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Grand Bahama's Favorite Community Newspaper

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Healthy Lifestyles Issue

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Photo: Mind Body and Soul Fitness
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Unexpected Benefits of Exercise

Reduce Stress

Rough day at the office? Take a walk or head to the gym for a quick workout. One of the most common mental benefits of exercise is stress relief. Working up a sweat can help manage physical and mental stress. Exercise also increases concentrations of norepinephrine, a chemical that can moderate the brain's response to stress. So go ahead and get sweaty — working out can reduce stress and boost the body's ability to deal with existing mental tension. Win-win!

Boost Happy Chemicals

Slogging through a few miles on the 'mill can be tough, but it's worth the effort! Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even alleviate symptoms among the clinically depressed. For this reason, docs recommend that people suffering from depression or anxiety (or those who are just feeling blue) pencil in plenty of gym time. In some cases, exercise can be just as effective as antidepressant pills in treating depression. Don't worry if you're not exactly the gym rat type — getting a happy buzz from working out for just 30 minutes a few times a week can instantly boost overall mood.

Improve Self-Confidence

Hop on the treadmill to look (and more importantly, feel) like a million bucks. On a very basic level, physical fitness can boost self-esteem and improve positive self-image. Regardless of weight, size, gender, or age, exercise can quickly elevate a person's perception of his or her attractiveness, that is, self-worth. How's that for feeling the (self) love?

Enjoy The Great Outdoors

For an extra boost of self-love, take that workout outside. Exercising in the great outdoors can increase self-esteem even more. Find an outdoor workout that fits your style, whether it's rock-climbing, hiking, renting a canoe, or just taking a jog in the park. Plus, all that Vitamin D acquired from soaking up the sun (while wearing sunscreen, of course!) can lessen the likelihood of experiencing depressive symptoms. Why book a spa day when a little fresh air and sunshine (and exercise) can work wonders for self-confidence and happiness?

Prevent Cognitive Decline

It's unpleasant, but it's true — as we get older, our brains get a little... hazy. As aging and degenerative diseases like Alzheimer's kill off brain cells, the noggin actually shrinks, losing many important brain functions in the process. While exercise and a healthy diet can't "cure" Alzheimer's, they can help shore up the brain against cognitive decline that begins after age 45. Working out, especially between age 25 and 45, boosts the chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning.

Alleviate Anxiety

Quick Q&A: Which is better at relieving anxiety — a warm bubble bath or a 20-minute jog? You might be surprised at the answer. The warm and fuzzy chemicals that are released during and after exercise can help people with anxiety disorders calm down. Hopping on the track or treadmill for some moderate-to-high intensity aerobic exercise (intervals, anyone?) can reduce anxiety

sensitivity. And we thought intervals were just a good way to burn calories!

Boost Brainpower

Those buff lab rats might be smarter than we think. Various studies on mice and men have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance. Ready to apply for a Nobel Prize? Studies suggest that a tough workout increases levels of a brain-derived protein (known as BDNF) in the body, believed to help with decision making, higher thinking, and learning. Smarty (spandex) pants, indeed.

Sharpen Memory

Get ready to win big at Go Fish. Regular physical activity boosts memory and ability to learn new things. Getting sweaty increases production of cells in hippocampus responsible for memory and learning. For this reason, research has linked children's brain development with level of physical fitness (take that, recess haters!). But exercise-based brainpower isn't just for kids. Even if it's not as fun as a game of Red Rover, working out can boost memory among grown-ups, too.

Inspire Others

Even fitness beginners can inspire each other to push harder during a sweat session, so find a workout buddy and get moving!

Working out can have positive effects far beyond the gym (and beach season). Gaining self-confidence, getting out of a funk, and even thinking smarter are some of the motivations to take time for exercise on a regular basis.

I got some new underwear yesterday. Well, it was new to me.
*

What did the zero say to the eight?
Nice belt!

*
Q: What do you call an alligator in a vest?
A: An Investigator

*
Q: What happens if you eat yeast and shoe polish?
A: Every morning you'll rise and shine!
*
Q: "What's the difference between a guitar and a fish?"
A: "You can't tuna fish."

*
Every seat was occupied, when a group of women got in. The conductor noticed a man who he thought was asleep. "Wake up!" shouted the conductor. "I wasn't asleep," said the passenger. "Not asleep! Then what did you have your eyes closed for?" "It was because of the crowded condition of the car," explained the passenger. "I hate to see the women standing."

*
Bumping into an old girlfriend, I invited her for coffee and told her that I had given up accounting to take up writing. "That's terrific!" she said, "I really admire a person who follows their dream. Tell me, have you sold anything?" "Sure have," I replied. "My house, my car, all my stocks and bonds...."

*
A computer DOES save time at work. Now I can play solitaire without having to spend all that time shuffling real cards.

*
You've never seen two greener recruits than Fred and me the day we arrived for basic training. We were immediately assigned guard duty, and soon after, Fred was approached by an officer. "Halt! Who goes there?" Fred shouted. The officer identified himself and waited for a response.

And waited. "What's wrong, soldier, don't you remember what comes next?" "No," Fred yelled back. "And you're not taking another step until I do."

*
After eight days of backpacking, a married couple were looking pretty scruffy. The wife came to breakfast in a baseball cap, her hair sticking out at odd angles. She asked, "does my hair make me look like a water buffalo?" The husband thought for a moment,



WHAT IS MIND BODY AND SOUL FITNESS ABOUT!

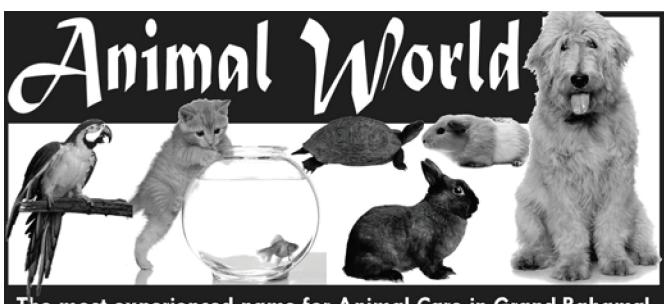
Mind Body and Soul Fitness is not only a place for fitness; it's also a restoration center which was inspired by God himself, who gave me the name Mind Body and Soul Fitness. This is a center where you can exercise and also get your mind, body and soul in perspective, because you can do all things through Christ that strengthens you.

In our Bahamas, too many of us are dying from simple causes; not taking care of our body being the biggest reason. The Bahamas is high on the list of countries where its people are plagued with hypertension, diabetes and other diseases because we are not taking care of our bodies. We need to eat well, do well with our bodies and live well. Fast foods are easily accessible and are at a good price point

but is detrimental to one's health. Fried foods and high salt intake are negatively impacting our health and leads to heart attack, which can be prevented by eating more leafy greens and vegetables and also drinking more water. Exercise is important and one should engage in this physical activity at least 5 – 6 days per week. At Mind, Body and Soul, we take kids from age 12 up to 80 years old; we keep you motivated and get you the results that you want, so that you can have a fit and healthy lifestyle.

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The two ladies were sitting in the living room, waiting for their hostess, who was slightly delayed. The daughter of the family was with them, on the theory that she would keep the visitors occupied during the wait. The child was about six years old, snub nosed, freckled, buck-toothed and bespectacled. She maintained a deep silence and the two ladies peered doubtfully at her. Finally, one of them muttered to the other, "Not very p-r-e-t-t-y, I fear," carefully spelling the key word. Whereupon the child piped up, "But awfully s-m-a-r-t!" *

The early bird might get the worm, but it's the second mouse that gets the cheese.

One Sunday morning after church I was talking to a friend whom I hadn't seen in some time. We chatted our way out to the parking lot before I remembered I had left my purse in the church pew. Returning to it, I found the purse gone. The minister, seeing me from his open office door, walked out with my bag in his hand. "I thought I'd better put it in here for safekeeping," he said. "You never know someone might consider it an answer to prayer."

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HEALTHY BODY = HEALTHY MIND & HEALTHY IMAGE



Woman To Woman... A Healthier You

By: Chrishna Bowe

There is a lot of emphasis placed on a woman's health. While I do agree that breast cancer awareness is vital to women, I do think that as women we need to really pay close attention to our overall health as well.

We so often take care of everyone else but can neglect ourselves. We ignore the warning signs in our body that tell us something is wrong. We ignore that pain, we skip our annual physical and we claim we have no finances to have routine pap smears, mammograms or visit the doctor for that nagging cough. We are so consumed with our daily responsibilities, that we skip lunch, we get not nearly enough sleep and exercise goes out the window.

Our stress levels skyrocket with no relief in sight and before you know it, we are developing hypertension, our hair is falling out and we are even gaining weight.

Life is unpredictable and even despite some of our best efforts, illness can befall us. However, our body is the temple of the living God and we owe it to our creator and ourselves to treat it with respect and self worth by taking the best care we can of it.

I find especially as a mother that good health is crucial to my being able to take care of my kids effectively. It also really allows me to live a high quality of life. Making healthy choices and taking better care of our physical bodies can not only prolong our life but can sometimes determine the type of life we do live.

I recall a 9 month period when I was pregnant with my second son, and for most of that time, I was sick. Stuck to my bed day in and day out, I tell you the truth, I thought I was losing it!

Not only was I tired of feeling so ill, I was tired of being in my house all day and all night. For the first time in my life, I got a sneak peak at

what it must be like for a person who is really ill, or bedridden and the picture was not pretty. I used to refer to my house as cell block so and so because inside that is how I felt. I wanted to be out enjoying my life, doing what normal people do but I couldn't.

Something that we must always remember and realize is that we are getting older with each day that passes by. Our bodies are also getting older and more worn so we have to take even more care of it as time goes on. As a young woman, our body is so resilient, we take it for granted!

You can eat anything, sleep two hours and fight off many illnesses that a young body is equipped to do. However, as we climb that ladder of age, it is a different story. Our bodies are not as strong and cannot fight off all of the bad habits that we would have developed over the years and we start to pay the price.

So...what do we do?

Unfortunately, many times we do nothing. We eat the worst foods ever, and never even seek to supplement our diets with the minerals and vitamins it so needs to thrive. We do not grow old gracefully but painfully, uncomfortably and on the fly.

Not going to work ladies!

If we want our bodies to work for us, we have to take care of it. You ain't as young as you use to be; take your vitamins, get annual checkups with the recommended screening tests like mammograms and pap smears, exercise regularly, get sufficient rest and listen to your body. In the end, running your body down works to the detriment of everyone around you including you.

So..here's to a healthier you, my awesome sisters! Be Blessed.

What kind of dress can't be worn?
Address.
*

Why do golfers wear two pairs of pants?
In case they get a hole in one.

I always get really frustrated trying to put clothes in my wardrobe. Think I could do with some Hanger Management.
*

A man told his friend: "My wife only has two complaints: nothing to wear and not enough closet space."
*

Don't touch my hair, face, phone. What am I?
A Teenage girl.
*

I've never understood the fashion industry, those people are so clothes minded.
*

Wearing a turtleneck is like getting strangled by a really weak guy all day.
*

She said, "You're wearing two different-colored socks."
I said, "I know, but to me they're the same because I go by thickness."
*

Joe, John and Bob were moving furniture. While Joe and John were struggling with a particularly heavy oak wardrobe. Joe noticed that Bob was nowhere in sight.

"John, where's Bob?" asked Joe. "He should be helping us with this thing."
"He is helping," said John, "He's inside holding the clothes hangers in place."
*

A mom was preparing food for a family gathering. Her three-year-old son watched intently as his mother stabbed repeatedly at a large pickle in a jar before she managed to spear it. As she added it to the relish tray, he asked, "Is it dead yet, Mommy?"
*

There over 100 ways to stay healthy!

GRAND BAHAMA EVENTS

February 26

GB Sailing Club: Sunday Sailing
1 p.m. | GB Sailing Club
Watch youth sailors racing

March 4

Humane Society of
Grand Bahama Dog Show
10 a.m.-4 p.m. | The Grand Bahama
Humane Society

March 11

LIS Spring Fling.

March 12

GB Sailing Club: Sunday Sailing
1 p.m. | GB Sailing Club
Watch youth sailors racing

March 17

GB Sailing Club: St. Patrick's Day
Celebrations

TBA | GB Sailing Club

Join members of the GB Sailing Club
and the ladies of the GB American
Women's Club to celebrate St.
Patrick's Day. For more information
please contact Sailing Director Ross
at 727-7245

March 18

Aliv presents Coco Chanel: The
Woman, Saturday, March 18th, 9am -
4pm at the Keen i Meda Centre.

March 25

Dog Days Half Marathon.

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The evening
of my
41st
birthday,
my eight-
year-old daughter,
Catherine, said a
special prayer for
me. She began:
"Dear God, please
bless Mommy. She's
had a birthday and
is getting really
old." Beside me, my

husband was shaking
with suppressed laughter until she
continued: "And please bless Daddy,
too. He's also at that difficult age."
When my father-in-law decided to
move after his retirement, he invited
us to his home to take a few pieces of



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furniture he wanted us to have. One
item was beautiful but very heavy, an
antique dining-room set. Our teenage
son helped us wrestle the set into our
truck. It took the whole day, but finally
the table, chairs, and china cabinet
were sitting in our dining room.

The Benefits and Basics of Organic Food

The benefits of organic food

How your food is grown or raised
can have a major impact on your
mental and emotional health as well
as the environment. Organic foods
often have more beneficial nutrients,
such as antioxidants, than their
conventionally-grown counterparts
and people with allergies to foods,
chemicals, or preservatives often find
their symptoms lessen or go away
when they eat only organic foods.

Organic food is often fresher because
it doesn't contain preservatives
that make it last longer. Organic
produce is often (but not always, so
watch where it is from) produced on
smaller farms near where it is sold.

Organic farming is better for the environment.

Organic farming practices reduce
pollution, conserve water, reduce
soil erosion, increase soil fertility,
and use less energy. Farming
without pesticides is also better for
nearby birds and animals as well
as people who live close to farms.

Organically raised animals are NOT
given antibiotics, growth hormones,
or fed animal byproducts. Feeding
livestock animal byproducts increases
the risk of mad cow disease (BSE)
and the use of antibiotics can
create antibiotic-resistant strains of
bacteria. Organically-raised animals
are given more space to move
around and access to the outdoors,
which help to keep them healthy.

The benefits of locally grown food
Financial: Money stays within the
local economy. More money goes
directly to the farmer, instead of to
things like marketing and distribution.

Freshness: Local food is harvested when
ripe and thus fresher and full of flavor.

Small local farmers often use organic
methods but sometimes cannot afford
to become certified organic. Visit a
farmer's market and talk with the farmers
to find out what methods they use.

Understanding GMOs

The ongoing debate about the
effects of GMOs on health and the
environment is a controversial one. In
most cases, GMOs are engineered to
make food crops resistant to herbicides
and/or to produce an insecticide.

For example, much of the sweet corn
consumed in the U.S. is genetically
engineered to be resistant to the
herbicide Roundup and to produce
its own insecticide, Bt Toxin.

GMOs are also commonly found in
U.S. crops such as soybeans, alfalfa,
squash, zucchini, papaya, and canola,
and are present in many breakfast
cereals and much of the processed
food that we eat. If the ingredients on
a package include corn syrup or soy
lecithin, chances are it contains GMOs.

GMOs and pesticides

The use of toxic herbicides
like Roundup (glyphosate) has
increased 15 times since GMOs
were introduced. While the World
Health Organization announced that
glyphosate is "probably carcinogenic
to humans," there is still some
controversy over the level of health
risks posed by the use of pesticides.

Are GMOs safe?

While the U.S. Food and Drug
Administration (FDA) and the biotech
companies that engineer GMOs

insist they are safe, many food safety
advocates point out that no long term
studies have ever been conducted to
confirm the safety of GMO use, while
some animal studies have indicated that
consuming GMOs may cause internal
organ damage, slowed brain growth,
and thickening of the digestive tract.

GMOs have been linked to increased
food allergens and gastro-intestinal
problems in humans. While many
people think that altering the DNA
of a plant or animal can increase
the risk of cancer, the research
has so far proven inconclusive.

Does washing and peeling produce get rid of pesticides?

Rinsing reduces but does not eliminate
pesticides. Peeling sometimes helps,
but valuable nutrients often go down
the drain with the skin. The best
approach: eat a varied diet, wash
and scrub all produce thoroughly,
and buy organic when possible.

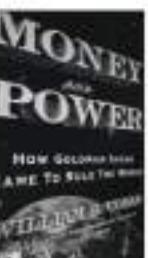
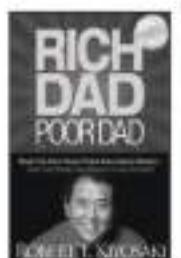
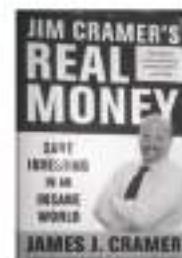
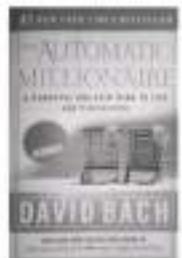
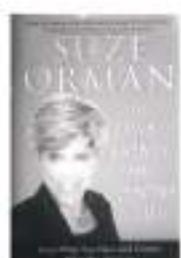
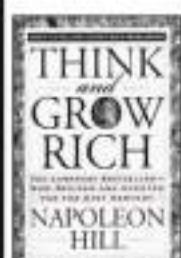
The best bang for your buck when shopping organic

Organic food is often more expensive
than conventionally-grown food. But
if you set some priorities, it may be
possible to purchase organic food
and stay within your food budget.

Some types of conventionally-
grown produce are much higher in
pesticides than others, and should be
avoided. Others are low enough that
buying non-organic is relatively safe.

The Environmental Working Group, a
nonprofit organization that analyzes the
results of government pesticide testing
in the U.S., offers a annually-updated
list that can help guide your choices.

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The Stages of Starting a Healthy Lifestyle

Wherever you are in your healthy-living journey, someone else has been there before—and probably freaked out, squealed from excitement, and eventually let out a huge sigh of relief just like you. Here are 11 things that inevitably go down when you start living the healthy life.

Excitement

You are so ready for this! Now is the perfect time to achieve your get-healthy goals once and for all! FYI, you'll set yourself up for success if you follow this easy goal-setting tip.

Loss

First things first, you've got to make room for healthy living. That means the junk food has got to go. You begrudgingly throw out your pizza delivery coupons, stash your chocolate in a hard-to-reach cabinet, and wonder if you could "get rid" of your Oreos by eating them. You might feel all alone right now, but even R.D.s have endured your pain. Check out these ways nutritionists deal when they get cravings for unhealthy foods.

Confusion

You head to the supermarket and are immediately overwhelmed by 27 different kinds of whole-wheat pasta, an endless array of misleading food labels, and checkout lines teeming with tempting sweets. This stage is so all-consuming that it has stages of its own.

Behold, the 20 emotional stages of shopping at Trader Joe's.

Accomplishment

You fire up the slow cooker, plop in some meats and veggies, and... wow, this healthy cooking thing is easy—and yummy! You rock! You'll feel like even more of a pro if you try one of these seven amazing slow cooker recipes.

Cockiness

Your friends could really benefit from your healthy cooking skills. It's such a shame they don't have a chef like you in their kitchens. Time for a healthy party! You need to include Lauren Conrad's genius party snack on your menu.

Procrastination

You "wake up" from your party completely exhausted. Too tired to exercise just yet, you spend two hours creating a playlist that is bound to get you fired up for the gym.

Embarrassment

You finally get to the gym and come face-to-face with the hard realization that, not only are you underdressed, but your sweatpants are downright fugly. If you have on any of these eight things you should never wear to the gym, change immediately.

Shock

So you browse the racks of adorable workout threads inside the lobby—and consider taking out a second mortgage.

Or, you can shop these stylish clothes online.

Instant Gratification

You make a beeline to the locker room and switch into your new threads. You haven't even worked out, and your body already looks fitter. Time for a selfie!

Fascination

You love watching your mileage on the fitness machines. And snap picks to share with all of your friends and frenemies. Want even more info and bragging rights? Check out these seven incredibly stylish fitness, health, and life trackers that look like jewelry.

Obsession

Wait...you're one of those people!



strength

exercise

eat

live

fitness

challenge

enjoy

The Most Weight Loss Friendly Foods on The Planet

Whole Eggs

One study of 30 overweight women showed that eating eggs for breakfast, instead of bagels, increased satiety and made them eat less for the next 36 hours. Another 8 week study found that eggs for breakfast increased weight loss on a calorie restricted diet compared to bagels. Eggs are also incredibly nutrient dense and can help you get all the nutrients you need on a calorie restricted diet. Almost all the nutrients are found in the yolks.

Leafy Greens

Leafy greens include kale, spinach, collards, swiss chards and a few others. They are low in both calories and carbohydrates, but loaded with fiber. Eating leafy greens is a great way to increase the volume of your meals, without increasing the calories. Numerous studies show that meals and diets with a low energy density make people eat fewer calories overall. Leafy greens are also

incredibly nutritious and very high in all sorts of vitamins, minerals and antioxidants. This includes calcium, which has been shown to aid fat burning in some studies.

Cruciferous Vegetables

Cruciferous vegetables include broccoli, cauliflower, cabbage and brussels sprouts. Like other vegetables, they are high in fiber and tend to be incredibly fulfilling. A combination of protein, fiber and low energy density makes cruciferous vegetables the perfect foods to include in your meals if you need to lose weight. They are also highly nutritious, and contain cancer fighting substances.

Lean Beef and Chicken Breast

Meat has been unfairly demonized. The truth is... meat is a weight loss friendly food, because it's high in protein. Protein is the most fulfilling

nutrient, by far, and eating a high protein diet can make you burn up to 80 to 100 more calories per day. Studies have shown that increasing your protein intake to 25-30% of calories can cut cravings by 60%, reduce desire for late-night snacking by half, and cause weight loss of almost a pound per week... just by adding protein to the diet.

If you're on a low-carb diet, then feel free to eat fatty meats. But if you're on a moderate- to high carbohydrate diet, then choosing lean meats may be more appropriate.

Boiled Potatoes

White potatoes seem to have fallen out of favour for some reason. However... they have several properties that make them a perfect food, both for weight loss and optimal health. They contain an incredibly diverse range of nutrients, a little bit of almost everything we need. If you boil the potatoes, then allow them to cool for a while, then they will form large amounts of resistant starch, a fiber-like substance that has been shown to have all sorts of health benefits... including weight loss. Sweet potatoes, turnips and other root vegetables are also excellent.

Tuna

Tuna is another low-calorie, high protein food. It is lean fish... so there isn't much fat in it. Tuna is popular among bodybuilders and fitness models who are on a cut, because it's a great way to keep protein high, with total calories and fat low. If you're trying to emphasize protein intake, then make sure to choose tuna canned in water, but not oil.

Beans and Legumes

Some beans and legumes can be beneficial for weight loss. They also tend to contain some resistant starch. The main problem is that a lot of people have trouble tolerating legumes. For this reason, it is important to prepare them properly.

Soups

As mentioned above, meals and diets with a low energy density tend to make people eat fewer calories. Some studies have shown that eating the exact same food, except made in a soup instead of as solid food, makes people feel more satisfied and eat significantly fewer calories.

Cottage Cheese

Eating plenty of cottage cheese is a great way to boost your protein intake. It is also very satiating, making you feel full with a relatively low amount of calories. Dairy products are also high in calcium, which has been shown to aid in the fat burning process.

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Green Tea Linked to Lower Risk for Dementia

A green tea habit is tied to a lower risk for dementia and mild declines in thinking and memory among older people, a new Japanese study shows. The piping-hot perk doesn't seem to apply to black tea or coffee, though, the researchers say.

In the study, they looked at the tea- and coffee-drinking habits of people older than 60. The people were grouped by how often they drank green tea: not at all, 1 to 6 days a week, or every day. (The 3 groups didn't differ by gender, smoking status, alcohol use, or coffee drinking.)

Of the 723 starting participants, 490 completed a follow-up survey. The results showed that drinking green tea 1 to 6 days per week or every day was linked to less mental decline. People who didn't drink it, on the other hand, scored slightly lower on a thinking

and memory test. They also had fewer hobbies and years of education, and they got less exercise, all factors previously tied to worse thinking ability.

One drawback is that the researchers didn't say how long the participants had been drinking green or black tea or coffee throughout their lives. They presented their results at the 2015 International Conference on Alzheimer's and Parkinson's Diseases.

Other studies suggest that all three drinks offer certain health perks. And one dementia researcher at the conference said he wouldn't dismiss black tea or coffee from the conversation on mental decline. Knud Larsen, PhD, of Aarhus University, said coffee might help guard against Parkinson's disease and dementia.

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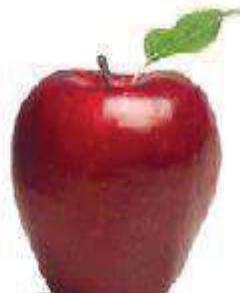
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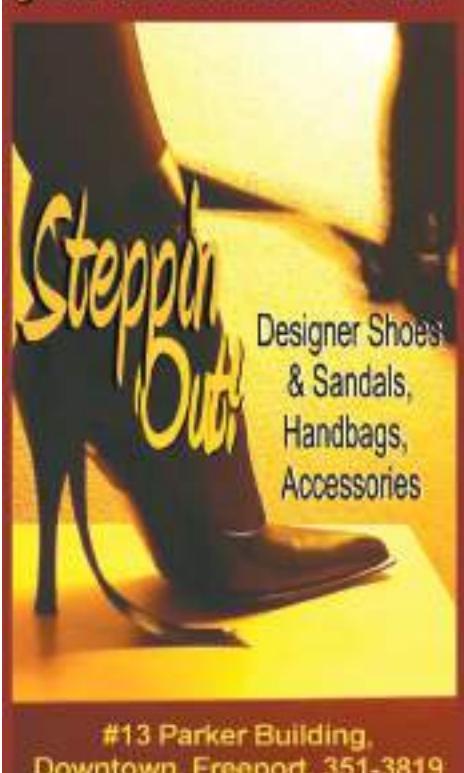
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Did you hear about the man who put on a pair of clean socks everyday? -- By the end of the week he couldn't get his shoes on.
*

A man walked into an army surplus store and asked if they had any camouflage trousers. "Yes, we have," replied the assistant, "but we can't find them!"
*

Standing in line behind an American woman at McDonald's. She's wearing those jeans, you know the ones with the patch on the back pocket that says "Guess". I'm thinking 250, maybe 300 pounds.
*

You know these fashions with skinny jeans. I can't get into them.

If ever you're about to be mugged by a pair of clowns, don't hesitate ... go for the juggler.
*
Long, unproductive meetings are often the bane of corporate life. My very funny boss at the software company where I work has come up with what just might be the perfect way to cut business conferences short before they start rambling out of control. There comes a time when he announces, "All those opposed to my plan say, 'I resign.'" End of meeting.
*

A new study of the brain activity of older people has just been released. It turns out the brains of older people are slow because they know so much. People do not decline mentally with age. Scientists believe that it just takes them longer to recall facts because they have more information in their brains. Much like a computer struggles as the hard drive gets filled up, so too do humans take longer to access information, it has been found.

Researchers say this slowing down is not the same as cognitive decline which does affect some people. The human brain works slower in old age, said a scientist, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more. Also, older people often go to another room to get something and when they arrive, they stand there wondering what they came for. Then they exit the room only to return again, this time remembering what it was they wanted. The study found that it is NOT a memory problem. It is just nature's way of making older people get more exercise.
SO THERE!!!

* A helicopter carrying passengers suddenly loses engine power and the aircraft begins to descend. The pilot safely performs an emergency landing in water, and tells the passengers to remain seated and to keep the doors closed, stating that in emergency situations, the aircraft is designed to stay afloat for 30 minutes, giving rescuers time to get to them. Just then a man gets out of his seat and runs over to open the door. The pilots screams at him, "Didn't you hear what I said, the aircraft is designed to stay afloat as long as the doors remain closed?!"
"Of course I heard you", the man replied, "but it's also designed to fly, and look how good that one worked out!!"
*

Brain cells come and brain cells go, but fat cells live forever.
*

Two men were stranded on an island. One man just sat down under a tree and did nothing. The other man looked all over the island. When he came back, he said, "There is nothing here -- no food, no shelter, no nothing. We're going to die." The first man said, "I make \$10,000 a week," and continued to sit. The other man again looked all over the island and came back dejected. "We're going to die," he said. The first one again replied, "I make \$10,000 per week." And he sat. The other man took one more look all over, returned, and said, "There's no way we will ever get off this island. We're going to die." Once again the first man replied, "I make \$10,000 per week, and I tithe. My pastor will find me."

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WHY COMFORT FOOD COMFORTS



When the Oxford English Dictionary added a definition for "comfort food" in 1997, it traced the term's etymology back to a 1977 Washington Post magazine article about Southern cooking: "Along with grits, one of the comfort foods of the South is black-eyed peas."

The Oxford English Dictionary, though, was wrong. ("I don't really believe I created the term," the author of the Post article wrote in 2013, but "since [1977]—if not before then—it has been one of my favorite food descriptors.") The phrase "comfort food" has been around at least as early as 1966, when the Palm Beach Post used it in a story on obesity: "Adults, when under severe emotional stress, turn to what could be called 'comfort food'—food associated with the security of childhood, like mother's poached egg or famous chicken soup," it reads, beneath the headline "Sad Child May Overeat."

Regardless of when people found the words to describe it, though, the concept itself is ageless. Sad child may overeat. Or, put another way, certain foods promise solace as much as they do fuel. But what's murkier is whether comfort food can actually deliver on that promise. Is that the feeling of a soul being soothed, or just the onset of a mac-and-cheese-induced food coma?

According to Shira Gabriel, an associate professor of psychology at the State University of New York, Buffalo, the best way to understand the question is to shift the focus away from the food itself.

Gabriel's research broadly defines "comfort food" as anything that a person uses to feel better, but in the U.S., the term calls some specific, universal things to mind: ice cream, mashed potatoes, French fries, and other simple, often indulgent meals or snacks. When a woman on a sitcom is feeling down, she busts out the ice cream. When someone in the 1970s South is having a bad day, they go for the grits.

But to equate "comfort food" with "caloric" is to misunderstand where the comfort actually comes from, Gabriel says. "When we think about something like comfort food, we tend to think about it as providing calories or warmth or a sense of well-being," she tells me. "But what we don't think about is that comfort food also provides something social to us."

In a study recently published in the journal *Appetite*, Gabriel and colleagues from SUNY-Buffalo and the University of the South ran a pair of experiments to shed light on what that something social might be. In the first, volunteers chose a description that most closely matched their attachment style. (Loosely translated from psych-speak, "attachment style" means the ability to form strong, healthy emotional bonds, a trait that typically takes root at an early age, starting with one's parents. People with secure attachment styles can easily form these bonds and tend to view their relationships positively; people with insecure attachment styles, less so.) Half of them were then asked to remember a fight they'd had with someone close to them. When the participants were given potato chips, those who had been asked to describe a conflict ranked the snack as tastier—but only, the researchers found, among the ones with a secure attachment style. Among those whose emotional relationships were shakier, there was no significant difference in enjoyment between the people who had revisited painful memories and those who hadn't.

The second experiment yielded similar results: After filling out a survey on their attachment style, volunteers kept a daily food-and-feelings diary for two weeks, recording how much they ate, whether they had consumed what they considered to be comfort food, and whether or not they felt lonely. Measuring food

intake against self-reported levels of isolation, the study authors found that people with strong emotional relationships were more likely than others to reach for comforting foods on the days that they felt lonely.

Both sets of results, Gabriel and her co-authors believe, point to the same idea: that comfort food's power may lie primarily in the associations it calls to mind. People who have positive family relationships are more likely to reach for reminders of those relationships in times of sadness—and often, those reminders come in the form of something edible. A grilled cheese sandwich can be a greasy, gooey, satisfying endeavor in its own right, but even more so if it features in happy childhood memories.

In a similar 2011 study, the authors found the same thing with chicken soup, a food that's often associated with being taken care of: The stronger people's emotional relationships were, the more satisfying they tended to find their soup.

"I tend to think of it in terms of classical conditioning," Gabriel said. "If you're a small child and you get fed certain foods by your primary caregivers, then those foods begin to be associated with the feeling of being taken care of. And then when you get older, the food itself is enough to trigger that sense of belonging. But if, when you're a child, those connections are more anxiety-ridden... then when you're older and you eat those foods, you may feel less happy."

Past research has questioned the idea of comfort food in other ways. In a study published last year in the journal *Health Psychology*, researchers used upsetting movie scenes to induce bad moods in their participants, and then served each one either their previously indicated comfort food, another food they had said they liked, a neutral snack like a granola bar, or nothing. The comfort foods, the study authors discovered, did help boost participants' moods—but so did the other foods, and so did receiving no food at all. People are resilient with or without their snacks, the researchers concluded—meaning that "comfort food" may be nothing more than an excuse to indulge in an old favorite.

"People have this belief that high-calorie foods are the path out of difficult feelings," Kelly Brownell, an obesity researcher at Duke University, told the *New York Times* in an article on the *Health Psychology* study. "But the assignment of the word 'comfort' to these foods implies that there is a relationship between 'comfort' and 'food' that may not exist."

Which, in a way, is what the authors of the *Appetite* study are saying, too. Food, Gabriel said, could be swapped out for anything else that brings the same soothing sense of familiarity, like re-reading a beloved book or watching a favorite TV show.

"We tend to think about the need to belong as a fundamental human need. And by doing that, we're equating it to other fundamental human needs, like the need for food or water," Gabriel said. "When it's not fulfilled, you're driven to fulfill it, in the same way that when you're hungry, you're driven towards food. So when you feel lonely or you feel rejected, you're psychologically driven towards finding a way to belong." Sometimes it's not food. Sometimes it is.

As my colleague Julie Beck observed last year, "It seems entirely possible that all eating is emotional eating." But there may be another layer in there, too: the possibility that all emotional eating is social eating—even, and maybe especially, when we're eating alone.

CARI ROMM

People **IN** Business

Shay's Boutique



Walking into Port Lucaya from the car park one has to pass a very creative store on the right called Shay's Boutique which features Bahamian and Broadway Style Jewelry.

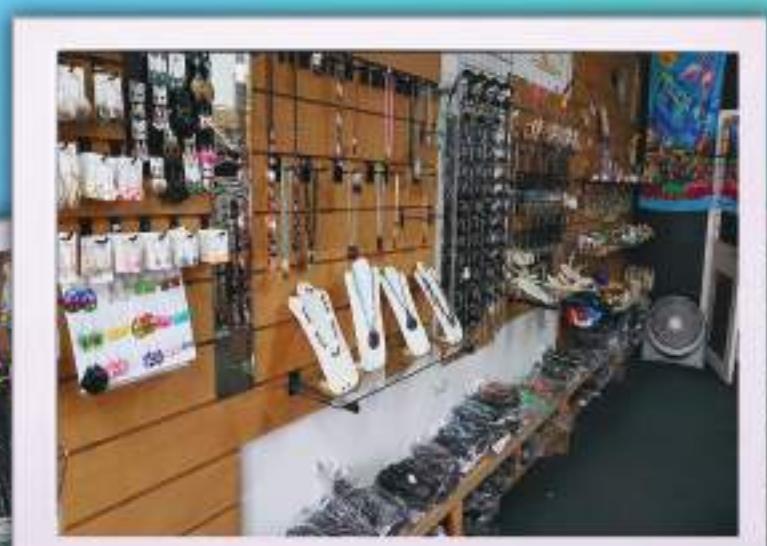
Owner, Darron Laing, says they have been in business for over 25 years. His passion is making Bahamian jewelry from shells, beads and stones and he found that selling them has made him a living.

He said, "My mother was always in the straw vendor business and we used to help out from time to time. It was a lucrative business so we decided that we would go into that type of business. I have been in other businesses also, but this is the mean one."

As well as jewelry making he also makes and sells Christmas ornaments and he says they have expanded to include selling jewelry wholesale now.

What keeps them going, "The fact that we have a passion for making things... because I make the ornaments and picture frames ... most of the stuff we sell in here (we make). (We keep going) just through the passion for making things from scratch and make money from it.

Asked about the "we" he said it was to be a family business and it was named after his daughter whom they hoped would have taken over the business, but he said her passion lied elsewhere. However, it's not all for naught as his daughter loves to and takes part in the manufacturing of the items that he sells at the shop.



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Did you hear about the man who put on a pair of clean socks everyday? -- By the end of the week he couldn't get his shoes on.
*

A man walked into an army surplus store and asked if they had any camouflage trousers.

"Yes, we have," replied the assistant, "but we can't find them!"

* Where do socks go when they got lost in the dryer?

* What's soft and slippery? A slipper.

* My yoga pants have never been to yoga

Standing in line behind an American woman at McDonald's. She's wearing those jeans, you know the ones with the patch on the back pocket that says "Guess".

I'm thinking 250, maybe 300 pounds.

* You know these fashions with skinny jeans. I can't get into them.

* Why did the girl bring lipstick and eye shadow to school?

She had a make-up exam!

* My favorite way to dress is in all black. My fashion sense is second to none.

How did the farmer mend his pants?
With cabbage patches!

* There were no two ways about it. Rosie was fat. Very fat. "Martha", said Rosie to her best friend, "it was terrible what happened yesterday after the birthday party. You know how half of the birthday cake was left over? Well, I knew Bob would be fuming at me for eating it, with my diet and all, but I couldn't help myself, it started with just a small nibble and before I knew it the whole cake was gone!"

"Oh my!" clucked Martha, "was Bob really upset?"

"He never found it", responded Rosie with a full double chin smile, "I just baked another cake and ate half of it!"

* A woman tried to board a bus but her skirt was so tight that she couldn't make the step up. So she reached behind her, lowered her zip and tried again. Still the skirt was too tight. So again she reached behind her, lowered her zip a little more and tried to negotiate the step. But still the skirt was too tight. Determined to catch this bus, she once more

reached behind her, lowered the zip a little and attempted to climb aboard. Then suddenly she felt two hands on her butt, helping her on to the bus. She turned around angrily and told the man behind her: "Sir, I don't know you' well enough for you to behave in such a manner."

The man replied: "Lady, I don't know you well enough for you to unzip my fly three times either!"

* If leather jackets get ruined in the rain, why aren't cows affected when they are out in the rain allot?

* If love is blind, why is lingerie so popular?

What do you instantly know about a well-dressed man?
His wife is good at picking out clothes.

* A blonde's house was on fire. She called 911 and started screaming, "Help me, please! My house is burning! Hurry!"

The operator said, "Okay, calm down and we'll be there soon. How do we get to your house?"

The blonde answered, "Duh, in that big red truck!"

* How do you get your barber to cut your hair that way? 'I insult him.'



Really lame jokes about food!

The snack bar next door to an atom smasher was called "The Fission Chips."

* On April Fools Day, a mother put a fire cracker under the pancakes. She blew her stack.

A new chef from India was fired a week after starting the job. He keep favoring curry.

A couple of kids tried using pickles for a Ping-Pong game. They had the volley of the Dills.

* The four food groups: Fast, Frozen, Instant, and Chocolate.

A friend got some vinegar in his ear, now he suffers from pickled hearing.

Overweight is something that just sort of snacks up on you.

Sign in restaurant window: "Eat now - Pay waiter."

I thought you were trying to get into shape?
I am. The shape I've selected is a triangle.

* Where does a bat eat his dinner?
On home plate, and he has a ball.

What's the worst thing about being an octopus?
Washing your hands before dinner.

What did one knife say to the other?
Look sharp!

Why did the man stare at the can of orange juice?
Because it said 'concentrate.'

How does the man in the moon eat his food?
In satellite dishes.

Did you hear the joke about oatmeal?
It's a lot of mush.

What did the mother ghost tell the baby ghost when he ate too fast?
Stop goblin your food.

What do you get when you put three ducks in a box?
A box of quackers.

Why couldn't the sesame seed leave the gambling casino?
Because he was on a roll.

Why did the student eat his homework?
The teacher told him it was a piece of cake.

What did the hungry computer eat?
Chips, one byte at a time.

The customer asked: "Do you serve crabs here?"
"Yessir," replied the waiter. "We'll serve just about anybody."

What starts with "t" ends with "t" and is filled with "t"?
A teapot.

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Why Your Business May Be Failing

By: Billie Bowe



Is Customer Service a lost art form in business today? It seems everywhere we turn we encounter people in the business of customer service, rarely meeting even our basic needs as consumers.

Harris Interactive, one of the largest market research and consulting firms in the world and the global leader in conducting online research, in a recent study found that 60% of consumers often or always pay more for a better experience, even in a negative economy.

This came as shocking news at first, given that today every dollar counts. For consumers however, their customer service experience is what made the difference. And by experience we mean the feelings or emotions good or bad customer service elicits. These emotional responses will determine whether a customer will continue to utilize your services or purchase your products, or not.

In his book *The Loyalty Effect: The Hidden Force Behind Growth, Profits, and Lasting Value*, Frederick F. Reichheld said that a shift in [customer] retention of as little as 5 percentage points seems to account for more than a 20 percent improvement in productivity, which in certain industries can increase profit by 50 to 100 percent. Is this enough to convince business owners how important customer service is to the survival and profitability of their businesses?

In yet another study, Maritz Research, another leading provider of market research in their report "Worth the Wait?" found that when customers get frustrated with a company's customer service, they won't share this frustration with the employee or manager of the business establishment, but they will tell their family and friends. The research found that in every category, customers were twice as likely to tell others about their experience, as they were to complain to a manager or other employee. Still not convinced?

The Peppers & Rogers Group reported in their 2009 Customer Experience Maturity Monitor, that 81% of companies with strong capabilities and competencies for delivering customer experience excellence are outperforming their competition.

It is clear that the customer service experience is closely linked to how well a business performs. If customers are happy with your company's customer service delivery, they are more likely to come back to your business and tell others about it. On the flip side however, word travels fast. If the experience for the customer is a negative one, you can rest assured that others will hear about it.

How many of us when purchasing products online read other customer reviews before buying? How many of us before booking that next family vacation visit Trip Advisor to learn more about the customer satisfaction rating of a hotel? With

the onset of technology, word of mouth now means word to the World Wide Web.

While this all makes sense theoretically, why are some businesses still not stepping up their customer service by placing value on the customer's experience? Is it because they see customer service as a department and not an organizational philosophy? As a management consultant who has conducted numerous customer service training over a cross section of industries, it all boils down to delivering on your company's brand or promise to your customers.

For example, let's look at Ford Motor Company. On their website they make several statements which speaks to their company's promise or brand. You may or may not be familiar with their slogan "Go Further", but here is what they say they are committed to. "We go further to meet the needs of customers, the challenges of our industry and the issues confronting the world". They go on to state that, "Ford Motor Company continues building great products to better serve our customers, drive our success around the globe and deliver profitable growth." So again we see that a company's logo is not just a symbol, it identifies and defines their brand's promises to the customer.

While it may seem a moot point, customers are the reason for a company's existence and therefore should be at the core of every business strategy.

So what can businesses do to revive this lost art form called customer service? It starts with understanding and conveying to your internal customers (your employees) what that brand promise is. What does good customer service look like, and how can your employees exemplify those behaviours in the workplace. So basically start from the inside out.

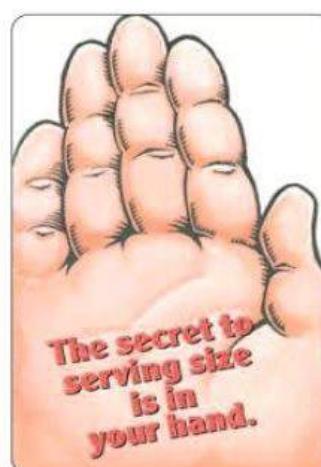
Unhappy employees can result in under par customer service delivery, which

ultimately leads to lost revenue. Satisfying the needs of your first customers, your employees, is key. Once you have successfully accomplished this and it becomes apart of your company's corporate philosophy and culture, its impact on your external customers will be profound.

These may seem like basic measures but until companies understand their purpose, and convey this to their employees, they will never discover the true value of excellence in customer service and its impact on customer retention and loyalty.

So at the heart of any good customer service experience is an employee, a person. Invest in them with effective customer service training today. Your business survival depends on it. For businesses that take customer service seriously, they will continue to retain loyal customers and see increases in their profits.

THE SECRET TO SERVING SIZE IS IN YOUR HAND

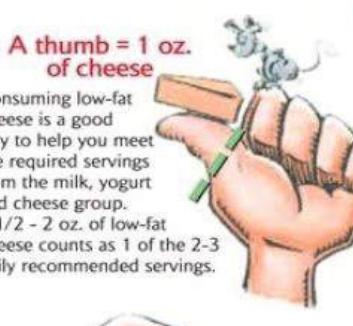


A fist or cupped hand = 1 cup
1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of cooked or raw, chopped vegetables or fruit



Palm = 3 oz.of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.



A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group.
1 1/2 - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.

Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up.
Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz.of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual measuring cup.



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How to Think and Dream Creatively

Part 2



As we continue to look at chapter five of Dr. Schwartz's book "The Magic of Thinking BIG!"; let's discuss some aspects of the mind. Dr. Schwartz observed that "a mind that feeds only on itself is soon undernourished, becoming weak and incapable of creative, progressive thought. Stimulation from others is excellent mind food." He admonishes the reader not to let ideas escape ... write them down, review them and cultivate and fertilize them.

I have observed that many people are resigned to keep their thoughts to themselves. Rather than say what they are thinking, they settle for saying what is acceptable to those listening. Creative and progressive thought is the same as expressive and interactive thought; and it is enhanced through connection with others.

Very seldom do scientific breakthroughs or amazing discoveries come through the effort of one individual. It is when persons gather and share their thoughts on a matter that things happen. I notice that people tend to be more free and open with a group they are comfortable with; this is why learning institutions and any number of other organizations are segmented along lines of interests ... engineers go to a school of engineering, future pastors or priests go to schools of theology while doctors go to a school of medicine.

A teacher saying something of importance to her classroom may not get the same level of attention or acceptance, as if

a well-known musician or athlete says the same thing. In the same scenario learning is further deepened when those listening can interact by confirming their understanding of what was said by paraphrasing or asking clarifying questions. To use a fishing analogy, you will find schools of thought moving through the currents of your mind every second.

When you express your ideas or sit and listen to someone else's; your thoughts (like fish) are stimulated and gather themselves together in bunches. The other persons' words enter your thought ocean as a new school (fish) and because their thoughts are either similar to yours or contrary to yours but peak your interest on the subject being discussed; they all synthesize together and enhance each other (your original thoughts plus their thoughts mesh and ultimately produce a new strain of thinking that is clearer and more intuitive than both schools of thought before it). These are those "oh" or "aha" moments you experience when listening to someone that peaks your interest.

Like conventional fishing when thoughts synthesize (gather) action must be taken to capture this heightened state of mental stimulation; they must be captured before the moment disappears. The action of writing down your ideas is like mental fishing.

It allows you to capture the result that the two schools of

thought produced and enables you to recall this special moment anytime you wish (you get to eat fish for more than a day!).

You will find that the more you read over that information you wrote down, the more it gives rise to clearer thought and innovation. In church settings it is often frustrating to hear a pastor restate things over again, year after year; without any change coming from the hearers. In many of the churches that I have observed, I noticed that many persons in those churches do not take notes of what is being said.

They listen and are excited by what is being presented at that moment, but because they did not capture (write down) what was said; they disqualify themselves from being able to go back and review important statements that may have been presented.

Synthesized thoughts are never the same. Each set are peculiar in and off themselves, being found in a particular place and time; and are lost to those who fail to record the new information they produce.

This is why documenting things are so important; it allows you to put yourself in the position to make yourself a better individual ... to think and dream creatively. When was the last time you went mental fishing?



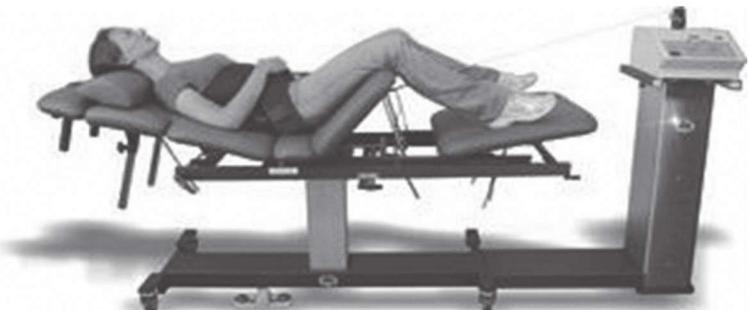
SUDOKO!

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

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

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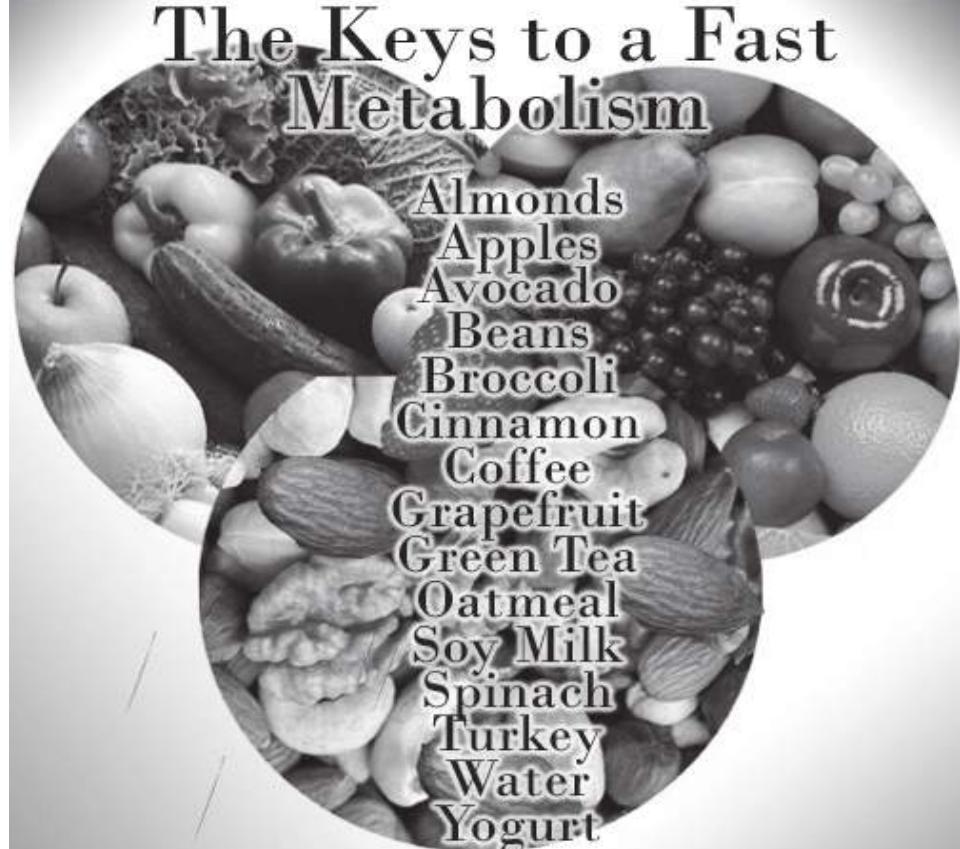
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The Keys to a Fast Metabolism



APPLES, BANANAS, BLUEBERRIES, CHERRIES AND 19 MORE HEALTHY PICKS

Apple

- Nutritional value (1 medium): 75 calories, 3 g fibre
- Disease-fighting factor: Apples contain antioxidants called flavonoids, which may help lower the chance of developing diabetes and asthma. Apples are also a natural mouth freshener and clean your teeth with each crunchy bite.
- Did you know? An apple's flavour and aroma comes from fragrance cells in apple skin, so for maximum flavour, don't peel your apple. Plus, the vitamins lie just beneath the skin.

Avocado

- Nutritional value (½ avocado): 114 calories, 4.5 g fibre, source of vitamin E and folate
- Disease-fighting factor: Avocados contain healthy monounsaturated fats that can help lower cholesterol levels when eaten instead of harmful saturated fats. For a heart-healthy boost, replace butter with avocado on your favourite sandwich.

Banana

- Nutritional value (1 medium): 105 calories, 3 g fibre, source of vitamin B6, potassium and folate
- Disease-fighting factor: With 422 milligrams of potassium per banana, these sweet delights have more potassium than most fruit and may help lower blood pressure levels.
- Did you know? People with rubber latex allergies may also be allergic to bananas since the two come from similar trees and share a common protein.

Blackberry

- Nutritional value (1/2 cup/125 mL): 31 calories, 4 g fibre, rich in antioxidants
- Disease-fighting factor: Blackberries get their deep purple colour from the powerful antioxidant anthocyanin, which may help reduce the risk of stroke and cancer. Studies show that blackberry extract may help stop the growth of lung cancer cells.
- Did you know? The ancient Greeks called blackberries "gout-berries" and used them to treat gout-related symptoms.

Blueberry

- Nutritional value (1/2 cup/125 mL): 41 calories, 1.5 g fibre, rich in antioxidants
- Disease-fighting factor: Blueberries rank No. 1 in antioxidant activity when compared to 60 other fresh fruits and vegetables. Blueberries may help lower the risk of developing age-related diseases such as Parkinson's and Alzheimer's.

Cantaloupe

- Nutritional value (1/2 cup/125 mL): 25 calories, less than 1 g fibre, source of vitamin A, folate and potassium
- Disease-fighting factor: Cantaloupe is high in the antioxidant beta-carotene, which may help reduce the risk of developing cataracts. Cantaloupe is a perfect diet food since it has about half the calories of most other fruits.
- Did you know? Since bacteria can grow on the outside rind, it is important to wash cantaloupe before cutting into it.

Cherry

- Nutritional value (1/2 cup/125 mL): 46 calories, 1.5 g fibre, rich in antioxidants
- Disease-fighting factor: Sour cherries contain more of the potent antioxidant anthocyanin than any other fruit. Anthocyanin may help reduce inflammation and ease the pain of arthritis and gout.
- Did you know? Sour cherries, commonly used in pie and jam, have more vitamin C than sweet cherries do, but much of it is lost when they are heated.

Cranberry

- Nutritional value (1/2 cup/125 mL): 25 calories, 2.5 g fibre, rich in antioxidants
- Disease-fighting factor: Cranberries are antibacterial and studies show that they can help treat and prevent urinary tract infections. Recent research has also linked cranberries to the prevention of kidney stones and ulcers.
- Did you know? Unsweetened cranberry juice makes an excellent mouthwash – studies show it can help kill bacteria and fight cavities.

Grape

- Nutritional value (1/2 cup/ 125 mL): 53 calories, less than 1 g fibre, source of manganese
- Disease-fighting factor: Grapes contain resveratrol, an antioxidant that may help prevent heart disease

by reducing blood pressure levels and lowering the risk of blood clots. Resveratrol may also help stop the spread of breast, stomach and colon cancer cells.

- Did you know? You can freeze red and green grapes and use them as colourful ice cubes in your favourite drinks. They add a special touch to sparkling water or Champagne.

Grapefruit (pink)

- Nutritional value (1/2 grapefruit): 52 calories, 2 g fibre, source of vitamin A
- Disease-fighting factor: Pink grapefruit contains lycopene and flavonoids, which may help protect against some types of cancer. Grapefruit also boasts an ample supply of pectin, a soluble fibre that may help lower cholesterol levels.
- Did you know? Grapefruit can heighten the effect of certain drugs, including cholesterol-lowering statins. Check with your pharmacist to see if grapefruit may interfere with any of your medications.



Kiwifruit

- Nutritional value (1 large): 56 calories, 3 g fibre, source of vitamins C and E, and of magnesium and potassium
- Disease-fighting factor: With more vitamin C than oranges, kiwis can help in the development and maintenance of bones, cartilage, teeth and gums. They can also help lower blood triglyceride levels (high triglycerides increase the risk of heart disease).
- Did you know? Most people remove the fuzzy skin, but kiwis can actually be eaten whole – skin and all.

Mango

- Nutritional value (1/2 medium): 54 calories, 1.5 g fibre, source of vitamins A and E
- Disease-fighting factor: Mangoes are high in the antioxidants lutein and zeaxanthin, which may help protect vision and reduce the risk of age-related macular degeneration (the leading cause of blindness in adults).
- Did you know? Mangoes can be enjoyed ripe as a sweet, juicy dessert choice or unripe as a sour, crunchy addition to chutney and salads.

Orange

- Nutritional value (1 medium): 62 calories, 3 g fibre, source of vitamin C, folate and potassium
- Disease-fighting factor: Oranges are a good source of folate, an important vitamin for pregnant women that can help prevent neural tube defects in their infants. They also contain a phytochemical called hesperidin, which may lower triglyceride and blood cholesterol levels.
- Did you know? The edible white part of the orange rind has nearly the same amount of vitamin C as the flesh, so eat that part too!

Papaya

- Nutritional value (1/2 medium): 59 calories, 3 g fibre, source of folate, vitamins A and C
- Disease-fighting factor: Papayas contain papain, an enzyme that aids digestion. Plus, their high vitamin A content aids in maintaining the health of the skin.
- Did you know? The black seeds inside the papaya are edible and have a sharp, spicy flavour. Try blending them into salad dressing as a substitute for black pepper.

Peach

- Nutritional value (1 medium): 58 calories, 2 g fibre, source of vitamin A
- Disease-fighting factor: High in vitamin A, peaches help regulate the immune system and can help fight off infections.
- Did you know? Peaches do not get any sweeter once they have been picked, so avoid buying underripe peaches.

Pear

- Nutritional value (1 medium): 96 calories, 5 g fibre
- Disease-fighting factor: Much of the fibre found in pears is soluble, which can help prevent constipation. Soluble fibre may also help reduce blood cholesterol levels and prevent heart disease.
- Did you know? Unlike most other fruits, pears don't

ripen well on the tree. Instead, pears are harvested when mature and are allowed to finish ripening under controlled conditions.

Pineapple

- Nutritional value (1/2 cup/125 mL): 40 calories, 1 g fibre
- Disease-fighting factor: Pineapple contains a natural enzyme called bromelain, which breaks down protein and helps aid digestion. Bromelain may also help prevent blood clots, inhibit growth of cancer cells and speed wound healing.
- Did you know? Since bromelain breaks down protein, pineapple juice makes an excellent marinade and tenderizer for meat.

Pomegranate

- Nutritional value (1/2 fruit): 53 calories, less than 1 g fibre, source of vitamin A and potassium
- Disease-fighting factor: Pomegranates contain antioxidant tannins, which may protect the heart. Studies show that daily consumption of pomegranate juice may promote normal blood pressure levels and reduce the risk of heart attacks.

Prune

- Nutritional value (3 prunes): 60 calories, 2 g fibre, source of vitamin A
- Disease-fighting factor: Prunes are a source of the mineral boron, which may help prevent osteoporosis. Prunes also impart a mild laxative effect due to their high content of a natural sugar called sorbitol.

Raspberry

- Nutritional value (1/2 cup/125 mL): 32 calories, 4 g fibre, source of folate and magnesium
- Disease-fighting factor: Raspberries are rich in ellagic acid, an antioxidant that may help prevent cervical cancer. Promising studies in animals have led researchers to believe that raspberries may also help treat esophageal and colon cancer.
- Did you know? Raspberries are so perishable that only three per cent of Canada's raspberry crop is sold fresh. The remaining berries are used to make jam, baked goods and other delicacies.

Strawberry

- Nutritional value (1/2 cup/125 mL): 23 calories, 1.5 g fibre, source of vitamin C
- Disease-fighting factor: Strawberries are rich in several antioxidants that have anti-inflammatory properties, including helping to prevent atherosclerosis (hardened arteries) and to suppress the progression of cancerous tumours.
- Did you know? The flavour and colour of strawberries is enhanced by balsamic vinegar. For a fabulous dessert, drizzle balsamic vinegar over ripe strawberries and serve with vanilla ice cream.

Tomato

- Nutritional value (1 medium): 22 calories, 1.5 g fibre, source of vitamin A, folate and potassium
- Disease-fighting factor: Tomatoes are nature's best source of lycopene, a potent antioxidant that may help reduce cholesterol levels and protect against advanced-stage prostate cancer.
- Did you know? Tomatoes cooked with a touch of oil provide more lycopene than raw tomatoes, so a rich tomato sauce made with olive oil is a healthy choice.

Watermelon

- Nutritional value (1/2 cup/125 mL): 23 calories, less than 1 g fibre, source of vitamin A
- Disease-fighting factor: Watermelon is 92 per cent water, making it aptly named. It's a great addition to any weight-loss diet because it is low in calories and satisfies the sweet tooth.
- Did you know? Watermelon rinds and seeds are both edible. Roasted, seasoned seeds make a great snack food, and the juicy rind can be stir-fried, stewed, or pickled.



CLASSIFIEDS



Q: Why did the Easter Bunny hide his eggs?
A: He doesn't want the other cute bunnies to know that he was fooling around with the chickens.

*
Q: Why shouldn't you tell an Easter egg a joke?
A: It might crack up!

Q: What is the end of Easter?
A: The letter R.
*
Q: What do you get when you cross a chicken and the Easter Bunny?
A: A good Easter.
*
Q: Why does the Easter Bunny have a shiny nose?
A: Because the powder puff is on the other end!

WORD SEARCH

You can find the words in the grid by looking Diagonal, Forward, Backward, Up, and Down. Circle them with a pencil to highlight the letters. But most of all HAVE FUN!!!

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

ACCESSIBILITY	TERMINOLOGY
AMPUTATION	TOURETTE'S
ARTIFICIAL	VISUAL
ASTHMA	
AUTISM	
CARDIOVASCULAR	
CEREBRAL	
CHRONIC	
COGNITIVE	
COORDINATION	
CRUTCHES	
DEAFNESS	
DEFINITIONS	
DEXTERITY	
DISABILITIES	
DIVERSITY	
DYSCALCULIA	
ENDURANCE	
EPILEPSY	
EQUAL	
FUNCTION	
HANDICAP	
HEALTH	
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INVISBLE	
LIMBS	
MOBILITY	
NEUROLOGICAL	
NEUROMUSCULAR	
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PALSY	
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Q. Why did the judge send the turtle to jail?
A. Because he was known as a hard case.
Q. What do you comb a rabbit with?
A. A hare brush.
Q. Which rodent won the basketball game?
A. The porcupine because he had the most points.
Q. How do you catch a squirrel?
A. Climb a tree and act like a nut.

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Sudoku Solution

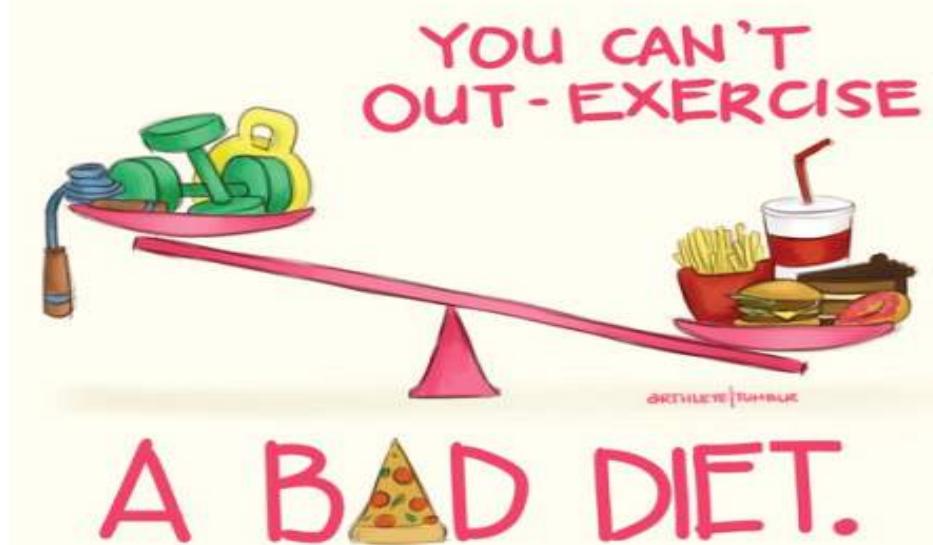
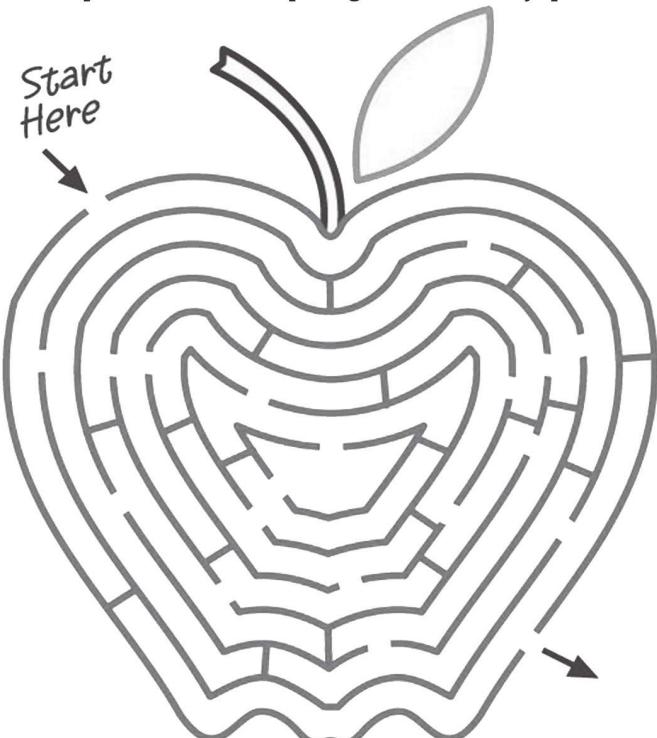
9	2	5	3	6	1	8	7	4
3	7	8	2	4	9	6	1	5
4	1	6	8	7	5	9	2	3
5	3	9	1	8	4	2	6	7
2	8	4	6	5	7	3	9	1
7	6	1	9	2	3	5	4	8
1	4	2	5	9	8	7	3	6
6	5	7	4	3	2	1	8	9
8	9	3	7	1	6	4	5	2

Crossword Solution

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

The Amazing Maze

How long would it take for you to get to the end of the maze. Use a pencil lightly to solve the maze so you can erase your tracks if you get stuck. Enjoy!



Crossword Puzzle

Good luck and enjoy!

SELECTION IS LOCATED IN THE ISSUE



Across

- 1 Consternation (6)
- 4 Announce (8)
- 10 Clams, crabs and lobsters for example (9)
- 11 Labor organization (5)
- 12 Lubricated (5)
- 13 Exciting (8)
- 14 Cold-blooded (7)
- 16 Make a melodic noise (4)
- 19 Skim or doff (4)
- 21 An ancient Egyptian musical instrument (7)
- 24 Lip service (9)
- 25 Rot (5)
- 26 Enlist (5)
- 27 Xanadu (9)
- 28 Hold spellbound (8)
- 29 Came up (6)

Down

- 1 Distortion (8)
- 2 Sneaky (8)
- 3 Afflicted (5)
- 5 Engages for week again (7)
- 6 Matings (9)
- 7 Proof of innocence (6)
- 8 Be in charge of (6)
- 9 Nipped (6)
- 12 Elemental (9)
- 17 Diagrammed outlines (8)
- 18 The highest heaven (8)
- 20 Of little importance (7)
- 21 Expression (6)
- 22 Cheddar or gouda, for example (6)
- 23 Any incorporeal supernatural being (6)
- 25 Furnishings of a room (5)



GROWING HEALTHY

There are lots of ways to grow healthy but you don't have to do them all at once.

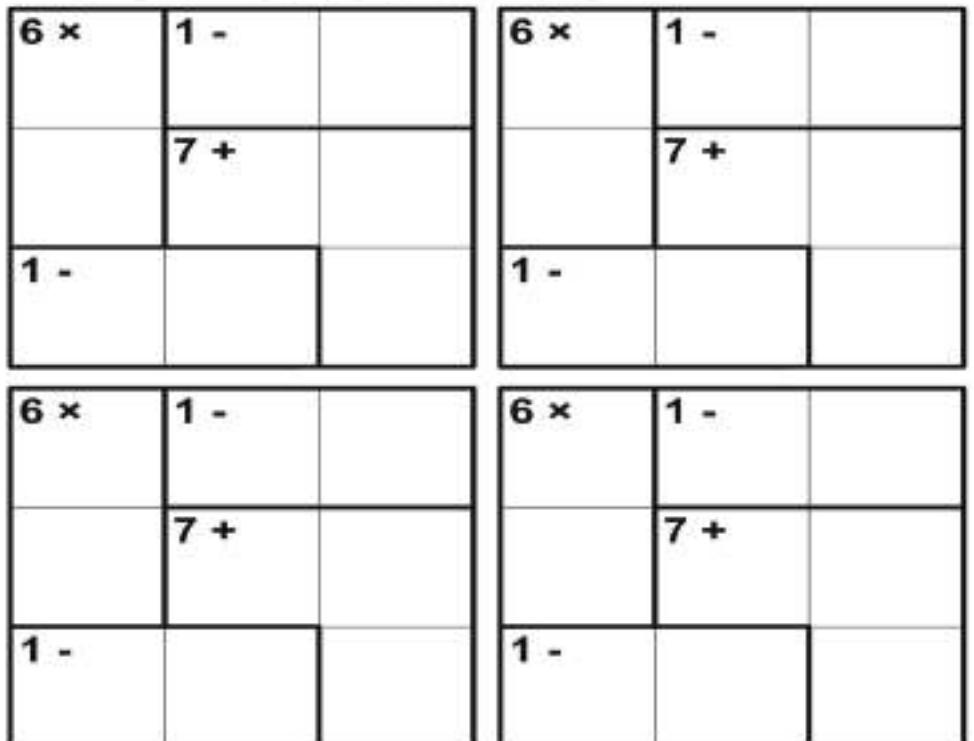


IDEAS FOR LIVING A HEALTHY ACTIVE LIFE

- 5** Eat at least 5 fruits and vegetables a day.
- 2** Keep screen time (like TV, video games, computer) down to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water.

KENKEN

It's back!
By popular demand



Fill in the blank squares so that each row and each column contain all of the digits 1 thru 3.

The heavy lines indicate areas (called cages) that contain groups of numbers that can be combined (in any order) to produce the result shown in the cage, with the indicated math operation. For example, $12\times$ means you can multiply the values together to produce 12.

Numbers in cages may repeat, as long as they are not in the same row or column.

The Original Choices "Luv" Page

Q. My boyfriend and I been dating about eight months now and always used protection when we together. But now he saying since I'm on the pill that he should be able to be free to just enjoy me without condoms. I told him no. We get into an argument about me probably seeing somebody else. I can't believe we actually arguing about this. I just feel we should always be protected until marriage. He says if I'm faithful and love him then I shouldn't have an issue. We've been mad for a whole week. He's not even been by to see me and now he's blocked my number from messaging him (after he sent a text saying, since I ain't made an effort to fix this situation that I gotta have somebody else). It's all so stupid to be rowing over. My cousin say since we done been together all this time she don't see why I got a problem with it. What should I do?

Girl, lemme tell you what I would do. Block his number! Sever all ties! **Alex says...** Move on quick fast and in a hurry. Any man that pressures you to be intimate without protection doesn't value you. He is only concerned about his own pleasures. His talks are straight up manipulative and insulting. Why subject yourself to such treatment. You better reevaluate your worth and mark yourself up! There are too many red flags going up here for you not to acknowledge them. Yes, it's been eight months since you'll been together, but thank God you are figuring out who he really is now, instead of later. So for me, I would consider this relationship over. I honestly think you should too. You must remember that you teach people how to treat you by what you allow them to do to you. Don't you believe you deserve better?

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MISSION STATEMENT

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 Q: What do you call cute little rabbits that marched in a long sweltering Easter parade?
A: Hot, cross bunnies.
*

Q: Why was the Easter rabbit rubbing his head?
A: Because he had a egg ache!

*

Q: Why is a bunny the luckiest animal in the world?
A: Because it has four rabbit's feet!

*

Q: Why did the Easter rabbit cross the road?
A: Because it was the chicken's laid off.

*

Why do you eat so fast?
I want to eat as much as possible before losing my appetite.

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ONE WEEK MEAL PLAN

DAY	BREAKFAST	LUNCH	DINNER	SIDE DISH	SNACK	DESSERT
MON	Paleo Eggs Benedict	Spicy Pulled Pork	Easy Chicken and Vegetables	Kicked Up Artichoke	Collard Wrap	Chocolate Zucchini Brownies
TUE	Butabaga and Onion Hash Browns	Black Cod Medallions with Mushrooms	Texas Style Chili	Pork Fried Cauliflower	Tuna Stuffed Eggs	Ganache Filled Cookie Bites
WED	Creamy Macadamia Shrimp	Beef Brisket with Mushrooms	Roasted Pork Loin with Wild Mushrooms, Garlic & Sage Pan Jus	Red Cabbage Slaw with Tangy Carrot Ginger Dressing	Pico De Gallo with Carrot Chips	Chocolate Cupcakes
THU	Jicama and Sausage Breakfast Pie	Ginger Orange Drumsticks	French Style Stuffed Chicken Breasts	Asian Cauliflower Fried Rice	Raw Vegetable Slices with Almond Butter	Ultimate Muffins
FRI	Sautéed Spinach and Mushrooms	Chinese Five Spice Stir Fry	Chicken Piccata	Paleo Pesto Salad with Roasted Vegetables	Moroccan-Style Lamb Meatballs	Easy Paleo Ice Cream
SAT	Hot Breakfast Cinnamon Apple Creamed "Cereal"	Buffalo Greek Caesar Salad	Mediterranean Chicken	Bok Choy	Bacon Wrapped Sweet Potato Fries	Spiced Pumpkin Souffle
SUN	Kurbispaetete (Pumpkin and Meat Pie)	Greek Turkey Burgers	Fried Egg Chorizo Burgers	Sautéed Spinach	Celery and Almond Salad	Fruit Sorbet

COOKING

Recipes

Quinoa, Chicken & Turkey Meatloaf

Ingredients

4 rashers bacon
1 tbsp olive oil
1 large onion, finely diced
1 clove garlic, diced
1 tsp fresh chopped sage
300g turkey mince
300g chicken mince
1 cup cooked quinoa
1 egg, beaten
sea salt and cracked pepper

Instructions

Preheat oven to 180°C. Line 1 medium loaf pan or 4 mini pans with bacon, covering the base and sides.

Heat oil in a frying pan and sauté onion, garlic and sage for 3-4 minutes until softened and fragrant. Set aside to cool.

In a large bowl, combine the minces and mix in the quinoa, sautéed onion, egg and season well. Blend together and divide between the 4 loaf pans, if using, pressing in firmly.

Place the pan or pans in a large roasting dish. Fill the dish with hot water so it comes about halfway up the sides of the pan. Cover the whole dish with foil. Bake for 25 minutes.

Remove foil and cook for 10-15 minutes more until the tops are golden and the juices run clear when pierced with a skewer. Allow to cool for 15 minutes, then invert onto serving plates. Serve with your favourite chutney and a salad.





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