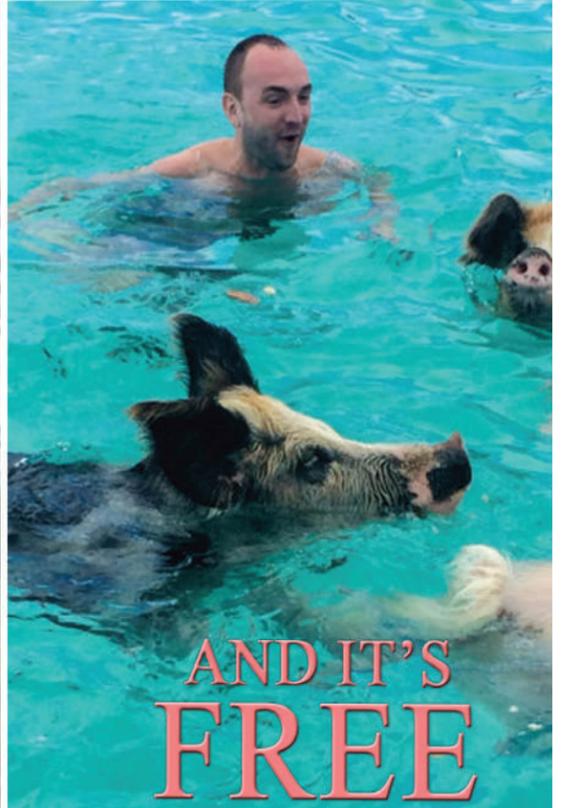


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Vol. XIX No. 13 July 19, 2017

VACATION GUIDE



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Embrace The Island That Embraces You

By: Sandy Estabrook, www.abacoescape.com

The Abaco Cays (pronounced Keys) are a string of islands that line the Atlantic side of the island of Great Abaco, Bahamas 180 miles from Florida - a one hour flight from southeastern Florida cities. They are in the Atlantic Ocean, not the Caribbean. Abaco's weather is pretty much the same as south Florida with early fall being hurricane season and when many Abaco establishments close. Jan, Feb & March can often have temps in the 50's at night with low 70's by day and be windy. The big island of Great Abaco, and seven of its cays are habitable, four of which have settlements. All the aforementioned have accommodations and restaurants. The number one attraction of the area is the Abaconian waters and beaches and their offerings.

Boat or No Boat? That is the Question.

The question we always get asked, Should we Rent a boat when visiting the Cays?: In our opinion, it's a must (for at least part of your stay). The Abaconian waters are the appeal of this part of the world, and Abaco life is spread out over many different islands. The maximum travel time between two adjacent Cays, shouldn't be more than a half hour. You'll want to explore the beauty of uninhabited island beaches for some frolicking fun, fishing, picnicking, snorkeling, beach combing etc. etc. Then there are the out island watering holes where folks gather for lunch or on the way home after a day of fun in the sun. Yes, a boat can be expensive and so is gas but plan a rental for at least part of your stay. And if boating still isn't your thing, day trips / excursions that offer picnics, snorkeling, fishing, bar hopping are easily found at most dive shop locations.

Boating Considerations: In two words, size matters. The further you plan to travel, the bigger the boat. Green Turtle Cay, being north of the Whale Cay passage pretty much limits your boat rental travels to the uninhabited neighboring islands. Just 20 - 30 minutes to it's north is Manjack Cay and some of the loveliest uninhabited beaches anywhere. Just 15 - 20 minutes South you'll find a lovely stretch of beach on North west Noname Cay. For anything further south, IE Guana Cay or over to the Treasure Cay Resort you'll need a larger boat and good weather. Staying in on Elbow Cay works the same way with Guana Cay being your northern limit and the uninhabited islands to its south to Little Harbour your southern limit.

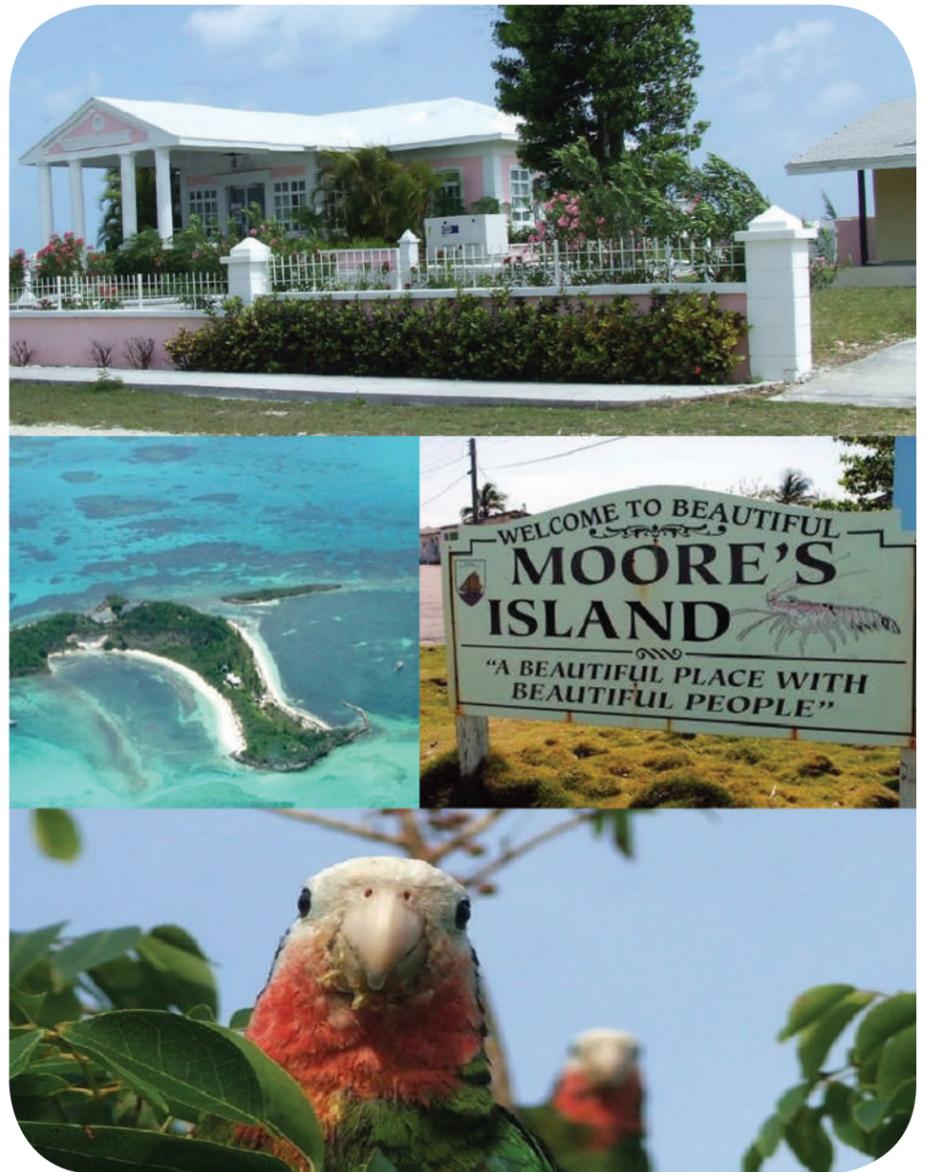
The most economical way to go is rent a home and they are numerous. This especially if you are traveling as a family or group. You can eat out or bring provisions in a cooler on the plane or buy your groceries at a supermarket in Marsh Harbour or the more expensive small island markets where "fresh" is hard to find, except bread and sometimes fish. Resorts offer fully equipped cottages too. Their villas usually include a small frig and only a microwave, if that can work for you. - Ask. Lastly, some houses and villas are on the water with a dock of their own if that suits you.

On **GREEN TURTLE CAY** where it all started

for us back in '73, the pace is slower, and the island a little more laid back than Hope Town, Yet it's settlement of New Plymouth offers more to do with three times as many food stores/shops, hardware and restaurants and four times as many churches. There is a Dive Shop and numerous fishing guides/charters. A resident island band can be found playing somewhere 2-3 nights a week. Rental homes are scattered all about the island. Most are represented by local agents. Keep in mind the island's two resorts, the Green Turtle Club, and the Bluff House are on White Sound on the north end of the Cay requiring a golf cart (or rental boat) to get to New Plymouth or another restaurant for dinner. (Ferries too run every couple hours day time only for a charge.) The beautiful ocean beach is a 20 min. walk from the G.T.C. (5 min. by cart), and about twice that from the B.H. Neither resort provides "on call" courtesy transportation here (at least a/o 2014). More on this later. Oh, bringing the kids? This is the island for you.

TREASURE CAY is the resort area on Abacos mainland (not a cay anymore). It boasts one of the worlds 10 most beautiful beaches with two resort areas at its edge. Both are a collection of condos which management rents. The larger, the Treasure Cay Resort & Marina includes homes, villas, and townhouses, all scattered about. Their focus is on the beach, golf course and marina

GUANA CAY has a picturesque small settlement, with bars & restaurants scattered about the island. One bar, "Nippers" is of some international renown, and is the big draw on the island with occasional concerts and Sunday pig roasts. There is also a couple gift shops plus a grocery and liquor store on the island. There is even a dive center. We would describe Guana Cay as the Abacos playground as defined by its 7 mile long magnificent snorkeling beach and bar hopping feel. It's a must see if possible. If you choose a rental home on Guana Cay you'll need a boat unless you plan to stay put and use the ferry to get back and forth (Marsh Harbour only). It's mid way (45 minutes by boat) between Hope Town, New Plymouth, Marsh Harbour and a half hour from Treasure Cay. Guana is definitely the out island getaway not to be missed. However with the exception of the beach bars, Guana is pretty much limited to just that, as compared to Elbow and Green Turtle. Still, Guana will induce the out island spirit especially at sunset as the daytime visitors depart.



MAN-O-WAR CAY is a day stop for most visitors. It is the quietest of the four major cays yet a busy place. Sounds like an oxymoron I know. We say this because M-O-W has a busy settlement by day with boat builders and repair shops aplenty, with nautical craftsmen of all types. Accommodations are limited but available and the same applies to their eateries, and the ones that be, are alcohol free as Man-O-War is the only "dry island". There is a canvas shop of some notoriety, model boat builder and a couple gift shops and food store. It's a stop on the Marsh Harbour ferry. Oh, it too has a lovely ocean and great snorkeling at its off shore reefs.

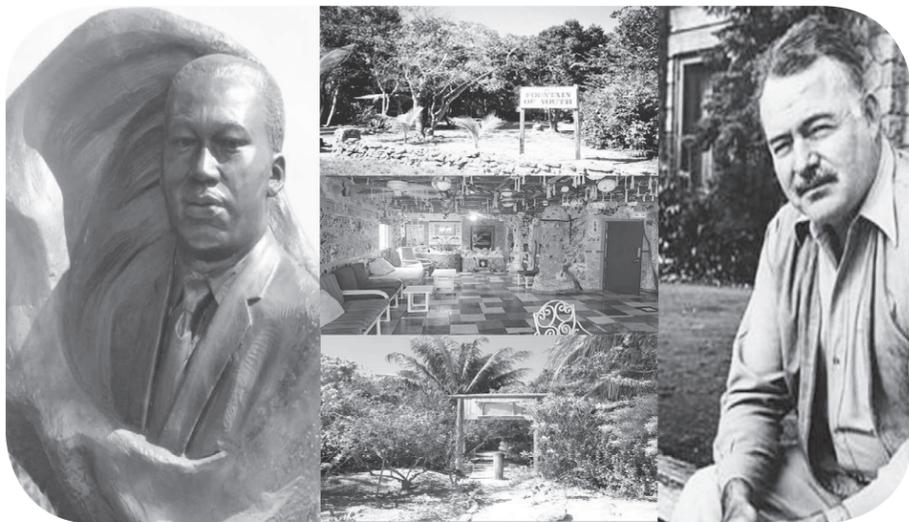
MARSH HARBOUR, is Abaco's Commercial hub. The lovely rental homes and the beaches are a bit of a trek from town in a section known as the "Eastern Shore" on the Sea of Abaco facing Elbow Cay. and you'll need a rental car (not cart) even to get to Marsh. There is one resort in town, The Abaco Beach Resort. It's geared for sport fisherman because of their large marina and many tournaments. It's a short walk to "restaurant row" and the harbour life. Marsh Harbour makes for a great location to explore the big island and it's settlements to the south such as Cherokee and Little Harbour.

LUBBERS QUARTERS, is where one really has to rough it. Yes there are many lovely rental homes. Quite a few are geared for the eco-tourist (solar powered with gas stoves and no A/C but breezy). The majority are contemporary homes with modern conveniences, wi-fi, Sat TV and backup generators. There is no provisioning of any kind here, but there are two restaurant on the island, one attached to a cluster of rental homes. You definitely need a boat here as the ferry charges "charter rates", to get you to and from. The good news is it's only a short hop to Hope Town (10 Min. by boat). Lubbers has a picturesque quiet beach on its western shore and just "across the street" on Lubbers eastern shore is popular Tahiti Beach on Elbow Cay.

Lastly you say you want "really quiet and out of the way", a place to disconnect, don't mind picking up or bringing your own provisions, and renting a boat, then the place to go is, till now unmentioned, 5.5 mile long **TILLOO CAY**. Tilloo separates the Ocean from the Sea of Abaco and is just south of Elbow and east of Lubbers.



Lay Low In Bimini



Bimini has long been known as the Bahamas' big game-fishing capital. Bimini's strong tourist season falls from spring through summer, when calmer seas mean the arrival of fishing and pleasure boats from South Florida. The nearest of the Bahamian islands to the U.S. mainland, Bimini consists of two main islands and a few cays just 50 miles east of Miami, across the Gulf Stream that sweeps the area's western shores. Most visitors spend their time on bustling North Bimini; South Bimini is quieter and more eco-oriented. Except for the vast new Resorts World Bimini development that occupies the island's northern third, most of the hotels, restaurants, churches, and stores in Bimini are in capital Alice Town and neighboring Bailey Town and Porgy Bay, along North Bimini's King's and Queen's highways. Along the east coast of North Bimini are long beaches; on the west, the protected harbor, docks, and marinas.

Most of the island's 2,500 inhabitants reside in the southern 2-mile southern built-up area. Although Alice Town is walkable, the preferred (and fun) way to scoot around is by golf cart. Resorts World Bimini has increased North Bimini's bustle and economy. Three times a week, its Superfast Bimini cruise ship brings over between 500 and 1,000 guests from Miami who spread around the island enjoying its beaches, eateries, bars, nightclubs, and casino.

Sparsely populated South Bimini is where Juan Ponce de León allegedly looked for the Fountain of Youth in 1513, and a site with a well and natural trail memorialize it. On his way to discovering Florida and the Gulf Stream, he landed on Bimini but never found the fountain. The historical result? Somehow native Biminians adopted a freshwater natural well that was carved out of limestone by groundwater thousands of years ago and used it to commemorate Ponce de León's search. Now there's a plaque to celebrate the myth. So, nonetheless, go there and make a wish (without casting a penny—this is an eco-island). You'll find the Fountain of Youth on the road to the airport. More engaging, however, is the island's biological field station, known as the Sharklab for its study of lemon-, hammerhead-, and nurse-shark behavior and tracking, among other things. The main resort on this island is the modern, marina-based, Bimini Sands Resort & Marina with its South Bimini Beach Club in the south, which both stride a gorgeous mile-long beach and are home to the famous Neal Watson's Bimini Scuba Center. South

Bimini is much more low key than North Bimini, a slower pace loved by hundreds of visiting residents (and some visiting boating partiers) who have built nearly 80 homes in Port Royal on the island's southern tip.

Salvagers, gunrunners, rum-runners, and the legendary Ernest Hemingway peopled the history of Bimini. Hemingway wrote much of *To Have and Have Not* and *Islands in the Stream* here between fishing forays and street brawls.

Best Sights of Bimini

HEALING HOLE

Hidden in the west coast mangroves of East Bimini is the Healing Hole—a cold spring of freshwater amid the hot sea saltwater with, some say, real, and others, mythical, healing powers. Hard to get to and find, it's best to hire a guide in a shallow boat, or, if you want exercise, in a kayak. You can only get there in mid-to-high tide, and make sure to take insect repellent. You'll see much life above and below water. For eco-lovers and adventure-seekers only.

DOLPHIN HOUSE

Bimini historian and poet laureate Mr. Ashley Saunders has spent decades constructing this eclectic home and guesthouse from materials salvaged from local construction sites and the sea. Mr. Saunders offers walking tours of Alice Town which begin with a tour of his structure—named for the 27 mosaic, sculpted, and painted dolphins throughout—then continues through Alice Town to tell the island's history.

BIMINI NATURE TRAIL

Developed by Bimini Sands Resort on undeveloped property, this mile-loop trail is one of the best of its kind in the Bahamas. Its slight rise in elevation means a lovely shaded walk under hardwood trees such as gumbo-limbos, poisonwood (marked with "Don't Touch" signs), and buttonwood. Check out the ruins of the historic Conch House, a great place for sunset-gazing. There is also a pirate's well exhibit devoted to the island's swashbuckling history. Excellent signage guides you through the island's fauna and flora if you prefer doing a self-guided tour. However, for the best interpretation and learning experience, book a guided tour with Bimini Sands resident biologists Grant Johnson or Katie Grudecki. Kids always love petting the indigenous Bimini boa on the guided tour.

Ernest Hemingway

Ernest Hemingway is closely tied to Bimini's history, because he led the way for fishermen who pilot their own boats across the Gulf Stream from Florida to follow in his footsteps, and pit themselves against some of the world's feistiest game fish and each other.

Martin Luther King, Jr. Memorial

This memorial honors the great legacy of Dr. Martin Luther King, Jr., whose visit to the island in 1968 had a significant impact on its people. A bronze bust of his image is displayed at the Bimini Craft Center in Alice Town.

Top 10 Tips for Having a Perfect Vacation

The whole point of a vacation is to relax and relieve stress, but all too often, you need a vacation after your vacation to recover from your time off. Here are ten tips to make your vacation the stress-buster it really should be.



10. Know Why Vacations Are So Stressful

If you only take a vacation once in a while, it puts a lot of pressure on that time period for everything to be perfect. Try taking breaks every quarter or twice a year and keep your vacation itinerary flexible so you don't end up stressing out on your vacation.

9. Take a 10-Day Vacation

A three-day getaway is nice and a week-long one is quite common, but 10 could be the magic vacation number. You've got enough time to travel to where you're going, maybe with multiple stops, and you're away long enough that you're forced to off-load your duties at work.

8. Travel with Your Kids While Keeping Everyone Happy (Somehow)

Traveling with kids adds unique challenges, especially when you have to schedule around nap and feeding times. Don't let having young kids (or kids of any age) keep you from traveling, though. All you need is some extra planning and preparation for a smooth trip. Even flying with kids doesn't have to be a nightmare, especially if you travel on a kid-friendly airline.

7. Let Someone Else Plan Your Trip

Most of us go the DIY route when booking our trips, but a travel agent can save you time and stress when you have a complex vacation planned, such as traveling with a group or you have health issues that need to be accommodated. You can also save a lot of money by using a travel agent if you're planning an international trip.

6. Head to an Underrated Vacation Destination

If you like crowds and long lines, visit a popular destination in prime tourist season. Otherwise, you might enjoy your vacation more if you head somewhere less popular, like one of these suggestions from *Lifhacker* readers, or take a staycation. Similarly, the summer might not be the best time for a vacation, depending on where you go. (I'm looking at you, Disney World!)

5. Streamline Your Vacation Planning

Sometimes vacations are stressful just because you have to make a ton of

decisions and coordinate with other people.

We're fans of TripIt for automatically organizing our travel plans in one place, but there are lots of other travel planning apps that can simplify your plans. You can plan a trip itinerary using your own custom Google Map or this simple spreadsheet too.

4. Set Guidelines When Traveling with a Group of Friends

Traveling with friends is a lot of fun, but it can also drive you crazy, since you'll be together constantly and probably won't agree on everything all the time. Keep your cool by making sure everyone is on the same page when it comes to accommodations and planned activities.

3. Work on Vacation (Without Going Crazy)

Sometimes you have to take work with you on vacation, it can't be helped. If that's the case, try setting aside small blocks of time that you'll use to catch up on work and save the rest of the time for enjoying your vacation.

2. But Don't Let Work Ruin Your Vacation Time

If you don't really have to work while on vacation, though, don't. You can force yourself not to get sucked into work mode with a vacation email address. Schedule your vacation well in advance and block those dates as "out of office" so you avoid having regular work conflicting with your vacation desires. If the thought of going back to work stresses you out while you're on vacation (or before you leave), plan to hit the ground running when you return with a few simple tricks like cleaning your home and desk before you leave and starting your day a little earlier so you have some alone time.

1. Take a Vacation, Already

Taking a vacation shouldn't make you feel guilty. Too many of us don't use our vacation time, perhaps thinking that we look like we're harder workers when we don't go on vacation. That's silly. Go relax. Here's our start-to-finish guide to a perfect, stress-free vacation.

GRAND BAHAMA EVENTS

August 7
 11th Annual High Rock Sea Fest
 11 a.m.-7 p.m. | East Grand Bahama
 Homecoming cultural festival in the
 High Rock settlement, East Grand
 Bahama. For more information
 contact Elaine Smith 350-8600

August 12
 Summer of Thunder Women's
 Basketball Tournament
 TBA | TBA
 For more information contact:
 Nuvolari Chootosingh, Ministry of
 Tourism's Sports Department
 (242) 350- 8600
 nchootosingh@bahamas.com

August 19
 47th Annual Bernie Butler Swim Race
 10 a.m.-7 p.m. |Coral Beach
 Annual swim race and beach party to
 raise funds for BASRA. Featuring DJ
 music, and food and drinks on sale.
 For more information contact Justin
 Snisky, Bahamas Air & Sea Rescue
 Association at jsnisky@yahoo.com

August 23
 GB Chamber Monthly Business
 Luncheon
 12:30 p.m.- 2:00 p.m. | Delphine
 Room, Pelican Bay Hotel
 Join members of the board of
 directors and other business
 community members as we discuss
 topics affecting business in Grand
 Bahama. Be sure to confirm your
 attendance and bring plenty of
 business cards.

August 25
 GB Chamber Mix n' Mingle
 5:30-7:30 p.m. | Bones Bar
 Be sure to confirm your attendance
 and bring plenty of business cards.

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An MS Imposter: Ruling out a Condition with Similar Symptoms



By:  Cleveland Clinic Florida

For conditions that affect the brain and nervous system, the wrong diagnosis can lead to treatment that can actually cause harm. That's the case with a rare condition called NMO, short for neuromyelitis optica, also known as Devic's Disease. Symptoms of NMO are similar to those of multiple sclerosis (MS). Both diseases may share similar clinical features; however, treatment options significantly differ between the two.

There are an estimated 4,000 people with NMO in the United States and a quarter-million people worldwide, according to the National Multiple Sclerosis Society. The major difference between the two diseases is that with MS, the body's immune system attacks the outside layer of nerve cells, and although NMO also attacks the immune system, the attack is focused only on the optic nerve and spinal cord.

Both NMO and MS include symptoms such as weakness, paralysis and loss of bladder or bowel control. And although



both conditions can cause lesions, or "scars," on the spinal cord and brain, the location is slightly different. Though there is no cure today, symptoms can improve with the right care. Without it, damage can be permanent.

"It's not uncommon for patients with NMO to be misdiagnosed as having MS. And sometimes it is only diagnosed properly after having undergone several failed treatments for MS," says Karen Nater Pinero, MD, a Cleveland Clinic Florida neurologist. "But NMO is a completely different disease, and treatments for MS

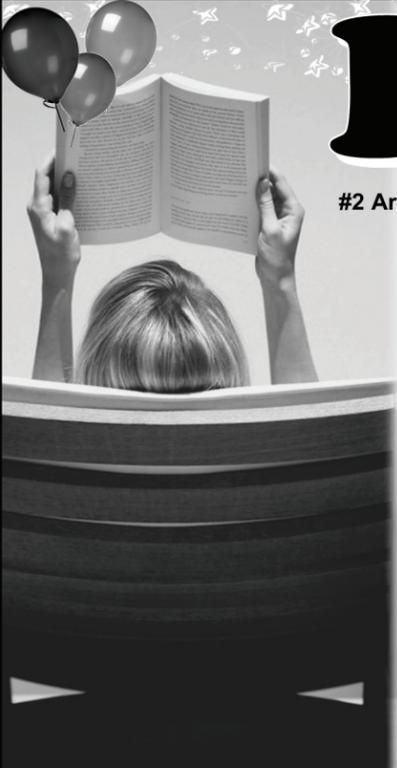
can make them worse."

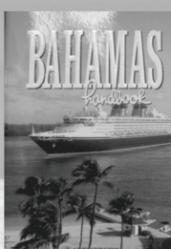
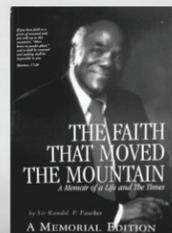
To prevent misdiagnosis of NMO from happening, Cleveland Clinic Florida neurologists are helping educate both physicians and patients about the disease. Through accurate diagnosis, the sometimes-devastating symptoms of NMO, which include blindness and paralysis, can be addressed appropriately. About five years ago, Cleveland Clinic Florida began offering a screening test that can identify NMO and rule out MS, but even this test isn't accurate about a third of the time, Dr. Nater Pineiro says. "It takes careful consideration, knowledge of the most recent research, and retesting to come to the right diagnosis."

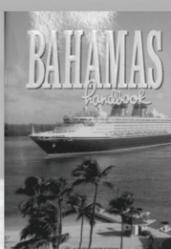
She encourages people with NMO or those with MS who aren't improving to look for a medical center with specialists in diagnosis, prevention and long-term recovery. "That's what we have here," she says. "And our patients appreciate that it's all in one place."

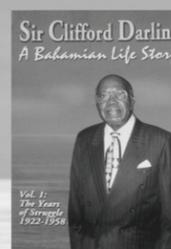
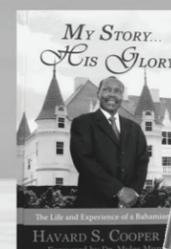
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Genius Ways To Travel The World When You're Broke

Traveling can be expensive. But there are also lots of incredible ways to get around the globe when you basically have no money.

1. Try house sitting or pet sitting.

The concept is simple: You stay in someone's house while they're away and do some task for them — feed their cat, water their plants, or whatever else. They get the comfort of knowing their house isn't going to shambles, and you get the sweet, sweet luxury of not having to pay for your stay. Best sites: TrustedHousesitters.com, MindMyHouse.com, and HouseCarers.com.

2. Teach or build something while you're away, in exchange for free room and board.

There's a word for this: voluntourism. That's volunteer + tourism, and it's very popular in the travel community. It's basically when you go on a trip to do something that helps the locals — like teaching English as second language, or building houses and schools for communities in need — and in return, your stay is compensated.

Some good voluntourism sites that will point you in the right direction: Voluntourism.org, ProjectsAbroad.org, and GlobeAware.org.

A word of caution: Not all voluntourism is beneficial for the host community. In some cases, outside help from unqualified individuals can actually end up setting the community back — so be sure to do your homework and research the companies and organizations before you go.

3. Or volunteer to live and work on an organic farm.

There's an organization called WWOOF, which for starters has nothing to do with dogs. It stands for World Wide Opportunities on Organic Farms, and it's a large network of non-profit organizations all over the world that connect you with local farmers. The idea is that you go and work on a farm for however long you want, and the owners pay for your stay in exchange for your labor.

Many travelers love WWOOFing. Not only does it help you go to really dope places (Argentina, Cameroon and Nepal, to name a few), but it also gives you a chance to get immersed in the local culture. Plus, you can go on sweet excursions in your downtime — and you meet amazing people along the way.

4. Get a salaried job where you can work overseas.

Office jobs aren't for everyone, so luckily, there are tons of jobs all over the world where travel is part of the agenda. Try working on a cruise ship, being an au pair, or even teaching a fitness class, like yoga.

This website, for example, connects yoga teachers with resorts and retreats across the world that need instructors — and each one pays for their teachers' room and board. And this company hooks you up with au pair jobs all over the globe.

5. Or work remotely — while traveling.

The rise of digital jobs has caused a rise in "location-independent" workers — i.e. people who can do their job from anywhere. Consequently, more people are working and traveling at the same time.

And there are loads of startups popping up that connect traveling workers with each other. Remote Year, for instance, is a group of

"digital nomads" traveling and working together for one year. And global co-working spaces like the Surf Office in the Canary Islands, and Mutinerie Village, an hour and a half outside of Paris, are great for working travelers.

6. Crowdfund your trip.

Kickstarter put online crowdfunding on the map — it's basically when you get other people to pay for something that you want. But did you know that you can crowdfund entire vacations, not just tangible things? Check out Trevolta, Indiegogo, GoFundMe, YouCaring, and FundAnything.

A word to the wise: The key with crowdfunding your next trip is to make your story relatable and inspirational. When you create your page, tell everyone exactly why you want to go (perhaps you want to write a book; maybe you want to volunteer), because they will be more likely to fund you if they ~get~ you.

7. Or use Airbnb to fund your trip.

Airbnb is great for finding a sweet place to stay on your vacation — but it can also help you fund your travel in the first place. If you're going away, be sure to put your apartment on Airbnb while you're gone. That way, you'll be earning back the cash you're spending on your accommodations.

Pro tip: Stay in places abroad that are much cheaper than your place at home, like Thailand, so you're automatically making money on the financial difference. You can even charge more than your rent (people do it a lot) to stretch that cash even further.

8. Get cheap car rides whenever you want.

Ridesharing is a great way to save money on transportation. Try BlaBlaCar, a ridesharing company that has drivers in 19 countries. Of course, be careful: Always carry a charged phone, and if you feel unsafe at any point with your driver, get out of the car as quickly as possible.

9. Use your credit card points to score plane tickets and more.

If you use your credit card smartly, you can rack up tons of points that you can put toward your airline travel — meaning you can end up flying all over the world for basically free

10. Go on free walking tours.

You don't have to pay for all guided walking tours — there are lots of free ones around the world, if you know where to look. Check out Free City Tour, which lists all of the ones you don't have to pay for around the globe, from Paris to Sydney to Jerusalem and more.

11. Barter your way to a free stay.

Step 1: Pinpoint your best, most marketable skill.

Step 2: Use it to get free stuff when you travel.

For example, if you're a really good photographer, email a local hostel before your trip and see if you can take some professional shots for their branding while you're there, in exchange for a free stay. Or, similarly, if you're a great writer, offer to help them with the copy on their website if they help you with your funds. You'll be surprised at how willing businesses are to barter — so don't be afraid to ask.



A man drives into a gas station. The attendant goes to fill his tank and notices 5 penguins in

the back seat. The attendant says, "Hey - why do you have 5 penguins in your car?" The driver says, "I KNOW! I was just stopped at a light back there and they climbed into my car

and now I don't know what to do!" The attendant thinks for a second and says, "I'll tell you what I'd do - I'd take them to the

zoo."

The driver says, "That's a good idea I'll do that!"

A week later the driver pulls into the gas station and the attendant sees the same 5 penguins,

only now they're wearing sunglasses. The attendant asks, "What are you doing?! I thought I told

you to take those penguins to the zoo!" "We did go! We had a great time! Today we're going to the beach!"

*

How many balls of string would it take to reach the moon?

Just one if it's long enough!

*

What cheese is made backwards? Edam!

*

What do elves do after school? Gnomework!

*

A couple in their nineties are both having some short term memory loss. While in for a checkup, the physician says that physically they're okay, but since they're

having trouble remembering things, they might want to start writing things down. Later that evening they're sitting and reading, when the husband gets up. "Would you like anything from the kitchen?" he asks.

"Some vanilla ice cream," his wife replies.

"Okay."

"Shouldn't you write it down so you don't forget it?" she asks.

"Don't worry, I won't forget."

"Well," she says. "A few raspberries on top would be great. You want to write that down?"

"I've got it, honey. A bowl of vanilla ice cream with raspberries on top."

"And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?"

A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't

need it written down, for gosh sakes!" He waddles out to the kitchen. A half hour later, he comes back with a plate of ham and

scrambled eggs, and gives it to his wife. She stares at the plate a few seconds, then says, "You forgot my toast." What illness did everyone on the Enterprise catch? Chicken Spocks!

*

How do we know that the Earth won't come to an end? Because it's round!

*

Did you hear about the stupid Kamikaze pilot?

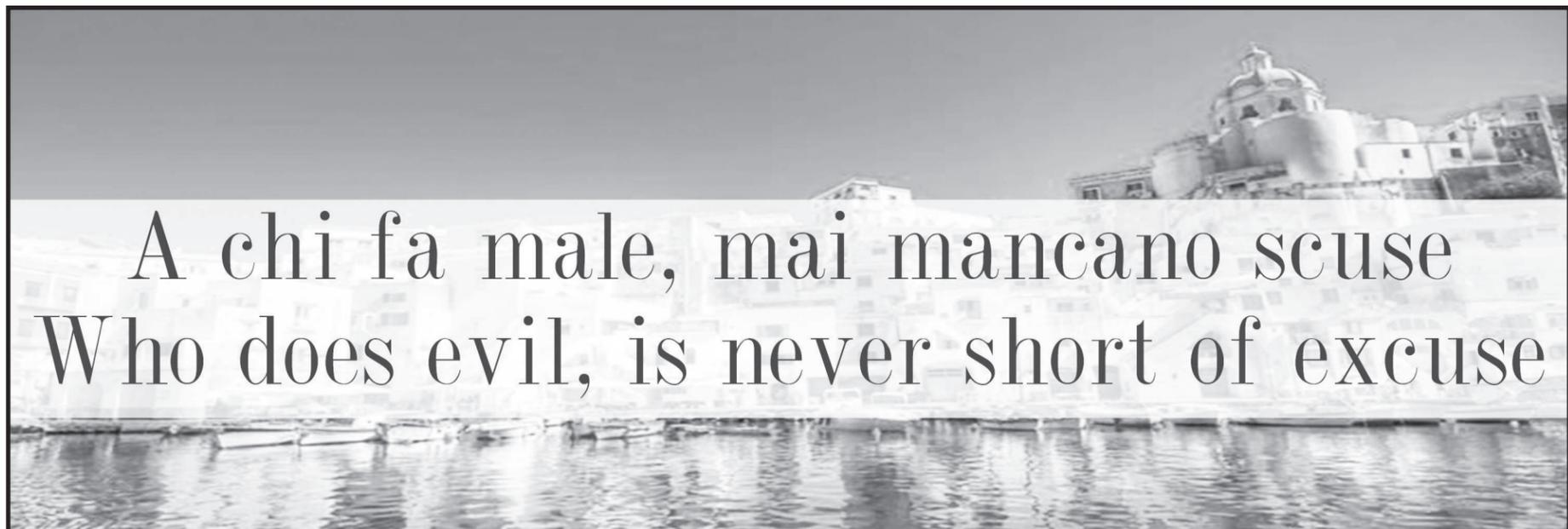
He flew 57 missions!

*

Why does a flamingo lift up one leg? Because if he lifted up both legs it would fall over!

*

What is Cheddar Gorge? A large cheese sandwich!



A chi fa male, mai mancano scuse
Who does evil, is never short of excuse

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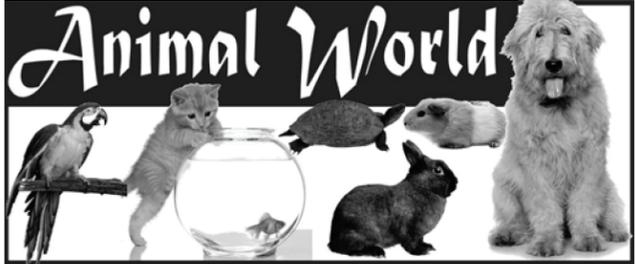
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 What happens when you throw a green stone in the red sea?
It gets wet!
*
Why did the woman take a loaf of bread to bed with her?
To feed her nightmare!
*
A duck walks into a bar around lunchtime, sits down and orders a beer and a sandwich. The bartender looks at him and says, "Oh my, a talking duck! What are you doing here?" The duck replies, "I'm dry-walling the building across the street. I'll be in town for a few days." The next day, the duck walks back into the bar and the bartender says, "Hey duck, I was telling someone about you last night. They're really interested in meeting with you!" "Is that so?" "There's a travelling circus in town," the bartender explained. "The ringmaster was in here last night and thought you'd be a star attraction for them!" The duck looked puzzled and says, "Why the hell would a circus need a dry-waller?"
*
What's gray, eats fish, and lives in Washington, D.C.? The Presidential Seal.
*
What's green and loud? A froghorn.
*
What's round and bad-tempered?
A vicious circle.
*
Where did the farmer take the pigs on Saturday afternoon?
He took them to a picnic.

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2017 Schedule



Bahama Buy & Sell

Grand Bahama's Favorite Community Newspaper

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

*Schedule and themes are subject to change.

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

ADVERTISING RATE SCHEDULE			
AD TYPE & SIZE		BLACK & WHITE PER MONTH	COLOUR PER MONTH
MONTHLY PRICES = 2 ISSUES PER MONTH = 2 ADS PER MONTH			
Size A	Full Page - 15.9"H x 10"W	\$ 946.00	\$ 1,333.00
Size B	Half Page - 8"H x 10"W	\$ 505.25	\$ 698.75
Size C	(Flyer Size) - 9.5"H x 7.47"W	\$ 473.00	\$ 666.50
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Size H	4.7"H x 3.45"W	\$ 130.00	\$ 195.00
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Maurice E. Moore Primary School Presents Donation to Lupus Bahamas Organization . Pictured Mrs. Mildred Roberts, Principal (left, front row), Ms. C. Tamika Lightbourne, Lupus Bahamas Organization, President (second left, front row), Mrs. Dedre Ewing, Senior Mistress (left, back row), Ms. Keva Wilchcombe, Librarian (center, back row), Mrs. Sandra Bullard (right, back row) and students.

SUDOKO!

Here is something moderately challenging for the sudoku enthusiast!
How to sudoku?
It's 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

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

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Where do fortune tellers dance?
 At the crystal ball.
 *
 Why did the doughnut shop close? The owner got tired of the (w)hole business!
 *

Joe grew up in Bain Town, then moved away to attend college and law school. He decided to come back to Nassau because he felt he could be a Big Shot at home. He really wanted to impress everyone. So he returned and opened his new law office on Shirley Street. The first day, he saw a man coming up the passageway. He decided to make a big impression on this new client when he arrived. As the man came to the door Joe picked up the phone. He motioned the man in, all the while talking.
 "No. Absolutely not. You tell those clowns in New York that I won't settle

this case for less than one million. Yes, the Appeals Court has agreed to hear that case next week. I'll be handling the primary argument and the other members of my team will provide support."
 He went on, "Okay, tell the DA that I'll meet with him next week to discuss the details." The "conversation" went on for almost five minutes. All the while the man sat patiently as Joe rattled instructions. Finally, Joe put down the phone and turned to the man, "I'm sorry for the delay but as you can see, I'm very busy. What can I do for you?"
 The man replied, "I'm from Batelco, the telephone company, I came to hook up your phone."
 *
 What do you call a calf after it's six months old?
 Seven months old.

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Life At The Tropic of Cancer

The Exumas are known for their gorgeous 365 cays—most uninhabited, some owned by celebrities. Get the wind and sea salt in your hair as you cruise through the pristine 120-mile chain. The water here is some of the prettiest in the world, and comes in every shade of blue and green (you'll grow tired trying to name the exact color); beaches are dazzling white. Combine that with fresh seafood and friendly locals, and you have yourself one of the best vacation destinations in the Bahamas.



Chat and Chill (usually at the cost of a good tip). Blue holes are scientific curiosities...caves formed by water erosion when sea levels were lower and the area was on dry ground. In the 1970s, the marine biologist and tv personality Jacques Cousteau filmed a dive into the hole traveling inside for about 1,700 feet.

In fact he released red vegetable dye during an outgoing tide to look for an exit point. Apparently the cave drops down about 70 feet from the surface and then

Yes, the Exumas are Out Islands in the fullest sense of the word; there isn't a casino or cruise ship in sight. Those who love the remote beauty of the windswept cays keep coming back, people like Jimmy Buffett, who once docked his seaplane behind the historic Club Peace and Plenty and amused islanders by fishing from the cockpit. A vacation here revolves around uncrowded beaches, snorkeling, fishing, and enjoying a freshly caught dinner at an outdoor restaurant by the beach.

In 1783 Englishman Denys Rolle sent 150 slaves to Great Exuma to build a cotton plantation. His son Lord John Rolle later gave all of his 5,000 acres to his freed slaves, and they took the Rolle name. On Great Exuma and Little Exuma you'll still find wild cotton, testaments from plantations first established by Loyalists after the Revolutionary War. But today the Exumas are known as the Bahamas' onion capital, although many of the 7,000 residents earn a living by fishing and farming, and, more recently, tourism. The Exumas attract outdoorsmen and adventurers, particularly fishermen after bonefish, the feisty breed that prefers the shallow sandy flats that surround these islands. And the healthiest coral reefs and fish populations in the country make for excellent diving and snorkeling. But for those simply seeking secluded beaches, starry skies, and a couple of new friends, the Exumas won't disappoint.

You can't go wrong with any of the beaches in the Exumas. They're some of the prettiest in the Bahamas—powdery bleach-white sand sharply contrasts the glittery emerald and sapphire waves. You can even stake your umbrella directly on the Tropic of Cancer. And the best part of all? You'll probably be the only one there. The Exumas are made up of 365 cays, each and every one with pristine white beaches. Some cays are no bigger than a footprintless sandbar. But you won't stay on the sand long; Perrier-clear waters beckon, and each gentle wave brings new treasures—shells, bits of blue-and-green sea glass, and

starfish. Beaches won't be hard to find on the tiny cays; on Great Exuma, look for "Beach Access" signs on the Queen's Highway.

Things To Do At The Tropic Of Cancer

Chat & Chill at Stocking Island (Swim with the Stingrays)

Stocking island is a quintessential part of the Exuma experience. If you don't have your own boat, you can get a water taxi from the dock in Georgetown, or rent a boat from Minn's in George Town. Chat and Chill is the beach restaurant that makes a great conch burger and also succulent bbq ribs. They also do a pig roast at noon on Sundays. There is a beach volleyball court, hammocks and also fresh made conch salad at a stall on the beach which is incredible. The beer is magically cold. Most spectacularly, you can swim with stingrays that come in to feed on pieces of conch from the conch salad hut. Chat and Chill is a great starting or ending point for a hike of Stocking Island. It is a great hike and is the subject of another article.

Kidd Cove in George Town

In George Town near the main dock and Regatta Point is Kidd Cove. In the 1700s, pirates roamed the Caribbean. Nassau was the main trading market, but most pirates had a safe harbour where they could rest up, repair ships and maybe bury a little treasure. Kidd Harbour had the natural shelter of Stocking Island and was reportedly Captain Kidd's favourite haunt. The hill overlooking the harbour where the church now stands is called Kidd Hill. He may well have had look outs posted here and on Beacon Hill on Stocking Island.

Blue Hole on Stocking Island (aka "Mystery Cave")

A great side excursion is to ask the water taxi to swing by The Blue Hole on the way to or from Stocking Island and

runs under Stocking Island and out to the ocean more than a mile away! Experienced divers dive the blue hole, but tidal currents can be dangerous inside the cave. If you bring along breadcrumbs there is an aggressive school of colourful fish that seem happy to create a memorable photo op from the comfort of your water taxi. It is also a great snorkelling site.

Pompey Memorial and Steventon Jail Ruins

West of Georgetown is the town of Steventon. (Follow the signs to the memorial statue of Pompey and the ruins of the Steventon jail.) Pompey is a national hero who led a slave uprising. After his cotton plantations failed, Lord Denny Rolle, founder of Rolle Town and Rolleville, and the largest slave owner in the Bahamas, left Exuma and returned to Britain. The slaves continued to labour in the local salt flats and at subsistence farming, under the watch of an overseer that Rolle had left behind.

In 1829, with only a week's notice the overseer announced that a group of slaves would be moved to Cat Island. In protest, about 80 slaves hid in the bush. Led by the then 32 year old Pompey, they stole Lord Rolle's salt boat and - men, women and children - headed off to Nassau in a daring attempt to ask the governor to intervene. They were apprehended enroute and returned to Exuma to cheering crowds. To make an example out of Pompey he was given 39 lashes in a public whipping.

This began a period of slave rebellion and strikes that lasted nearly 10 years. In the following years, soldiers were sent from Nassau several times to quell unrest. Pompey's rebellion is seen as the first slave rebellion and organized resistance in the Bahamas. Finally, on August 1st, 1838, slavery in the Bahamas was abolished. Today, the emancipation is celebrated with a holiday and a sailing regatta on the August 1st weekend.



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What do you call a pig that does karate?
 * A pork chop.

What do you call a song sung in an automobile?
 * A cartoon.

What do you call the best butter on the farm?
 * A goat.

What do you do when your chair breaks?
 * Call a chairman.

What do you get if you cross a chicken with a cement mixer?
 * A brick layer!

What do you get if you cross an elephant and a kangaroo?
 * Big holes all over Australia!

What do you get if you cross an insect with the Easter rabbit?
 * Bugs Bunny.

What do you get when you cross a stream and a brook?
 * Wet feet.

What do you get when you cross poison ivy with a 4-leaf clover?
 * A rash of good luck.

What happens when frogs park illegally?
 * They get toad.

What has 6 eyes but can't see?
 * 3 blind mice.

What has a lot of keys but can not open

any doors?
 * A piano.
 * What has one horn and gives milk?
 * A milk truck.
 * What is a tree's favorite drink?
 * Root beer.
 * What is the best thing to do if you find a gorilla in your bed?
 * Sleep somewhere else.
 * What kind of cats like to go bowling?
 * Alley cats.
 * What kind of eggs does a wicked chicken lay?
 * Deviled eggs.
 * What kind of ties can't you wear?
 * Railroad ties.



Get Out And Get Away!

By: Billie Bowe



So often, we know inside ourselves that we need a break. That break might be a full-fledged vacation or a weekend getaway. Either way, getting out of the daily grind can be amazingly liberating and a huge way to get rid of stress and anxiety.

Unfortunately, many people think they can't take the time to get away. This is toxic thinking. Get out and get away!

How many times have you continued working, knowing that you are not giving 100% to the task at hand? How many times have you read or written the same sentence over and over again, as your mind keeps wandering and thinking about other things? How often have you wanted to take a break from the family or kids but feared the consequences of doing so? It's time for a break!

Why do we not allow ourselves the time to take a 'time out'? Perhaps we feel like we don't deserve it or that there's just too much to be done. There are many genuine reasons for needing to complete jobs and tasks; however we may also on occasion have 'hidden agendas' as to why we cannot stop for a break. Why?

Ego - some people enjoy boasting about, 'how late they had to work in order to complete a project' or 'how much effort they invested in order to complete the job so quickly'. This type of person is often looking to impress others with their efforts, thereby increasing their ego in the process.

Or perhaps you think that you can't take the time off. "I can't stop; I just have to get this finished". Does this sound familiar? "I can't stop because the job has to be finished, WHY? So I can move straight on to the next thing, and the next, and the next etc..." This person will find that there is always something that has to be done, which will constantly prevent him/her from taking a break.

You feel like you need to be needed. A mother managing the household, kids and other chores may feel as if her household will collapse if she were to put her feet up or take a weekend off! By not taking a break she can keep convincing herself that her role is crucial and the family would collapse without her. This may be true, but it won't happen because she's taken a time out for herself.

Get rid of that thinking! You can get some amazing benefits just by taking a little time for yourself! Allowing your mind and/or body to rest can help re-focus your attention, sharpen your wits and increase motivation. In addition, taking time out helps to relieve stress, can aid the recovery of tired muscles and also promotes the discovery that there is more to life than just work.

Many athletes will tell you that an important part of their training routine is rest. Muscles need time to repair after a workout. Remember that your brain is a muscle too. It needs time to rest and recuperate in order to perform at its best. By giving your brain time off, you'll be able to better concentrate. Tasks that you once struggled with will be easier. A break can be anything from a 10-minute meditation session to a trip around the world, and anything in-between. A break needs to take your mind off the everyday tedium of life.

When you take this rest, you absolutely cannot feel guilty about it. You need this time off, so enjoy it. You'll be a better mother, father, wife or husband for it. If you're feeling tired, unmotivated or just in need of a rest, don't be a martyr or look

negatively at this. You may actually find that in reality, allowing yourself a break will actually help you ultimately become more efficient and effective in every part of your life. Plus you'll get the badly needed recharging of your "batteries" that you need and sorely deserve!

Work can probably be one of the most stressful places to be. You might think that none of these techniques can help you when you're around your co-workers. You couldn't be more wrong.

"Qui vivra verra" is a widely used and understood proverb that literally means, "He/she who lives, shall see." This phrase is usually used when an outcome is unpredictable or uncertain, like in the English "the future will tell." Although it is a very short phrase, it still rolls smoothly off the tongue with elegance.

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THINGS TO DO ON ELEUTHERA

For young, daring men there’s phenomenal cliff jumping. Below is a personal experience by Andy (32) from Switzerland.

“...It’s a bit tricky to find a good spot where the water is deep enough and where it’s not too hard to get out of the water after the jump. I searched quite a while and found these two spots...”

1. The highest cliffs for jumping are right at the Glass Window Bridge. I stand on the bridge looking out toward the Atlantic. The cliffs are to your right. There you can choose from different elevations ranging from 15 to 40 feet. It’s a good idea to ask your buddy to take some pics standing on the bridge to document your jump. I did so and you can see me flying! It’s a real stunt man’s feeling... Breathtaking! You can get out of the water right underneath the bridge and climb back up to the road. It’s best to bring Neopren shoes as the rock is too sharp to walk on. Go cliff jumping only on a day when the Atlantic is calm and flat because if there are waves you will have a hard time getting out of the water. You could be washed over the corals and rocks. Very painful!

2. The second spot is also located on the Atlantic side. It’s in between James Cistern and Rainbow Bay, near “Big Rock” grocery store. The spot is called “The Cliffs”. You’ll



see a round, blue sign at the roadside which says Bahamas Heritage Site. Turn off there and drive until the sandy road ends. Then walk along a stretch of sand that looks like a river. It’s turning sharply to the right after a while. At the end of it you’ll see to your left a channel carved out of the rock. And there you are, in a beautiful and small bay enclosed by cliffs. Quite an impressive spot! Looking towards the Atlantic the spot to jump off is to your right. Don’t jump the cliff on the left end of the bay, the water there is NOT deep enough even at high tide! The cliff I’m talking about is about 20 feet high. It’s at the outermost right side of the bay, i.e. the highest point. And after jumping it’s easy to get out off the water. Bring your Neopren shoes or walk over the sharp rock with your flip-flops that you have thrown in the water before jumping. The above spot is also a cool for snorkeling as the water is deep and blue. Not a lot of coral there but very peculiar underwater rock formations and plenty of fish. Make sure you only go cliff jumping when the Atlantic is calm!”

Play in pink sand, soft pink sand, the ethereal shade of the first blush of dawn, draws beach connoisseurs to Harbour Island. Plenty of pretty pink beaches also dot Eleuthera’s east and north coasts.

WHERE TO STAY

Harbour Island, more than any other Out Island, is where the cognoscenti come to bask in ultraluxurious inns and atmospheric small resorts. Follow the celebrities to \$600-a-night cottages with views of the pink-sand beach or ultraelegant rooms in Dunmore Town. Eleuthera offers elegant intimate resorts next to pink- and white-sand beaches happily empty of crowds. Those on tight budgets have a range of friendly, tidy, and affordable inns, a few on the beach, for around \$100 a night. For urbanites who want all-out American luxury, there are modern town houses

with stainless-steel appliances and granite in the kitchens, and bedrooms for the entire family. Whether you spend a lot or a little, the staff on this friendly island will know your name after a day. Many hotels are closed in September and October.

WHEN TO GO

High season in Eleuthera runs December through April, when residents of cold-weather climates head to the Bahamas to defrost and soak up some rays. Low temperatures might dip into the 60s, and the water can be chilly. Bring a sweater and a jacket, especially if

you are boating. Expect to pay higher rates for rooms, boat rentals, and airfare during this time. For the cheapest hotel rates and some of the best deals on water-sports packages, visit in summer or fall, when the ocean is generally calm and warm. But beware, hurricane season runs June through November, with most risk of storms from August to October. During this time weather can be steamy and rainy.

For those who want to catch some action, the liveliest times to visit Eleuthera are Christmas during the annual Junkanoo celebration, the Pineapple Festival and Conch Fest in June, and the North Eleuthera Sailing Regatta in October. Reserve hotel rooms early.

TOP FESTIVALS

WINTER

Junkanoo is celebrated in in Rock Sound and Harbour Island on December 26. Celebrations start around 7 pm.

SUMMER

The Eleuthera Pineapple Festival draws a crowd from all over The Bahamas and internationally. If you like a little competition on your vacation, time your trip to include the Pineappleman Sprint Triathlon.

Conch Fest. Deep Creek’s annual Conch Fest in June has lots of conch, Rake ‘n’ Scrape, and arts and crafts. Rock Sound, Eleuthera Island.

Eleuthera Pineapple Festival. In June, Gregory Town hosts the four-day Eleuthera Pineapple Festival, with a Junkanoo parade, crafts displays, tours of pineapple farms, the annual 40-mile Cycling Race—as well as an opportunity to sample what Eleuthera natives proclaim to be the sweetest pineapple in the world. Gregory Town, Eleuthera Island.

FALL

Softball Playoff Games. Softball is the top sport in Eleuthera, and you can’t beat Softball Playoff Games in September for excitement and camaraderie with locals. The winner competes in the national tournament. Games are held in Palmetto Point, Rock Sound, Governor’s Harbour, and James Cistern. Eleuthera Island.

North Eleuthera/Harbour Island Sailing Regatta. The North Eleuthera/Harbour Island Sailing Regatta in October provides five days of exciting competition of Bahamian Class A, B, and C boats. Onshore activities based on Harbour Island include live bands, Bahamian music, cultural shows, food, and drink. Eleuthera Island.



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Woman To Woman... GIMME A BREAK

By: Chrisna Bowe, Author - "Woman To Woman... We've Been Duped!"

I start this article with a confession. I love vacation! I just do. My husband often says that I am like a little kid in that respect. And, I am going to be honest, he is right.

Of course, being the analytical being that I am, I wonder why that is? And I think it stems from a desire to enjoy every moment of my life. I realize that "life"; that is, the regular, humdrum, everyday mundane things can completely swallow us up! Before you know it, you are in a routine, get up, cook breakfast, tidy up, drop the kids off, pick the kids up, work, home, cook dinner, do homework and then crash and burn! The next morning the routine starts all over again and time passes you by.

You realize 10 years down the road that I have just been really surviving. Not only that, you have not had a moment to really sit back, relax and enjoy what you do have. You should enjoy your husband, enjoy your children, enjoy good health, enjoy all the things (be it big or small), that the Lord has blessed you with. This can be a challenge because we seem to have so many distractions in this modern era that you can find yourself never really unwinding or enjoying anything.

The cell phone is with you 24/7, the social media pings every time there is a notification, the chores just never stop and before you know it, the kids are all grown up! So my people, this is why we need VACATIONS!

What is a vacation? In my book, a vacation is a designated amount of time that you set aside to do what you want to do. To do what makes you happy. Whatever floats your boat, you make the time to do and enjoy it! For some, it could be a 7 day cruise on the seas, for others it may be a few days

in Exuma just laying on the beach and socking up the sun. And yet for others, it could be a week of shopping till they drop! Then there are those of us that love camping or golf or road trips or just doing absolutely nothing. Whatever we do, we must make the time to do it with those we love. Free from emails, phone calls, facebook and work! Just us and them.

God in his infinite wisdom created this world in 6 days and rested on the 7th day. He designed our bodies to work but also to rest to rejuvenate itself. But as always, we conform to society's way of doing things and operate in an environment where our bodies and minds get very little rest apart from sleeping. In fact, some of us do very little of that!

We become participants of this rat race and lose ourselves. We say we don't have time for a vacation, or money, or don't need one. But, unless you are the most balanced person in this world, meaning you get sufficient rest all the time, you spend a lot of quality time with your family and friends all the time and take time to relax all the time, then, you still need a VACATION!

I think one of the pitfalls of vacation over the years has been that we have attached a price tag to it. The whole idea is not money based, it is that you allot the time to take a break from the regular routine. Even if you do something like spend a few nights in a resort on the Island it can make a big difference. A few sisters and I from my church did a two night trip to Sweetings Cay and we had a blast. I actually did not realize how much I needed the break and it was great to get away.

It was super cheap and just what the doctor ordered. Now

if you love travelling (as I do), and you can afford to take it a step further then do it. But the point is that you do it and most times that requires a change in mindset and some proper planning to make it happen.

Personally, my hubby is such a busy bee that I find the absolute only way to get him away from his work is to get off the Island! There is just too much to do all the time, too many interruptions and somehow being home equates to him always working. However, when we are off the Island and away from the office, he is not able to work (for the most part) so in a way he is forced to take a break, to sit down for a meal, to put the cell phone on the side. This makes a vacation away from the Island one of my favorite types.

Life is so short. We freak ourselves out into thinking that "Oh, I'll do that later" or "I will take that vacation when the kids finish high school". Beware, the Bible clearly says tomorrow is promised to no one. So often we procrastinate for one reason or another and life passes us by. We expect that we will have the time somewhere down the road... But will we?

At the end of it all, make the time to have your vacation whatever that may be. We all need to reset, relax and rejuvenate ourselves throughout life. I now realize more than ever, that God has given us life to enjoy. It is not something we endure, it is something we ENJOY. God's peace and comfort allows this to become our reality.

Don't take taking a break for granted! Enjoy your life and be blessed.

SANDS BACK TO SUPPORT SECOND ANNUAL KAPPA KLASSIC



Back for their second annual Golf Tournament, the Grand Bahama chapter of Kappa Alpha Psi Fraternity (KAY) will step and stroll into the Kappa Klassic Golf Tournament on Grand Bahama on July 29th. The event is one of several planned as part of efforts to raise funds in aid of their many community service projects, particularly mentoring and supporting the schools in East Grand Bahama.

Tyler Wildgoose the company's Marketing Manager.

When the Kappa Brothers tee off, they will share the golf course with teams of youth players as part of a wider peer mentorship initiative. "Our organization is really focused on reaching young people. This

is a wonderful opportunity for us to spend the day with them on the course and hopefully impart some important life lessons to them as we enjoy a day of friendly competition," explained Larry Wildgoose, a long-standing member of the Kappa Alpha Psi fraternity.

Scheduled to take place at the Fortune Hills Golf course in Freeport, the Bahamian Brewery and Beverage Co Ltd (BBB) will once again support this event with sponsorship funding and Bahamian Brewery products for winners in the competitive categories with each team comprised of four individuals. Not only will participants have the opportunity to win some of the Brewery's most popular products, but the event is also a chance to win a brand-new vehicle. The player who scores the coveted 'hole in one' will drive away with bragging rights as well.

"After the success of last year's inaugural tournament, Mr. Sands, a proud golfer himself, was pleased to help this event continue and grow," said Chrissy Hanna, BBB Tour Supervisor.

This year's event is also being powered by Aliv who recently joined the Kappa Klassic committee. "We are very excited to be involved in this, especially as it involves younger men who seem to get so lost these days. We are pleased to see KAY working to help make the young men good citizens on our country," said

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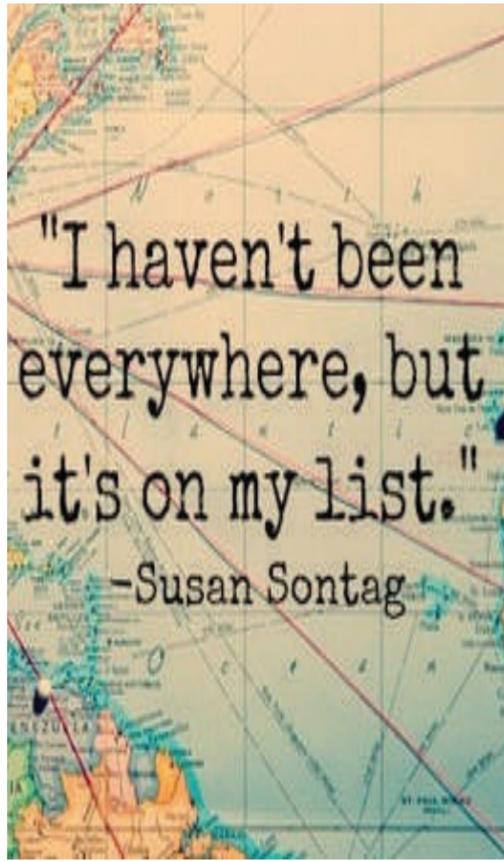
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RECORD NUMBER TURN OUT FOR TOWN HALL MEETING



A crowd estimated to be the largest ever to gather for a public meeting in Bimini packed a school auditorium last week, many passionately decrying what they described as environmental devastation threatening to erode fish populations, wipe out endangered species and suffocate the island's famous coral reefs and critical wetlands.

A few in the highly charged audience claimed the resort, casino and residential development in North Bimini that is being blamed for the damage created jobs. Most shouted the consequences were too great. They cited world-famous coral reefs clobbered or choked by sediment during dredging for a 1,000-foot pier that a year after its construction sits unused. They pointed to materials they could not identify strangling mangroves. They spoke of 163 acres of wetlands smothered by waste and in places what appears to be cement.

The meeting, called by locals who asked environmental advocacy groups Save The Bays and Waterkeepers Bahamas to assist, tackled unsustainable development, the need for true local government and the repeated call for legislation to enact the North Bimini Marine Reserve.

Perhaps more importantly, it crystallized a devotion to Bimini's famed waters and reefs among locals and visitors to whom Bimini is a second home, several of whom traveled to the island just for the meeting.

"What this meeting should be about is the legislation for the North Bimini Marine Reserve (NBMR)," said Neal Watson II, whose family has been leading dive tours in Bimini for nearly 50 years. "I don't think there is anyone here tonight who does not agree. Going forward, the clear discussion should be: Where is it, what is it and what are the rules?" Watson traced the history of promises of a marine reserve back to the 1980s when the Bahamas Dive Association first called for it. By 1999, it had official attention and between 2008 and 2009, government announced the declaration of the North Bimini Marine Reserve with the news receiving wide local and international attention, but no legislation followed. Nearly a decade later, that declaration remained just that – lacking the legislation to create it that would include boundaries, policy, rules and regulations.

"Right now, globally, 50% of the reefs are gone, 50% of the mangroves are gone, 50% of the forests are gone, more than 50% of fresh water is gone," said environmentalist Sam Duncombe, urging Bimini to protect its remaining reefs and the mangroves. "When you bring in the green economy, when you make a living because you are taking your visitors to places of natural beauty, you are preserving what is giving you that money, the beauty that those visitors came to see and enjoy. You are allowing future generations to live on that."

Duncombe's words fell on wide open eyes following the viewing of a video by Switzerland-based Save Our Seas that painted a real time picture of the waters and marine life, the dredging and destruction, the mangling of the mangroves.

One woman said she attended the meeting because she was scared that the Bimini she fell in love with for its beauty was being compromised.

"I thought Bali was the most beautiful place in the world and then I saw Bimini," she said.

"We feel Bimini is at a critical place right now," said Jenny Cook, who spearheaded the organization of the meeting. Cook, who operates a yoga retreat and conducts tours to swim with dolphins in the wild, said the meeting represented "a new beginning."

For Waterkeepers Bahamas Executive Director Rashema Ingraham who lives in Grand Bahama, the meeting had special meeting. Her family hails from Bimini and relatives were among those begging to save the waters that drew about 50,000 visitors a year to the islands in the northern Bahamas before a sophisticated high rise Hilton, megayacht marina and gambling came to the island. Her welcome remarks hit home with many.

"These gems, called the Bimini islands, have a special place in history. The natural beauty, captivating mangroves forests, colourful dive sites – the magnificent and diverse marine species, have touched the hearts of Ernest Hemingway, Martin Luther King II. There is no mistake that Emmanuel Francis, Alexander Weech, Benjamin Saunders and George Levarity have all, in days of old, made Bimini their home. Here, making a living and feeding their families because of the abundant blessings from the waters surrounding us. "The bayside to the East, the Oceanside to the West, meeting together by waves – giving Bimini life. Precious life, sacred life, abundant life, harmonious life. Tonight, let's remember the memories of Captain Manny Rolle, Captain Bob Smith & Bob Gladden. Let's remember Bonefish Ray Pritchard and Rudy Dames and of course Bonefish Ansil Saunders and my dear Cyril Saunders. Let's remember all before us, and those after us as we work towards HISTORY – his-story, her-story, your story – OUR STORY that respects and appreciates the magnificence of the natural, tranquil but complex systems of the islands of Bimini.

"Words, pictures, videos, voices, emotions, passion, curiosity, perseverance HOPE but no fear emits from us all. This is the NEW BEGINNING. The African Proverb says "If you want to go somewhere fast, go alone. If you want to go somewhere far, go together." We are going together, working together – to SAVE OUR HOME.

According to Cardinal Bain, too much has already changed. "The time right now is critical. I remember Bimini back then as a tropical paradise," said Bain. "Fast forward. There are no birds left. No butterflies. I haven't seen a butterfly in two years. The sea turtles have diseases. There's no sand on the beaches. There's beach erosion. The waters of our island are not as clear as they used to be. Fifty percent of the mangroves have been ripped up for development."

Resorts World Bimini spokesperson Michelle Malcolm attended the meeting along with other representatives

from RWB, RAV and related companies. Malcolm insisted that much of the damage being discussed was not the fault of Resorts World, but when the dredging issue for the 1,000-foot pier was raised, she said, "What happened, happened," and indicated that Resorts World wanted to move on and develop better relationships with more dialogue with locals, one of whom immediately spoke of promises in abeyance.

"What we are calling for is for Mr. Capo to carry out the promises he made legally... in Phase One for a new school, new water plant, new fire truck, an expanded and improved clinic," said one participant who called for a halt to construction to allow time for assessment. Now, many fear that the plans for a golf course will go through.

"What I know is that I been a fisherman all my life," said Denver Stuart. "Tourists ain't really coming here to gamble because they have the same from state to state in the U.S. They ain't come here for the Hilton. They tell me that. They coming here for the fresh conch, the fresh fish, the clean waters and all the marine life we have that is available for them to snorkel or to scuba." Stuart said the thousands of shrimp that lined the coast a few years ago had now all but vanished, their habitat in the wetlands devastated by concrete and other waste covering the mangroves.

Speaker after speaker spoke of dramatic changes. "Bimini has 300 years of history, now we have to put sea walls where they were never needed before," said Aaron Franklin Smith.

Clifton-Western Bays Waterkeeper and Director of Legal Affairs for Save The Bays Fred Smith, QC, declared the root of the problem went beyond environmental impact to how decisions were made.

"The big challenge that Bimini has and all the islands of The Bahamas face is that the government in Nassau runs the country. It is called the Commonwealth of The Bahamas islands, not the Commonwealth of Nassau," said Smith. "Nassau needs to experience the power of the people. I can feel the frustration, I can feel the anger, I can feel the disgust, I can feel the hope. You should not have be talking to the (Cabinet) minister about whether or not you should have a park. Save The Bays is not against development. We never have been. We need true local government in The Bahamas."

Save The Bays had begun legal action on behalf of Bimini Blue Coalition but that action came to a dramatic halt when the government filed a motion to place a \$600,000 security for costs for the case to move forward.

Speaking to a standing room only crowd at the close of the two-hour, sometimes volatile meeting, Save The Bays Chairman Joe Darville pleaded with Biminities and those who flew or boated in for the meeting to stand up for what they believe in.

"Contact the Minister of Environment and Housing, or your MP, let your local government representatives know Bimini is our home and our voices will be heard."

ZOMBIE SURVIVAL ADVICE



This Friday, the stage at the Regency Theatre will be filled with Zombie's! Not real one's of course! But lovely local children who joined Camp Centre Stage at the Regency Theatre to enjoy a two-week all-out thespian experience in Freeport.

"This is the third year I have had the privilege of coordinating Camp Centre Stage," said Past President, FPG Board member and Camp Organizer, Tiffany Dennison.

"This year we have elected to do something a little obscure and different. This was important, not just to myself as the specialty make-up artist for the Regency Theatre, but also to this group of children who I suspect grow weary of prince and princess tales!"

Friday, July 14th the curtains

will rise on '10 Ways to Survive the Zombie Apocalypse' by Don Zolidis. The show is a short play about some survivors who demonstrate TEN methods to survive ferocious zombie attacks!

"So basically," noted Dennison, "it's the end of the world and hordes of rampaging zombies are about to kill you. What do you do? Try your hand at kung Fu against the undead? Attempt to reason with creatures that would rather eat brains than use them? You'll have to show up to find out!"

The Zombie survival techniques will begin promptly at 8pm, with tickets on sale at the door for \$10 for adults and \$5 for kids under 12.

"This show meant working with minimal stage and costumes, but really allowed us to focus on a

specialty make up, working with latex and putty as well as bruise and death wheel colours," noted Dennison.

"I've had some great help this year from fellow guild members, like Oliva Dorsett, Sean Thompson, Kay Hardy, Maninder Versolato and Sarah Kirkby and we are very thankful to have seasoned and experienced director Cyndii Lane helping."

For those looking to attend, this is a comedy, also a fun, safe family event for those not too faint of heart. The actors are excited and ready to put on an amazing show, all while providing those all-important zombie survival tips because you never know when a zombie apocalypse might break out in your neighborhood.

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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	8:45AM	DAILY	\$214.00	\$118.00
NASSAU	2:00 PM	BLACK POINT	2:45PM	DAILY	\$214.00	\$118.00
NASSAU	8:00 AM	FARMER'S CAY	8:45AM	MON, WED, FRI, SAT, SUN	\$225.00	\$128.50
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San Salvador - Holy Saviour

San Salvador is located in the far eastern Bahamas. It is small in size (63-square-mile) but not in scenery and is surrounded by superb beaches and reefs. It is an ideal place for snorkeling, diving and fishing. Known to the Arawak Indians that lived there as Guanahani, the island of San Salvador ("Holy Savior" in Spanish) boasts the reputation of being the first place that Christopher Columbus landed upon when he discovered the new world, in October 12th, 1492.

Presently the island is home to over 1000 people. The average temperature is 80 degrees. The local resident population on San Salvador today consists of approximately 1000 persons who live in several small communities around the perimeter of the island. Unfortunately, Christopher Columbus and the Arawaks is no longer with us, thankfully San Salvador is.

History of San Salvador Bahamas

San Salvador is recognized — though there is some debate amongst researchers — as the location where Christopher Columbus first discovered the New World on October 12, 1492. Four separate monuments claim to mark the spot where Columbus first came ashore, though most regard Long Bay as the correct spot. The island was originally known as Guanahani by its first known inhabitants, the Lucayan Indians.

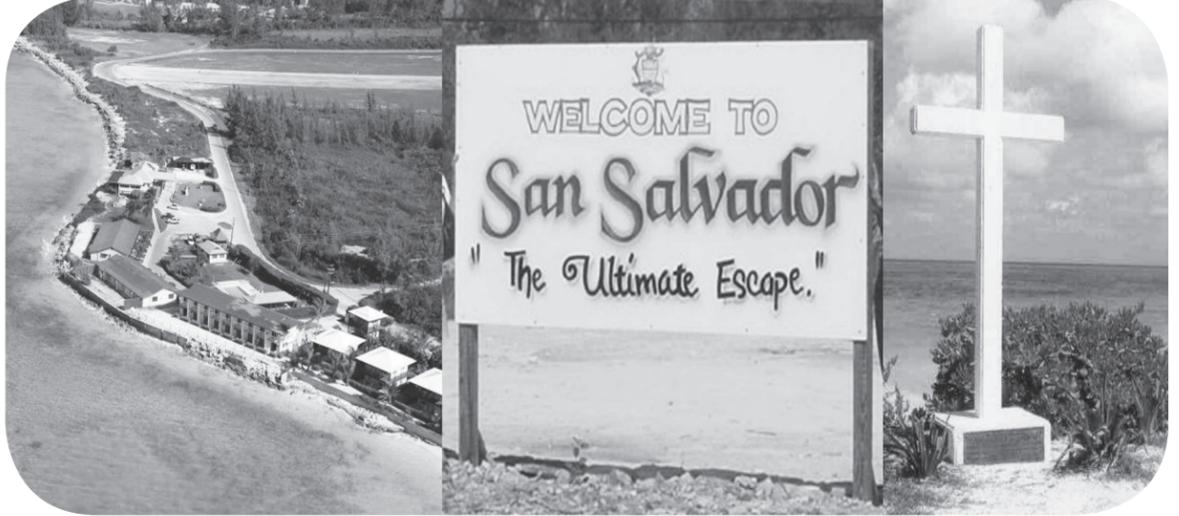
The island was later the headquarters of the buccaneer George Watling which carried his name (Watling Island) until 1925. In 1951, the US Government built a missile-tracking base, a Coast Guard station, and a submarine tracking facility in San Salvador. When the U.S. military left the island in the late 1960s, they left an infrastructure of well-constructed buildings, an electrical power station, and a paved air strip. These facilities are now used by the Bahamas Government.

The island's popular spot, Club Med resort Columbus Isle, opened in 1992—it features over 200 air-conditioned rooms.

Popular Attractions in San Salvador Bahamas

Historic sites and monuments in San Salvador include Columbus's cross, the Olympic Flame monument, the ruins of Watling Castle, and one of the last Kerosene lighthouses still in operation — the Dixon Hill Lighthouse.

Columbus Monument, Landfall Park, Long Bay
After 33 days at sea, on 12 October 1492, Columbus landed at beautiful Fernandez Bay (Long Bay). Erected on Christmas Day in 1956 by Ruth Durlacher Wolper, this white cross commemorates the landfall of Christopher Columbus on San Salvador in 1492.



Watlings Castle, Sandy Point Estates

Located eight-five feet above sea level, these major plantation ruins, include buildings used for industrial or storage purposes, a main house, a cookhouse, and slave quarters.

Dixon Hill Lighthouse

Built on a former plantation owned by John Dixon, this 160 foot structure (163 feet above sea level) was constructed by the Imperial Lighthouse Service in 1887 and has a visibility of 19 miles. I presently maintains four-hour watches nightly, giving a double flash every ten seconds. This hand-operated, kerosene lit lighthouse (400,000 candles) is the last of its kind in the Bahamas.

Geography of San Salvador

Set on the Atlantic side of the island of San Salvador in the Bahamas, about 200 miles southeast of Nassau, about a 1-hour flight from Florida. Located on the west coast of San Salvador, is the island's capital, Cockburn Town (pronounced Ko-burn), where one can find local government offices, police, a post office, a government clinic, and an electrical utilities company.

San Salvador mostly consists of dune ridges, with troughs forming brackish ("high salt") lakes that make up nearly a third of the total area. Reefs surround the island, with a large break near Cockburn Town. This 'opening' in the reef provides access to the island for boats to the main marina.

San Salvador Climate

The island is cooled in the summer when temperatures range from 22 to 32 degrees C, and warms it in the winter when temperatures range from 17 to 27 degrees C, due to the moderating effect of the Antilles Current flowing past San Salvador. Annual rainfall for San Salvador averages 100 cm.

Cold fronts from the north bring winter rains, and summer rains result from convection. The major rainy season is from September to November, caused by tropical depressions, tropical storms, and hurricanes.

Diving in San Salvador

Dive sites are mostly on the lee side of the island and rough seas are very rare due in part to the protecting reefs. High Cay, Low Cay, and Middle Cay are popular spots for both reef and wreck diving. Typical water visibility is 100 and more.

Popular cave diving spots include Movie Caves, near Fernandez Bay Sandy Point Cave, near Grotto Beach Double Cave, near Sandy Point; Popular reefs include Pillar Reef, near Riding Rock Point. Sponge World, near Rocky/ Polaris point, Vicky's Reef, near Cockburn Town; popular walls (beginning at a depth as low as 40 feet) include the Cockburn Town Wall, near Cockburn Town, Devil's Claw, near Long Bay, Grouper Gully, near Fernandez Bay, Hole In The Wall, near Long Bay, Riding Rock Wall, near Riding Rock Marina, Shark Alley, near Long Bay, Stewpot, near Riding Rock Marina; famous wrecks include Brig Enterprise Wreck, near Green Cay, sank 1832, Columbian Wreck, near North Point, sank December 25, 1980, Frigate Wreck, off Bonefish Bay, sank January 1, 1902, Hinchinbrook Wreck, near High Cay, sank July 19, 1913, Schooner Wreck, near East Beach, Unknown Wreck, near Low Cay, Yacht Wreck, near Nancy Cay, sank 1977.

San Salvador Beaches

Popular beaches include Bonefish Bay, at Club Med; Long Bay, at the Columbus Monument site; Grotto Beach, at Sandy Point; Snow Bay where the sand is fine like snow located near the entrance to Pigeon Creek; Dim Bay Beach, near the Chicago Herald Monument; East Beach, a three-mile beach near United Estates, a great site for snorkeling; and North Victoria Hill, a two-mile beach located three miles north of Club Med.

Banking in San Salvador

A local branch for the The Bank of the Bahamas is open Monday thru Friday, 10 am to 2 pm.

San Salvador Phones and Power

Electricity and telephone service is available to all but the smallest of communities on the southeastern side of the island. The United Estates settlement, located on the northeastern side of San Salvador, is the largest community on the island, and is also the site of the Dixon Hill Lighthouse, a major navigation aid in this section of the Atlantic.

Crossword Puzzle

Good luck and enjoy!
SOLUTION IS LOCATED IN THE ISSUE

1	2	3	4	5	6	7	8
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Across

1 A blue dye (6)
 4 No particular place (8)
 10 Carry (9)
 11 Memos (5)
 12 Young ladies (5)
 13 A native of Australia (9)
 14 Quaffs (7)
 16 Retain (4)
 19 Probabilities (4)
 21 Examine in detail (7)
 24 Not easy (9)
 25 Plastic (5)
 26 Unable to react (5)
 27 Collisions (9)
 28 Neatness (8)
 29 Dwelt (6)

Down

1 A sunken engraving (8)
 2 Thunderous verbal attack (8)
 3 Sudden blasts of wind (5)
 5 Interconnected nodes or stations (7)
 6 Breeziness (9)
 7 Have as a logical consequence (6)
 8 Resulted (6)
 9 Teeth (6)
 15 A game with a shuttlecock (9)
 17 Long tapering flags (8)
 18 Used (8)
 20 Mouse sounds (7)
 21 Untouched (6)
 22 Afloat (6)
 23 Abroad (6)
 25 Not audio (5)

"The world is a book those who do not travel read only one page."

Is This Yuma, Fernandina or Long Island?

Breathtaking cliffs, brilliant coral reefs, serene beaches. Long Island is home to it all. Featuring dramatic cliffs that tower over its eastern shore, the island is a haven for fishers, divers and boaters, boasting world-class bonefishing and thrilling encounters with sea life. The island's western shore is a bit more tranquil. Visitors will find soft pink- and white-sand beaches that gradually slip into peaceful turquoise waters. Long Island is also home to Dean's Blue Hole, the deepest blue hole in the world.

Originally named "Yuma" by Arawak Indians, the island was renamed "Fernandina" by Christopher Columbus in 1492. However, Long Island earned its current name because a seafarer felt it took too long to sail past the island. After all, it is 80 miles long, but no more than four miles wide at its broadest point. The Tropic of Cancer runs directly through the island, giving it two very different coastlines—the dramatic cliffs and caves of the east coast that front the crashing Atlantic waves, and the sandy edged lee side which slopes calmly into the Bahamas Bank. Here you'll find Dean's Blue Hole, historic twin churches built in the 1800s and one of the largest caves in The Bahamas.



What Makes Long Island Unique

Dean's Blue Hole

Enclosed on three sides by natural rock and the fourth by a turquoise lagoon and white-sand beach, it is 80 x 120 feet (25 x 35m) wide on the surface and 330 feet (100m) wide at 60 feet (20m) down.

Hamilton's Cave

One of the largest caves in The Bahamas, this ancient cave system has passages 50 feet wide and a ceiling over 10 feet high. Artifacts and cave drawings from the Lucayan Indian tribe were discovered here in 1935.

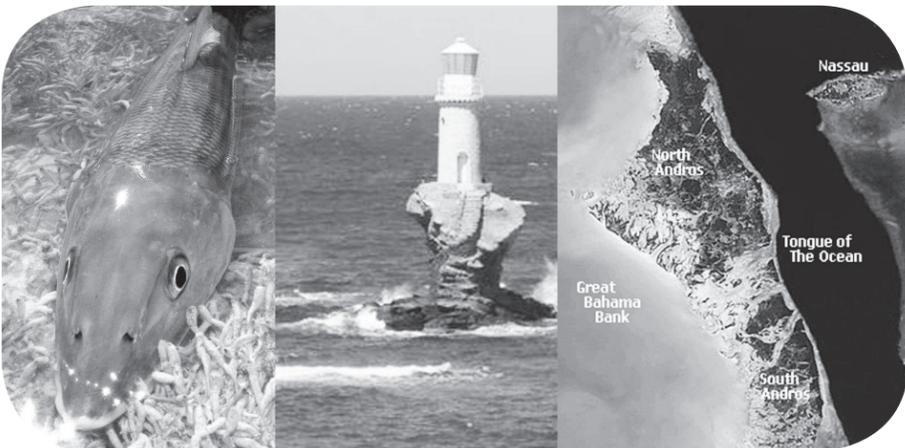
Contrasting Coastlines

Divided by the Tropic of Cancer and a towering spine of ancient reef, the dramatic cliffs and caves of the east coast front the crashing Atlantic waves, and the soft, sandy-edged lee side slopes calmly into the Bahamas Bank.

Twin Churches

Two churches in Clarence Town, credited to Father Jerome Hawes, have a similar appearance with twin towers. St. Paul's Church was built when he was Anglican. St. Peter's & St. Paul's Church was designed after he became Roman Catholic.

Come Visit The Bonefish Capital of the World



All the Bahamian islands boast abundant natural attractions. But Andros—the largest, yet most sparsely developed of all The Bahamas—is king when it comes to exceptional natural surroundings. Here, you'll find the world's third-largest fringing barrier reef, mesmerizing blue holes that some say are home to the mythical creature Lusca, the Tongue of the Ocean (a mile-deep abyss teeming with vibrant marine life) and numerous species of flora and fauna. If you're an ecotraveler, kayaker, bird watcher, hiker, snorkeler, diver or fisher, Andros should be your first stop when visiting The Bahamas.

At 2,300 square miles, Andros is the largest island of The Bahamas and the fifth-largest island in the Caribbean. Its miles of deserted beaches and freshwater lakes play host to countless species of wildlife, marine life, flora and fauna. Andros is covered with vast areas of wetlands that create channels perfect for bonefishing. In fact, many consider Andros the Bonefishing Capital of The World. When visitors feel like taking a break from all the adventure, the island offers quaint settlements and secluded beaches known for their local charm and laid-back lifestyle.

What Makes Andros Unique?

Home To Mythical Creatures

Large bird-like creatures with mystical powers (Chickcharnees) live in the pine forests. Also, the Lusca, a sea monster, can suck you down into their underwater lairs (blue holes) if you're not careful.

The Bahamas' Largest National Park System

The Andros Park System is the country's largest protected area, and includes five national parks: Blue Holes National Park, Crab Replenishment Reserve, North & South Marine Parks and the West Side National Park.

Most Blue Holes Per Square Mile

Andros has the highest concentration of blue holes in the world. They house many unusual and unique cave fish and invertebrates, some not found anywhere else in the world.

3rd-Largest Fringing Barrier Reef

The reef is 190 miles long, drops to about eight feet on the island side and plunges to more than 6,000 feet in the Tongue of the Ocean. It is unique in the region because of its size, luxuriant coral growth, and low incidence of coral disease.

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*
How can you get four suits for a dollar?
Buy a deck of cards.
*
How do dinosaurs pay their bills?
With Tyrannosaurus checks.

What do you call a dinosaur that wears a cowboy hat and boots?
Tyrannosaurus Tex.
*
How do we know the Indians were the first people in North America?
They had reservations.
*
How do you make a hot dog stand?
Steal its chair.
*

Inagua - Heneagua



Inagua is the most southerly and third largest island in The Bahamas. Its name is a corruption of its earliest designation, Heneagua, derived from a Spanish word meaning 'water is to be found there'. Although it is mostly low and flat, it has James Hill on the north coast rising to 90 feet, East Hill rising to 132 feet and Salt Pond Hill on the south coast rising to 102 feet.

Inagua was permanently settled in the middle of the 19th century. Matthew Town, named for Governor George Matthew (Governor of The Bahamas, 1844-1849), was laid out during his tenure and is the chief settlement in Inagua. It is said to be the best laid out town in The Bahamas.

Because of its low rainfall and trade winds, it has natural salt ponds. Inagua is of interest to sportsmen and naturalists. It has a large savannah or prairie in the centre where wild cattle, donkeys and boar are said to roam. There is also a large shallow lake, formerly Lake Windsor, now known as Lake Rosa, which is about 12 miles long and serves as the breeding ground for the largest colony of West Indian flamingos in the Caribbean. The flamingos live in a protected 287 square mile reserve called the Inagua National Park. Salt is still the main industry on Inagua.

Home to over 80,000 flamingos, the national bird of The Bahamas, Inagua is a haven for birdwatchers. Along with the flamingos, birding enthusiasts will find over 140 species of native and migratory birds, making Inagua

the Birdwatching Capital of The Bahamas. The island is also home to three national parks/reserves, as well as one of three remaining kerosene-burning, hand-cranked lighthouses in The Bahamas. If ecotourism is your forte, Inagua is your destination.

Inagua is the southernmost island in The Bahamas and actually consists of two separate islands, Great Inagua Island and Little Inagua Island. Both are known for their natural surroundings and act as great destinations for ecotourists. Great Inagua is the third largest island in The Bahamas, stretching 20 miles long and 55.19 miles wide, with the Inagua National Park covering 45% of the island.

The Park is home to over 80,000 West Indian Flamingos, the Bahama parrot, and other pelicans, ducks and hummingbirds found nowhere else in The Bahamas. Little Inagua Island is a protected habitat for endangered sea turtles, and features a vast reef that prevents boaters and sailors from getting too close to its shores. Over 30 square miles of the island are uninhabited by locals.

What Makes Andros Unique?

Unique Animal Species

It was reported in 1949 that several unique animal species had been found in Inagua and not seen anywhere else including a fast moving fresh water turtle, several breeds of duck, a hummingbird peculiar to Inagua, and a new genus of lizard.

Union Creek Reserve

The reserve encompasses 4,940 acres of an enclosed tidal creek on the northwest shore of Great Inagua. It serves as a captive research site for sea turtles, especially the Green Turtle, to protect the habitat where they lay their eggs.

Birding Capital Of The Bahamas

With over 140 species of birds, Inagua is a bird-watcher's paradise. Migrating, resident and endemic species include the rare Bahama Parrot, West Indian whistling duck, Kirtland's warbler, and a rare species of heron on Little Inagua.

West Indian Flamingos

National Bird of The Bahamas, West Indian Flamingos live in the Great Inagua National Park, comprising almost half the island. Wetland sites created during salt production have made this the largest nesting ground for those birds in the Western Hemisphere.

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Next Publishing Date:
August 2nd, 2017
Deadline For the Next Issue
5pm Tuesday July 25th, 2017

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Sudoku Solution

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

Crossword Solution

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

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The Amazing Maze

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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!!!

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D L I W G N I R E T T A C S V O O S G E E R
S E D C R F Z K S E H C N A R B N S I T R O
T P G E V I L F R U I T Y M V V E A N I V O
U H R G T X P W X C L E A R S I Z P H N A T
S U R U I P X E U N B S W T V L W O T A N S
E G E I N D U M N A T I E U Z I N T E M T L
A O D R V G B R L E N Y H P T O W E W A S A
S O U X I E F L R O D B T H L I O M A L D R
O D D N R F E O U O R G E K R A D A R A E U
N F T E D G E R R O C R R E A I N C D D K T
N R D G O T I H U T E G A A G D W T S U C A
E U L R F S S G T D H G P F F K E I Q P U N
P I Y E H B H O E O E H E R F T H C D S L Q
H T C E S T E D M N T P R F Y O E H A H P O
I S D R F N N A T R R N P D B P N D T Y U Q
T Y I O X A U I R U E L I G N I R E H T A G
E O R R M X L O N F O H L T N E V L K K Y T
S T C M E E S E C I R L T J S E X A R O A S
H V O K S P D D E N R U B E I A Y U P M R O
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DRAWETHNIGH
DUNGED
EVILFRUIT
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GENTILES
GOODFRUIT
GRAFTED
GRIEVETH
HEWNDOWN
ISRAEL
ITCAMETOPASS
LAMANITES
LAYITUP
MASTER
NATURAL
NEPHITES
NETHERMOST
NOURISHED
OLIVETREE
PERISH
PLANT
PLUCKED

PREPARETHEWAY
PRESERVED
PRUNED
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VISIT A PET STORE	SCAVENGER HUNT
MAKE LEMONADE	FASHION SHOW
PIE EATING CONTEST	LEARN HOW TO JUGGLE
OUTDOOR GAME COMPETITION	VISIT A MUSEUM
BIKE RIDING AT THE PARK	WATER BALLOON FIGHT
FAMILY RELAY RACE	STORYTIME
CAMP-OUT IN THE BACKYARD	VISIT A JUMP HOUSE
CAMP-IN (INDOOR CAMP-OUT)	FACTORY/SHOP TOURS
MAKE YOUR OWN PUPPETS	RUN THROUGH THE SPRINKLERS
GO ON A BUG HUNT	VOLUNTEER
BACKWARDS DAY (DESSERT FIRST!)	MAKE TREATS FOR A NEIGHBOR
BAKING SODA "BOMBS"	DOLLAR STORE
MAKE S'MORES	MAKE A BIRD FEEDER
GO ON A BIRD WALK	GO BERRY PICKING
HAVE A SLEEPOVER	VISIT A FARM
GO TO A COUNTY FAIR	PAINT ROCKS
FIND A DRIVE-IN THEATER	HAVE A TEA PARTY
READ A BOOK TOGETHER	MAKE TIE-DYE T-SHIRTS
BUILD A LEGO CASTLE	POOL NOODLE LIGHTSABERS
MAKE PAPER DOLLS	CELEBRATE AN UNBIRTHDAY
VISIT A LOCAL FIRE STATION	HAVE A PIZZA PARTY

Cereal Box Crafts: Notepads

Supplies:
Cereal boxes or other cardboard
Wide thin paintbrush
2 large binder clips
2 paint stir sticks
Exacto knife & ruler or paper cutter
Paper

Instructions:
1. First of all decide what size your notepad will be based on the paper you have. You can use notecards, an existing notepad, binder paper or cut up some paper from an old composition book. Using a paper cutter or an Exacto knife with a straight edge cut your paper the size you want it.

2. Look through all of the boxes you have and then cut out the cardboard box to fit the same size as your paper you just cut. Cut one for the front of your notepad and one for the back using a paper cutter or Exacto knife with a ruler.

3. Sandwich the paper in between your two cardboard cereal boxes you cut out. Line them up all nicely shifting them in place until the top or side edge

4. Place the paint stir stick on the front and back of your notepad and secure the binder clip on top. This will hold the book in place while you bind the top with glue.

5. Remove one of the binder clips and apply an even medium coat of Mod Podge on the edge. Move the binder clip to the side your just glued being careful to make sure the top is not touching your glue. Do the other side. Let it dry. Repeat the process two more times for a total of three coats.

When dry remove clips and stir sticks and enjoy! Give them as a gift or pop one in your purse for a handy way to jot down notes. Give them to your child in a restaurant to doodle.

The Original Choices "Luv" Page

Q. Me and my baby daddy been seeing each other off and on since we broke up over a year ago. My present boyfriend and I haven't been intimate yet but I know that's soon gonna happen. I know I shouldn't be kicking it like that with my ex but we just have real good chemistry. I didn't want to cut him off until I was sure me and this new guy was gonna hit it off. Looks like he a keeper and my question now is how do I tell my ex without it being an issue. He always said that he'll always be around even if I got involved with someone else. But now I think I'm ready to just cut him off but I'm afraid he'll stop giving money for our son. How do I deal with it without drama and without mixing my new man up in all of this?

Alex says... I personally don't see anyone coming out of this unscathed. You are not ready for a committed relationship with another man because you clearly have not gotten over your ex. In fact he really ain't your ex, he's your man. You need to reconsider your description of an ex and current boyfriend because to me, you got it all wrong. This entire situation is a bomb waiting to explode. The supposed chemistry you feel for your ex is "familiarity/comfort". Don't be fooled and don't allow him to use you for his personal gratification. Now, if you are staying intimate with your baby daddy to keep the money flowing, that's wrong. If he's not supporting his child freely, take him to court! This new guy in your life deserves a woman fully into him and you're not. If you found out he was sleeping with another woman would you want to still be in a relationship with him? Think about your life seriously for a moment. It's unnecessarily chaotic. Let everyone go and start afresh. Take a break to figure out what you really want out of life. Even you deserve to be treated better. Fall in love with the beauty of being you and enjoy it.



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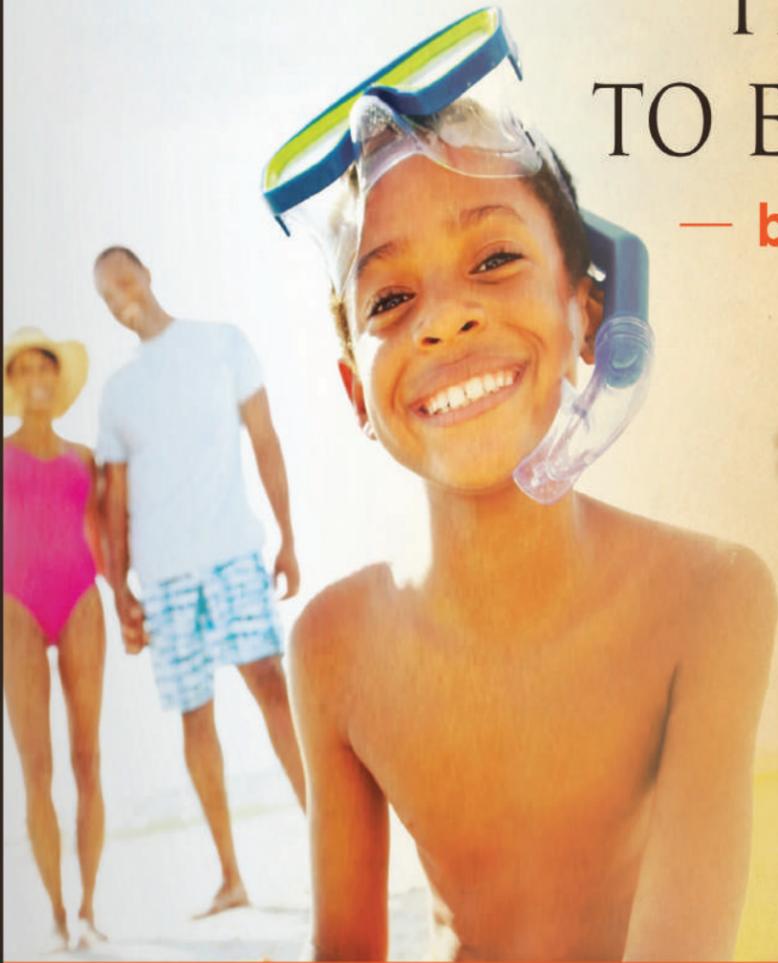


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