



CAPITULATION (ca-pi-chu-la-shun) (noun)

The act of surrendering or yielding; the terms of surrender.

Example

The captain has resisted for so long that his sudden capitulation shocked everyone.

Build your vocabulary by using the Word of the week throughout the week!

By Lorraine Taylor

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3rd Edition

CELLULAR TELEPHONE AND THE WORKPLACE

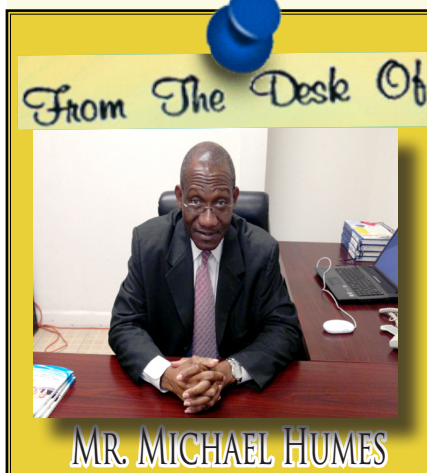
There is no denying that the widespread use of cellular phones has had a transforming effect on every nation in the world, and The Bahamas is no exception. In fact, it is arguably the single device that has contributed substantially to the creation of what we refer to as the global community. Through 'social networking' our friends might be living next door to us, on a Family Island, or in a completely different country altogether. Frankly, it is difficult to imagine the modern world without cellular phones or the internet, that would just seem uncivilized.

Further, young people in every generation have seldom ever wanted to

be like their parents, and have actively sought ways of marking the separation between the generations. The most commonly used marks of demarcation included hair styles, clothing styles, tattoos, and body piercings. Today, cellular telephones have proven to be the perfect device for separating the generations into digital natives and digital tourists. One of the summer students who worked here at GPD last summer openly admitted that she intended to buy a new, more sophisticated and expensive cellular phone with the money she earned.

Opponents and proponents of can both, undoubtedly, find equal numbers of reasons to

explain why they either support or do not support the widespread use of cellular telephones, either in general or in the workplace in particular. GPD staff who are attracted to the entertainment component of their smart phones, ipads/ipod and dangling ear pieces, texting and social networking while at work should know that these devices diminish the attention that they should be paying to the details of their assigned tasks, and that productive time once lost is never ever recovered. So, put away the on-the-job entertainment and let us get busy at increasing productivity here at GPD. ♦



From The Desk Of

MR. MICHAEL HUMES

Happy Anniversary
to
Mrs. Shirley Walker-Ferguson
on her
FORTY YEARS
in
the Public Service.

CARTOON



Health Tip

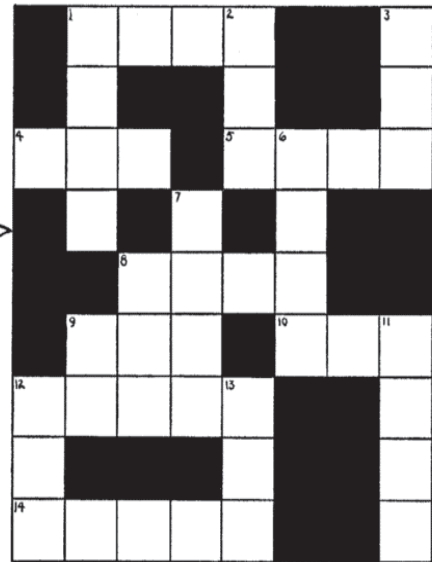
11 Ways To Get Fibre In Your Diet

11. POPCORN



Popcorn counts as a whole grain and has the fibre to prove it. 3 cups of the crunchy stuff gives you 4 grams of fibre for just 90 calories when air-popped. Don't have an air-popper? Just put 3 tablespoons of popcorn kernels in a paper bag, fold over the top a few times to keep it closed and microwave it until you hear the pops becoming less frequent.

A FARM CROSSWORD PUZZLE



Across:

1. Yield of a planted field
4. A kind of tree, like oak
5. This machine digs up fields
8. A place where animals and crops are raised
9. Opposite of stand
10. Sack to carry feed in
12. An animal to ride on
14. A long-necked bird which honks

Down:

1. A baby horse
2. A baby dog
3. An animal that gives milk
6. A baby sheep
7. Animals that chase mice
8. A kind of evergreen tree
9. Word that rhymes with go
11. Animal with horns
12. Another word for pig
13. What we see with

Down: 1. colt, 2. pup, 3. cow, 6. lamb, 7. cat, 8. pig, 9. sit, 10. hog, 11. goat, 12. hog, 13. eye

Recipe of the Week



PINEAPPLE UPSIDE DOWN CUPCAKES

INGREDIENTS:

- 1 box Pillsbury Moist Supreme Classic Yellow Cake Mix with pudding in the mix
- 1 (3.4 ounce) Vanilla Instant Pudding
- 3 eggs
- 1/3 cup oil
- 2/3 cup pineapple juice
- 1/3 cup milk
- 1 (8 ounce) can pineapple slices, drained (save juice)
- 1 (8 ounce) can crushed pineapple, drained (save juice)

Topping

- 1 stick butter, melted
- 1 cup brown sugar
- maraschino cherries

DIRECTIONS:

Spray muffin tins well with cooking spray. Melt butter and sugar together on top of the stove. Add 1 tablespoon sugar mixture to each muffin cup. Next, put in 1 tablespoon crushed, drained

pineapple or 1 pineapple slice in bottom of each cup. In a large bowl mix cake mix, pudding mix, eggs, oil, juice and milk with mixer. Fill cups 1/2 to 3/4 full with cake mix. Bake in preheated 350 degree oven for 25 minutes. Remove and let cool at least 10 minutes. Run a knife around the edges to loosen muffins from cups before removing. Turn cupcakes upside down on a platter and add cherries. Note: I used one regular 12 cup muffin tin and one large 6 cup tin to make these. This way the recipe made 18 cupcakes. If just using regular 12 cup tins, it should make about 24 cupcakes. You could use all crushed pineapple or all pineapple rings as well. I wanted to try them both ways to see how they turned out. I think the pineapple rings work better in the larger cup muffin tins. These would be good topped with whipped cream and you could add nuts to the mix.

QUOTE OF THE DAY

Love begins at home, and it is not how much we do but how much love we put in that action.

- R. EVANS



During a robbery, one of the robbers mask slid down. He looked at a man and asked, "Did you see my face?" The man said, "Yes!" The robber shot him. Then he asked a woman, "Did you see my face?" She replied, "No, but my husband over there did."

Celebrating Birthdays this month:

Ms. Rosalyn Evans and Mr. Derek Newry

Happy Birthday & Wish You All The Best!!!

Poetry

By Kadria Sears

One stands alone, aimlessly, carelessly,
Living as if tomorrow doesn't exist.
Many would usually laugh and scorn
Instead of assisting or
helping this soul all alone.
People are judged by the size of a bank account
Instead of the character they are inside.
Thus, many go solo in life wondering

Solo

feeling totally rejected and
their world turn upside down.
But if its character one seeks
through life's dismal time,
Reach for the stars and make an effort to refine.
Yes, refine the person whom you are deep within
For this speaks volumes and attracts the kindest
souls you could ever imagine.