

FLOWER
OF THE WEEK



WORD OF THE WEEK

BURGER (bur-ger) (noun)

A citizen of a town; a prosperous solid citizen.

Example

If you told old Ms. Freeman that she was a **burger** of Nassau, you might get a good telling off.

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

By Lorraine Taylor

9th January, 2014

2nd Edition

Happy Majority Rule Day 2014, Bahamas!!

Truly, 2014 is on track to be another quite interesting and historic year. For two consecutive years Bahamians will observe the start of new National Holidays, namely National Heroes Day on 12th October, 2013 and Majority Rule Day on 10th January, 2014.

Quite apart from the leisurely activities we enjoy on every national holiday, the foundations of these new holidays are grounded in the advancement of the modern Bahamas as a whole,

being at one and the same time historical, political, educational, religious, cultural, and economic.

What these observances must mean to us, the heirs and successors of Bahamaland, is for us to know and understand the motivations of those who preceded us, sought to leave The Bahamas a better place than they met it, and wished for each succeeding generation of Bahamians to enjoy a better standard of life than

one which preceded it.

Each of us, who comprise this present generation of Bahamians, enjoy so many more freedoms and opportunities than our faceless and nameless predecessors who had so little but accomplished so much, that at some point we will have to answer the hard question, "What have we done thus far to advance the cause of freedom, dignity for ourselves and our people?"

From The Desk Of



MR. MICHAEL HUMES

Christmas was a blast at GPD




CARTOON

Could you please scan this picture in JPG at 300 dpi?
And don't tell me it's too big for the scanner!



Health Tip

11 Ways To Get Fibre In Your Diet

9. BULGUR



Of all the whole grains, cooked bulgur wheat packs the most fibre with 8 grams per cup. For a super-filling meal, try Ellie Krieger's Herbed Bulgur-Lentil Pilaf recipe, which offers an extra dose of fibre with the addition of lentils. www.foodnetwork.com

WORD FIND



WORD SEARCH PUZZLES ARE FUN AND EASY TO PLAY!
JUST FIND THE WORDS THAT HAVE BEEN HIDDEN IN THE PUZZLE.
WORDS CAN BE FOUND UP, DOWN, FORWARD, BACKWARD, OR DIAGONALLY.
DON'T FORGET - A LETTER CAN BE PART OF TWO OR MORE WORDS.

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

- Russmarket.com
- Cheese
- Hereford Beef
- Freshness
- Birthday Cake
- Privilege Plus
- Nutrition
- Rewards
- Service
- Locally Owned
- Vegetable
- Pharmacy
- Bananas
- Flowers
- Best Choice
- Lincoln
- Ice Cream
- Gift Cards
- Tippins Pies
- Delicatessen

Recipe of the Week



CHICKEN ALFREDO LASAGNA ROLLS

INGREDIENTS:

- 9 lasagna noodles
- 2 ½ cups alfredo sauce
- 2 cups cooked, shredded chicken
- oregano
- garlic salt
- 3 cups shredded Mozzarella, or cheese of your choice

DIRECTIONS:

Spray an 8x8 pan with non-stick spray and pour ½ cup alfredo sauce, or just enough to cover the bottom of the pan. Boil 8-10 cups water in a large pan, cook lasagne noodles until al dente. (I usually cook 1 or 2 extra just because lasagna noodles always seem to break on me when I am stirring them.)

Now this is the important part! Drain and rinse the noodles with cold water to prevent them from sticking to each other. Then, lay out each noodle individually and blot dry with a paper towel.

Spread about 2 Tbs. alfredo sauce over each noodle. (if there is too much sauce you will have a big mess on your hands!) Sprinkle oregano and garlic salt on top of sauce. Take 1/9 of the shredded chicken and spread it out evenly over each noodle. Add approx. 3 Tbs. cheese. To roll up, start at one end and roll the noodle over the toppings. You will need to lift the noodle a little to prevent squishing out the inside ingredients while rolling.

Place the roll-ups in the pan, one by one, seam-side down so they don't come undone. Once they are all in the pan, pour the remaining alfredo sauce over the top. Top with remaining cheese. Bake at 350 degrees for about 30 minutes, or until the cheese is completely melted on top. I sometimes broil mine the last 5 minutes to make the cheese toasty on top.



QUOTE OF THE DAY

Experience is not what happens to you; it's what you do with what happens to you.

- R. EVANS

A pregnant woman gets into a car accident and falls into a deep coma. Asleep for nearly six months, she wakes up and sees that she is no longer pregnant. Frantically, she asks the doctor about her baby. The doctor replies, "Ma'am, you had twins! A boy and a girl. The babies are fine. Your brother came in and named them." The woman thinks to herself, "Oh no, not my brother; he's an idiot!" Expecting the worst, she asks the doctor, "Well, what's the girl's name?" The doctor replies, "Denise." The new mother thinks, "Wow, that's not a bad name! Guess I was wrong about my brother. I like Denise!" Then she asks the doctor, "What's the boy's name?" The doctor replies, DeNephew.



Poetry

By Kadria Sears

"I 'Sea' Beauty"

The native care not of how it looks
Crystal reflections of a colorful mirror
Tourists appreciate their performance
as one wave topples the other.
Colors we never dreamed existed,
Is gloriously seen on this bed of waters.

Turquoise green, aquamarine, crystal lights, you ever could see.
Believing in the wonders each color show
Soothes the dullest heart you know.

Warm in its texture, though tough at times,
Lovers of the 'sea' can truly chime.
Yes, chime its beauty, the wonders, the joy and charm,
Our waters present thus making us calm.

The sun tends to shed light on these colors though
Bringing tender feelings of warmth,
relaxation and tremendous ecstasy.
I see beauty, yes so profound and true,
Of our beautiful 'sea', for both me and you.