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Happy Mother's Day



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 6:30PM - EVENING WORSHIP
 MONDAY 7:00PM - WOMEN'S ASSOCIATION
 WEDNESDAY 11:00PM - HOLY SPIRIT PRAYER & POWER
 7:00PM - BIBLE STUDY IN
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 THURSDAY 10:00AM - THE LORD'S SUPPER /
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 FRIDAY 5:30PM - GIRLS' BRIGADE
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In 1991, only one in five hundred children were considered autistic. In 2002 that figured jumped to one in one hundred and fifty. Now according to statistics from the Centers for Disease Control and Prevention (USA), one is every sixty-eight children will be diagnosed as autistic representing a 30% increase recorded in the last two years alone.



Here in The Bahamas, more and more children have been diagnosed with varying degrees of the disorder and Autism is now regarded as the fastest growing, serious, developmental disorder in the country. Even as the number of autistic Bahamians continues to rise, many persons are unaware of the impact that the disease has on the quality of life of those individuals living with it. In fact, public and private healthcare resources have struggled to keep pace with the needs of those families in the areas of access to and affordability of care.

With April designated as Autism Awareness month however, Bahamas Waste, which has become known for using their garbage trucks as creative moving billboards for numerous charitable organizations, joined forces with the island's premier non-governmental, local advocacy organization facility for autism treatment in The Bahamas – R.E.A.C.H – all in an effort to sensitize more Bahamians to the impact of an Autism Diagnoses.

Already, Bahamas Waste has created custom trucks to support the Bahamas Humane Society, Bahamas National Trust and Cancer Groups and this month they jumped into action at the opportunity to create a truck to commemorate Autism Awareness.

“Every now and then, a cause really comes up and touches you and just moves you” said Bahamas Waste Managing Director, Francisco De Cardenas. “We’ve been working along with some great people on this and whenever there is a really worthwhile cause like this we want to help bring awareness to it. It’s truly affecting so many of us now.”

The truck which was unveiled on Tuesday the 25th at the Office of the Prime Minister, and features touching photos of local Bahamian children who have been diagnosed on the autism spectrum and their

proud parents; bringing a very human element to the campaign.

“It is a fantastic opportunity to expose the people of the country to people who are on the autism spectrum” noted Paula-Maria Hospedales whose son appears on the truck with his father and is a member of the Autism Committee.

“There are so many parents who can’t afford the therapy for their autistic children – if it is in fact available. So, it is important that we all become spokespersons for people on the spectrum and help



each other accept and help our children.”

Since 1999 R.E.A.C.H Bahamas has led the way in working to provide the kind of support local families need and has worked closely with other organizations and churches to support the autism community in ensuring the best quality of life for impacted families. To learn more about Autism contact them at reachbahamas.org or 328-4123



A man met a wonderful woman and became engaged to her. He called his mother to share his good news with her. He arranged to have dinner with his mother that evening so that she could meet his fiancée. When he arrived at her home, he brought along three women - a blonde, a brunette, and a redhead. His mother inquired as to why he had brought THREE women, instead of just one. He replied that he wanted to see if his mother would be able to guess which one of the women was her future daughter-in-law. She looked at each one carefully and then replied: "It's the redhead." "Wow! How could you possibly have figured that out so quickly?" he inquired. She coldly replied:

“Because I can’t stand HER.”
*
When a woman found out that she was pregnant, she lit up the phone lines telling everyone the good news. One day later that week, she took her 4 year old son, Sam, out shopping. A woman asked the boy if he was excited about the baby. “Yes”, he said. “I know what we’re going to name it. If it is a girl, we’re calling her Molly and if it is a boy, we’re going to call it quits.”
*
“Honey,” said this husband to his wife, “I invited a friend home for supper.” “What? Are you crazy? The house is a mess, I haven’t been shopping, all the dishes are dirty, and I don’t feel like cooking a fancy meal!” “I know all that.” “Then why did you invite a friend for supper?” “Because the poor fool’s thinking about getting married.”

“Mothers and their children are in a category all their own. There’s no bond so strong in the entire world. No love so instantaneous and forgiving.”



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We go together like copy and paste.

*
Attending a wedding for the first time, a little girl whispered to her mother, “Why is the bride dressed in

white?”
“Because white is the color of happiness, and today is the happiest day of her life.” The child thought about this for a moment then said, “So why the groom wearing black?”
*

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

Having moved into his first apartment, a young man invited his Mother and Father for a visit. As they walked in, the son asked if they would like a cold drink. Mentally patting myself on the back for teaching his son to be such a gracious host, the Father said, “Yes, what do you have?” The son walked over to the refrigerator, opened the door, studied the contents, and then replied, “I have pickle juice or water.”
*

One of the new couple’s wedding presents was a toaster oven. Soon after the honeymoon, the eager husband and wife decided to tried it out. Almost immediately, smoke billowed out of the toaster. “Get the owner’s manual!” the man shouted. “I can’t find it anywhere!” the woman cried, searching through the box. “Oops!” came a voice from the kitchen. “Well, the toast is fine, but the owner’s manual is burnt to a crisp.”

GRAND BAHAMA EVENTS

May 20
GB Air Show
TBA | Taino Beach

Join members of the community to see an exciting and thrilling Airshow which will feature vintage air-crafts performing stunts. For more info please contact Nuvolari Chootosingh at 350-8600

Rotary Club of Grand Bahama
Sunrise Cigar Night
7 p.m. | Grand Lucayan,
Manor House

Join members of the Rotary Club for their annual fundraising event for a night of fun and entertainment.

Ticket price is \$50 and can be purchased at BWA, OBS Marine and GB Chamber of Commerce

May 24
GB Chamber Monthly Business Luncheon

12:30 p.m. - 2:00 p.m. | Delphine Room, Pelican Bay Hotel

Join members of the board of directors and other business community members as we discuss topics affecting business in Grand Bahama. Be sure to confirm your attendance and bring plenty of business cards

May 25
Grand Bahama Survivors of Stroke Meeting 7 p.m. | Community Holiness Church, Eight Mile Rock

May 26
GB Chamber Mix n' Mingle
5:30-7:30 p.m. | Manta Ray Bar
Be sure to confirm your attendance and bring plenty of business cards

HAVING AN EVENT SOON? PLACE IT HERE!



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

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7 Tips To Help Moms Stay Happy & Healthy When It Feels Like There's No Time



By Dawna Stone

Whether it's a date with your husband or a girls' get-together, make reconnecting with loved ones and friends.

If you're a mom, your world most likely revolves around your children. And although being a mom brings incredible joy, it also brings sleep deprivation, stress and a constant stream of worry. There isn't a day that goes by that I don't worry about my kids!

As the mom of a four-year-old and a six-year-old, I sometimes feel overwhelmed. My kids are the most important things in my life, but I sometimes get so caught up in trying to be the best mom possible that I forget to take care of myself in the process. That self-neglect can make me feel worn out, stressed and unhealthy.

It took me years to realize that ignoring my needs wasn't actually helping me take care of my kids' needs. In fact, the less I focused on my needs, the less vibrant and healthy I felt, and the more difficult it became to deliver on my kids' wants and needs. When I did finally take the time to take care of myself, I not only had more energy, which translated into better interaction with my kids, but I felt so much happier. A healthy mom is a happy mom and a happy mom is a better mom!

So how do you stay healthy — and happy — when you're struggling to manage it all and be the best mom possible? Following these seven simple tips can help:

1. Find some "me time."

You deserve a break. Carve out some alone time, walk around your local farmers' market, cuddle up somewhere quiet and read a book or your favorite magazine. Give yourself a facial or simply take a long hot bath. Focusing on just you



— even if only for a short period of time — can really help you stay calm during an otherwise hectic life.

2. Exercise.

Don't let your workout get pushed off. Schedule your exercise just like you would an important work meeting or a parent-teacher conference. Also, schedule your exercise first thing in the morning, because it may help you stick to a regular routine.

3. Have a night out.

Whether it's a date with your husband (or significant other) or a girls' get-together, make reconnecting with loved ones and friends a priority. A night out without kids can really be a relationship booster. In fact, a study released by the National Marriage Project reported the couples who spent time together at least once a week were three times more likely to report being "very happy" in their marriages. And women who participate in a weekly or monthly girls' night out often say that the time with their girlfriends makes them a better wife, mom and person.

4. Get enough sleep.

Getting adequate sleep is not only

important to your health, but it also boosts your mood, improves creativity, reduces stress and makes it easier to lose weight. If you have to get up early for work or to get the kids off to school, try going to bed just 30 minutes earlier — that 30 minutes could make a huge difference in your day and your happiness!

5. One-on-one time.

Children want to feel special. If you have more than one child, try to spend one-on-one time with each of them. Not only will your child love the attention, but it will also give you tremendous joy. Whether you have one child or five, make sure you have special "mommy and me" time with your kids.

6. Eat right.

Providing your body and mind with the nourishment it needs can increase your energy, improve your mood, help you sleep better and reduce stress and anxiety. Steer clear of highly processed foods and excess sugar and focus on a diet that's fresh and wholesome. Increase your consumption of fruits, vegetables and whole grains and, if possible, eat organic.

7. Be positive.

Sadly, we're often the ones who sabotage our own happiness without even realizing it. Negativity can bleed into many other aspects of our lives, preventing us from reaching our full potential and hindering our overall happiness. Change your thinking from negative to positive and you can change your life!

If you're a mom, how do you stay healthy and happy?

H&L

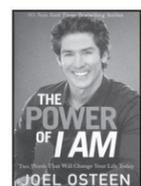
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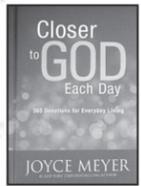
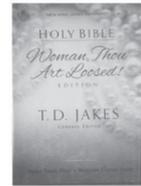
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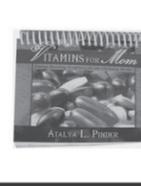
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BE A BETTER MOM!

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

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

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

2. Set good standards. Expect your kids to try hard at school, to treat authorities with courtesy, and to follow parental guidelines. When you lower the bar or issue contradictory mandates, the kids will become confused and possibly get off track.

Clearly explain what you want them to do, and if applicable, tell them why. Start when they are young and they will never know to do anything else until they become teens and are exposed to other ideas and examples.

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



The child comes home from his first day at school. Mother asks, 'What did you learn today?' The kid replies, 'Not enough. I have to go back tomorrow.'

* Things Mom Would Never Say

1. "How on earth can you see the TV sitting so far back?"

2. "Yeah, I used to skip school a lot, too"
 3. "Just leave all the lights on ... it makes the house look more cheery"
 4. "Let me smell that shirt -- Yeah, it's good for another week"
 5. "Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day"
 6. "Well, if Timmy's mom says it's OK, that's good enough for me."

7. "The curfew is just a general time to shoot for. It's not like I'm running a prison around here."
 8. "I don't have a tissue with me ... just use your sleeve"

* If it's true that girls are inclined to marry men like their fathers, it is understandable why so many mothers cry so much at weddings.

Tips for a Healthy Pregnancy

Feel great while taking good care of yourself and your baby.



Staying Healthy During Pregnancy

If you're thinking about getting pregnant -- or if you already are -- you probably know some of the basics about taking care of yourself and the baby. Don't smoke. Don't drink. Get your rest. Here are more tips, from taking vitamins to what to do with the kitty litter, that can help ensure a safe and healthy pregnancy.

- Special clothing you'd like to wear
 - Whether you want music or a special focal point

- Whether you want pain medications, and what kind
 - What to do if complications arise.

Take a Prenatal Vitamin

Even when you're still trying to conceive, it's smart to start taking prenatal vitamins. Your baby's neural cord, which becomes the brain and spinal cord, develops within the first month of pregnancy, so it's important you get essential nutrients, like folic acid, calcium, and iron, from the very start.

Prenatal vitamins are available over the counter at most drug stores, or you can get them by prescription from your doctor. If taking them makes you feel queasy, try taking them at night or with a light snack. Chewing gum or sucking on hard candy afterward can help, too.

Exercise

Staying active is a must for most moms to be. Regular exercise will help you control your weight, improve circulation, boost your mood, and help you sleep better. Plus, getting into an exercise habit now will help you set a good example for your child after she's born.

Pilates, yoga, swimming, and walking are all great activities for most pregnant women, but be sure to check with your doctor first before starting any exercise program. Aim for 30 minutes of exercise most days of the week. Listen to your body, though, and don't overdo it.

Write a Birth Plan

Determined to have a doula? Counting on that epidural? Write down your wishes and give a copy to everyone involved with the delivery. According to the American Pregnancy Association, here are some things to consider when writing your birth plan:

- Who you want present, including children or siblings of the baby
- Procedures you want to avoid
- What positions you prefer for labor and delivery

E d u c a t e Yourself

Even if this isn't your first baby, attending a childbirth class will help you feel more prepared for delivery. Not only will you have the chance to learn more about childbirth and infant care, but you can ask specific questions and voice any concerns. You'll also become more acquainted with the facility and its staff.

Now is also a good time to brush up on your family's medical history. Talk to your doctor about problems with past pregnancies, and report any family incidences of birth defects.

Practice Kegels

Kegels strengthen the pelvic floor muscles, which support your bladder, bowels, and uterus. Done correctly, this simple exercise can help make your delivery easier and prevent problems later with incontinence. The best part: No one can tell you're doing them, so you can practice kegels in the car, while you're sitting at your desk, or even standing in line at the grocery store. Here's how to do them right:

- Practice squeezing as though you're stopping the flow of urine when you use the bathroom.
- Hold for three seconds, then relax for three.
- Repeat 10 times.

Change Up Chores

Even everyday tasks like scrubbing the bathroom or cleaning up after pets can become risky when you're pregnant. Exposure to toxic chemicals, lifting heavy objects, or coming in contact with bacteria can harm you and your baby. Here are some things to (hooray!) take off your to-do-list:

- Heavy lifting
- Climbing on stepstools or ladders
- Changing kitty litter (to



avoid toxoplasmosis, a disease caused by a parasite which cats can carry)

- Using harsh chemicals
- Standing for long periods of time, especially near a hot stove

Also, wear gloves if you're working in the yard where cats may have been, and wash your hands thoroughly after handling raw meat.

Track Your Weight Gain

We know -- you're eating for two. But packing on too many extra pounds may make them hard to lose later. At the same time, not gaining enough weight can put the baby at risk for a low-weight birth, a major cause of developmental problems. Recently the Institute of Medicine (IOM) issued new guidelines for weight gain during pregnancy. Here's what the IOM recommends, based on a woman's BMI (body mass index) before becoming pregnant with one baby:

- Underweight: Gain 28-40 pounds
- Normal weight: Gain 25-35 pounds
- Overweight: Gain 15-25 pounds
- Obese: Gain 11-20 pounds

Check in with your doctor frequently to make sure you're gaining at a healthy rate.

Go Shoe Shopping

At last -- a perfect excuse to buy shoes! As your bump grows, so may your feet -- or at least they may feel like they are. That's because your natural weight gain throws off your center of gravity, putting extra pressure on your tootsies. Over time this added pressure can cause painful over-pronation, or flattening out of the feet. You may retain fluids, too, which can make your feet and ankles swell.

The tragic story behind Mother's Day

By Raman Nijjar , CBC News



Mother's Day has become an internationally recognized day of celebration, but its beginnings were bittersweet.

Mother's Day, which falls this year on May 14, is meant to be a joyous event, but the story behind this greeting-card occasion is actually quite tragic.

The concept dates back to the 1600s in England. Taking place on the fourth Sunday of Lent, "Mothering Sunday" was an annual opportunity for Christians to visit their hometown church. It slowly evolved, as children working far away as domestic servants came back home to spend time with their mothers and family.

The modern version of Mother's Day took form in the early 20th century, thanks to Ann Marie Reeves Jarvis and her daughter Anna. Born in 1832 in Virginia, Ann Marie was a social activist whose goal was to improve health and sanitary conditions inside community households.

Her Mother's Day Work Clubs raised money for medicine and hired help for moms suffering from tuberculosis.

During the American Civil War, Ann Marie lost four of her children to disease; in total, eight of her 12 offspring died before reaching adulthood. Despite her personal tragedies, Ann Marie never stopped her community service.

"Ann Marie justified being involved in community actions in the name of motherhood. When she envisioned Mother's Day, it was more about community service," says Katharine Antolini, a professor of history at West Virginia Wesleyan College who wrote her dissertation

on Mother's Day. "It wasn't about thanking your mother for all she did." Ann Marie died on the second Sunday in May of 1905. After she passed away, her daughter Anna made it her mission to make Mother's Day a holiday — not only to honour her mother, but all mothers.

On the second Sunday in May of 1907, Anna held a small memorial service for her mother at Andrews Methodist Episcopal Church in Grafton, Va. The mourners present received a white carnation, which had been Ann Marie's favourite flower. Anna organized another one a year later, and this service is generally accepted as the first official Mother's Day event.

Anna envisioned Mother's Day as a celebration of the home and all that your mother did for you.

"That is why part of her celebration was to come visit your mother on that day," says Antolini. "You're thanking your mother for all the sacrifices she has made for you. So if you can't be at home that day, you send her a handwritten letter."

To further the cause, Anna created the Mother's Day International Association in 1912. The group was intended to promote the day and organize events. But Anna soon began to resent the commercial aspect of the occasion.

"Instead of honestly expressing your deep appreciation for your mother in a lengthy letter, you sent a greeting card," says Antolini, who claims Anna felt like "her holiday" was being exploited by the flower, stationery and candy industries.

Anna was most upset with florists, who in her mind had exploited the white carnations she had first handed out as a symbol of her mother. According to Antolini, carnations were relatively inexpensive in 1908, costing only half a cent; by 1912, a white carnation was about 15 cents, and by 1920, some florists were charging a dollar.

(Mother's Day is now the second-busiest day of the year for florists, after Valentine's Day.)

Anna Jarvis, seen in a 1928 photo, is acknowledged as the founder of Mother's Day. (Associated Press)

To combat the commodification of the white carnation, Anna created a button that she gave out for free so people wouldn't have to buy the real flower.

Determined to make her anti-consumerist point, Anna copyrighted the words "Mother's Day," as well as the emblem of the white carnation. According to Antolini, Anna felt that Mother's Day was her intellectual and legal property. In 1923, Anna threatened to sue the New York Mother's Day Committee because they planned to hold a large Mother's Day celebration. The event was eventually canceled.

In 1925, Anna stormed a Philadelphia convention of the American War Mothers, a non-profit support group of women whose sons served in the armed forces. They were holding their own Mother's Day tribute and used the white carnation emblem. Anna was arrested for crashing the meeting and charged with disorderly conduct. The charges were later dropped.

"Many people called her crazy, but I don't think that is fair. She was very defensive. In her mind, it was her day," says Antolini.

Anna became so consumed with her battle that a number of her friends arranged for her to be admitted into an asylum in 1944. She died four years later, at the age of 84, with no money or children.

Of course, since then, Mother's Day has become even more of a cash cow. In addition to Hallmark card lines and gourmet chocolates, Mother's Day gifts now include everything from purses and handbags to diamond rings and spa packages. Antolini believes Anna would be happy the day is celebrated internationally and that it has survived so long.

"But Anna would not appreciate the excessive amount of consumerism associated with Mother's Day today," says Antolini. "The real meaning of the day is lost. Anna would also not like the fact her name has been lost within the evolution of Mother's Day."

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Happy Mother's Day



An efficiency expert concluded his lecture with a note of caution. "You don't want to try these techniques at home." "Why not?" asked somebody from the audience. "I watched my wife's routine at breakfast for years," the expert explained. "She made lots of trips between the refrigerator, stove, table and cabinets, often carrying a single item at a time. One day I told her, 'Hon, why don't you try carrying several things at once?'" "Did it save time?" the person in the audience asked. "Actually, yes," replied the expert. "It used to take her 20 minutes to make breakfast. Now I do it in seven."

* A woman's husband had been slipping in and out of a coma for several months, yet she had stayed by his bedside every single day. One day, when he came to, he motioned for her to come nearer. As she sat by him, he whispered, eyes full of tears, "You know what? You have been with me all through the bad times. When I got fired, you were there to support me. When my business failed, you were there. When I got shot, you were by my side. When we lost the house, you stayed right here. When my health started failing, you were still by my side. You know what?" "What dear?" she asked gently, smiling as her heart began to fill with warmth. "I think you're bad luck."

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Mother's Day By The Numbers

By Heather Struck, Forbes Staff



National Retail Federation (NRF) expects consumers to spend \$2.7 billion on jewelry this Mother's Day, a 29% increase from last year.

Poor Mom. It's not that we don't all love her, but with the bum economy, the houses we can't sell and fears of a Wall Street meltdown, we're just not looking to spend, you know, as much on her this year. So while the \$15.8 billion the National Retail Association says Americans will shell out for Mother's Day in 2008 sounds like a lot—and it is 38% more than in 2005—it's just about the same as what we spent last year.



"Consumers will be very cautious with their wallets this Mother's Day, heeding Mom's advice that she really doesn't need much," Phil Rist, spokesperson for BIGResearch, the group that collected the data for the NRF study, said in a press release. "Gas prices and other economic issues will still be at the forefront of people's minds as they shop around for the perfect gift for Mom."

The NRF predicts that of the 84.2% of consumers celebrating Mother's Day, the majority will invest in "one major gift for mom instead of several smaller gifts." The researchers expect \$3 billion to get plunked down on restaurant tabs, \$1.2 billion on electronics (including digital photo frames and cameras), \$2 billion on flowers and \$672 million on greeting cards.

A caveat—the polling data BIGResearch gathered for the survey was collected during the first week of April, from about 8,000 consumers who were

asked what they expected to spend on Mother's Day. Since then, fuel prices have popped almost 30 cents, hitting \$3.61 per gallon on average this week, compared with \$3.32 a month ago, according to AAA. "This could cause a hit in the numbers," says NRF's Kathy Grannis.

Still, the holiday has a couple of trends on its side. Shoppers who spend the most on Mother's Day are among America's most free-spending—the 18- to 24-year-old set is expected to run up, on average, \$170.71 for Mother's Day, compared with \$153.17 for 25- to 34-year-olds and \$145.86 for consumers between 35 and 44. The youngest group, Grannis says, not only has fewer personal bills but more "mothers" to shop for: grandmothers, sisters, spouses, daughters and in-laws, all of whom may deserve Mother's Day well-wishes.

Then there's the cultural reality that, regardless of the economic situation, people spend money on holidays even if it means cutting back elsewhere. Mother's Day is one of those times. It remains third on the list of holidays when consumers spend the most (behind Christmas

and Valentine's Day).

And bling's still the thing. While NRF says sales of diamonds and other gifts that come in small boxes will account for 29.7% of Mother's Day sales, compared with last year's 32.8%, they expect overall jewelry sales to hit \$2.7 billion, a surprising 29% increase from last year's

total.

The dollar amount the NRF predicts will be spent on the holiday is about the same as last year, suggesting flat consumer activity due to the struggling economy. However, adds NRF spokesman Scott Krugman, "people are clearly planning to use their money in different ways, so gifts have a more meaningful impact when money is tight. Jewelry is such a personal gift, it just makes a lot of sense." Also hot: pampering mom. Major cities now teem with spas and nail salons, creating a whole new way to celebrate Mother's Day. Expect \$1.1 billion to be spent on "personal service" gifts like these.

"Gift certificates are always popular during holidays, and we have noticed that Mother's Day is a time when they sell well" says Brook Temner of Bliss spas in New York City, adding that people tend to send Mom for a massage or facial. The anti-aging "Youth As We Know It" facial, a popular choice for Moms, is \$185. Just don't tell her she needs it, and she'll be thrilled.

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A woman went to her doctor's office. She was seen by one of the new doctors, but after about 4 minutes in the examination room, she burst out screaming and ran down the hall. An older doctor stopped her and asked what the problem was, and she explained. He had her sit down and relax in another room. The older doctor marched back to the first and demanded, "What's the matter with you? Mrs. Terry is 63 years old, she has four grown children and seven grandchildren, and you told her she was pregnant?" The new doctor smiled smugly as he continued to write on his clipboard. "Cured her hiccups though, didn't it?" *

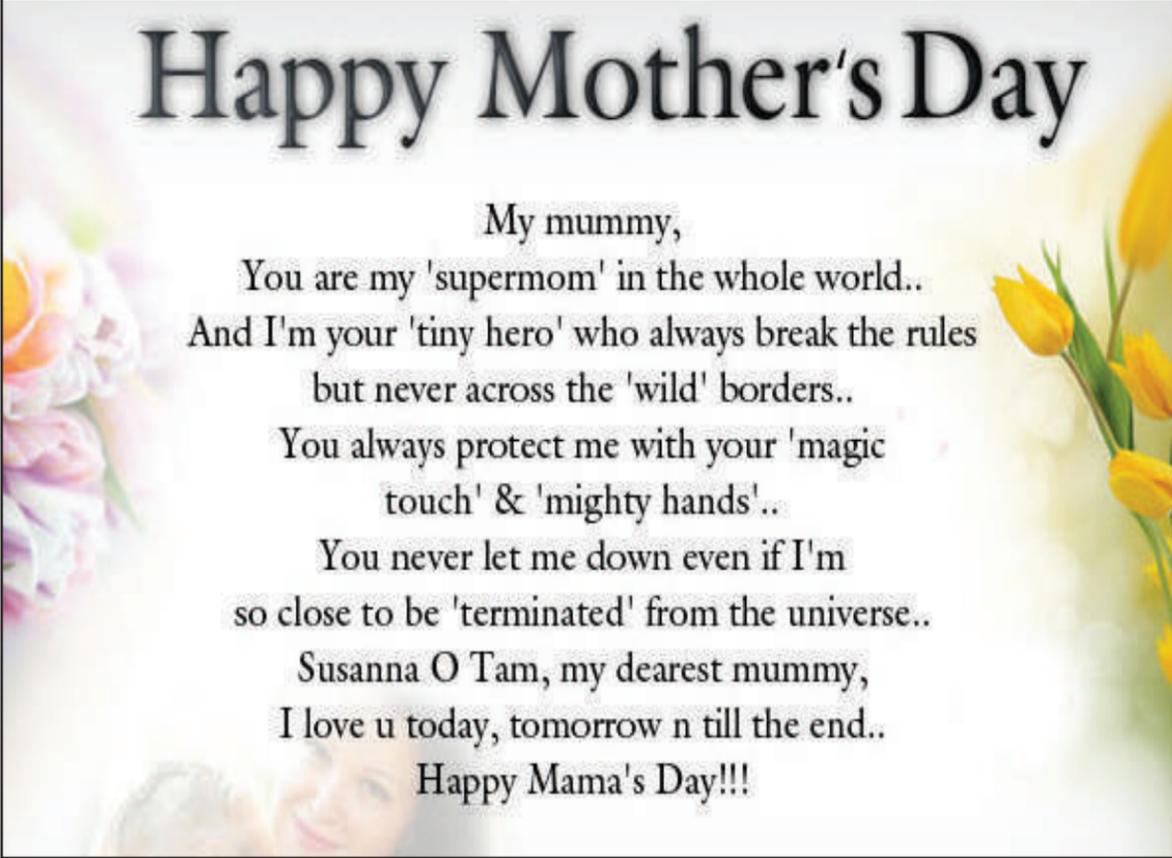
As the family gathered for a big dinner together, the youngest son announced that he had just signed up at an army recruiter's office. There were audible

gasps around the table, then some laughter, as his older brothers shared their disbelief that he could handle this new situation. "Oh, come on, quit joking," snickered one. "You didn't really do that, did you?" "You would never get through basic training," scoffed another. The new recruit looked to his mother for help, but she was just gazing at him. When she finally spoke, she simply asked, "Do you really plan to make your own bed every morning?" *

"Is your mother home?" the salesman asked the small boy. "Yeah, she's home," the boy said, scooting over to let him past. The salesman rang the doorbell, got no response, knocked once, then again. Still no one came to the door. Turning to the boy, the fellow said, "I thought you said your mother was home!" The kid replied, "She is; but this isn't where I live."

Happy Mother's Day

My mummy,
You are my 'supermom' in the whole world..
And I'm your 'tiny hero' who always break the rules but never across the 'wild' borders..
You always protect me with your 'magic touch' & 'mighty hands'..
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A Pillar in Zion



By Apostle Kenneth A. Miller

² Honour thy father and mother; which is the first commandment with promise;³ That it may be well with thee, and thou mayest live long on the earth.

Ephesians 6:2-3 King James Version (KJV)

Life can be likened to a building. Every building is founded upon a sturdy foundation and undergirded with strong pillars to hold up the infrastructure. If we look at the pillars that help to hold up our lives, we would indeed look at our mothers.

Throughout time, mothers have pushed their children to achieve remarkable feats and break pass the limitations presented to them. Mary, the mother of Jesus Christ, found the perfect opportunity for her beloved son to display His manifold power in presence of other young men.

We can call this instance 'Water to Wine'! Undoubtedly, mothers have been given the distinct ability to peer through the fleshy tendency of their children and see the treasure hidden in them. They are able to nudge them enough to tap into unknown ventures, so those hidden gifts can rise to the opportunities of success. Mothers are pillars of purpose and gift activation for their children!

Beyond seeing the gifts and activating them, mothers are also nurturers and cultivators. They groom their children morally, so they can become productive individuals no matter where they go in life.

Mothers take on the permanent position of teacher and instill morals, values and life guiding truths which act as guardrails to keep their children focus on the positive factors of every situation. Above all else, they are exemplars of peace and hope to those who come under their wings of love. Mothers, being pillars in Zion, hold them up with words of encouragement and love to help them to continue fighting the good fight of faith.

Even though, it is never fully recognized, mothers make major sacrifices for their children. For instance, so her son can have a greater chance to live, Moses' mother sent him down the river to avoid the death decree of the Pharaoh.

We later understand that Pharaoh's daughter found and took him as her own son, and through divine intervention, Moses' mother was chosen as his caregiver! Amazingly, after these initial statements, we hear little about her anymore.

Can you imagine hearing about your child's excellence but can never be fully apart of it? Can imagine if she did not send Moses down the river? Her sacrifice of love for Moses opened the door for the Children of Israel to be freed from the hands of the Egyptians. Mothers are those pillars which carry the majority of the building's weight and never complain about it.

To the mothers reading this article today, be encouraged knowing that your work is not in vain! Your labour of love and words of strength have not fallen on deaf ears. God has seen your tears and shall give you double honor for your contribution to this world. You have done your part now allow God to His! Shalom and Happy Mother's Day!

Fun Things to Do With Mom That Aren't Mother's Day Brunch

Go on a Weekend Getaway: If your relationship is on the Rory-Lorelei side of the spectrum, you can probably handle a fun weekend getaway. Try a relaxing spa package, a museum-centric urban destination or something a little more outdoorsy like whitewater rafting or mountain biking.

Thrift 'Til You Drop: Retail therapy is a relaxing activity for many a mom, but why not be a little more adventurous and hit up some local shops?

Make Her Fave Food Into a DIY Spread: Is mom crazy for popcorn, or does she dig donut holes? Set up a fun, festive DIY food bar for the whole fam featuring her favorite snacks.

Mother-Daughter Yoga: Maybe you've got a Lululemon-sporting lady, or she's never even said "namaste." Either way, a grown-up version of a Mommy-and-Me yoga class can be a great way to bond and relax together.

5. Go Camping: Pack up some gear and tent it for a night, or just find a picturesque place to hike, picnic.

Do Karaoke: Put all that car-ride harmonizing to good use at your favorite karaoke spot. Bonus points if you serenade her with Sting.

Host a Game Night: Gather all of Mom's favorite board games and take care of the snacks, drinks and clean-up. All she needs to do is show up and have fun.

Hit Up the Dive Bar: Proceed at your own risk. If you're not careful, mom just might drink you under the table. Maybe Dad can be sober cab...

Make Homemade Face Scrubs: Thrifty, beauty product-loving moms will be thrilled that they can make their favorite face scrubs at home.

Bust Out the Pink Foam Rollers: When else are you going to use these beauty relics? Might as well experiment on each other's hair, and have some LOLs while you do it.

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The newlywed wife said to her husband when he returned from work, "I have great news for you. Pretty soon, we're going to be three in this house instead of two."

Her husband ran to her with a smile on his face and delight in his eyes. He was glowing of happiness and kissing his wife when she said, "I'm glad that you feel this way since tomorrow morning, my mother moves in with us."

A young man agreed to baby-sit one night so a single mother could have an evening out. At bedtime he sent the youngsters upstairs to bed and settled down to watch football. One child kept creeping down the stairs, but the young man kept sending him back to bed. At 9pm the doorbell rang, it was the next-

door neighbor, Mrs. Brown, asking whether her son was there. The young man brusquely replied, "No." Just then a little head appeared over the banister and shouted, "I'm here, Mom, but he won't let me go home!"

Little Johnny had finished his summer vacation and gone back to school. Two days later his teacher phoned his mother to tell her that he was misbehaving. "Wait a minute," she said. "I had Johnny with me for three months and I never called you once when he misbehaved."



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COOKING

Recipes

Shrimp Bisque

Ingredients

- 1 tablespoon butter
- 1 pound peeled and deveined medium or large shrimp, chopped
- kosher salt and black pepper
- 2 tablespoons brandy
- 2 14.5-ounce can tomato soup
- 1 cup heavy cream
- 1 tablespoon chopped fresh chives

Instructions

Melt the butter in a medium saucepan over medium heat. Season shrimp with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, tossing occasionally, until opaque throughout, 3 to 4 minutes; transfer to plate. Add the brandy to the pan, then the tomato soup and the heavy cream, and simmer until heated through and slightly thickened, 4 to 5 minutes. Ladle the soup into bowls and top with the shrimp and the chives.



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Q: Why is a Laundromat a really bad place to pick up women?

A: Because a woman who can't even afford a washing machine will probably never be able to support you.

Little Johnny's new baby brother was screaming up a storm. He asked his mom, "Where'd we get him?" His mother replied, "He came from heaven, Johnny." Johnny says, "WOW! I can see why they threw him out!"

Q: Should I have a baby after 35?

A: No, 35 children is enough.

Q: How long is the average woman in labor?

A: Whatever she says divided by two.

George knocked on the door of his friend's house. When his friend's mother answered he asked,

"can Albert come out to play?"
"No," said the mother, "it's too cold."
"Well, then," said George, "can his football come out to play?"

Q: I'm two months pregnant now. When will my baby move?
A: With any luck, right after he finishes college.

Q: How will I know if my vomiting is morning sickness or the flu?
A: If it's the flu, you'll get better.

Q: What is the most common pregnancy craving?
A: For men to be the ones who get pregnant.

Q: What is the most reliable method to determine a baby's gender?
A: Childbirth.

Q: The more pregnant I get, the more often strangers smile at me. Why?

A: 'Cause you're fatter than they are.

Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational.
A: So what's your question?

Q: My childbirth instructor says it's not pain that I'll feel during labor, but pressure. Is she right?
A: Yes, in the same way that a tornado might be called an air current.

Q: Is there any reason I have to be in the delivery room while my wife is in labor?
A: Not unless the word "alimony" means anything to you.

Q: Does pregnancy cause hemorrhoids?
A: Pregnancy causes anything you want to blame it for.

Q: Do I have to have a baby shower?
A: Not if you change the baby's diaper

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BIMINI	3:30 PM	FREEPORT	4:00 PM	DAILY	\$189.00	\$97.00
FREEPORT	7:00 AM	MARSH HARBOUR	7:45 AM	DAILY	\$199.00	\$103.00
FREEPORT	4:00 PM	MARSH HARBOUR	4:45 PM	DAILY	\$199.00	\$103.00
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NASSAU	2:00 PM	STANIEL CAY	2:45 PM	DAILY	\$214.00	\$118.00
NASSAU	8:00 AM	BLACK POINT	8:45AM	DAILY	\$214.00	\$118.00
NASSAU	2:00 PM	BLACK POINT	2:45PM	DAILY	\$214.00	\$118.00
NASSAU	8:00 AM	FARMER'S CAY	8:45AM	MON, WED, FRI, SAT, SUN	\$225.00	\$128.50
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NASSAU	4:00 PM	MANGROVE CAY	4:40 PM	DAILY	\$160.00	\$90.00

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A Centenarian Tribute

"A dedicated and stalwart member of Upper Zion, she was elevated to the post of Deaconess..."



Lottie Mable Thomas-Russell was born on Water Cay on May 30th 1917 to Arthur Thomas and Mathilda Hield-Thomas. She received her early education at the Water Cay All Age School. She became a born again Christian at the tender age of 16, and has been selflessly serving the Lord ever since. She also taught Sunday school for many years at Ebenezer Baptist Church (Water Cay).

On April 19, 1939, she married Horatio Franklyn Russell and was a God-fearing, faithful and loyal wife to her mate until his demise on February 20, 2001. This union produced ten (10) children: five boys and five girls, 32 grand-children, 55 great-grand children, and 13 great- great grandchildren. At thirty-one, she became a mid-wife and was responsible for the healthy and safe delivery of many children born on Water Cay.

In addition to her time as a mid-wife, Mable also was gifted with an entrepreneurial spirit.

She became one of the first Straw Vendors in Grand Bahama Island, travelling frequently between Water Cay and Freeport Grand to sell her goods through Reese Tour Company, and in West End to tourists.

She relocated to Lewis Yard, Grand Bahama in 1965 where she and her late husband built "The Mission House" which served as a meeting place for revivals every Monday, Wednesday, Friday and Sunday nights. During this time, Mother Russell (as she was affectionately called) also evangelized on the streets of Lewis Yard and Pinder's Point spreading the word of God. Then in 1967, she joined Upper Zion Baptist Church in Pinder's Point where she serves as an elder.

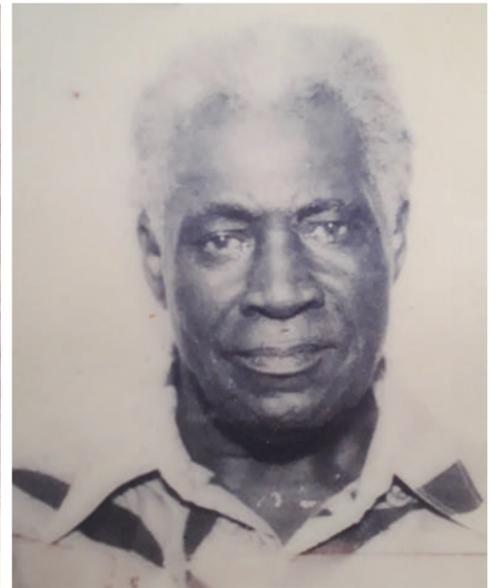
A dedicated and stalwart member of Upper Zion, she was elevated to the post of Deaconess on 12 April 1981 and was crowned Mother of the Year in 1988 and 1991. In addition, she was ordained an Evangelist at Zion Baptist Church Nassau/Pinder's Point, on 19 February 1999 under the auspices of Rev. Green and Rev. Wellington Pinder.

Mother Russell is still an active member of her church and sings

alto in the choir. Her favorite hymns are: My Savior First of All, Safe in the Arms of Jesus, There were Ninety and Nine, The Hem of His Garment, That City of Gold, That will be Glory for Me, Jesus Use Me and I Shall Know Him as I am known.

On February 9, 2015, at the ripe age of 97, Mable Russell became a published author of short sermons on Amazon. How is that for the elderly nation? However, she remains an independent, healthy and strong God Fearing lady and continues to operate her straw boutique in Lewis yard. She also makes a variety of jams, such as, Sea grape, Mango & Guava, bakes delicious coconut/pineapple tarts, corn and potato bread for her loved ones and close friends; (WITH HELP FROM HER CHILDREN).

She occasionally visits the sick in hospital and prays with them. She is a prayer partner to many, starting in the wee hours of the morning. She is an avid gardener harvesting various homegrown produce; and still conducts her own private business such as preparing her grocery list, managing her straw boutique and paying her household bills.



One day a blonde came home from school and came to her mother and said, "Hey, Mommy! Mommy! Today in school we learned to count. The other kids could only count to three but I can count to Ten..... 1, 2, 3, 4, 5, 6, 7, 8, 9, 10! "The mother responds, "Very good honey." The blonde asks, "Is that because I'm a blonde mommy?" And the mother responds, "Yes dear." Next day the blonde came home and went to her mother and said, "Today in school we learned our ABCs! The other kids could only get to D but I can get to K! A, B, C, D, E, F, G, H, I, J, K!" The mother says, "Very good honey." The blonde then asked, "Is that because I'm a blonde, Mommy?" The mother responds, "Yes dear." The third day the blonde came home from school and said to her mother, "Mommy today in school we went swimming! But I was the only girl who had breasts. Is that because I'm a blonde, Mommy?" And the mother responds, "No Honey, it's because you're twenty-five."

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

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

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A man goes to his doctor and says:
 "I don't think the hearing of my mother-in-law is as good as it used to be, what should I do?"
 The doctor replies:
 "Try this test to find out for sure. When your mother-in-law is in the kitchen doing dishes, stand fifteen feet behind her and ask her a question, if she doesn't respond keep moving closer asking the question until she hears you." The man goes home and sees his mother-in-law preparing dinner. He stands fifteen feet behind her and says: "What's for dinner today?"
 No response. He moves to ten feet behind her and asks again, no response. Five feet, no answer. Finally he stands directly behind her and says:
 "Hey, what's for a supper?"
 She says:
 "For the fourth time, I SAID CHICKEN!"
 *

There was a little boy named Johnny who used to hang out at the local corner market. The owner didn't know what Johnny's problem was, but the boys would constantly tease him. They would always comment that he was two bricks shy of a load, or two pickles short of a barrel.
 To prove it, sometimes they would offer Johnny his choice between a nickel (5 cents) and a dime (10 cents) and John would always take the nickel - they said, because it was bigger. One day after John grabbed the nickel, the store owner took him aside and said, "Johnny, those boys are making fun of you. They think you don't know the dime is worth more than the nickel. Are you grabbing the nickel because it's bigger, or what?" Slowly, Johnny turned toward the store owner and a big grin appeared on his face and Johnny said, "Well, if I took the dime, they'd stop doing it, and so far I have saved \$20!"

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Woman To Woman...
CALLING ALL MOTHERS!

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

Your day is on the horizon and for most of us, the one day of the year that you get to be totally selfish is almost here! Mothers Day! This is the day you get a pass and on this day no one expects ANYTHING from you! No meals, no housekeeping duties, no taxi duties and certainly no stress! To be honest, if only for these reasons alone, it is a day I look forward to. I get the right to be totally lazy and no one has the guts to open their mouths to say a word. And ladies, oh my goodness, don't we need it!

We need time to relax, to wind down, to take a break, to just breathe but unfortunately, we mothers take very good care of everyone else but fail miserably at taking care of ourselves. And this costs us dearly. We can sometimes become so burnt out that our lives start to become so mundane, so stressed and so unfulfilled.

We feel guilty when we make time for ourselves because our lives revolve around the people we love. We lose who we are and who we are in Christ. As a believer and a person, I am so much more than someone's mother, or someone's wife or someone's employee. And even though the role of a mother, I would say, is one of the most, if not the most vital job on earth, it is still not the entirety of your existence. Unfortunately, many moms do subscribe to this type of mindset. The result is we have stressed out mothers, unhappy mothers and so many "lost" mothers, that I consider it a travesty.

As a mother of three, I fight my own battles with many of the above scenarios, but I remember that above all else, my purpose is to serve God. That I am so loved by my God and that I am fearfully and wonderfully made. My purpose in this life is not to just be a mother but to ensure that when my years of mothering are over (let's say 60 years or so), I am confident that where I will spend eternity is secure. That is even more important than our "now" on earth. Am I downplaying the importance of being a good mother? Of course not, but what I am saying is sometimes, we need to take a step back and change our perspective. And I say

that because as mothers, our children become our world, our idols, our everything! We pour all of our hearts and souls into mothering at the detriment of our marriages, our relationship with God and ultimately ourselves. We put them on pedestals that they really don't deserve to be on and we are crushed when they do not meet our expectations or worse hurt us. But guess what? This is life and they too are imperfect, selfish little beings. At the end of it, there is really only one man that can ever be placed on that pedestal and that is Christ who is perfect and was perfect in every way. No human being should be expected, be it our children or other loved ones to be perfect. It isn't fair to them.

Now, ladies, I am there with you. I lived this. I became a mother for the first time at 19 years old and immediately dedicated my life to my child. Everything I did was for him and he became my first priority. I lost myself in him and soon enough I was a mother again and then I lived for my two children and so it goes for so many of us. The problem is, I totally lost who I was! I didn't mean to, but somehow I became consumed with being a mother. I felt like I had to try and be this perfect person and of course, this never ever works as it is an impossibility.

So... around the age of 40 years old, that is right, 40 years old I came to realize that I am so much more than just a mother. That God has gifted me with talents and abilities and that it is his desire for me to use those to fulfill my purpose in this world and to bring glory to his name. That you know what, if my child is not the top of the class because I can't dedicate 20 hours a week to study with him, it is ok. That if I need to take a weekend away to refresh MYSELF without my children, it is ok.

That if they have to get up and prepare their own breakfast so that I can get my time with God in, that is ok. That if sometimes I am too tired to cook because I have had a long day, I don't have to. And that when they become adults (I have 1 adult child) and go contrary to what I would like for them to do... guess what.. that is ok to. These things cannot be burdens that I bear and they certainly do not make me a bad mother; they make me human. So again, I say perspective. The way you look at mothering can make it an enjoyable journey or a wretched one. You choose.

Really and truly, above all else, contrary to popular belief, my first priority is not to my child but to my God. I cannot sacrifice that relationship in the name of being a mother. Because as time goes on, and it will, these same children, will become grown and get their own lives and you will no longer be involved in their day to day happenings. You will be left there with lots of free time and by God's grace with your spouse and you will be lost! Why? Because your children were your life! You weren't involved in your church, your community, sports, or even your spouse because you were so wrapped up with your children that everything and everyone else in your life was neglected. Think about it. Some things just aren't that serious and the compulsion to be everything to everyone will only drive you into the ground. We become so uptight and think to ourselves, our children can't live without us. Reality check; yes they can! And God forbid they have to, they will.

So I say alllllll of that to say this. Enjoy your role as a mother, but remember that that is not all that you are called to be. You are a woman, a child of God, and as such you deserve to live a life that is abundant in peace, love and happiness. But you have to be intentional about it and make the time to take care of yourself. Feed yourself with the word, with positive past times and sometimes just "chillax". Don't let the children dictate your life to the point where YOU become lost.

Pursue those dreams, go on that girls' trip, take that course, set aside that day to order fast food, make that time for prayer and devotion to God, live a little. Time is so precious and we can never get it back. So as we mother and this aint no easy job, enjoy the ride! Children are truly a blessing but they can feel more like a burden if we become too obsessed with our role as a mother. They are not your all in all. Yes, they are an integral part of your life but be careful that they do not become your life.

In conclusion, I congratulate all you awesome mothers out there, because being a good mother is hard work. It is a full time job, we never get off, we never get sick days and in the end we are definitely underpaid. Lol. But as the saying goes, motherhood is for sure a privilege and through all the ups and downs that come with it, it is definitely still worth it!

Enjoy your Mothers' Day. I join you as we do nothing, be lazy and demand service from all those around us.

Blessings to you all.

As I Look Back...
 As I look back on my life
 I find myself wondering...
 Did I remember to thank you
 for all that you have done for me?
 For all of the times you were by my side
 to help me celebrate my successes
 and accept my defeats?
 Or for teaching me the value of hard work,
 good judgement, courage, and honesty?
 I wonder if I've ever thanked you
 for the simple things...
 The laughter, smiles, and quiet times we've shared?
 If I have forgotten to express my gratitude
 For any of these things,
 I am thanking you now...
 and I am hoping that you've known all along,
 how very much you are loved and appreciated.

Author Unknown



Here is a light hearted presentation of what we all think about our moms, at different points of our lives. Don't get surprised because we all have the same tendency towards our

- mothers!
- 4 Years Of Age - My Mommy can do anything;
 - 8 Years Of Age - My Mom knows a lot! A whole lot
 - 12 Years Of Age - My Mother doesn't really know quite everything.
 - 14 Years Of Age - Naturally, Mother doesn't know that, either
 - 16 Years Of Age - Mother? She's hopelessly old-fashioned
 - 18 Years Of Age - That old woman? She's way out of date
 - 25 Years Of Age - Well, she might know a little bit about it
 - 35 Years Of Age - Before we decide, let's get Mom's opinion
 - 45 Years Of Age - Wonder what Mom

would have thought about it
 65 Years Of Age - Wish, I could talk it over with Mom
 *

A young man moved away from his parents to become a student. Proudly showing off his new apartment to a couple of his friends late one night, he led the way to his bedroom where there was a big brass gong.
 "What's that big brass gong?" one of the guests asked. "It's not a gong. It's a talking clock," the man replied. "A talking clock? Seriously? Asked his astonished friend. "Yup," replied the student. "How's it work?" the 2nd guest asked, squinting at it. "Watch," the student replied. He picked up a hammer, gave it an ear-shattering pound and stepped back. The three stood looking at one another for a moment. Suddenly, someone on the other side of the wall screamed: "You idiot, it's ten past three in the morning!"

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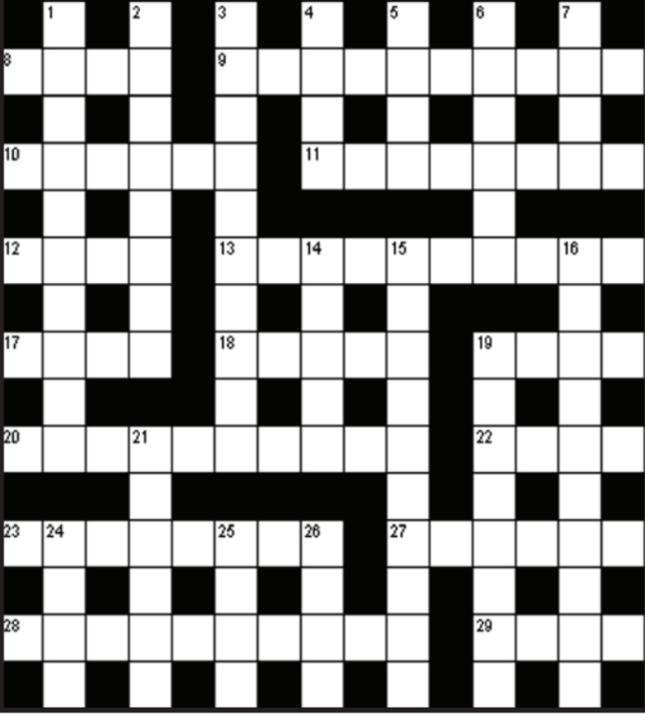
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Crossword Puzzle
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 SOLUTION IS LOCATED IN THE ISSUE



Across
 8 Fat (4)
 9 Naming a candidate (10)
 10 Stationary part of a motor (6)
 11 Memorial (8)
 12 A flightless New Zealand bird (4)
 13 Inability (10)
 17 Used to hold up pants (4)
 18 Court case (5)
 19 Listen (4)
 20 A shield (10)
 22 Misplaced (4)
 23 Penalized (8)
 27 Come back (6)
 28 With the current (10)
 29 Marks on a playing card (4)

Down
 1 Sycophants (10)
 2 Existing only in the mind (8)
 3 Lacking aesthetic sensibility (10)
 4 Islamic prayer leader (4)
 5 In a little while (archaic) (4)
 6 Nuclear (6)
 7 Knowing a secret (4)
 14 Bell (5)
 15 Word that is the same back-to-front (10)
 16 Copy (10)
 19 Peaks (8)
 21 Labor organizations (6)
 24 "Once _____ a time" (4)
 25 Despise (4)
 26 Profound (4)

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Sudoku Solution

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

Crossword Solution

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

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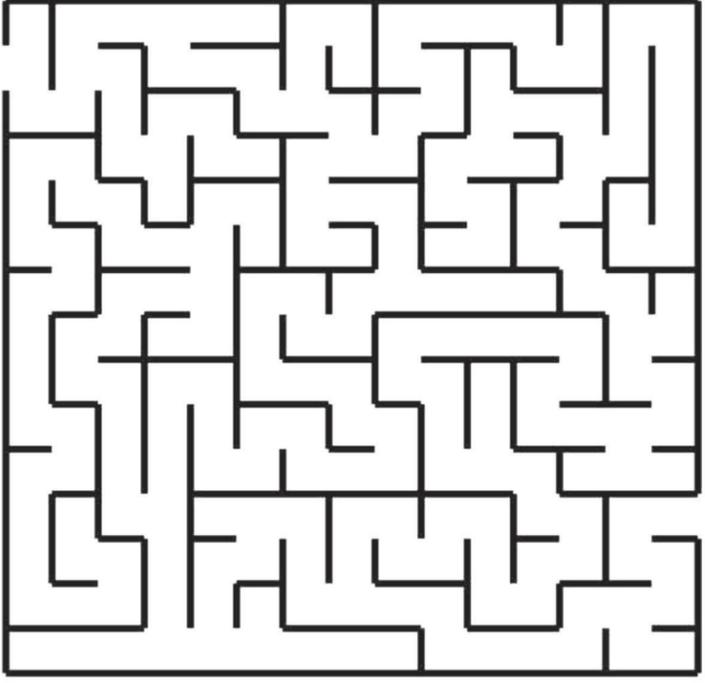
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Y S F D I G R L A Q Y T R A E H J D D T
O S A E L S N I S B R E V O R P O E R A
U E L R O K A I F L D Z T N E G K U B E
T N S S R C B E K O N N K C E C S O D L
H T E T D I D E L E E O N R I T M S M P
T I U A L N S H H P E E I W E I S O C O
U W G N D N P R E A I S E T N Y T I M E
R P N D S O C R A D V C E A A H A F L P
T K O I S C Y A E I I T L E V H R C P
A E T N E E N B R T L I O R F C L F P B
D W I G N N O O S I O L I R M L C A I H
O S F V E T T U M N N T O S S O E S S D
O G A E V D J Z E O L G C O E T D S I O
L M T T I I K H U L L E M E K S H S S G
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INGREDIENTS
1½ cups Powdered Milk
½ cup baking soda
½ cup cornstarch
½ cup Epsom salts
10-20 drops essential oil of your choice (optional)

INSTRUCTIONS
Mix all ingredients together and add to a jar.

Heart Plaque Key Ring

INGREDIENTS
Key ring fixing (optional - you could make this tied directly to a bag or pencil case zipper)
Polymer clay
Heart-shaped cookie cutter (optional)
Three shades of thin ribbon



INSTRUCTIONS
Roll out your clay. Cut out a heart shape using a cookie cutter or by cutting around a heart-shaped template. Decorate your heart with other colours of clay, and/or making patterns with modelling tools. Make a hole through the top with a toothpick, wriggling around to get a big enough hole. Bake according to the manufacturer's instructions. Group your ribbons together, and tie them to the key ring fitting. Plait (braid) the ribbons, Tie a knot towards the end of the ribbons, then thread on the heart plaque. Tie another knot to secure it in place. Leave the last inch or so of ribbon hanging loose.

The Choices "Luv" Page

Q. Me and this guy used to date about four years ago. I was interested in marriage at the time but he wasn't, so we went our separate ways and I actually got engaged to another man about eighteen months after that. Sadly, me and that guy didn't work out either and after we postponed the wedding two times, I just called it off. My dilemma is, I just ran into both of them two months ago and each is interested in me again. They both coming with the same line too, that they felt they had made a mistake. They also saying that after being out there they realize I'm the one they want. Its been nice to go out with both of them and talk but now because they both know each other and the history I've had with each one, they are asking me to choose. I don't know what to do because they both seem so different since we dated in the past and I don't want to make a mistake. My sisters tell me I should party with them and hang out but don't settle with any because they should have known my worth back then. My momma tells me I should be happy and fortunate to have these men finally realizing my worth and want to take me back. I'm confused. What should I do?



Alex Says... Sounds like you gat man drama! I strongly advise that even after my five cent contribution, you take your concerns to prayer. Anyway... you asked me a question, let me keep to the script. I'm not one of those people who is totally against old flames rekindling their fire. Most times breakups are due to the fact that the individuals were not on the same page to begin with. I believe a 2nd time around man could be a worthy catch, after he has had time to grow, mature and fine tune the characteristics which would make him a better husband and father. My process of thought tells me that the relationship with the gentleman you were engaged to was obviously challenged on deeper levels than the relationship which lasted four years. I don't feel that by dating both men at the same time you would be able to give all of your attention and commitment to either relationship, especially if you are considering marriage to one of them. There is no need to play the field at this stage in your life. If your only reason for leaving Mr. 4 year was due to his unwillingness to tie the knot, then perhaps he should be given the first option. Life's experiences and time changes people; sometimes for better, sometimes for worst. I sure hope you know the diference because it will make your final decision a much easier one. Don't make excuses, comparisons or be intimate! Be true to yourself, what you want and what you are expecting in your soul mate. And don't be afraid to call it quits

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