

FLOWER  
OF THE  
WEEK



Poppies

WORD OF THE WEEK

**THICK-SKINNED (adjective)**  
thick-skin'd

Not easily bothered by criticism or insults;  
not sensitive.

Example: Mary's co-workers wanted her to talk with the boss about their concerns because they said she was **thick-skinned** and could handle the boss' response.

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

By Lorraine Taylor  
22<sup>nd</sup> Edition

20<sup>th</sup> June, 2014

## A Historic Project For GPD

For the first time since the introduction of Local Government in The Bahamas in 1996, the ballots that are used in the conduct of the triennial exercise were not sent abroad for printing; rather, the ballots that will be used in the upcoming 23<sup>rd</sup> June, 2014 Local Government Elections in the Family Islands have already been printed right here in The Bahamas by the Government Printing Department.

In just ten days, 4<sup>th</sup> - 14<sup>th</sup> June, 2014, the talented, hardworking, efficient and committed staff of GPD commenced and completed the project, to the complete satisfaction of the Parliamentary Commissioner, Mr. Sherlyn Hall.

In light of the foregoing, sincere thanks and appreciation are extended to the entire staff of the Government Printing Department, for having once again demonstrated the capacity to successfully execute any print job, regardless of size or complexity.



From The Desk Of



MR. MICHAEL HUMES

### Congratulations

Today, I take this opportunity to congratulate and extend best wishes to Mr. Jerome Moss, the latest in a series of persons here at GPD, who have been recently confirmed in their posts and placed on the Permanent and Pensionable Establishment.



Jerome Moss



## CAPRESE LASAGNA ROLL UPS

### INGREDIENTS:

- 8 lasagna noodles, uncooked
- 14 oz. freshly shredded, low-moisture part skim Mozzarella cheese, divided
- 3/4 cup Ricotta cheese
- 1 large egg white
- 1/3 cup freshly, finely shredded Parmesan cheese (about 1 1/4 oz.)
- freshly ground black pepper
- 3 - 4 medium Roma tomatoes, thinly sliced (about 1/6 inch thick slices)
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 cup marinara sauce, recipe follows

### Simple Marinara Sauce

- 2 Tbsp extra virgin olive oil
- 1/4 cup finely chopped yellow onion
- 2 cloves garlic finely minced
- 1 (28 oz.) can crushed tomatoes
- salt and freshly ground black pepper to taste

### DIRECTIONS:

Preheat oven to 350 degrees. Cook pasta according to directions listed on package to al dente. Drain pasta (DO NOT rinse with water) and align lasagna noodles in a single layer on a large sheet of parchment or wax paper.

For filling, in a large mixing bowl, whisk together ricotta cheese and egg white until blended. Stir in Parmesan cheese. Mix in 12 oz. of the Mozzarella cheese and season with black pepper to taste (I wouldn't recommend seasoning with salt just because the cheeses already have plenty of salt).

Place 1/4 cup of the cheese mixture over each lasagna noodle and spread into an even layer, going from one end of the lasagna to the other. Align 4 thin tomato slices over cheese mixture then sprinkle fresh basil over top. Snugly roll lasagna noodles to opposite end. Spread about 1/4 cup pasta sauce in the bottom of an 11 x 7 inch baking dish. Align lasagna roll ups, seam side down in dish. Top each roll up with about 2 Tbsp of the pasta sauce (covering edges of pasta so they don't dry out while baking). Sprinkle top with remaining 2 oz. shredded Mozzarella. Bake in preheated oven 30 minutes. Remove from oven, plate pasta and garnish with plenty of basil ribbons. Serve warm.

### Simple Marinara Sauce

Heat olive oil in a medium saucepan over medium high heat. Add onions to hot oil and saute about 3 minutes until soft, adding garlic during last minute of sautéing. Pour in crushed tomatoes and season with salt and pepper to taste. Bring mixture just to a boil, then reduce heat to a simmer and allow sauce to cook for about 25 - 30 minutes (which will allow some of the water in crushed tomatoes to evaporate) while you prepare pasta and lasagna filling (you can freeze or refrigerate left over sauce in a small airtight container for later use, adding fresh basil if desired).

## WORD SEARCH PUZZLE



- |              |             |                |
|--------------|-------------|----------------|
| BIOME        | DESERT      | OMNIVORE       |
| CARNIVORE    | ECOLOGY     | PHOTOSYNTHESIS |
| CHAIN        | ECOSYSTEM   | POLAR          |
| CHLOROPHYLL  | ENVIRONMENT | PRODUCER       |
| CONSERVATION | HABITAT     | SCAVENGER      |
| CONSUMER     | HERBIVORE   | TEMPERATE      |
| CYCLE        | JUNGLE      | WEB            |
| DECOMPOSER   |             |                |

### QUOTE OF THE DAY

*If you do what you need, you're surviving. If you do what you want, you're living.*

- Unknown

### RELATIONS 101

## BEAUTY IS IN YOUR MIRROR

*You can be the most beautiful, the most interesting, and the person with all the potential in the world and everybody around you may know it, may agree, but if you yourself don't see it then does it matter? Every second of every day you spend doubting yourself and questioning your worth is an opportunity missed. You need to first be you own number one fan and believe in you. Dream your dreams, set the plan in motion and step into your greatness and accept that you are worthy of the absolute best. When you don't have faith in what's in the mirror, how can someone else?*

SHERELLE MILLER, Bindery

## CARTOON



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."



The boss said to an employee, "You should have been here at 9 a.m." The employee replied, "Why what happened?"