

FLOWER
OF THE WEEK



Snow Drops

WORD OF THE WEEK

GRIT (grit) (NOUN)

Firmness of character; indomitable spirit; pluck

Example

Grandma Moses showed a lot of **grit** in rescuing many slaves on the underground railway.

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

By Lorraine Taylor

28th February, 2014

9th Edition



FROM TOP LEFT: Mr. S. Ambrose, Mrs. Althea Been, Chief Protocol Officer, Mr. Michael Humes, Mrs. S. Walker and Mr. Andrew McKinney, Protocol Consultant.

TCI Protocol Chief Visits GPD


On Friday, 21st February, 2014, Mrs. Althea Been, Chief Protocol Officer for the Turks and Caicos Islands, who was accompanied by Protocol Consultant to the Ministry of Foreign Affairs, Mr. Andrew McKinney, paid a visit to The Government Printing Department. Mrs. Been, who engaged senior management at GPD in discussions on a wide range

of topics, including matters relating to the print industry, explained that she was a member of a high level delegation, led by her country's, Chief Minister, that was currently visiting The Bahamas for the purpose of conferring with the Rt. Hon. Perry Christie and other top Government officials on issues connected with the upcoming Intercessional Meeting of

CARICOM.

In addition to meeting the staff of the plant's four main sections, viewing bindery equipment, as well as offset and digital presses, Mrs. Been was given a detailed briefing of the importance GPD the Government Printing Department plays in State and National events, as well as in meeting the printing needs of all 16

From The Desk Of



MR. MICHAEL HUMES

New GPD Darkroom Building Drawings Completed

The drawings for the extension to the GPD Plant that will house our new Darkroom, having been completed by the Ministry of Works and Urban Development architects, are now on display for viewing by staff in the glass window of Mr. Dax Deveaux's office.

CHEDDAR CHEESE GRITS WITH SHRIMP, PANCETTA AND SCALLIONS



INGREDIENTS:

- 8 ounces fresh medium shrimp in their shells
- 4 cups water
- 1 1/2 cups regular grits (not quick cooking)
- 1/2 cup diced pancetta
- 1 tablespoon olive oil
- 1 cup shredded mild cheddar cheese
- 2 tablespoons unsalted butter
- 1 teaspoon kosher salt
- 1/2 cup teaspoon ground white pepper
- 1/2 cup sliced scallions

DIRECTIONS:

1. Clean shrimp, removing shells; use tip of sharp knife to remove veins. Pat dry with paper towels. Set aside. In a large saucepan bring the water and grits to a boil; reduce heat. Simmer for 15 to 20 minutes or until tender.
2. Meanwhile, in a large sauté pan sauté pancetta over medium heat about 12 minutes or until crispy. Remove from pan; set aside. Add olive oil to pan; heat over medium heat. Add shrimp; sauté about two minutes or until shrimp are done and firm to the touch. Remove from pan; set aside.
3. Add pancetta, cheddar cheese, butter, salt, and white pepper to grits, stirring until cheese and butter are melted. Transfer to serving dish; top with shrimp and scallions.

Hockey

Find and circle all of the Hockey words that are hidden in the grid.
"The remaining letters spell a secret message" - Rodney Dangerfield

REYALPITTSOPLAOGFOREWARDT
WENOISNEPSUSNGNIPPIRTTEI
PERIODEFENSEMENGLOVESMTM
EVASLOVERTIMECGNIWOBLERE
OFFSIDEROCSGSKOTOAFEAEEO
JIGHRSRESTULNHECNTHKISCU
AEHEEELREDOIOSNETIOCCNRT
RTRFHATJENTHOADOHAOUIEON
ERESPEFAFOKGIENRZCCPFFFH
NRSSECAFKCIUIRGGAWETFFNL
AAHBTYOCSHONCOEROXKOOEE
POMIREGREIERGAIIKOBLOTAL
TSOSSCETTGM SNLLSNBEOISPCT
GNLAEETANAEEATITEYGIDNPIHS
NNFAANIKINESSLTACDYEENAI
CAIHSDITANLHKLLEGACCAORH
ESHDRHLLDWEOAFRUSUHRBGW
NOGALAIECTANYIOSLGEAIMIK
TEONNORNYGEYNCIUABCNNANA
EBMEIEHBGPRKOSUMLKKGZGE
ROPPOWERPLAYTUEPTKNEEING

- | | | | | |
|------------|------------|-------------|-------------|-------------|
| ARENA | ELBOWING | ICE RINK | PENALTIES | SLAPSHOT |
| ASSIST | ENFORCER | ICING | PENALTY BOX | SLASHING |
| BLUE LINE | FACE MASK | JERSEY | PERIOD | SLOT |
| BOARDING | FACE-OFF | KNEEING | PLAYER | SPEARING |
| BOARDS | FOREWARD | LEAGUE | POINT | STANLEY CUP |
| BODY CHECK | FOUL | LINE CHANGE | POKE CHECK | SUSPENSION |
| BREAKAWAY | GAME | LINESMAN | POWER PLAY | TIME-OUT |
| CENTER | GLOVES | MISCONDUCT | PUCK | TRIPPING |
| CHARGING | GOALPOST | NHL | RED LINE | WHISTLE |
| CONTACT | GOALTENDER | OFFENSE | REFEREE | WINGS |
| CREASE | HAT TRICK | OFFICIALS | ROUGHING | WRIST SHOT |
| DEFENSEMEN | HELMET | OFFSIDE | SAVE | ZAMBONI |
| DEKE | HOLDING | OVERTIME | SCORE | ZONES |
| EJECTION | HOOING | PASS | SKATES | |



Health Tip

What Can Your Eyes Tell You About Your Health?
PreventDisease.com



12 SIGNS

1. RED OR BLOODY EYES → High Blood Pressure
2. BULGING OR BUG EYES → Thyroid Disease
3. YELLOW EYES → Diabetes
4. RINGS AROUND CORNEA → High Cholesterol
5. DROOPY EYELID → Stroke
6. CLOUDY EYES → Cataracts
7. PALE OPTIC NERVE → MS or Brain Tumour
8. INCREASING GUNK → Dandruff/Acne Ros.
9. DIFFERENT SIZED PUPILS → Stroke or Tumour
10. DIFFERENT COLORED EYES → Glaucoma/Inflamm.
11. DISAPPEARING EYEBROWS → Thyroid Disease
12. PERSISTENT STYE → Cancer

<http://preventdisease.com/eyes-symptoms.shtml>

CARTOON

ABSENT-MINDED PROFESSOR - BY JOKESPRANK



Joke of the Day
A funeral service is held for a woman who just passed away. As the pallbearers carry the casket out, they accidentally bump into a wall. They hear a faint moan. They open the casket and find that the woman is actually alive. She lives for 10 more years and then dies. They have another funeral for her. At the end of the service, the pallbearers carry out the casket. As they are walking, the husband cries out, "Watch out for the wall!"

POETRY KORNER

BOUNCE BACK

By Kadria Sears

The ball rolls.
It bounces
It totters here and there.
Thoughts roll. Thoughts bounce
Thoughts totter here who cares.
Memories roll. Memories bounce
Memories totter here and there.
One main thought behind the energies of life.
Is that no matter what we do
Attitudes and behaviors haunt our
past, presents and futures.
That ball, that thought,
Those memories of what
coulda, shoulda, woulda, if only.
Mistakes are only beneficial
When they are made and one learns from them.
Never to repeat the course once trod.
Careful not to bounce too hard
Though we may underestimate our strengths
For then is where we see the paths of life
And overcoming solutions and straightening every dent.

QUOTE OF THE DAY

*"Life isn't about finding yourself.
Life is about creating yourself."*
- GEORGE BERNARD SHAW