Bible Cases

Fragrance Lamps
Flower Cutouts

Happy Mother's Day

and so many more gift ideas to choose from!

Be sure to send this to your kids, relatives and friends so they will know what happened to you! To help save the economy, the Government will announce next month that the Immigration Department will start deporting seniors (instead of illegals) in order to lower Social Security and Medicare costs. Older people are easier to catch and will not remember how to get back home! I started to cry when I thought of you. Then it dawned on me... I'll see you on The Bus!!!

Crossword Puzzle

SOLUTION IS LOCATED IN THE ISSUE

Across

- 1 Concentration on one particular field (14)
- 10 French for "Love" (5)
- 11 Relish or mustard, for example (9)
- 12 Smelly (7)
- 13 Orange-red dye (7)
- 14 Maxim (5)
- 16 An F1 circuit (9)
- 19 Relating to both eyes (9)
- 20 Dandies (5)
- 22 Knaves (7)
- 25 A 19th century men's overcoat (7)
- 27 Disapproval (9)
- 28 Gives forth (5)
- 29 Sins (14)

Down

- 2 Publicity (9)
- 3 Rarity (5)
- 4 Inherited (9)
- 5 A region of western Asia Minor (5)
- 6 Disaffected (9)
- 7 Unable to react (5)
- 8 Interconnected nodes or stations (7)
- 9 An Asian temple (6)
- 15 Car fixers (9)
- 17 Xmas (9)
- 18 Substance dependence (9)
- 19 Russian beet soup (7)
- 21 Emotional pressure (6)
- 23 Brightest star in Virgo (5)
- 24 Bake eggs in their shells (5)
- 26 A resin used in incense (5)

CLASSIFIEDS

FOR SALE
 2015 Chevy Cruze Lt
 Clean A/C CD
 Just like NEW!
 Asking \$8,000 O.N.O.
 Contact: 439-6461

FOR SALE
 2016 Chevy Malibu
 In good condition
 low miles, bluetooth
 Asking \$18,500 O.B.O.
 Contact: 727-6258

FOR SALE
 2006 Dodge Charger
 Asking \$5,500 O.B.O. Contact: 727-6258

FOR RENT
 Efficiency Available all inclusive
 water, cable, light, internet and A/C
 Weekly & Monthly Rentals Available
\$600.00 per month
 First Last and security
 Contact: 533-8022

\$25.00
 Places your classified in
 two issues
 of
Bahama Buy & Sell
 Grand Bahama's Favorite Community Newspaper

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

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

 My son crawled for the first time while I was away on exercises. I also missed Harry's first steps and was afraid an upcoming course would cause me to miss his first words. Each day, I called home and asked if he had spoken yet. The answer was always "no" until my wife said Harry had something to say to me. "Daddy, daddy," I heard over the phone, and glowed with pride. My wife came back on the line and said, "You should come home as soon as possible." ?? "Why?" I asked. ?? "Harry was speaking to the dog." ??

Find the path to MOM's heart!

MOM

The Amazing Maze

Happy Mother's Day!

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

#2 Marlborough Building, Downtown
 Freeport, Grand Bahama,
 P.O. Box F-43344
 Tel: 351-9157/3 or 727-SELL
 E-mail: bbandsfreeport@gmail.com
 Website: bahamabuyandsell.com
 Sales: Anya Gibson
 Administrative Coordinator/Graphics: Nyjer Newbold

Next Publishing Date: May 23rd, 2018
 Deadline For the Next Issue: 5pm Tuesday May 15th, 2018

Business Cards

 Minitia Henderson
 Proprietor
 (242)-553-1033
 lustarush@gmail.com
 www.lustarushbahamas.com
 "The finest in Natural Skincare"
 @lustarush

Joyce C. Burrows-Waldron
 Insurance & Vacation Advisor

Cell: 242-727-6215
 email: exoticvacations@coralwave.com

FOR ALL YOUR BUSINESS, PROPERTY, HOME, MEDICAL & LIFE INSURANCE NEEDS AS WELL AS VACATION NEEDS, PLEASE GIVE US A CALL!

STARTER SPECIALIST AUTO LTD.
 All Starters, Alternators, All Shortages,
 For All Lighting Systems, Brakes and Signals

Ainsworth "Crackers" Bain

P.O. Box F-41948
 Freeport, Grand Bahama
 Bahamas
 Forrest Ave.
 Tel: (242) 351-7258
 Cell: (242) 443-1962
 (242) 646-6102
 Email: starterspecialist31@gmail.com
 All card holders will receive 10% discount.

T's Perfume Depot & Accessories

PERFUMES • CARDIGANS
 HANDBAGS • ACCESSORIES
 LEATHER GOODS • AND MORE!

Specializing in your old time favorite fragrances

Sudoku Solution

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

Crossword Solution

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



H&L School Supplies and Bookstore

Hrs: Mon - Sat 8:30am-6:00pm
#2 Arcade Bldg., Downtown, Freeport
Tel: 352-5470 • Fax: 351-3344

GIFTS FOR MOM Books to Help Make You Confident!
• GIFT BAGS • RIBBONS • BALLOONS • TISSUE
• WRAPPING PAPER • BOWS • MUGS

FOR THE KIDS - BACK PACKS & ROLLER BAGS IN ALL YOUR FAVOURITE CHARACTERS LIKE BARBIE, DORA & MORE!
CHILDREN'S BOOKS GALORE! EDUCATIONAL, HOMEWORK HELPERS. ALL THE POPULAR NAMES - NANCY DREW & THE HARDY BOYS, BARBIE, DORA, SPONGE BOB, SPIDER MAN, DIEGO, POOH, MAGIC SCHOOL BUS! CHILDREN'S BIBLES, ARTS & CRAFTS, SCHOOL ZONE, DICTIONARIES, POETRY, FOREIGN LANGUAGE, ROMANCE PAPERBACKS AND ALL THE LATEST NOVELS.

Happy Mother's Day

Ritchie's CALYPSO I & II

Happy Mother's Day

EXCELLENT Stock of Slippers, Sandals Wedges & Pumps Men's, Women's & Children's Shoes. Hand Bags & Accessories! All the latest fashions.

New Arrivals Now In

PLUS 50% OFF SELECTED ITEMS!
Shoes for the entire family!

Hours: 9am - 6pm London Shop Building, Downtown
Tel: 352-8007 or 352-9451

Bahama Buy & Sell
Grand Bahama's Favorite Community Newspaper

KIDS KORNER

For kids of all ages!

PRICELESS! **Mom's Gazette** MAKE HER DAY!
SPECIAL EDITION

WORLD'S BEST MOM!

THIS JUST IN...

One mother breaks all records to be named Top Mom.

THE MOM CHECKLIST
My mother is: (Check all that apply!)

- Awesome
- Brave
- Brilliant
- Cheerful
- Considerate
- Cool
- Craftsy
- Cuddly
- Cute
- Energetic
- Funny
- Kind
- Loving
- Pretty
- Silly
- Smart
- Sweet
- Terrific
- Thoughtful
- Trustworthy
- Wise

The award winner and her family (Draw a picture of you and your mom in the box above)

When asked about this honor, her child had this response:
"My mom rocks! She is _____.
When she _____, it makes me so happy.
I love doing things with her, especially _____.
She is so good at _____.
She really is the best!"

PUBLISHED BY: _____

The Choices "Luv" Page

Q. Me and this guy been together for about a year. Of lately we started having some issues / minor misunderstandings. We would argue then he would block my number or block me on social media for a few days then would come back around. I think that behavior is so childish and immature. Every time we get back on good terms he says he does it to get his space. But I'm starting to wonder if he's seeing someone else. My friends would say they see him out sometimes talking to other girls but he won't even let me question him about what he did while we weren't talking. When things good between us, they are real good. But when he blocks me over some stupid thing like me working late without telling him or going out with my girlfriends after work for drinks without him, it's a problem. I'm trying not to be too paranoid or suspicious but it seems so unfair. Should I demand he tells me where he's at and if he's with someone else when we are not on speaking terms? Or leave well enough alone?



Alex Says... You should pay attention to all the red flags waving before you. I've said it time and time again, if you give a man the opportunity to constantly disrespect you, he will make it a habit. The saying, "You teach people how to treat you" is a very true statement. Whatever you allow them to get away with, they will always do it. In your situation that's what's going on here.

He's choosing to do as he wishes with his life, tries to control what you do with yours and expects you to take whatever treatment he dishes out. Believe me when I say, if this is his attitude towards you now, it will only get worse. You don't need to question him about having another woman because he's already displayed enough questionable actions. You need to accept the fact that this may be over and that's okay. You deserve a man who will want to talk through y'all problems; gives you space to spend time with friends and family; treats you like an equal not a subordinate. If the "more" you desire from him is not attainable, then simply get off this train before it wrecks you. Don't settle for qualities that are below your standards, know your worth and trade up my sister! Better is out there.

Send questions to choices@coralwave.com

When having the **BEST** really matters.

Signature CHOICES
www.signaturechoicesbahamas.com

Fine loungewear, lingerie
Bras & Novelties

#5 Seventeen Center
242-351-2528 Tel

NAUTICA
New Arrivals available

GENESIS
Street Gear

#6 Seventeen Center
Tel: 351-2529

Restview Memorial Mortuary and Crematorium Limited



Robinson and Soldier Roads
Nassau, New Providence, Bahamas
P. O. Box CB 12072
Telephone: 242-394-8043/7
Fax: 242-394-8034

Queen Elizabeth Highway
Marsh Harbour, Abaco
Telephone: 242-367-5116/7
Fax: 242-367-5119
Cell: 242-577-5116

#11-A East Coral Road
Freeport, Grand Bahama
P. O. Box F-42312
Telephone: 242-373-1115/1471
Fax: 242-373-3005

MISSION STATEMENT

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.





Grand Bahama Domestic Terminal
351-4963

Flying to Abaco and Bimini from Freeport!

All prices quoted include *7.5% Value Added Tax

FROM	WHEN	TO	ARR.	FLIGHT DAYS	ROUND TRIP	ONE WAY
FREEPORT	8:45 AM	BIMINI	9:20 AM SAT	SUN, MON, THURS, FRI	\$189.00	\$97.00
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
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	8:45 AM	DAILY	\$214.00	\$118.00
NASSAU	2:00 PM	BLACK POINT	2:45 PM	DAILY	\$214.00	\$118.00
NASSAU	8:00 AM	FARMER'S CAY	8:45 AM	MON, WED, FRI, SAT, SUN	\$225.00	\$128.50
NASSAU	7:00 AM	MANGROVE CAY	7:40 AM	DAILY	\$160.00	\$90.00
NASSAU	4:00 PM	MANGROVE CAY	4:40 PM	DAILY	\$160.00	\$90.00

WHERE DO YOU WANT TO GO?
Charter Flights • Island Hopping • Excursions
• Regattas
Flamingo Air Vat Tin # 100451018

Call us for discounted Children's airfare 2-11 yrs.

Hours: 7:00am - 5:00pm * Book online at www.flamingoairbah.com

COME JOIN US
Lastaways
RESORTS & SUITES

MOTHER'S DAY-BUFFET

FLAMINGO RESTAURANT

Salads
Garden Salad, Caesar Salad, Crab Salad, Potato Salad & Cole Slaw

Entrée
Baked Chicken, Stir Fried Steak, Smothered Pork Chop & Cracked Conch
Served with Macaroni & Cheese, Bean n' Rice, Mixed Vegetable

Dessert: Assort Cakes & Assort Fruits

Beverages: Coffee, Tea, Pink Lemonade, Iced Tea

Time: 12:00-Pm to 3:30-Pm

Adults \$26.99 plus 15% Gratuity & 7.5% VAT
Children 10 & Under \$12.99 plus 15% Gratuity & 7.5% VAT

Sunday, May 13th 2018

Tel: 352-6682 MAKE YOUR RESERVATION NOW

Lastaways HAPPY Mother's DAY
352-6682

Magnificent Moms
GIVEAWAY TO GETAWAY

Enter to WIN a
\$500*
Gift Card

May 1ST - 31ST, 2018

*With minimum purchase of \$250.
Gift card valid for 3 months only.

For more information on this promotion please Call, Come by, Connect on Social Media, or visit us online at furnitureplus.com

*Some stipulations may apply.

Tel: (242) 352-PLUS (7587)

Fax: (242) 352-9823 • Mon-Fri 9 AM - 6 PM • Sat 9 AM - 4 PM

NASSAU • Tel: (242) 397-PLUS (7587)
ABACO • Tel: (242) 367-PLUS (7587)



With your generous assistance we have raised over \$120,000 through our Charity of Hope Foundation. Let's continue to be Champions for Children and for worthy causes in our communities throughout The Bahamas! For more details call, come by, connect on social media, or click online to www.furnitureplus.com





Esquire
The Best of Men's Wear

*Happy
Mother's Day*

**Selected Items
throughout the Store
Now 50% OFF**

Get your attire for all occasions from
Esquire,
The Best of Men's Wear!

**All major credit cards and
debit cards accepted.**

Shops 1 & 2 Marlborough Building, Downtown
P.O. Box F-43344 Freeport, Bahamas

Store Hours:

Mon. -Thurs. Sat.: 9:00 a.m. - 5:30 p.m.

Fri.: 9:00 a.m. - 6:30 p.m.

Phone: (242) 352-8816

Whatsapp: (242) 727- MENS (6367)

Email: info@esquiremen.com

Website: www.esquiremen.com



Join the Esquire Rewards Program and earn bonus points.