



Bahama Buy & Sell

Grand Bahama's Favorite Community Newspaper

Culinary Arts Issue



Port Lucaya
Freeport, Bahamas

Tricked or Treat?

By: Minister Keith Evans

Host of the Wake Up Everybody Show



The blonde wife came home from her first day commuting into the city.

Her husband noticed she was looking a little pale and asked, "Honey, are you feeling all right?"
 "Not really," she replied.
 "To tell you the truth, I'm a little nauseous from sitting backward on the train."
 "Poor dear," he said. "Why didn't you ask the person sitting across from you to switch seats for a while?"
 "I wanted to, but I couldn't," she replied.
 "There was no one there."
 *

Q: Did you hear about the new comic book super hero?

A: He's half man and half cow. He's just one of those unexpected Moooooo-tations
 *

A teenager was always asking his father if he could borrow the family car. Pushed to the limit, the father asked his son why he thought "The Almighty" had given him two feet. Without hesitation, the son replied,
 "That's easy, one for the brake and one for the accelerator."
 *

The boss called one of his employees into his office and screamed at him, "You're fired!" Looking puzzled, the employee said, "But, why sir? I work eight hours and sleep eight hours, just like everyone else."
 "Unfortunately," the boss bellowed, "in your case, it's the same eight hours!"
 Did you here about the guy who lost his whole left side? He's alright now!
 *

"My own heroes are the dreamers, those men and women who tried to make the world a better place than when they found it, whether in small ways or great ones. Some succeeded, some failed, most had mixed results... but it is the effort that's heroic, as I see it. Win or lose, I admire those who fight the good fight."
 -George R.R. Martin
 *

"Love me without restriction, trust me without fear, want me without demand, accept me for who I am."
 *

When does Christmas come before Thanksgiving?
 In the dictionary!
 *

When the Pilgrims landed, where did they stand?
 On their feet!
 *

Where did the first corn come from?
 The stalk brought it.
 *

Which side of the turkey has the most feathers?
 The outside.
 *

Who is not hungry at Thanksgiving?
 The turkey, because he's already stuffed!
 *

Why can't you take a turkey to church?
 Because they use such FOWL language.
 *

Why did Johnny get such low grades after Thanksgiving?
 Because everything is marked down after the holidays.
 *

Why did the Indian chief wear so many feathers?
 To keep his wigwam.
 *

Why did the monster get a ticket at Thanksgiving dinner?
 He was exceeding the feed limit!
 *

Why did the Pilgrim eat a candle?
 He wanted a light snack!
 * the turkey?



The treats placed outside was for demons who supposedly were hungry to feed and to appease them. Former occult follower Johnna Michaelsen said in her book Like Lambs To The Slaughter, " Halloween is also a prime recruiting season for Satanists". While we here in the Bahamas may not be bombarded with overt occult practices, the Halloween festivities are still a reality, not to mention witchcraft, voodoo or other demonic practices here in the Bahamas.

The demonic realm is real, and we, the Church must expose this most dangerous deception. Believers, let us come out from among them and return to trust Biblical Christianity in it's grassroots form. Please, don't get caught up in this demonic festival called Halloween. It's unorthodox, and anti-christian!

And when you involved your children in it innocently, you're literally inviting Satan in your family's lives and homes. And we are perplexed about the among of crimes, and suicides, and drug addictions by our young people?

None of us are impervious to this, but oftentimes find ourselves lulled by the devil. We been drinking the enemy's nostrum far too long. It's time to rise up in Jesus' name and to disseminate the truth of the Gospel!!!

For more information please write me at Gmail keithevans242@gmail.com or kenazevans242@gmail.com

During the celebration, the Celtics wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes. Halloween in my humble opinion is demonic and satanically inclined, and we have the proclivity to host such darkness under the guise of parties in the churches. I believe that Halloween glorifies death and Satan. So why do we allow our young people and children to honor the devil by celebrating Halloween?

The Druids were devil worshippers and celebrated two nights of the year specifically, one was or is Beltane and Samhain. Beltane was on May 1 and mark the beginning of summer, whereas Samhain marked summer's end, which took place on October 31st. The night of Halloween and Samhain were the exact same thing where death, human sacrifices, evil cantations and a plethora of demonic activities took place. So how did this demonic day crept within the church? By the 9th century the influence of Christianity had spread into the Celtic lands, where it gradually blended with and supplanted the older Celtic rites.

In 1000 A.D. the Catholic church would make November 2 All Souls' Day, a day to honor the dead. It's widely believed today that the church was attempting to replace the Celtic festival of the dead with a related church-sanctioned holiday to pacify the people from Ireland and France. All Souls Day was celebrated similarly to Samhain, with bonfires, parades, and dressing up in costumes as saints, angels and devils.

The All Saints Day celebration was also called All-hallows or All-hallows and the night before it, the traditional night of Samhain in the Celtic religion, began to be called All-Hallows Eve and, eventually, Halloween. The church sought to dilute the pagan practices of Halloween by incorporating Halloween under the guise of Christianity.

The Roman Catholic Church was attempting to placate those who were ingrained, and entrenched within this diabolical festival by adopting this festival as a Christian festival. I'm not trying to be the odd man out, but simply shedding light on this most evil night. We have been tricked by the devil's treat of subtle lies and darkness. The costumes worn on Halloween were to hide from demons, so that the demons would mistake the person dressed in a costume as one of them and leave them alone.

The Bible is very straightforward and conspicuously coherent in admonishing the Believer adamantly in staying away from pagan practices. While some festivals may be seem harmless, and even culturally acceptable, it is sometimes spiritually detrimental to our spiritual development.

Ephesians 5:11, " And have no fellowship with the unfruitful works of darkness, but rather expose them." 3 John 1:11, " Beloved, do not imitate what is evil, but what is good. He who does good is of God, but he who does evil has not seen God." When John said he who does evil has not seen God, he's in no way implying that we see God when we do good literally, but instead from a symbolically imaginery standpoint!

We see God in our everyday lives working, blessing, uplifting, healing, delivering, guiding us consistently. Matthew 5:8, " Blessed are the pure in heart, for they shall see God." God shows up on behalf of the Believer whose heart is pure. I want to inform my Bahamian readers out there about the subtle and nuances of Halloween and it's celebration even within the Churches. I see Halloween parties and costume parties now taking place within Christian environments. Hosea 4:6, " My people are destroyed for the lack of knowledge. Because you have rejected knowledge, I also will reject you from being priest for Me."

I've found that ineptitude of knowledge or the lack thereof is literally misleading the masses, especially God's people within the churches here in the Bahamas. Someone once said that God places no premium on ignorance! The Origins of Halloween date back to the ancient Celtic festival of Samhain. The Celtics, who lived 2,000 years ago in the area that is now Ireland, the United Kingdom and Northern France, celebrated their new year on November 1.

This day marked the end of Summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. To commemorate the event, Druids built big bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtics deities.



The Perfect Snack Platter

Why did the monster get a ticket at Thanksgiving dinner?
 He was exceeding the feed limit!
 *

Why did the Pilgrim eat a candle?
 He wanted a light snack!
 * the turkey?



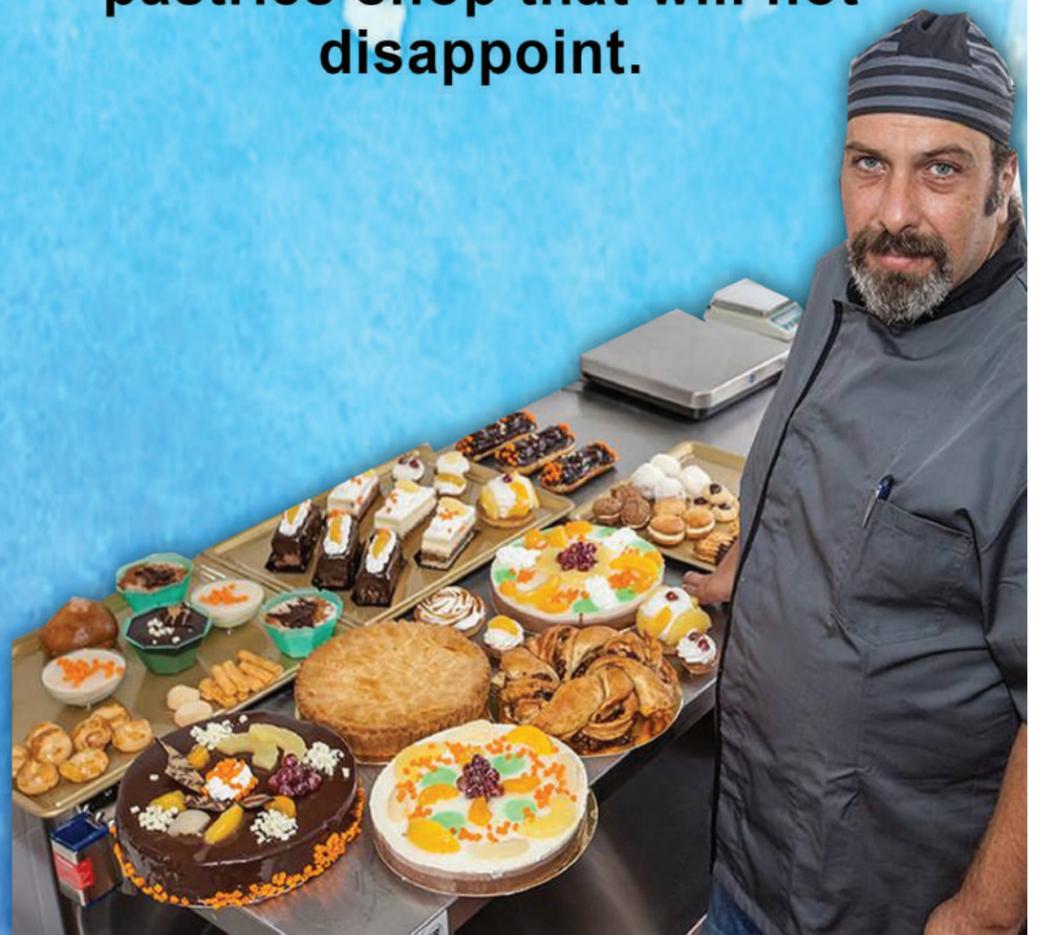
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YOUNG BAHAMIAN EMPLOYED AT GOOGLE SHARES HER KNOWLEDGE WITH GB STUDENTS



As the country moves towards becoming more technologically proficient, Kristie Powell, a young and talented Bahamian employed at Tech giant Google in Silicon Valley, is giving back to The Bahamas by passing her knowledge, passion and experience to other young Bahamians.

When the Government's hosted its first Grand Bahama Tech Summit in 2017, Bahamians working abroad in the technology industry were invited to attend. Powell who was one of the guest speakers, will be returning for the second Tech Summit to be held November 14 – 16, 2018.

Minister of State for Grand Bahama and one of the originators of the Grand Bahama Technology Summit, Senator Kwasi Thompson made the decision to ask Powell with her experience to be a part of the Grand Bahama Technology Hub Steering Committee.

Following the first Tech Summit, Powell helped place the island nation on the "Technology in Schools" map with the launch of "Hour of Code" in schools in Nassau and Grand Bahama.

The program, "Hour of Code" is a global movement reaching tens of millions of students in over 180 countries, where one hour tutorials are available in over 45 languages and is geared towards students from ages four upward.

"It was important for me to strike while the iron was hot and while I have the ear of Minister Thompson and the Office of the Prime Minister here in Grand Bahama to implement this program," said Powell, during one of her trips back to Grand Bahama, following the Tech Summit.

"There are other similar tech initiatives that are coming up, which I think The Bahamas would do well to take advantage of. Building a technology hub really starts with us investing in the future of The Bahamas and that starts with education."

The 'Hour of Code' initiative introduced the students to the world of coding and set the foundation for what is expected to become a future career for many of Grand Bahama's youngsters.



Along with Powell and other Tech savvy Bahamians, training at this year's Grand Bahama Tech Summit, will also be carried out by global Tech giant CISCO systems. Participants at this year's Tech Summit will have the benefit of CISCO Networks Academy Training Modules, which will provide training in the area of Networks and Programming.

Carlos Rodriquez of Cisco Systems said that it is in their best interest to sign a Memorandum of Understanding (MOU) with the Government of The Bahamas around a program that is well known around the world.

"Cisco at Work Academy is an initiative that we have internally at the company, to train professionals in different areas of technology, particularly in technology that is connected to specific work," Rodriquez explained during a press conference to discuss this year's Tech Summit.

In the case of the Bahamas specifically, the Cisco executive pointed out that there is only one Academy in the country, which is BTVI. However, he noted that BTVI is a pioneer in adopting the program within the island.

With some 415 participants in the different disciplines of the Cisco at Work Academy Program, Cisco Systems, in conjunction with BTVI is expected to bring a whole new level of technology training to Grand Bahama first and then eventually throughout the entire Bahamas.

"This MOU that we want to sign as part of the agenda of the Summit, will allow us to take this program on the island to the next level," added Rodriquez. "The intention in the next coming year is to take that program to 100 institutions throughout the islands, with aspirations of having some 10,000 students complete the program. So, we want to go from one institution to one hundred and from 400 students to 10,000 students.

"We are convinced that education is the catalyst for transformation. We believe that in this world of hyper-connected economies, it is very important to grow a country's technology."

Subsequently, education will be the main focus of the Second Annual Grand Bahama Technology Summit.

Minister Thompson said he is looking forward to showcasing the educational programs and highlighting the efforts and achievements of the Government and the Grand Bahama Technology Hub Steering Committee, which were launched following last year's Summit.

"In particular, we will highlight the Ministry of Education's ICT plans for our schools. The Ministry recently signed a deal for technology upgrades and to provide tablets for teachers and students," said Minister Thompson, while talking about plans for this year's Summit.

"We will also highlight Bahamas Technical and Vocational (BTVI) courses and certificates, which are now being offered to Bahamians free of charge. And we will see the first ICT trained high school students, who completed the first phase of their summer certification course, along with our new program with the YMCA, to provide coding certification to 100 young Grand Bahamians."

M. E. M. P. S. PARTICIPATED IN THE 33RD ANNUAL INTERNATIONAL COASTAL CLEAN-UP



The 33rd Annual International Coastal Clean-Up under the Ministry of Tourism was held on Saturday, 15th September, 2018 from 8:00 a.m. – 10:00 a.m. Students, teachers, and parents of Maurice E. Moore Primary School participated in cleaning up Fortune Beach.



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GRAND BAHAMA EVENTS

November 9

Lucaya International School's Fall Festival
 Time: 6pm to 8pm | Venue: LIS school grounds
 Contact: LIS, 373-4004, Linda Rahming for more information

UB North Homecoming Mini Fair & All Night Campus Party

November 10

Meeting of the Minds: Culinary Fusion
 4:00 p.m. – 11:00 p.m. | Pelican Bay Hotel

November 10 UB North Homecoming Alumni Happy Hour

November 11

UNEXSO'S Fall Fashion Show
 Time : 7:00 pm - 10:00 pm

November 17

Mary Star of the Sea Annual Raffle and Fair
 3pm - 12 midnight | School Grounds
 Tickets are on sale now
 For more information please contact 373-3300.

The Humane Society of Grand Bahama
 'Golden Jubilee' Gala | 7:00 p.m.
 Venue: Bahamas Union of Teachers Building

November 22

Thanksgiving Day

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TO YOUTH OF GANG-RIDDEN AREAS "LET US DREAM AGAIN"



The Ministry of Social Services and Urban Development in conjunction with the Urban Renewal Commission held its third annual Youth-at-Risk one-day seminar at Salem Union Baptist Church on Tuesday, October 30, 2018.

Aimed at providing youth from rural areas affected by gang activity with another option going forward, the workshop was addressed by Olympic athletes such as Pauline Davis-Thompson, Chris (the Fireman) Brown, Ramon Miller, as well as DJ Counsellor, Julis Duclus, Minister LaQuisha Wallace, Founder of the Take the Lord Movement, Epic Church, and Minister Felicia Archer who all sent the message of a better way with God and real friends.

The seminar was held under the theme, "Let us Dream Again," and was addressed by Acting Permanent Secretary



for Urban Renewal, David Cates. Mr. Cates is pictured at the podium and also speaking with Urban Renewal At-Risk Consultant Rev. Wesley Thompson, Olympic Medalist Pauline Davis-Thompson, and Ministry of Social Services and Urban Development Director of Gender and Family Affairs, Dr. Jacinta Higgs (onstage).

Eat less sugar.
 You're sweet enough already.



Uncorked
NOVEMBER 17 6:30-UNTIL
 JOIN UNEXSO & ITALIAN SPECIALTY IMPORTS FOR AN EVENING OF WINE AND HOLIDAY TABLE DESIGN

Enjoy an evening of wine tasting while receiving tips on how to make your holiday dinner tables look amazing. Italian Specialty Imports will be providing a selection of their best and most festive wines for you to party plan for the coming weeks. UNEXSO will also be decorating several beautiful Holiday tablescapes for you, from a ladies brunch, to a family Christmas Dinner, Thanksgiving and much more.

Let your senses be indulged during this fantastic event!

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

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 Why did the turkey cross the road twice?
 To prove he wasn't chicken!

*
 What do you get when a turkey lays an egg on top of a barn?
 An eggroll!

*
 Where do you find a turkey with no legs?
 Exactly where you left it!

*
 What do you call it when it rains turkeys?
 Foul weather!

*
 Why did the turkey sit on the tomahawk?
 To hatchet!

*
 Why did the police arrest the turkey?
 They suspected it of fowl play!

*
 Which side of a turkey has the most feathers?
 The outside!

*
 Why do turkeys lay eggs?
 If they dropped them, they'd break!

*
 What's the most musical part of a turkey?
 The drumstick!

*
 If fruit comes from a fruit tree, where does turkey come from?
 A poul-tree!

FIRST COMMONWEALTH CARIBBEAN COUNTRY TO SERVE AS A MEMBER OF THE HUMAN RIGHTS COUNCIL

The Bahamas will be the first Commonwealth Caribbean country to serve as a member of the United Nations Human Rights Council after successfully being elected for the term 2019 to 2021, Minister of Social Services and Urban Development, the Hon. Frankie Campbell said.

"I am fully committed to the further advancement and protection of the rights of women as Minister of Social Services and Urban Development with responsibility for the Department of Gender and Family Affairs."



"The Bahamas has already pledged as a member of the council to contribute to the advancements of women's rights at the national and international levels," Minister Campbell said as he addressed the 71st Session of the Committee on the Elimination of Discrimination Against Women (CEDAW) in Geneva, Switzerland, Thursday, October 25, 2018.

The Minister explained that as other noble fathers, he wishes for the economic, political and social empowerment of his three daughters.

He said, "The achievement of the sustainable development agenda is inextricably linked to the promotion and protection of human rights.

He said, "My aspiration is to increase every effort to achieve the full implementation of the Convention as well as the recommendations as set out by the committee, toward the promotion and protection of the rights of women and girls in and of The Bahamas."

"HEALTH NUTS ARE GOING TO FEEL STUPID SOMEDAY, LYING IN HOSPITALS DYING OF NOTHING."

 What did the hen tell the naughty chicks?
 If you your father could see you now he would turn in his gravy.

*
 It's the day before Thanksgiving, and the butcher is just locking up when a man begins pounding on the front door.
 'Please let me in,' says the man desperately. 'I forgot to buy a turkey, and my wife will kill me if I don't come home with one.'
 'Okay,' says the butcher. 'Let me see what I have left.' He goes into the freezer and discovers that there's one last scrawny turkey left. He brings it out to show the man.
 'That's one is too skinny. What else you got?' says the man. The butcher takes the bird back into the freezer and waits a few minutes and brings the same turkey back out to the man. 'Oh, no,' says the man, 'That one doesn't look any better. You better give me both of them!'

*
 Martha had a parrot called Brutus, the only problem was that Brutus cussed something awful. Now Martha was having her in-laws over for Thanksgiving, and so she needed to train Brutus quickly not to swear.
 Just before her Mother-in-law was due Brutus cussed terribly, so Martha but him in the freezer for 2 minutes to literally cool off. Then she opened the door and took out the parrot along with the turkey.
 'And have you learned your lesson about cussing?' Martha asked the parrot.
 Brutus the parrot took one look at the dead turkey and said: 'I sure have. But I have one I have a question, "What did the turkey do?"'



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 Daughter: Mum, can I have a canary for Christmas?
Mum: NO! You'll have turkey like everyone else.

* What happened when the turkey got into a fight?
He got the stuffing knocked out of him!

* What's the key to a great Thanksgiving dinner?
The turkey!

* A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked the stock boy, 'Do these turkeys get any bigger?' The stock boy answered, 'No ma'am, they're dead.'

* If a big turkey is called a gobbler, what do you call a little turkey.
A goblet.

* Young Simon was sitting in his grandmother's kitchen, watching her prepare the Thanksgiving meal. 'What are you doing?' Simon enquired. 'Oh, I'm just stuffing the turkey,' his grandmother replied. 'Wow, that's cool.' Simon remarked. 'Are you going to hang it next to the deer?'

* How many cooks does it take to stuff a turkey? Only one, but you REALLY have to squeeze to get him in.

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HSGB CELEBRATES 50 YEARS OF CARING FOR FOUR LEGGED FRIENDS IN GRAND BAHAMA

In 1968 the Humane Society of Grand Bahama (HSGB) was founded "to protect God's creatures in times of trouble on Grand Bahama Island." Today this mantra is the fundamental reason that the HSGB is going strong some 50 years later and firmly committed to alleviating animal overpopulation and suffering on the island. On Saturday, November 17th at the Bahamas Union of Teacher's Building the HSGB's will host a 50th Golden Jubilee Gala, along with their title sponsor the Grand Bahama Port Authority. "We ask everyone to join us as we spend an evening reminiscing and celebrating the past 50 years," said President Joseph Darville. "Our shelter has accomplished much for Grand Bahama animals; we will celebrate all those who have made it possible while looking to the future."

The HSGB receives no government support and continues to honour their founders by organizing free spay/neuter campaigns, facilitate adoptions, host humane education programs and pays for rescue partnerships. "Every animal deserves a chance at life and a forever home," said Tip Burrows, HSGB Executive Director. "We try to provide that for as many as we can while maintaining a fiscal responsibility to the animals already in our care. We believe that everything we can do to increase an animal's adoptability can contribute to one more precious life saved."

The gala which will also serve as a fundraiser for the over 200 dogs and cats in the current care for the shelter, will feature live music by well-known singer Ryan Carroll, the Panache jazz trio, and the Soul Sistas & House of Hoops and Dreams Band. The event will also feature

the infamous Humane Society silent auction items and delicious heavy appetizers and buffet dinner catered by Roxy (Jasmine Roxbury). "We are also thrilled to announce that the cash bar will feature local brewer, Bahamian Brewery's beers, as well as wine and high ball cocktails," said HSGB Board Member and Gala Chair, Lisa Pakosh. "We are pulling out all the stops and really looking forward to dazzling our guests with a fabulous night to remember."

Burrows added "the staff and animals at the HSGB are so grateful for our Fundraising Committee's hard work, and the public's support. We're also very pleased to announce that the Bahamas Minister of Agriculture and Marine Resources the Honourable Michael Pintard, and MP for Pineridge will also be attending." Tickets are on sale now at the Humane Society for \$75, or a table for ten for \$700, all guests will receive a commemorative "doggy bag" which contain some lovely gifts by those who continue to support the HSGB. To learn more Email hsgbgala@yahoo.com, or call 727.2477 or 439.1049 or visit their social media pages.



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Itsu 'crispy seaweed thins'
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Asked to write a composition entitled, "What I'm thankful for on Thanksgiving,"

Little Timothy wrote, "I am thankful that I'm not a turkey."

* Can a turkey jump higher than the Empire State Building?
Yes - a building can't jump at all.

* Did you hear about the gobbler who bounced around the barnyard?
He was a perky turkey!

* Gobbler said, "Doctor, help me! I can't stop acting like a turkey!"
"I see," said the doctor.
"How long have you had this problem?"
"Let me think a second. Mom laid the egg in 1954..."

* How can you make a turkey float?

You need 2 scoops of ice cream, some root beer, and a turkey.

* How can you send a turkey through the post office?
Bird class mail!

* How can you tell a male turkey from a female turkey?
The male is the one holding the remote control.

* How did Albert Einstein celebrate Thanksgiving?
He was very thankful.

* How did the Mayflower show that it liked America?
It hugged the shore.

* How do you keep a turkey in suspense?
I'll let you know next week!

* How does a Turkey drink her wine?
In a gobble-let.



MARRIAGE BUILDERS

Learning How To Resolve Conflict In Marriage

Power struggles in marriage begins after the honeymoon phase is over. During the 1st three years of your marriage, couples need to learn how to resolve conflicts in a way that builds their marriage up, not tear it down.

Few couples like to admit it, but conflict is common to all marriages. Since every marriage has its tensions, it isn't a question of avoiding them but of how you deal with them.

You and your spouse must choose how you will act when conflict occurs.

STEPS FOR RESOLVING CONFLICTS:

•Resolving conflict requires knowing, accepting and adjusting to your differences.

•Confronting your spouse with grace and tactfulness requires wisdom, patience and humility.

•Check your motivation: Will your words help or hurt?

•Check your attitude: Loving confrontation says, "I care about you. I respect you and I want you to respect me. I want to know how you feel". Approach your spouse lovingly... don't hop on your bulldozer and run your spouse down.

•Check the circumstances: This includes timing, location and settings. Don't confront your spouse, for example, when they are tired from a hard day's work. Also never criticize, make fun of, or argue with your spouse in public.

•Check to see what other pressures your spouse may be going through. Be sensitive to where your spouse is

coming from when they speak.

•Listen to your spouse: Seek to understand his or her view and ask question to clarify viewpoints.

•Focus on the problem, rather than the person: Guide your behavior, don't assassinate your spouse character by saying - "You don't care about me at all, you don't care about anyone but yourself". Don't insult your spouse.

•Resolving conflict requires forgiveness: No matter how hard two people try to love and please each other they will fail, and with failure comes hurt. The only ultimate relief for hurt is forgiveness. Forgiveness means giving up resentment and the desire to punish. The Apostle Paul urged us to "Be Kind to one another, tenderhearted, forgiving each other, just as God in Christ also has forgiven you". (Ephesians 4:32)

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 Sally walked in to the Dentist office to make an appointment. "How much do you charge to pull out a tooth?" She asked. "It's \$130?", was the prompt

reply. "\$130!" gasped Sally, "that's ridiculous! There must be a way for you to go cheaper." "Well," said the Dentist thoughtfully, I suppose if we don't numb it, we could knock off \$30."

"Only \$30?," countered Sally, "that's still \$100, you've got to make it cheaper." "Well," said the Dentist after a long pause, "I suppose if we take it out with a wrench we could knock it down to \$50." "Perfect", said Sally happily. "I would like to make an appointment for next Tuesday, for my husband Jack."

* The more pregnant I get, the more often strangers smile at me. Why? "Cause you're fatter than they are."

* When you stop believing in Santa Claus is when you start getting clothes for Christmas!

* I'm not a bad guy! I work hard, and I love my kids. So why should I spend half my Sunday hearing about how I'm going to Hell?

A HEALTHY OUTSIDE STARTS FROM THE INSIDE.
- Robert Ulrich -

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FREEPORT	7:00 AM	MARSH HARBOUR	7:45 AM	DAILY	\$199.00	\$103.00
FREEPORT	4:00 PM	MARSH HARBOUR	4:45 PM	DAILY	\$199.00	\$103.00
MARSH HARBOUR	5:00 PM	FREEPORT	5:45 PM	DAILY	\$199.00	\$103.00
MARSH HARBOUR	8:00 AM	FREEPORT	8:45 AM	DAILY	\$199.00	\$103.00
NASSAU	8:00 AM	STANIEL CAY	8:45 AM	DAILY	\$214.00	\$118.00
NASSAU	2:00 PM	STANIEL CAY	2:45 PM	DAILY	\$214.00	\$118.00
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NASSAU	2:00 PM	BLACK POINT	2:45PM	DAILY	\$214.00	\$118.00
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Nutrition and pregnancy

1 out of every 8 women in Kenya is too thin for her height.

Poor diet = high risk pregnancy

A malnourished woman faces a greater risk of obstructed labour, having a baby with low birth weight, death due to bleeding during delivery and poor health for herself and her baby.

Brain growth and development begin in the womb.

Lack of essential nutrients such as iron, zinc and folate during pregnancy can lead to physical and mental disabilities.

Balanced diet

- Liver: protein, fat, iron, zinc and vitamin B12
- Beans: protein, iron and zinc
- Eggs: protein, fat, vitamin A & B12
- Ugali: carbohydrates
- Advocado: folate, fat
- Orange: Vitamin C
- Milk: calcium, vitamin B12
- Sukumawiki: vitamin A & C, calcium, folate

Weighty matters

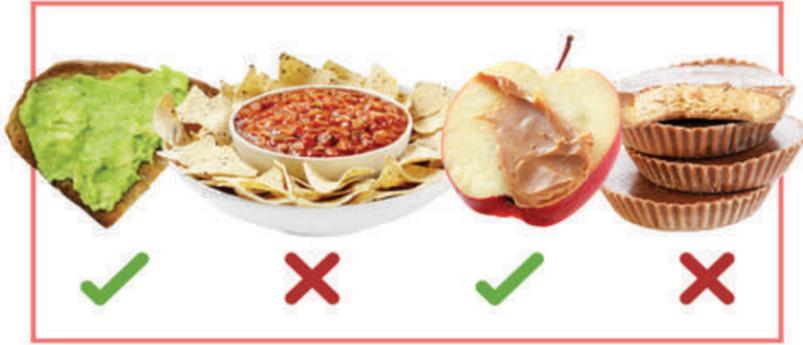
1 out of 4 women in Kenya is overweight or obese which puts her at higher risk of miscarriage, diabetes and high blood pressure during pregnancy.

Healthy Snacks That Can Help You Lose Weight

By: Franziska Spritzler, RD, CDE

Mixed Nuts

Nuts are an ideal nutritious snack. They've been linked to a reduced risk of heart disease and may help prevent certain cancers, depression and other diseases.



Despite being relatively high in fat, they are very filling. Several studies suggest that eating nuts in moderation can help you lose weight.

Nuts contain the perfect balance of healthy fat, protein and fiber. They contain about 180 calories in a 1 oz (28 grams) serving, on average.

They also taste great and don't require refrigeration, so they're perfect for carrying with you when away from home.

Red Bell Pepper with Guacamole

Red bell peppers are extremely healthy. Although all bell peppers are nutritious, red peppers are highest in antioxidants like beta carotene, capsanthin and quercetin. They're also rich in vitamin C. In fact, 1 large red bell pepper contains over 300% of the RDI for vitamin C.

Pairing 1 large red bell pepper with 3 oz (85 grams) of guacamole adds healthy fat and fiber while keeping this snack's calorie count under 200.

Greek Yogurt and Mixed Berries

Plain Greek yogurt and berries make a delicious, nutrient-dense snack. In addition to being a great source of calcium and potassium, Greek yogurt is also high in protein.

Berries are one of the best sources of antioxidants around. You'll get a good variety of antioxidants if you consume a mixture of different-colored berries. Combining 3.5 oz (100 grams) of plain full-fat Greek yogurt with half a cup of mixed berries provides about 10 grams of protein and less than 150 calories.

Apple Slices with Peanut Butter
Apples and peanut butter taste fantastic together. Apples are high in fiber and polyphenol antioxidants that improve gut health and reduce heart disease risk. Peanut butter may have additional benefits for heart health. It has been shown to increase HDL cholesterol and reduce LDL cholesterol and triglycerides

That being said, peanut butter is fairly high in calories. Although it generally hasn't been linked to weight gain, it's best consumed in moderation. A medium apple with 1 tablespoon of natural peanut butter provides a nice balance of sweet flavor with crisp and creamy textures at under 200 calories.

Cottage Cheese with Flaxseeds and Cinnamon

Cottage cheese, flaxseeds and cinnamon each have impressive health benefits

on their own. Together, they're a super-healthy snack. Cottage cheese is a high-protein food that is very filling, and full-fat varieties contain conjugated linoleic acid, which may help reduce body fat.

Flaxseeds are beneficial for weight loss, blood sugar control and may also reduce breast cancer risk. Cinnamon helps lower blood sugar and may improve gut health. Here's an easy recipe that combines all three ingredients to provide about 15 grams of protein with less than 150 calories:

Cinnamon Flaxseed Pudding

Ingredients:
1/2 cup cottage cheese.
1 tablespoon flaxseeds.
1/2 teaspoon cinnamon.
Stevia or other sweetener, if desired.
Directions:
Mix all ingredients together in a small bowl.

Celery Sticks with Cream Cheese

Celery sticks with cream cheese are a classic low-carb snack. Celery contains luteolin, an antioxidant that reduces inflammation and may also help prevent cancer. Adding cream cheese turns the celery sticks into a delicious and satisfying snack. Five small celery sticks with 2 oz (60 grams) of cream cheese contain less than 200 calories.

Kale Chips

Kale is incredibly healthy. It's loaded with fiber and antioxidants like quercetin and kaempferol. These compounds decrease blood pressure and may reduce the risk of colon cancer. A 1-cup serving of raw kale provides more than 100% of the RDI for vitamins A, C and K (23).

This easy recipe for kale chips provides about 150 calories:

Kale Chips
Ingredients:
1 cup bite-sized kale leaves.
1 tablespoon olive oil.
1/2 teaspoon salt.
Directions:
Mix all ingredients together in a bowl. Place kale pieces on a parchment-lined baking sheet and bake at 350° F (175° C) for 10–15 minutes.

Dark Chocolate and Almonds

Dark chocolate and almonds make a rich, satisfying and portable snack. Dark chocolate is loaded with flavanols that may lower blood pressure and reduce heart disease risk, provided the chocolate contains at least 70% cocoa solids.

Almonds are high in heart-healthy monounsaturated fat and have beneficial effects on blood sugar control. Studies also show that they can reduce appetite and help you lose weight.

Both dark chocolate and almonds are high in magnesium. One ounce of each provides about 300 calories in total, depending on cocoa content.

Cucumber Slices with Hummus

Cucumber and hummus are nutritious and go well together. Cucumbers contain cucurbitacin E, a compound that may have anti-cancer effects. Hummus is made from chickpeas, olive oil and garlic, which reduce inflammation and may improve heart health.

One cup of sliced cucumbers dipped in 3.5 oz (100 grams) of hummus has about 180 calories.

A Piece of Fruit

Healthy snacks don't need to be complicated. Just a single piece of fruit can be incredibly satisfying.

Examples of fruit that are portable and can be eaten with almost no preparation include bananas, apples, pears, grapes, grapefruit and oranges.



How To Cook A Turkey:
Step 1: Go buy a turkey
Step 2: Take a drink of whiskey
Step 3: Put turkey in the oven
Step 4: Take another 2 drinks of whiskey
Step 5: Set the degree at 375 ovens
Step 6: Take 3 more whiskeys of drink
Step 7: Turk the baste
Step 8: Whiskey another bottle of get
Step 9: Ponder the meat thermometer
Step 10: Glass yourself a pour of whiskey
Step 11: Bake the whiskey for 4 hours
Step 12: Take the oven out of the turkey
Step 13: Floor the turkey up off of the pick
Step 14: Turk the carve
Step 15: Get yourself another scottle of botch
Step 16: Tet the sable and pour yourself a glass of turkey
Step 17: Bless the dinner and pass out *

After Thanksgiving dinner, the adults gathered in the living room to exchange reminiscences, while the children went into the family room to play. Suddenly our hostess

noticed that an elderly relative was missing. "Where's Aunt Florence?" she asked. From across the room came a masculine drawl, "Oh, she's with the kids, bridging the generation gap." *

I worked on a toll road, answering the phone, collecting money and issuing toll tickets. One Thanksgiving Day, a woman called to ask about road conditions on the

turnpike. After I said everything was A-okay, she told me a friend was coming for dinner. Then came the stumper. "If my friend just left from exit twelve," she asked, "what time

should I put the turkey in?" *

Our eldest daughter, Ann, invited her college roommate to join our large family for Thanksgiving dinner. As families sometimes do, we got into a lively argument over a trivial

subject until we remembered we had a guest in our midst. There was an immediate, embarrassed silence. "Please don't worry about me," she said. "I was brought up in a family too." *

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SANDS TRULY BAHAMIAN BEER

☀️ It was a few days before Thanksgiving. The trip went reasonably well, and Clarence Johnson was ready to travel. The airport on the other end had turned a tacky red and green, and loudspeakers blared irritating elevator renditions of well known Christmas carols. Being someone who took Christmas very seriously, and being slightly tired, Clarence was not in a particularly good mood. Going to check in his luggage (which, for some reason, had become one suitcase with entirely new clothes), he saw some mistletoe hanging. Not real mistletoe, but very cheap imitation with red paint on the rounder parts and green paint on the flatter and pointier parts, that could be taken for mistletoe only in a very Picasso sort of way. With a considerable degree of annoyance and nowhere else to vent it, he said to the attendant, "Even if I were not married, I would not want to kiss you under such a gross mockery of mistletoe."

"Sir, look more closely at where the mistletoe is hanging," mentioned the attendant. "Ok, I see that it's above the luggage scale, which is the place you'd have to step forward for a kiss," responded the traveler. The attendant answered, "That's not why it's there."

"Ok, I give up," muttered the annoyed man. "Then, why is it there?" To which the attendant replied, "It's there so you can kiss your luggage goodbye."



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What is a black cat's favorite TV show?
Miami Mice!

What has four legs, a tail, whiskers and goes round and round?
A black cat stuck in a tumble dryer!cases!"

An elderly, wealthy woman in Florida was boring fellow beach goers as she bragged on and on about her two remarkable grandchildren. Unable to stand it any longer, a fellow sunbather interrupted her. "Tell me, how old are your grandsons?" The grandmother gave a grateful smile and replied, "The doctor is four and the lawyer is six..."

Last night I went to a 24-hour grocery. When I got there, the guy was locking the front door. I said, "Hey, the sign says you're open 24 hours." He goes: "Not in a row!"

I have a large seashell collection, which I keep scattered on beaches all over the world.

What is a black cat's favorite TV show?
Miami Mice!

What has four legs, a tail, whiskers and goes round and round?A black cat stuck in a tumble dryer!cases!"



A group of girlfriends are on vacation when they see a 5-story hotel with a sign that reads: "For Women Only". Since they are without their boyfriends and husbands, they decide to go in. The bouncer, a very attractive guy, explains to them how it works. "We have 5 floors. Go up floor by floor, and once you find what you are looking for, you can stay there. It's easy to decide since each floor has a sign telling you what's inside."

So they start going up and on the first floor the sign reads: "All the men on this floor are short and plain." The friends laugh and without hesitation move on to the next floor. The sign on the second floor reads: "All the men here are short and handsome." Still, this isn't good enough, so the friends continue on up. They reach the third floor and the sign reads: "All the men here are tall and plain." They still want to do better, and so, knowing there are still two floors left, they continued on up. On the fourth floor, the sign says: "All the men here are tall and handsome. They are rich and perfectly built" The women get all excited and are going in when they realize that there is still one floor left. Wondering what they are missing, they head on up to the fifth floor. There they find a sign that reads: "There are no men here. This floor was built only to prove that there is no way to please a woman."

The service station trade was slow.
The owner sat around,
With sharpened knife and cedar stick.
Piled shavings on the ground.
No modern facilities had they,
The log across the rill,
Led to a shack, marked His and Hers,
That sat against the hill.
"Where is the ladies restroom, sir?"
The owner leaning back,
Said not a word but whittled on,
And nodded toward the shack.
With quickened step she entered there,
But only stayed a minute,
Until she screamed, just like a snake,
Or spider might be in it.
With startled look and beet red face,
She bounded through the door,
And headed quickly for the car.
Just like three gals before.
She missed the foot log -- jumped the stream,
The owner gave a shout,
As her silk stockings, down at her knees,
Caught on a sassafras sprout.
She tripped and fell -- got up,
and then in obvious disgust,
Ran to the car, stepped on the gas,
And faded in the dust.
Of course we all desired to know,
What made the gals all do,
The things they did, and then we found,
The whittling owner knew.
A speaking system he'd devised,
To make the thing complete,
He tied a speaker on the wall,
Beneath the toilet seat.
He'd wait until the gals got set,
And then the devilish guy,
Would stop his whittling long enough,
To speak into the mike.
And as she sat, a voice below,
Struck terror, fright and fear,
"Will you please use the other hole,
We're painting under here."

Two friends, one an Optimist and the other a Pessimist could never quite agree on any topic of discussion. One day the Optimist decided he had found a good way to pull his Pessimistic friend out of his way of continual Pessimistic way of thinking. The Optimist owned a hunting' dog that could walk on water. His plan? Take the Pessimist and the dog out duck hunting in a boat. They got out into the middle of the lake, and the Optimist shot down a duck...the dog immediately walked out across the water, retrieved the duck, and walked back to the boat. The Optimist looked at his Pessimistic friend and said, "What do you think about that?" The Pessimist replied, "That dog can't swim, can he?"

X-ray vision. What guy wouldn't kill for that? (Admit it. You once ordered those glasses out of the back of a comic book just to see if they'd work.)

HIGH SCHOOL STUDENTS ENCOURAGED TO TAKE CARE OF THEIR EYES



Minister of Health, Dr. the Hon. Duane Sands said the blue light found in the LED screens of computers, tablets, smartphones and other digital devices can be damaging to the eyes.

"Prolonged use of these devices can cause you to develop near-sightedness and computer vision syndrome which includes dry eyes, tired eyes, inconsistent vision, headaches and fatigue, Dr. Sands explained to high school students attending the Bahamas Alliance for the Blind and Visually Impaired 10th Annual Sight Awareness Month at the Mall at Marathon, Friday, October 12, 2018.

He noted that researchers are studying how much the blue light can negatively affect sight in later life.

"I am not saying do not use your devices, but I am saying be sure to take breaks from your devices. You should not be on them hour after hour. Every 20 minutes you should look up and look at something a good distance away for at least 20 seconds."



The Health Minister also noted that the students should consume green leafy vegetables like lettuce, cabbage and kale, crunchy carrots, sweet potato, dillies, plums, mangoes, strawberries all of these colourful fruits and vegetables help to fight off and reduce the

risk of eye disease. "They can help strengthen your eye muscles and keep your vision clear."

He said they should not play rough games nor aim for the eyes. "Fingers, hands, pencils, pens, crayons, rocks, sticks or similar objects should stay far away from your face and definitely away from your eyes.

"Your eyes are very delicate and scratches, rips and knocks from objects can cause your sight to become blurred or you could lose it altogether. Play safely and always protect your eyes."

Dr. Sands also stressed that it was important for the students to get regular eye exams to pick up on vision problems early.

He said, "I make regular appointments to have my eyes checked by a professional ophthalmologist (or eye doctor).

"The ophthalmologist examines all the parts of the eye, the parts we can see and the parts we cannot see."

Dr. Sands told the students, "You are not too young to start taking precautions to ensure that you maintain and preserve your sight."

He added, "Eat healthy, protect your eyes when you are playing, have limited 'screen time' with your devices and have regular eye exams, these are simple things that you can do to preserve your sight now and for the future."

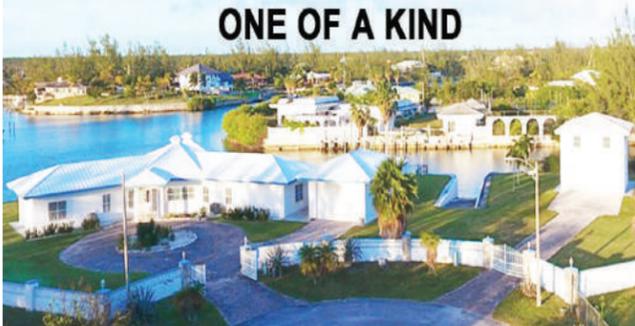
M. E. M.P.S. CHARACTER DAY BAHAMAS

Students at Maurice E. Moore Primary School participated in designing a pillow case with some of the character traits such as gratitude, love, optimism, and humility. Character Day Bahamas was recognized on Wednesday, 26th September, 2018. Students with Ms. Tennille Smith, Guidance Counselor and Ms. Keva Wilchcombe, Trained Teacher/Librarian



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

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

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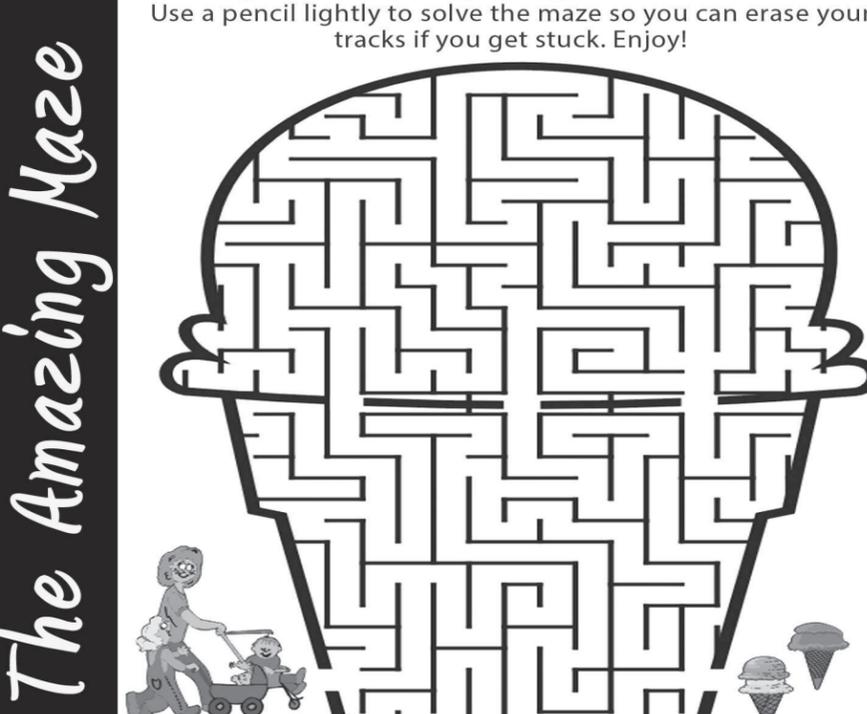
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Q. I started dating this guy about four months ago who I met on social media. We communicated via text constantly. We met up regularly out and about, really enjoying each others company. By the third week we was into a full blown relationship sneaking all around to 'do it'. We never went back to his place because he still lived home with his mom and dad he said. I couldn't take him where I lived because I was only renting a room. He say he don't really bring anybody home cause his mother always trying to talk marriage. I accepted that answer and we kept the relationship going. Then like two weeks ago he stopped calling, texting and meeting up. I asked him what was up and he was like, "nothing I just been busy". I mean he used to respond to my texts right away, he used to talk sweet and always wanted to hang out. Now its always some excuse: his phone battery died, his job, his parents, and whatever else excuse he can think of. The more I ask him what's up, the more he tell me to stop tripping and everything still cool. I thought he was one of the good guys but I guess I was wrong. Should I still kinda hold on or is this over?

Alex says Oh dear, sorry to say it might have been over even before it started. The reality is that this new 'cyber place' to meet people is fostering a culture of impersonal communication and false relationships. Sadly, so many men and women are settling for it. It intrigues me that social media is now the premier form of interaction for many individuals and no one is demanding more. It's a clear sign that the general esteem of our relational society is so low, that they accept the most insignificant association and call it a relationship. Anyway... let me get back to answering your question. Firstly, I won't say that you were used or conned because I am assuming you are a grown woman who obviously enjoyed this man's company and wanted to be intimate just as much as he did. There is no indication that he forced you into doing anything you didn't want to do. Therefore, its simply a matter of mistaking physical desire with emotional chemistry. Many have done the same thing but would keep it hidden or play the victim and blame the other person. The truth of the matter is, you, like many others, are hungry for companionship founded on true love. It's a natural feeling, because we are the only creatures made with a soul who desire intimacy. Don't beat yourself up about this. Let go. Predators never go after a strong, vibrant, alert prey. They seek out the weak and wounded. I believe you may be vulnerable and spiritually weak right now, due to past hurts and other disappointments in your life. It's possible that your vibrations being transmitted into the universe may be attracting the wrong type of men. So, you made a bad judgment call and ignored the red flags. Everyone has, at some point in their lives. Don't be fooled though because there are some men who will take you home to momma, yet still don't mean you any good. It's actually part of their game. You are not the first, and surely will not be the last who got tangled up in this guys web. However, I encourage you to take some time for yourself and regroup. Love on yourself for a while and talk with a spiritual sister to redirect your focus. I want to reassure you that the old fashion way of courting, communicating and dating is still the way REAL MEN find a wife. Don't be absorbed by the norm of the masses. Good men do great things for the women they are genuinely in love with and having sex immediately is not a prerequisite. The rules of love and war haven't changed, just the people. Make sure you uphold your standards and don't settle for less than what you are worth! Follow me on Facebook: AskAlexT and Instagram: AlexChoices

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 Fax: 242-394-8034

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

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

MISSION STATEMENT

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



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For more information on any of these products please Call, Come by, Connect on Social Media, or visit us online at furnitureplus.com

*With approved credit. Some stipulations may apply.

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With your continuous generous support, Furniture Plus has donated over \$150,000 to worthy causes through our Charity of Hope Foundation. Please join us to become a Champion for Children in your own community!

Bahama Buy & Sell

Grand Bahama's Favorite Community Newspaper

2018 Schedule

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

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	\$ 985.60	\$ 1,388.80
Size B Half Page - 8"H x 10"W	\$ 526.40	\$ 728.00
Size C (Flyer Size) - 9.5"H x 7.47"W	\$ 492.80	\$ 694.40
Size D Third Page - 4.7"H x 10"W	\$ 330.41	\$ 487.21
Size E Quarter Page - 8"H x 5"W	\$ 302.40	\$ 414.40
Size F 7.47"W x 4.7"H	\$ 263.21	\$ 375.21
Size G 3.1"H x 7.47"W or 4.7"H x 5"W	\$ 173.61	\$ 263.21
Size H 4.7"H x 3.45"W	\$ 135.44	\$ 203.16
Size L 4.7"H x 2.42"W	\$ 83.35	\$ 128.15
Size I 3.1"H x 2.42"W	\$ 57.30	\$ 78.14
Business Card	\$ 46.88	\$ 69.28
Classified ads (includes photo)	\$26.05 per month	
Prime Placement Ads (Corporate)	Ask us about this Corporate Deal!!	

WE ACCEPT ALL MAJOR CREDIT CARDS.

Located at: #2 Marlborough Building, Downtown Freeport, Freeport, Grand Bahama Island, P.O.Box F-43344
 Tel: 242-351-9157/3 or 242-727-SELL (7355)
 Email: bbandsfreport@gmail.com

*Schedule and themes are subject to change.

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

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