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Vol. XX No. 3 February 21, 2018

Ways to Get Through A Rough Patch in your Relationship

By: A Lover In Distress

All relationships go through a rough patch at some point.

A reason why relationships tend to fail is because both parties give up at the same time. Even if just one person keeps up the fight, there is a high chance that things will work out in the end. I suppose both Paltrow and ex Chris Martin chose to give up at the same time, as Paltrow is now newly single.

Even so, her quote applies to everyone out there currently in a relationship. Whether it is dealing with infidelity, money troubles, career drama or a clash of personalities between you and your loved one, there is always a way to survive a rough patch. The only thing to consider is whether both sides want to fight for it.

How to get through obstacles in a relationship

No relationship is perfect. If anyone ever says that it is, then you know for a fact that they have no idea what they are talking about. Being someone's special person takes hard work, effort and sacrifice. Whether it is giving up your time, money, goals or sanity, being in love is a lot more demanding than it is easy. Regardless of all of that, there is no denying that it is all worth it. Here are 10 ways on how you and your partner can get through a rough patch.

#1 Find perspective.

Figure out why you are in a relationship with this person at all. Most people will say it is because they want companionship, to start a family, stability, love and other emotional factors. When you can focus on why you and your partner have agreed to become an 'us,' you put things into perspective and make it simpler to get through a rough patch as you now know why you are doing it.

#2 Regularly check your relationship's vital signs.

You have to conduct regular maintenance on your relationship whether you want to or not. Like the human body, a

relationship is made up of many working parts and in order for it to function well, you have to make sure that every part is at its optimum level.

Pay attention to increased impatience, anger, disagreements and so on. Diagnose them and do whatever you can to expel these negative emotions and behaviors from your life. It's better to handle problems as they come, instead of piling them up and solving them in one fell swoop.

#3 Weigh the pros and cons.

See which list is longer and you will be able to think a lot clearer. The pros will usually outweigh the cons, making it clear why you are with your partner. If by some chance the cons list is longer or more significant than the pros list, then it may be time to consider ending the relationship. [Read: 16 signs it's time to break up and move on]

#4 Don't be afraid to change.

Whether you are going through your first rough patch or the hundredth, there is no denying that something has to change if you want things to improve. Do not be afraid to change if you have to. Sure, many people will tell you that you should never change who you are for someone else, but what is wrong with tweaking your attitude to be more tolerant, patient, kind and loving? Absolutely nothing! Hence do not be afraid to change for the better.

#5 Get some help.

If you and your partner have hit a rough patch and do not know what to do next,



there is no shame in reaching out for help. Speak to a marriage therapist, couples counselor or to a close friend. Getting input from an unbiased third party will do wonders for your relationship. Sometimes, all you need to get through a difficult time is someone else's opinion and advice on what to do next.

#6 Strive for the same thing.

There is a saying stating that the key to a happy relationship is not to look at each other but to look in the same direction. A good reason why your relationship has hit a rough patch is because both of you are not working towards the same goals. Sit down with your partner and have a serious discussion on what both of you want. Come up with a one-year plan, 5-year plan, 10-year plan and so on, and whatever it is, do it together.

#7 Compromise often.

Ask anyone who has ever been in a long term relationship and they will tell you that plenty of compromise and sacrifice are involved. Making your partner happy sometimes comes at your expense and you have to be prepared to give up certain things for the overall health of the relationship.

The golden rule is to compromise often, even if it means going somewhere or doing something that you never imagined yourself doing. Whether it is something massive like relocating to another country to support your husband's career or taking your wife to the ballet on her

birthday, these are just some of the things that you have to do to maintain the happiness in your relationship.

#8 Look for the silver lining.

Getting through a rough patch in your relationship is no easy feat if you are constantly negative. How you handle what is happening now will affect the situation's outcome. If you cannot see the positivity in the situation, things will never improve.

Sure, it may be hard to look for the silver lining during such a dark hour, but if you want to get through it with your relationship intact, you must try your very best. For example, you should look at rough patches as learning experiences and opportunities to fix what is broken, so that you need not deal with the same problem in the future.

#9 Look back at the good times.

Think of doing this as a reminder of why you're still holding on after all this time. Getting nostalgic will lead to other positive emotions such as appreciation, happiness, love and most importantly, the will to fight to keep the relationship alive. Keep reminding yourself that things were not always bad and you will be just fine.

#10 Be grateful.

Once you are grateful for what you have, you will find that things are not so bad after all. Being grateful will not only help you get through a rough patch, it will also give you the strength to push through and to be a better partner. Once you see all the wonderful things that your loved one can offer you, you will do your very best to reciprocate, and that's when things will start getting better.

A rough patch is not a death sentence. Rather, it's a learning experience that makes couples stronger. Once you deal with these issues, you will come out with a stronger bond that only adversity can foster.



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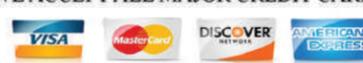
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Issue date	Theme	Deadline
January 24th	Financial Planning Issue	January 16th
February 7th	Valentine's Day Issue	January 30th
February 21st	Wedding Issue	February 13th
March 7th	Spring Fashion Issue	February 27th
March 21st	Easter Issue	March 13th
April 4th	All Things Bahamian Issue	March 27th
April 25th	People In Business Issue	April 17th
May 9th	Mother's Day Issue	May 1st
May 23rd	Prom/Graduation	May 15th
June 6th	Father's Day Issue	May 29th
June 20th	Hurricane Season Issue	June 12th
July 4th	Independence Day Issue	June 26th
July 18th	Goombay Summer Issue	July 11th
August 1st	Summer Vacation Guide	July 24th
August 15th	Back to School Issue #1	August 7th
August 29th	Back to School Issue #2	August 21st
September 12th	Healthy Lifestyles Issue	September 4th
September 26th	Fall Fashion Issue	September 18th
October 10th	National Heroes Issue	October 2nd
October 24th	Home Improvement Issue	October 16th
November 7th	Culinary Arts Issue	October 30th
November 21st	Thanksgiving Issue	November 13th
December 5th	Christmas Planning Issue	November 27th
December 19th	Giant Christmas Shopping Guide	December 11th

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Me and You against the World

By: Debra Fileta

Turn on the local news and you will hear story after story of broken marriages, destructive relationships, struggling families, and the on again off again romance of Hollywood that confirms our societies apathetic view on holy matrimony.

Marriage is no walk in the park. It is a road full of really hard choices, ridiculous selflessness, and constant service. But it is a journey full of blessing, healing, and hope. It is a hazy glimpse of God's incredible love found in the eyes of another human being.

My husband and I take this seriously, and try to live out this kind of love each and every single day. Some days are way harder than others, and many times we make mistakes. But more than anything, we have committed to five things to keep our marriage strong...

Friendship

It's easier to be friends than lovers. And those who start as friends, make the best lovers. John and I founded our relationship on a really strong friendship. I see the roots of that friendship sprouting in our marriage every day. Each component to our friendship is like a string - and we have string after string tying us together and holding us close. We share similar interests, hobbies, passions, and beliefs that keep us connected. But we also have many differences - differences that we see as opportunities to learn,

experience, and get to know one another even more. We love spending time together, experiencing things with one another, and consider the other as our best friend. We don't let our marriage cover over our friendship...it only accentuates it.

Laughter

When I met John I thought he was the funniest man alive (now I know better!). But the truth of the matter is he keeps me laughing and makes me smile. We have so much fun together, and some of our most intimate memories involve us laughing until there are tears streaming down our faces. There is a time and place in marriage for tears of frustration, anger, and sadness...but there should also be a time for tears of joy. Make that a priority in your marriage.

Confession

As hard as it is, John and I are getting really good at saying sorry. But we've evolved. We don't just say sorry anymore - because the word "sorry" doesn't always hold much meaning. We have learned to confess to one another, to take ownership and responsibility of our sins, flaws, and weaknesses, and to apologize

specifically for how we have hurt each other. As humbling as this can be, confession has brought an intimacy between us that is far greater than any prideful "rightness" could ever bring. We've learned to confess to one another, and then to forgive one another.

Affection

While affection was the norm in our first 3 years of marriage - two children later, a lot has changed. Affection is no longer the "norm," it's a priority. It's an action and reaction to one another that involves being deliberate and choosing to make time for intimacy, romance, and quality time. It's a part of our life that we've had to learn to integrate in our day to day, rather than just save for special date nights. We give affection through our words, loving glances across the couch while reading books with the kids, holding hands in public or even across our dining room table. We've learned to show affection through our words, our actions, and our attitudes with one another. And let me encourage you...a little love goes a long, long way.

Connection

With so many opportunities

to "connect" throughout the day via Facebook, emails, text messages, and interactions with others - sometimes our need for connections is depleted by the time we are face to face with our spouse at the end of the day. John and I do our best to save our connecting for one another... to save our favorite stories of the day with each other, to call and text each other throughout the day, and to always save the last few minutes before bed as our time to emotionally connect. We're deliberate in having deep conversation with one another, and make the most of the time we're apart by thinking about each other and then sharing those thoughts when we get the chance.

Marriage is not an easy road, and the proof of that is reflected in the many marriages around us that are falling apart. But God's design for marriage is not to add burdens but to bring blessing into our lives. May God give us the grace to honor our relationships with our spouse, to invest in them, and to show them the love of Jesus every opportunity we get. And may we be blessed in return.



A wife goes to consult a psychiatrist about her husband: "My husband is acting so weird. He drinks his morning coffee and then he goes and eats the mug! He only leaves

the handle!"
Psychiatrist: "Yes, that is weird. The handle is the best part."
*

Doctor: "Do you do sports?"
Patient: "Does sex count?"
Doctor: "Yes."
Patient: "Then no."
*

Oh darling, since you've started dieting, you've become such a passionate kisser...
What do you mean, passionate? I'm looking for food remains!
*

Harry prays to God: Dear Lord, please make me win the lottery.
The next day Harry begs the Lord again: Please make it so I win the lottery, Lord!
The next day, Harry again prays: Please, please, dear Lord, make me win the lottery! Suddenly he hears a voice from above: Harry, would you kindly go and buy a lottery ticket.
*

"You know how it is in life. One door closes - that means another door opens..."
"Yeah, very nice, but you either fix that or I'm expecting a serious discount on that car!"
*

A wife complains to her husband: "Just look at that couple down the road, how lovely they are. He keeps holding her hand, kissing her, holding the door for her, why can't you do the same?"
The husband: "Are you mad? I barely know that woman!"
*

Me and my wife decided that we don't want to have children anymore. So anybody who wants one can leave us their phone number and address and we will bring you one.
*

Police: "Open the door!"
Man: "I don't want any balls!"
Police: "What? We don't have any balls!"
Man: "I know."
*

In a boomerang shop: "I'd like to buy a new boomerang please. Also, can you tell me how to throw the old one away?"
*

Patient: Oh doctor, I'm just so nervous. This is my first operation.
Doctor: Don't worry. Mine too.

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Woman To Woman...

BEING A CHRISTIAN IS A DRAG! Or is it? Part 1

By: *Christina Bowe-Certified Wedding Planner*

As a Christian, this has always been something that bothered me. Being a Christian is such a great thing, such a privilege and I think so many times it is given a bad rep! We look at those that profess to have this wonderful gift and they look as if they have been given a life sentence of boredom, and yawns. Not only that, they can sometimes seem to be like the most miserable people ever!

Like really, would I looking on ever want to have that Christianity that they have? Then there is the whole fantasy world that Satan has painted that says that the secular world has more fun. The TV shows, the magazines all jump onboard and continue to paint this colorful picture of fun and excitement when all the while, if you take a closer look you will realize what a farce the whole idea really is.

So I am here to say that contrary to popular belief, being is Christian is most certainly not a drag! In fact, I will dare to say that it is the most rewarding and profitable relationship you will ever have. A personal relationship with God yields far more benefits

than your ordinary human to human relationship. This is the relationship that brings no disappointments or no betrayals; only pure unconditional love. Keeping it real I know that the concept may sometimes

be hard for you to grasp but once you have come to the realization and acceptance that you are loved and accepted by your Creator then life changes.

There is a grave misconception that confuses Christianity with religion and legalism. That serving God is some duty that just bores us to pieces when on the contrary it is a privilege and an honour. It is where true freedom and liberation and peace begins for us. Amidst this wonderful reality though there a mix up that has occurred and many have believed that this is where the life of "oh you must do this" and "you must do that" comes along. To be clear, I am not in any way saying that as a believer there are not instructions on the way we live that needs to be obeyed to bring about that life that the Lord wants for us; What I am saying is that before we even reach that part, there is a repentance and an acceptance that must take place in which our hearts are transformed.

That first and foremost, our hearts must be with God. I often think of the Pharisees that Jesus rebukes several times in the Bible. Yes, they were the "mucka mucks", the "who's who" during that time because they had much material wealth and were adamant about obeying all the laws that were put in place for the Jewish people. But as Jesus told them their "HEARTS" were not with him. They did what they did to be admired and praised by Man not because they were sincerely dedicated to God. In short, there were big phonies and the whole so called Christianity was just a big show! So you couldn't do anything on the Sabbath, you couldn't pray to loud, and the myriad of don'ts went on forever. But their lives were empty because they never truly experienced and embraced God's love. They lived for themselves.

things fall into place seamlessly. Serving God now takes on a whole new dimension in your life, you experience the real God and all the benefits that come with it like a life of joy.

I like to encourage all believers, new and old to not get caught up in all the apparent "do's and don'ts" that have been set up by the world and even in some cases, spiritual leaders. But to instead, embrace the living word that is readily available to all, the Bible which clearly states in many cases how we are to live our lives.

It is God's handbook of rules. In many instances, some things are really very petty and of no consequence to God as there is no right or wrong way. Example, when I was growing up there was two things that my awesome "old school" Christian mother absolutely forbid me to do if I was going to be a Christian. The first was to not wear pants. Like what? I was so confused and pressured her to explain this to me and show ehre in the Bible it states this. In the end she couldn't and it really was just a tradition that she had passed down to her.

Now, in Deuteronomy there is a scripture that clearly speaks to the fact that a woman should not wear clothing that is for a man and that a man should not wear clothing that is made for a woman. Somewhere along the way, not wearing pants got hook up in this and is quite ironic because back then, women and men wore what we may refer to today as dresses but that were indeed Robes so this whole premise is confusing. Then as a child, I could not go the Movie Theater or as my mother used to call it "The Show". Why oh why could I not go I would ask her repeatedly and repeatedly?

There wasn't really an answer for this one but I concluded that back in the day there may have indeed been shows that would not have been appropriate for a believer to watch as there still are today. However, there were many movies that were clearly very entertaining and quite clean and suitable for a believer to watch. But here again, somewhere along the line, there was this misconception that as a believer you shouldn't go at all.

Really? I point these out because these were two "rules" that was applied to the faith that had nothing to do with the Bible or God's teaching. These obviously originated from someone who had this view and made it a "Christian" thing when really it was nothing more than a personal preference. Inherently, this is not a bad thing and every person should to certain degrees be led by their conscience as to how to live. However, these personal preferences cannot be imposed upon others.

There is no need to allow others to dictate how you must live this life because God has very clearly outlined in the Bible how as believers we should live. However, we as self serving, self righteous human beings have come up with our own rules that many times have nothing to do with the Bible but is only no more that our personal opinion.

They scorned the person that missed a service, or that couldn't put as much in the offering pan as they and that couldn't pray as eloquently as they could. But again, these things are secondary to God. God is no respecter of persons. In other words, we are all equal and God is not fooled by the performance of so called "Christian" duties. God is moved by your heart, your sincerity, your love for him and others. Once we have this then the other

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February 22

Grand Bahama Business Outlook
9:00 a.m. | Grand Lucayan Resort
Register at The Grand Bahama
Chamber of Commerce.
Telephone 352-8329
Email: info@gbchamber.org

February 28

Grand Bahama Chamber of
Commerce
Monthly Business Meeting
12:30 p.m. | Delphine Room
Pelican Bay Hotel
Topic: WTO Focus/Presented by The
Bahamas Trade Commission

March 30

Grand Bahama Regatta &
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PM ANNOUNCES \$4 BILLION OIL REFINERY PROJECT IN GB

Prime Minister, Dr. the Hon. Hubert Minnis announced that his government has approved Oban Energies to commence an oil refinery and oil storage facility in Grand Bahama.

The project is expected to create 600 direct jobs, 1,000 indirect jobs during construction and an estimated project cost of over \$4 billion.

The Prime Minister's announcement came at the start of the sitting of Parliament on Wednesday, February 14, 2018.

"My Government has recently completed negotiating the Heads of Agreement which paves the way for the commencement of this important project," said Prime Minister Minnis. "This Heads of Agreement articulates how this development can proceed."

The Prime Minister said the Heads of Agreement will be signed on Monday, and that over the following two weeks, two additional Heads of Agreements will be signed.

"We are on the road to revitalizing both Grand Bahama and the entire Bahamas," added Prime Minister Minnis.

"I am advised that Oban Energies Management team has been involved in large energy infrastructure projects around the world and brings over 30

years of large, complex construction experience. Oban Energies has further advised that the first phase of the project will consist of four million barrels of fuel storage, a harbour, and deep-sea loading docks to service large vessels; and the construction of a 50,000 barrels per day refinery.

"In addition, Oban will build [an] up to 20 million barrel liquid bulk storage facility and a 250,000 barrel per day refinery. The oil refinery has an estimated project cost of up to US\$4 billion and the terminal has an estimated cost of US\$1.5 billion.

"This is a very significant development for Grand Bahama."

Pointing specifically to some of the aspects of the Heads of Agreement, Prime Minister Minnis noted that the developer will contribute funds in the sum of \$100,000 per annum to be used for community projects and development of East Grand Bahama.

The Agreement also calls for the establishment of a local Advisory Board who will determine the use of those funds and shall be comprised of four mutually agreed persons to both the government and the developer.

The Prime Minister further noted that the Developer has acknowledged the importance of the marine environment to the government and therefore has agreed to provide \$150,000 to

accredited research institute, as may be mutually selected by the government and the Developer.

"Such payment shall be made by the date – that is 12 months after the commencement of construction of the terminal and/or oil refinery," said Prime Minister Minnis.

"The Developer will use commercially reasonable efforts to use Bahamian materials, Bahamian professional services and other Bahamian services in connection with the implementation of the development plan."

Another aspect of the Agreement stipulates that the Developer shall operate with the Government to put in place and sustain during the course of the development multi-disciplinary on-the-job technical skills training and apprenticeship programs, designed to equip the developers' Bahamian employees with a level of technical proficiency, reasonably necessary for the promotion and advancement. And shall render reasonable, periodic assistance towards curriculum development at the University of The Bahamas.

"I think that this is great news for The Bahamas and the country will see more to come in the coming weeks," added Prime Minister Minnis.

My most brilliant achievement was my ability to be able to persuade my wife to marry me.

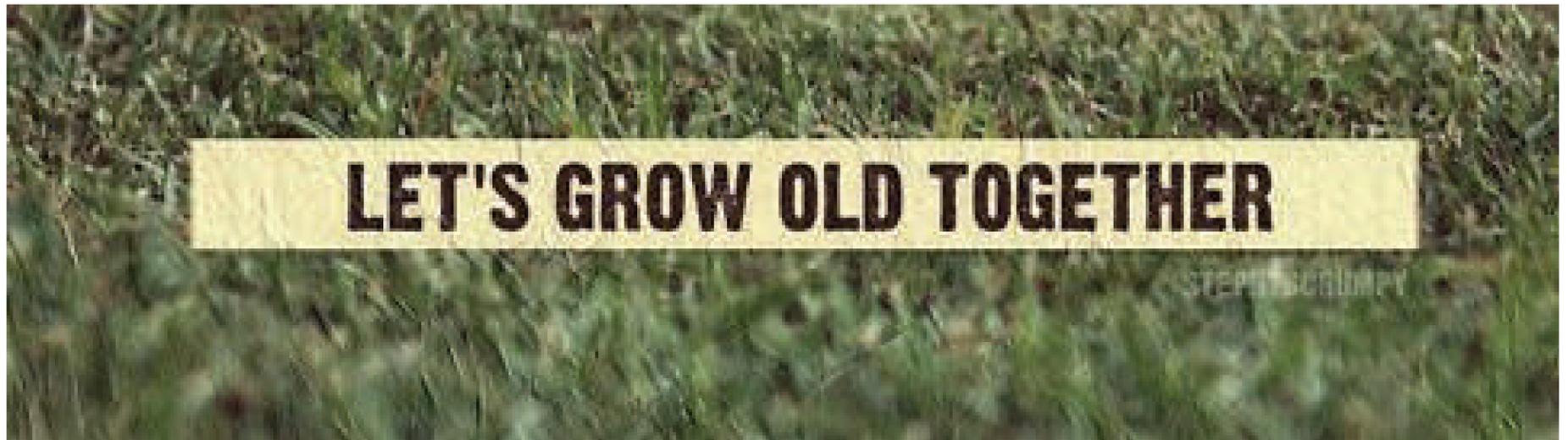
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 Mom: John, I left two bakes in that bowl last night. How come only one is there now?
 John: I think it must have been so dark, I didn't see the other one.
 *
 Knock, Knock. Who's there?
 Amos. Amos who?
 A mosquito.

 Boysie was a Guyanese with a serious problem. So he called his family together and asked them what they thought of it. He explained, "When ah press mi stomach with mi finger, it hurt mi. When ah press mi face, the pain real

bad. When ah press mi forehead is murda. This problem like is all ova mi." The family tried to help, but gave up and said he should see a doctor. At the Georgetown Hospital the doctor said, "We'll get that fixed right away. You have a broken finger."

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MORNING SNACKS, LUNCH AND AFTERNOON SNACKS



"RETIREMENT AT ITS BEST!"

 A young Bahamian man walked into a bank in New York City and asked for the loan officer. He told the loan officer that he was going to Bahamas on a vacation for two weeks and needed to borrow \$5,000. The bank officer told him that the bank would need some form of security for the loan, so the Bahamian man handed over the keys to a new BMW 740i. The car was parked on the street in front of the bank. The Bahamian produced the title and everything checked out. The loan officer agreed to accept the car as collateral for the loan. The bank's president and its officers all enjoyed a good laugh at the Bahamian for using a \$80,000 BMW as collateral against a \$5,000 loan. An employee of the bank then drove the BMW into the bank's underground garage and parked it there. Two weeks later, the Bahamian man returned, repaid the \$5,000 and the interest, which came to \$15.41. The loan officer said, "Sir, we are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled. While you were away, we checked you out and found that you are a successful businessman. What puzzles us is, why would you bother to borrow \$5,000?" The Bahamian replies: "Where else in New York City can I park my car for two weeks for only \$15.41 and expect it to be there when I return?" The bank employees watch, as he pulled out of the garage, windows down and sunroof open. The music was blasting from his car as he pulled away, "We run things, things no run we, everything we do, it done properly."
 *
 Mabel, the church gossip and self-appointed supervisor of the church's morals, kept sticking her nose into other people's business. Several residents were unappreciative of her activities, but feared her enough to maintain their silence. She made a mistake, however, when she accused George, a new member, of being an alcoholic after she saw his pickup truck parked in front of the town's only bar one afternoon. She commented to George and others that everyone seeing it there would know that he was an alcoholic. George, a man of few words, stared at her for a moment and just walked away. He said nothing. Later that evening, George quietly parked his pickup in front of Mabel's house and left it there all night.
 *
 Harry went to see a psychiatrist because his relatives kept insisting on it. "Well, how can I help you?" asked the psychiatrist. "Well, doctor, everybody want me to see you. They say something wrong wid me." "Why?" the doctor asked. "Because I like cotton socks." "I don't get it. I love cotton socks as well." "Great! You see? How you like your socks Doc? wid mayonnaise or wid oil?"

Have Fun Together

By: Stephanie Burrows

Do a sport or exercise together



I have heard many couples say, "Marriage is hard work".

Well, they are correct.

Dealing with each other's habits, faults and personalities everyday can be challenging.

However, many couples work so hard at trying to make their marriage work that they forget to have fun together.

Having fun times with your spouse can keep your marriage exciting. Do some fun things with your spouse as you did before you were married.

Kiss when parting from each other.

Hold hands when the opportunity arises.



Eat at least one meal together each day.

Drive in the same vehicle when possible.

Give a kiss or hug for no reason.

Make meals together.

Do a sport or exercise together.

Do something for your spouse as a surprise.

Share jokes with each other.

Make your marriage fun.

After-all, laughter is still the best medicine, even if your marriage is not ailing!

 At the Christian Bible College in the West Indies, food was often just so-so and very predictable. Sam, at college for the second year, was therefore quite surprised when he saw tasty-looking pieces of cake on display at the cafeteria. They were somewhat unevenly cut, so he

took care to choose the largest piece available. Joe, the cafeteria assistant, noticed the sparkle in Sam's eye as he loaded the cake on to his plate, and asked him if he would like to have two pieces. Quickly, Sam said yes. And Joe leaned over, positioned the piece Sam had on his plate, and neatly cut it in two.

FREEPORT RUGBY DEVELOPING WELL



With the popularity of rugby rising around the world, the Freeport Rugby Football Club (FRFC) is working to expand its own rugby program. The success of its Saturday developmental league has created a surplus of players and now a full women's and young girl's rugby league too.

Last month, Stephen Sheehan joined the club as their Youth Development Officer. Sheehan, a Florida native, played four years of collegiate rugby at the University of Florida. Stephen is a former team captain and second-team All SEC selection for the Florida Gators, with a bachelor's degree in journalism and a Master's degree in sports management. After graduating, Stephen returned home to South Florida and began coaching football and working as a high school teacher while continuing his playing career with the Okapi Wanderers RFC based in Weston, where he also served as club captain. Seeking more rugby experience as a coach and player, he spent three months in Gorey, Ireland before making his way to Freeport, Bahamas.

"From Florida to Ireland and now to The Bahamas, rugby has literally taken me all over the world," explained Sheehan. "I am very excited to put Freeport RFC on the map and help Bahamian children understand the impact that other sports like rugby and soccer, can have on and off the field."

With an extensive background in both teaching and coaching, Sheehan's ability to connect with

One tradition I have with my friends is that when one of us gets married, we have a ton of fragrance oils and pretty bottles at the bachelorette party. Everyone puts a drop or two in a bottle for the bride and makes a wish, and the bride wears our creation on her wedding day.



youth of all ages and demographics made him the ideal candidate for the YDO position. His primary role is to foster relationships with the schools on the island and recruit children about the emerging sport of rugby. He will also head coaching activities on Saturdays at the club, located next to the YMCA.

"We decided we needed to invest some time and funds into the local community and schools," noted Robert Speller, FRFC President. "The Club wanted to improve our junior soccer and rugby programs and Stephen fit the Youth Development idea we had. The Club has just passed its 50th birthday and we wanted to start the next 50 Years with strong youth development programs and leading the way in rugby in the country."

Not just a rugby club, the second "F" in its name stands for 'football' aka soccer. The club

also has a burgeoning youth soccer program that Coach Sheehan will also promote with the eventual goal of creating a competitive league.

Another asset for FRFC is Sheehan's journalism degree, which he is utilizing to improve the club's social media with Facebook, Instagram and Twitter to build a strong brand within the community. Besides recruiting athletes for the rugby and soccer programs, Freeport RFC seeks to become a place for families and friends to come together to enjoy the social aspects of club membership.

Whether you are interested in playing rugby, soccer or simply want to become involved with the club, interested persons can contact Sheehan via email at stephen.p.sheehan@gmail.com or we encourage you to follow them on Facebook at [Facebook.com/FreeportRFC](https://www.facebook.com/FreeportRFC), on Instagram (@FreeportRugbyClub) and on Twitter (@FreeportRFC).

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 A husband and wife were always arguing about who should brew the coffee each morning. The wife said, "You should do it, because you get up first, and then we don't have to wait as long to get our coffee". The husband said, "You are in charge of the cooking around here and so you should do it, because that is your job, and I can just wait for my coffee." Wife replies, "No you should do it, and besides it is in the Bible that the man should do the coffee." Husband replies, "I can't believe that, show me!" So she fetched the Bible, and opened the New Testament and shows him at the top of several pages, that it indeed says... "HEBREWS"

Sammy always complained when his wife Mavis gave money to the countless blind beggars in the neighborhood. He kept telling her that they were liars and cheats and only pretended to be blind. Her actions upset him so much he started screaming at her every time she gave money to a beggar, especially a blind one. She, on the other hand, seemed to enjoy seeing him mad and would give money to any beggar who stretched out his hand, especially a blind one. One day, when she expected him to scream at her once more, he was silent. Disappointed, she asked him why he said nothing. Sammy said this beggar was OK. Mavis wanted to know what he meant. Sammy repeated that this beggar was OK, he was really blind. Mavis asked him how he knew. He insisted that he just knew. Mavis insisted that he explain. Sammy said, "The man is blind. You heard what he said! Mavis said: "He said thanks." Sammy said: "He said 'Thank you, beautiful.'" * A four-year-old boy in Freeport, Grand Bahama had just come home after going with his father to see a new litter of puppies at a neighbor's home. The boy promptly announced to his mother that they were three boy puppies and one girl puppy. "How could you tell that?" his mother asked. "Daddy picked them up and looked underneath," he replied. "I think it's printed on the bottom."

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4 Ways To Stay Busy And Profitable During Slow Wedding Seasons



Offer deals and special packages

For wedding vendors based in countries with four seasons, the deep winter and wet autumn months could be very slow as couples prefer destination wedding in tropical countries. However, keep in mind that not every couple can afford a destination wedding and they definitely shouldn't have to wait until seasons have passed to tie a knot.

You can use this chance to promote your services by creating attractive offer packages as a comparison against the cost of a destination wedding. Make sure to prepare marketing material months beforehand to start promoting the special deals during wedding fair and in your social media. Also, show wedding ideas to potential clients as a reflection of how the weather could be a unique point of their wedding, and once you manage to book clients you can forget that it's an off-peak season at all!

Send wedding submissions

After busily planning and managing many weddings, a lot of vendors like to refresh themselves by taking a break during the off-peak season. If you're thinking of going offline (not receiving phone calls nor replying emails) but want to remain active online (updating social media, writing blog posts), we suggest you send wedding submissions to the wedding blogs that you frequent.

When featured, you're not only promoting your brand, but also inspiring brides and grooms-to-be around the world. Just remember to follow their submission rules and credit other



wedding vendors in your pictures. **Participate in wedding fairs** Most event organizers organize wedding fairs during off-peak season as otherwise many vendors would not have the capacity to prepare for both the fair and the wedding that they are committed to.

committed to.

If you're not on a complete sabbatical mode, wedding fair could be a golden opportunity to show off your portfolio and book real clients, so be prepared to win your leads during the fair! If you're not sure about the relatively high cost to join a wedding fair, you can choose to attend a local wedding fair instead of a nationwide commercial exhibition and prepare the right strategies that will allow you to focus on branding and create profitable after-effect.

Get client reviews or testimonials

When you're busy, you've got your hands full and agenda jam-packed that reviews do not seem like something very important. As wedding business is a service-heavy industry, many will rely on reviews to foresee their satisfaction rate with your service before making any decisions, hence making client reviews important to convince potential clients.

So, take advantage of the off-peak season to gather as many reviews as possible from your clients to form the basis of your reliability. If you receive a bad review, don't freak out and don't ignore it. Instead, stay calm while resolving the issue and don't be defensive to avoid provoking the upset client even more.

2018 Wedding Trends To Know Now

3D Florals

2018 brings in a whole new season of wedding dresses and we're seeing a lot of romantic flowers adorning otherwise fairly minimal gowns and veils. For inspiration, look to Viktor & Rolf or Oscar de la Renta, who have nailed the whimsical feel perfectly.



Wedding Wreaths

Not just for Christmas, wreaths are becoming a popular alternative decoration for weddings across all seasons. Wispy grasses, sweet smelling eucalyptus and wild flowers, these bohemian rings will have your guests impressed by your modern flower installations!

Extravagant Capes

Wedding cover ups are back in a big way... Inspired by the catwalk, chic flowing capes are a huge trend for brides getting married in 2018. Choose full length flowing numbers or heavily embellished styles to make a big entrance. (L-R Temperley London, BHLDN, Halfpenny London)

Transparent Elements

Wedding Planner & Blogger, Charley at London Bride (london-bride.com), tells us 2018 will see a surge in see-through settings and décor. 'Everything from the venues themselves think Glasshouses, or light bright spaces with full windows to Perspex hanging seating plans, tablescapes featuring an abundance of glass details with printed goods on semi-transparent paper. Great for modern and minimalist couples who like clean lines and Scandi vibes.'

Floral Updates

Grace & Thorn founder Nik Southern says next year's focus is not just about flowers but vessels too! 'Brides are loving the eclectic mix of vintage and new pieces. Coloured glass, geometric shapes, concrete and vintage cut glass.' And On the flower front? Nik says, 'The bolder the better, pastels with a punch of colour if you want to play it safe.'

New Food

Modern couples are more often opting out of the traditional 3-course set menu for their wedding breakfast. Instead, choosing food they love - from big sharing plates to food vans and portable pizza ovens, wedding food is definitely seeing a change. For 2018 we predict more alternative options like Mexican, Japanese and Peruvian inspired cuisine - with tacos, sushi and ceviche on the menu.

Invitation Innovation

Susie, founder of wedding and event planning and styling company Knot & Pop tells us invites and name places are getting more creative... "Stationery always plays a key part in our designs and for 2018 we are seeing couples being more adventurous with the choice of material used. You don't always need to think in 'paper'. Fabric, perspex and natural elements such as stone and wood, can all be used to add a twist to the traditional paper stationery suite."

Lucky Pearls

The accessory trend that's coming back strong. Not just in earrings, but headpieces, rings and embellishing dresses, too. A classy way to incorporate embellishment, if you're not a fan of sparkle.

Cutting The Guest List

Weddings are getting smaller. With couples opting to leave off relatives they haven't seen for years, choosing more intimate gatherings with the people that matter most. This also cuts the wedding budget considerably, meaning extra cash saved to afford everything you really want.

Quirky Dessert Tables

While we're still obsessed with our wedding cake or alternative - doughnuts and macaroons, 2018 will see more brides going for a dessert table over the traditional last course. This way you can get really experimental with your puds. Choose cheesecake, meringues, multiple flavors of cookies and you can even add a wedding trifle into the mix! This way, everyone gets more dessert - what's not to love?

Hanging Floral Installations

These have already started to appear in some of the most stylish weddings of 2017, but for 2018 expect to see more of a creative approach to floral displays. Hanging flowers or greenery above tables creates a great dynamic to the space, playing with heights and viewpoints. It also gives more space on tables if you're choosing more candles or big sharing plates.

Black Accents

You might think the idea of incorporating black into your classic white bridal look is madness, but when you see how the designers have done it, you'll see it gives a modern and effective monochromatic twist, that will add drama to your day without fail. Take inspiration from Vera Wang, Marchesa and Reem Acra Spring 2018 bridal collections.

Copper

Moving on from rose gold accents, 2018 will see similar metallic touches in the form of a more industrial look copper. The great thing about this material, is that it's super cheap! But looks so effective - especially when reflecting candle light - so lanterns and tea light holders will be key. You can also incorporate copper details in cups, cutlery, chairs and even ribbons. The effect will particularly look great for an autumnal wedding color palette.



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BIMINI	3:30 PM	FREEPORT	4:00 PM	DAILY	\$189.00	\$97.00
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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
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NASSAU	2:00 PM	BLACK POINT	2:45PM	DAILY	\$214.00	\$118.00
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Most Underrated Movies Of 2017

Shining a spotlight on the unsung heroes of film in 2017.



A Ghost Story

Admittedly, writer-director David Lowery's *A Ghost Story* is a bit of a hard sell given its top-billed star spends most of his time under a white sheet and it's more a metaphysical musing than the supernatural scare-fest its title might suggest. But those that gave the film the time of day were rewarded with a hauntingly beautiful, visually stunning meditation on love, loss, life and legacy.

It's hard to describe the movie because it's one of those films where not much happens on the surface, but basically Casey Affleck plays the recently deceased ghost of the title – a bedsheet-clad lost soul who returns home after his death to watch over his grieving wife played by a pie-eating Rooney Mara. The story extends beyond that though as Affleck's ghost watches his wife move on and new families move in and goes on a metaphysical journey through the past, present and future.

Perhaps it's a little too arty for most mainstream audiences but for indie fans who like their movies as minimalist as Affleck's ghost costume but as poetic as, um, poetry it's perfect.

Logan Lucky

A high-octane comedy heist, *Logan Lucky* stars Channing Tatum as Jimmy Logan, the leader of a motley crew of petty criminals – including his one-armed Iraq War veteran brother Clyde (Adam Driver) and Daniel Craig's appropriately named bleach blonde safecracker and explosives expert Joe Bang – who carry out a robbery at the racing track he's recently been fired from.

Comparisons to Soderbergh's *Ocean's* movies were inevitable and often unfavourable but *Logan Lucky* is more than just a blue-collar rip-off of *Ocean's Eleven* – it's a heist movie with heart.

The Killing Of A Sacred Deer

With comparisons to Kubrick and a nod from Cannes in the form of a Best Screenplay Award for writer-director Yorgos Lanthimos and co-writer Efthymis Filippou, it's clear psychological horror *The Killing of a Sacred Deer* was a hit with a certain crowd but when it came to getting arses on cinema seats it wasn't quite so successful making just \$4 million worldwide.

It could be the case that distributors A24

spent more time pushing their other, more accessible films like *Lady Bird*, *The Disaster Artist* and *The Florida Project* – all of which have received Oscar nominations, funnily enough – and slightly neglected Lanthimos' less awards-friendly film which is a pity because although it's as weird as you'd expect from the Greek director, it's also wonderful.

Ingrid Goes West

A delightfully dark satire for the age of social media obsession, *Ingrid Goes West* stars Aubrey Plaza as a lonely, unstable young woman who after the death of mother, a public meltdown and a brief stint at a mental hospital cashes in her mother's inheritance and heads out west to Los Angeles to 'befriend' – or rather, stalk – the Instagram star (Elizabeth Olsen) she has an unhealthy fixation on. Llanthimos' perfect for anyone who's questioned whether our preoccupation with social media might be just a little unhealthy.

The Girl With All The Gifts

No doubt horror fans the world over collectively groaned at the thought of



yet another zombie apocalypse movie but believe it or not *The Girl with All the Gifts* actually manages to breathe a bit of much-needed fresh air into a well-trod and trope-filled genre. Adapted from Marvel Comics writer Mike Carey's novel of the same name (which he actually wrote in tandem with the screenplay), it's set in a near-future Britain in which most of the population has been wiped out by a fungal virus that turns them into mindless, flesh-hungry shells of their former selves.

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 A husband and a wife sit at the table, having dinner. The woman drops a bit of tomato sauce on her white top. "Och, I look like a pig!" The man nods, "And you dropped tomato sauce on your top!" *

Doctor says to his patient: "You have cancer and Alzheimer." Patient: "At least I don't have cancer." *

A wife complains to her husband: "Just look at that couple down the road, how lovely they are. He keeps holding her hand, kissing her, holding the door for her, why can't you do the same?" The husband: "Are you mad? I barely know the woman!" *

Little Johnny asks his father: "Where does the wind come from?" "I don't know." "Why do dogs bark?" "I don't know." "Why is the earth round?" "I don't know." "Does it disturb you that I ask so much?" "No son. Please ask. Otherwise you will never learn anything." *

Three guys are stranded in a desert. By a stroke of luck, they find a magic genie lamp. The genie grants each of them one wish. The first guy wishes to be back home. Wish granted. The second guy wishes the same. Wish granted. The third guy says, "It feels very lonely here now, I wish my friends were with me..." Wish granted. *

They threw me out of the cinema today for bringing my own food. But come on – the prices are way too high, plus I haven't had a barbecue in months. *

Two guys are out hunting in the woods when one of them collapses. He doesn't appear to be breathing, his eyes are glazed over. The other man pulls out his phone with trembling fingers and calls 911. He gasps, "My friend is dead! What can I do?" The operator says "Please stay calm. I will help you. First of all, let's make sure he's dead." There's a silence, then a gun shot. The guy gets back on the phone and says "OK, now what?" *

I've decided to run a marathon for charity. I didn't want to do it at first, but apparently it's for blind and disabled kids so I think I've got a good chance of winning. *

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DEFENCE FORCE ENCOURAGES MEMBERS



The Commander Defence Force, Commodore Tellis Bethel, encouraged members of the Royal Bahamas Defence Force to 'hold the line' in his first Commander Defence Force's Divisions held on Friday 9th February, 2018.



simultaneously dealing with the constantly changing tactics of poachers, as well as migrant and drug smugglers.

As a result, the Defence Force is unfolding plans for the expansion and

The ceremonial Divisions provided Commodore Bethel the opportunity to inform his Officers and Marines of his intent for the year, and to address challenges and concerns of the Force with solutions to overcome them. This military tradition also allowed Commodore Bethel to thank his troops for their service and accomplishments during the past year.

construction of bases in Inagua and Ragged Island, respectively, to sustain long term deployments of its ships and aircraft to provide immediate response to poaching, as well as illicit smuggling activities originating in the Southern Bahamas. Though limited in capacity, the Defence Force has already began reconnaissance flight operations out of the southern Bahamas.

The timely address came on the heels of three wooden Haitian sloops landing on the southern coast of New Providence over a three-month stretch. Notwithstanding these landings the Defence Force had apprehended or assisted with the apprehensions of some 1,300 migrants last year, including the disruption of a suspected international migrant smuggling operation two months ago, which resulted in the apprehension of 14 people from five nations aboard an unsuspecting motor yacht. The Defence Force also apprehended a Haitian sloop earlier this year.

Other short term goals shared by Commodore Bethel included the Prime Minister's, Dr. the Honourable Hubert Minnis. and the Minister of National Security's, the Honourable Marvin Dames intent for the Defence Force to develop and coordinate a national multi-law enforcement agency drone program, as well as a national multi-law enforcement agency Coastal Security program to address the problem of changing modes of operations by those engaged in criminal activities on and offshore.

In the weeks leading up to the parade, Commodore Bethel met with Defence Force Officers and Marines at all levels highlighting the short and long term solutions for the challenges that lie ahead. During his Friday address, Commodore Bethel encouraged his troops to remain focused, and not to allow themselves to be distracted from the task at hand while they 'hold the line' in performing their duties. During the sectioned meetings prior to his Divisions, Commodore Bethel reminded members that the Defence Force was at a critical stage of transition where it recently entered a new era of modernization to resolve problems of inadequate bases, port facilities, maritime assets (including ships and aircraft) and personnel, while

High on the list of priorities is the accelerated recruitment of personnel as an initial human capital audit has revealed that the Defence Force is currently operating at a shortfall of over 500 persons, thus highlighting the added responsibilities borne by each member of the Force. In January of this year, 120 persons had commenced recruit training. The Defence Force is also moving forward with plans to enhance its communications, detection, tracking and interdiction capabilities. Initial work has commenced on the installation of a coastal radar system. Additionally, plans are already underway for the acquisition of an island-wide 'Motorbro' radio communication system, along with an Automated Identification System for identifying vessels in Bahamian waters.

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These programs are being funded by the US State Department under its Foreign Military Sales program. While expressing concern for the recent landing of a Haitian sloop for which a Board of Inquiry will be convened to investigate, Commodore Bethel applauded his men and women for the successes they did achieve in exercising their powers as Peace Officers, Customs Officers, Immigration Officers, Fisheries Inspectors, Port Security Officers, National Emergency Managers and much more.

Earlier this year, the Defence Force divers had assisted with recovery of remains of Bahamian occupants of an aircraft that had crashed in waters off North Andros. More recently, the Defence Force has provided support for Police operations on the streets of New Providence with significant success. In addition to capturing a go fast vessel with an estimated one and a half million dollars' worth of marijuana, last year made the third consecutive year that the Defence Force deployed troops, ships and its Containerized Mobile Base to bring disaster relief assistance to thousands of Bahamians combined in New Providence and the Family Islands during Hurricanes Joaquin, Matthew and Irma.

RECIPES

Of Togetherness

Tuscan Cauliflower Soup

Ingredients

- 4 cups fresh cauliflowerets (about 14 ounces)
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth
- 2 cups water
- 2 garlic cloves, minced
- 1 pound bulk Italian sausage
- 1 cup sliced fresh mushrooms
- 1 cup heavy whipping cream
- 1/4 teaspoon pepper
- 1/2 pound bacon strips, cooked and crumbled

Instructions

In a large saucepan, combine cauliflower, broth, water and garlic; bring to a boil. Simmer, uncovered, 12-15 minutes or until cauliflower is tender.

Meanwhile, in a large skillet, cook sausage and mushrooms over medium heat 6-8 minutes or until sausage is no longer pink, breaking up sausage into crumbles. Remove with a slotted spoon; drain on paper towels.

Add sausage and mushrooms to cauliflower mixture; return to a boil. Reduce heat; simmer, uncovered, 5 minutes. Stir in cream and pepper; heat through. Serve with bacon. Yield: 8 servings (2-1/2 quarts).



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SUDOKO!



Here is something moderately challenging for the sudoku enthusiasts!
 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

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

Mr. Smith: "Doctor, you remember this strengthening solution you prescribed me yesterday?"
 Doctor: "Yes, what's the matter?"
 Mr. Smith: "I would like to use it but I can't open the bottle!"
 Doctor: Hello, did you come to see me with an eye problem?
 Patient: Wow, yes, how can you tell?
 Doctor: Because you came in through the window instead of the door.
 *
 Patient: Doctor help me please, every time I drink a cup of coffee I get this intense stinging in my eye.
 Doctor: I suggest you remove the spoon before drinking.
 *
 Men 1845: I just killed a buffalo.
 Men 1952: I just fixed the roof.
 Men 2017: I just shaved my legs.

Crossword Puzzle

SOLUTION IS LOCATED IN THE ISSUE

1	2	3	4	5	6	7	8	9	10	11	12	13		
14				15					16					
17				18					19					
20				21					22					
23				24			25	26						
				27			28				29	30		
31	32	33				34					35			
36						37					38			
39						40					41			
42						43					44			
						45					46	47	48	49
50	51					52	53				54			
55						56					57			
58						59					60			
61						62					63			

- ACROSS**
 1. Goulash
 5. Look at with fixed eyes
 10. Constellation bear
 14. Apiary
 15. Cassettes
 16. Principal
 17. Jungle
 19. Elevator (British)
 20. Website address
 21. Got up
 22. Desires
 23. A medieval steel helmet
 25. A watery discharge
 27. One or more
 28. Pass
 31. Dirty
 34. Dwarf
 35. Barbie's beau
 36. Arm or leg
 37. Foundation
 38. Noxious plant
 39. Shade tree
 40. A thorny stem
 41. Deservedly receives
 42. Silver-tongued
 44. A Buddhist temple
 45. Gowns
 46. Dry sharp-tasting ales
 50. Dye with wax
 52. Yes
 54. Japanese apricot
 55. Dash
 56. Despotic
 58. After-bath powder
 59. Interlace
 60. Start over
 61. Anagram of "Sees"
 62. Law and _____
 63. Lock openers
- DOWN**
 1. Bush
 2. Crown
 3. Iniquities
 4. A common cyst
 5. A level in a building
 6. Fortuneteller's card
 7. Mimics
 8. Man-made lake
 9. Eastern Standard Time
 10. Dieresis
 11. American Indian medicine man
 12. Sieve
 13. Picnic insects
 18. Backside
 22. Used to be
 24. Poetic foot
 26. Skirt lines
 28. Beginning
 29. Avid
 30. Terminates
 31. Delight
 32. Small brook
 33. Supernatural beings
 34. A person who denies
 37. Broth (Scottish)
 38. Light bulb unit
 40. Volume
 41. Consumed
 43. Acid-tasting pear-shaped fruit
 44. Hotdog
 46. Courageous
 47. Master of ceremonies
 48. Prepared
 49. Grain storage buildings
 50. Mend (archaic)
 51. "Oh my!"
 53. Alumnus
 56. Pair
 57. Bother

The inventor of AutoCorrect is a stupid mass hole. He can fake tight off.
 * A naked women robbed a bank. Nobody could remember her face.
 * A police officer stops a car.
 Officer: "Your driver's license please."
 Driver: "I'm really sorry, I forgot."
 Officer: "At home?"
 Driver: "No, to do it."

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Sudoku Solution

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

Crossword Solution

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



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Did you know?
The wedding ring goes on the ring finger, because it's the only finger with a vein that connects to the heart.

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!!!

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

AUGUST
BEE
BIRTHDAY
BOATWRIGHT
DEBORAH
HONEY
JULY
JUNE
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LAWYER
LILY
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BEET
NEEDLE
TEPEES (2)
PENCIL
(3) ICE CREAM CONES
MOTH
NAIL
CANOE
WISH BONE

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The Original Choices "Luv" Page

Q. You're always talking about do this and do that with your man but what if you're not feeling it? What if you're not even sexually attracted to them anymore because of all the stress they put you through. I forgive him but I'm still hurt as I have to see these women he schemed on me with almost every day around this town. When we are intimate now it's not even satisfying. Do you have anything I could take or use to put me in the mood? Do you think there's any hope of us getting back to the way we used to be?

Alex says... I sell lots of things to get you in the mood but this is more than just a physical issue. Firstly you must accept the fact that you are in control of your own emotions and feelings. If you have not truly forgiven your mate then the heart can not heal and the body reacts in kind. Your mind wants to move on but listen to your heart. If his indiscretions have been too many to set aside and prevents your body from responding positively to his intimate advances, then you might have to reconsider your future together. You can't force yourself to be in love with a person after trust has been broken. There's a possibility that this relationship is over. Even the Bible tells us that because of the hardness of our hearts He allows divorce on the grounds of adultery. He knew it would be very hard to forgive and forget. So don't beat yourself up about it. Some things just can't be repaired.



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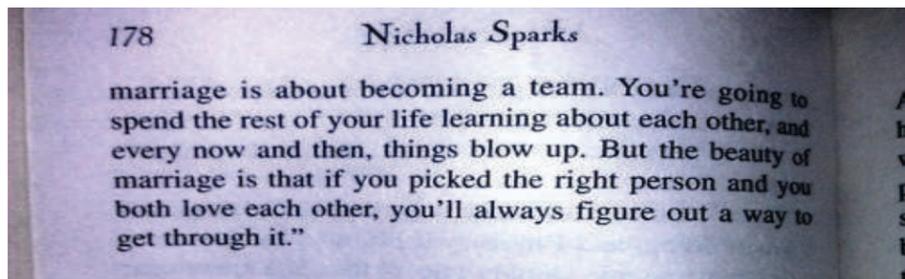
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 **Boysie:** Ah hear Vernon upset real bad. He expensive rottweiler got killed.
Maxie: Yeah man. In a fight with a chihuahua.
Boysie: What kind of stupid joke is that?
Maxie: No joke, man. The chihuahua got stuck in he throat.

*
I was sitting in a bar one day and two really large women came in, talking in an interesting accent. So I said, "Cool accent, are you two ladies from Ireland?" One of them snarled at me, "It's Wales, dumb!" So I corrected myself, "Oh, right, so are you two whales from Ireland?" That's about as far as I remember.



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Tips that Could Help You Lose Weight for Your Wedding

By: Nicole Nichols, Health Educator and Certified Personal Trainer

Lose the Bulge Before Your Big Day



Track your food.

That means all of it, from the spoonful of soup you sampled for your reception menu to the little bites of cake you taste. These "hidden" calories are easy to gloss over but can really add up. Plus, research shows that the simple act of tracking your food can help you lose twice as much weight than if you don't track at all (mental tracking does not count). If you do nothing else during the final days and weeks before your wedding, track your food diligently every day.

Eat breakfast.

Breakfast is the easiest meal to prepare and it sets the stage for your day. Eat a healthful breakfast to get your metabolism fired up, and then you'll be more likely to make healthy choices throughout the day—like ordering a smart lunch and swinging by the gym after work. Even better: Eating breakfast can help you lose weight, as studies have shown breakfast eaters tend to consume fewer total calories during the day than people who don't eat a morning meal.

Make fitness a priority.

I like to remind people that food is only one part of the equation that determines whether you'll lose or gain weight. Fitness is just as important. Don't let your workouts go by the wayside. If anything, you should be trying to work out more than before if you really want to drop a few pounds, especially around the days that you're sampling all of that rich and delicious food. With a hectic schedule, how will you fit it in? That's what this next tip is for.

Get support.

It can be tough to stay strong and accountable to your goals if you don't have anyone else cheering you on. It can be even more difficult to do so when people are trying to sabotage your efforts, perhaps unknowingly. The best way to get support is to tell someone—

anyone—about your weight and fitness goals and ask for their support.

Limit alcohol.

It lowers inhibitions, making it more likely that you'll forget about your nutrition plan and overindulge. Plus, alcohol alone is pretty high in calories. If you can relax and de-stress without drinking at all, you'll be better off. If you must drink, nurse your glass slowly, choose diet-friendly drinks, and limit the number of servings. Oh and yes, alcohol does contain calories, so add every drink to your Nutrition Tracker.

Catch your zzz's.

Your mind and calendar may be full of to-dos, but is "plenty of sleep" on your agenda each day? It should be. Too little shuteye can hinder your weight-loss efforts, increasing cravings and leading to poor choices. Staying organized will help, but do your best to stick to a consistent sleep schedule, aiming for at least 7-8 hour hours per night—including weekends.

Steer clear of fads.

When someone is desperate to lose weight quickly, she'll usually turn to some questionable measures. Be on the lookout for fad diets and don't fall for fitness gimmicks either. How do you spot them? By their too-good-to-be-true claims. Fad diets don't work and their results are fleeting. Rather than risk an approach like that, stick with simple, healthy habits that you know make a difference, like the items on this list.

Maintain an active lifestyle.

Remember that "running" errands as you plan your wedding isn't the same as actually running—or exercising for that matter. Don't confuse busyness with fitness. The more physical activity you can add to your days (in addition to planned fitness) the better off you'll be. Try short workouts and find simple ways to turn downtime into active time.

Keep an emergency snack on hand.

Stashing some healthy and portable foods in your car, purse, and desk drawer can help satisfy your cravings and prevent you from going overboard on all the wrong foods. This is a good idea when you're hungry at work and cookies sound tempting, or when you're out all day and see the glowing fast food signs beckoning you.

Don't let yourself get to hungry.

Between smart snacking and balanced meals, keeping your body properly fueled can help you keep hunger at bay. Eating too little, on the other hand, creates monstrous cravings that are too hard to ignore. When you let yourself become ravenous, you'll grab anything, and usually a lot of it, to quell your discomfort. Keep hunger at bay with proper planning. Bring snacks with you. Keep healthy options on hand. And never go more than 4 hours without eating.

Manage stress.

What future bride isn't worried about the details, the planning, and even fit of her dress? Life doesn't stop just because you're planning a wedding, and all that stress can do a number on your mental health—and your waistline. It's no secret that chronic stress can contribute to weight issues, especially if you're prone to emotional eating. Make sure a little R&R makes it into your day, even if it's as simple as a 1-minute breathing exercise or an extra couple of minutes in a hot shower. Of course, exercise is a great way to relieve stress and help you



reach your goal weight.

Drink your water.

Recent studies found that when people drink more water throughout the day, they end up eating fewer total calories. Another new study found that drinking water before each meal resulted in greater weight loss. Water and water-rich foods can help fill you up longer. Keep a cup of water in hand at parties, sip water between bites, and meet your daily quota to help prevent overeating.

Wake up with exercise.

People who exercise first thing in the morning are more likely to exercise regularly than those who exercise later in the day. Even if you're not a morning exerciser yet, a.m. workouts might be the best way to squeeze fitness into your days before other things come up. Plus, when you exercise first, you're less likely to overindulge with food later.

Slow down.

Savor your food and the experience of eating. You'll eat less, feel more satisfied, and recognize feelings of hunger before it's too late.

Most importantly

Keep your eye on the prize!



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