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INSIDE

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SPORTS

Hall of Fame nomination

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Bill to get tough on land issues

Govt plans to tackle illegal selling of lots

By **TANEKA THOMPSON**
Tribune Staff Reporter
tthompson@tribunemedia.net



EARL DEVEAUX

there is a lack of basic infrastructure in planned subdivisions; a lack of development and construction standards; and the inefficiencies relating to development/construction applications and the approval process.

While leading the debate on the legislation in the House yesterday, Environment Minister Earl Deveaux said the Bill would provide for a land use planning based development control system led by policy, land use designations and zoning.

Mr Deveaux also said that, among other things, the new laws will prevent the indiscriminate division and development of land; promote sustainable development in a healthy natural environment; and provide for planning processes that are fair by making them open,

SEE page eight

THE Government laid out its plans yesterday to remedy a myriad of land use problems including the illegal sale of unauthorised lots and the lack of utilities available in some developed neighbourhoods.

The Planning and Subdivision Bill will also introduce stricter zoning laws which will address the "unplanned invasion" of businesses into residential areas; the problem of building permits granted in unapproved subdivisions; the issuance of building permits before utility services have been installed; and review subdivision fees.

The new laws will lay out development guidelines in order to avoid situations where

MAN ACCUSED OF HAVING FAKE BANK NOTES



28-YEAR-OLD Jamal Sargent leaves court yesterday after being charged.

By **MEGAN REYNOLDS**
Tribune Staff Reporter
mreynolds@tribunemedia.net

A MAN accused of having \$15,500 in fake bank notes and materials to produce counterfeit cash was arraigned in Magistrate's Court yesterday.

Jamal Sargent, 28, was arrested in a police raid on Friday and charged on two counts.

He stood silently before Magistrate Carolita Bethel in Court Eight, Bank Lane, wearing faded stonewashed jeans and a bright red T-shirt emblazoned with cartoon designs, and simple white Nike sneakers.

Sargent is charged with possession of materials for forging notes and having in his possession a quantity of papers with impressions of

currency notes.

The charge states Sargent had nine Bahamian \$10 notes, 173 Bahamian \$20 notes, 109 Bahamian \$50 notes, and 65 Bahamian \$100 notes while knowing them to be forged and purporting them to be genuine currency.

The counterfeit cash said to be in Sargent's possession

SEE page eight

Man found shot dead in street

By **MEGAN REYNOLDS**
Tribune Staff Reporter
mreynolds@tribunemedia.net

A MURDER investigation has been launched to find the killers of a 33-year-old man found dead in a Pinewood Gardens street early yesterday morning.

Renard Denver Miller/Mackey, of Sugar Apple Street, Pinewood Gardens, was shot in the head and left to die in Jacaranda Street, just four blocks from his home.

Police were called at around 3.40am yesterday and received reports of gunshots being fired in Jacaranda Street.

When officers arrived at the scene they found the body of Mr Miller, who also goes by Mr Mackey, lying in the road with an apparent gunshot to the head, according to Superintendent

SEE page eight

Former minister hits back at MP over land claims

By **PAUL G TURNQUEST**
Tribune Staff Reporter
pturnquest@tribunemedia.net

FORMER Minister of Trade and Industry Leslie Miller has issued a scathing attack on FNM MP Brensil Rolle who suggested that the former Blue Hills MP had been responsible for illegally excavating land and selling it back to the government.

During his communication on the Planning and Subdivision Act, Mr Rolle stated that the PLP dreaded the passing of the Bill as one of their "former" cabinet ministers had promised to have the operators who illegally excavated land charged before the courts.

"But that was only talk," Mr Rolle said in Parliament yesterday. "In fact, I was informed the reason why nothing was done was because he was the

SEE page eight

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Mr. Alan Pinto, C.R. Walker Sr. High School



LOCAL NEWS



WINE & ARTS FESTIVAL



SCENES from the 19th Annual Wine and Art Festival which took place at the weekend. The event, held at The Retreat on Village Road, featured the work of over 40 Bahamian artists. Visitors were treated to paintings and sculptures on show throughout the grounds.

Felipe Major/Tribune Staff

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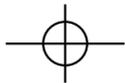
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LOCAL NEWS

Fred Mitchell raises questions over Bill

By TANEKA THOMPSON
Tribune Staff Reporter
tthompson@tribunemedia.net

MP says new Town Planning and Subdivision guidelines are 'complicated'

OPPOSITION MP Fred Mitchell questioned whether government is capable of enforcing the host of new "complicated" guidelines outlined in the Town Planning and Subdivision Bill.

Mr Mitchell also questioned if government would commit the resources necessary to implement the provisions in the Bill and whether the public service is equipped to meet the challenging demands created by the new laws.

He said that neither Environment Minister Earl Deveaux or Parliamentary Secretary in the Ministry of Housing Brensil Rolle - who both spoke before him on the issue - touched on the ques-

tion of whether the public service has the capacity to deal with the provisions set forth in the Bill.

"Is there the capacity to meet the demands this Bill would impose on the public service?" Mr Mitchell asked while giving his contribution to the debate in the House of Assembly yesterday. "And would the government commit the resources, which are necessary, or which would be necessary to carry out the provisions of this Bill? There's no question that the provisions are complicated... (they) will

impose new and strict standards and the public service and the politicians will have to comply with those standards".

According to Mr Rolle, the Bill will protect the public's interest because details of all potential developments will be posted so they can be analysed for possible negative effects.

He added that the new legislation would "further strengthen and empower" the Town Planning Committee and reduce the amount of red tape that currently impedes

approval of subdivisions. Mr Rolle explained that the new Bill seeks to: restrict indiscriminate land use; establish a comprehensive national land use plan; focus on strategic zoning requirements; and place subdivision and town planning under the portfolio of one minister.

He added that the use of land for practices other than those allowed under zoning restrictions continues to be a common challenge facing the Department of Physical Planning.

"While many of these changes are related to economic conditions, a substantial number of them are outright abuse of system," he said, referring to auto-body shops popping up in residential areas and the proliferation of bars next to churches.

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Derek Smith/BIS photo

INTERNATIONAL Labour Organization representatives visited some of the courses offered under the National Empowerment Training Program at the Bahamas Technical and Vocational Institute on Monday. They are pictured speaking to an instructor of the marine out-board engine class.

ILO representatives to review National Empowerment Training Programme

REPRESENTATIVES of the International Labour Organisation (ILO) are in the Bahamas to meet with stakeholders of the National Empowerment Training Programme, an initiative launched by the government to help displaced workers learn new trades.

Luesette Howell and Hassan Bata Ndahi, from the ILO sub-regional office in the Caribbean, are examining whether the expectations of students and employers will be met at the completion of the programme.

They also want to ensure that after finishing the programme, some of the students will have the skills needed to become self-employed.

Ms Howell, senior special-

ist in employers' activities, said after they have completed their observations, they will provide feedback and offer recommendations to the government on how to improve the programme so as to better fulfill its objectives.

The representatives toured the Bahamas Technical and Vocational Institute on Monday and reviewed several courses offered under the programme.

They also met with Charles Hunt, a consultant for the programme from the Ministry of Labour; Deborah Bethel, senior labour officer; Sean Adderely, public relations officer for the Bahamas Technical and Vocational Institute, and Dr Pandora Johnson, VP

of research and development at the College of the Bahamas.

They will also tour the College of the Bahamas and meet with the Minister of Labour and Social Development Senator Dion Foulkes and other government officials, National Empowerment Training Committee members and the Bahamas Chamber of Commerce.

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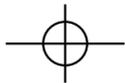
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LOCAL NEWS

Grand Bahama set for new air services from Canada, US

By DENISE MAYCOCK
Tribune Freeport Reporter
dmaycock@tribunemedia.net

FREEPORT – Tourist arrivals on Grand Bahama are expected to get a much-needed boost this quarter with the introduction of new air services from Canada and the United States.

David Johnson, senior deputy director-general of Tourism, told *The Tribune* that new services from Canada should begin as early as next week.

He also reported that new services from New York are expected to start by December.

Mr Johnson said the Ministry of Tourism and the Grand Bahama Airport Company have made much progress in the last 12 months in terms of lowering turnaround costs for airlines flying to Grand Bahama International Airport.

High airport fees and taxes have been a major deterrent in recent years for many airlines wishing to fly to Grand Bahama.



PROGRESS has been made in the last 12 months in terms of lowering turnaround costs for airlines flying to Grand Bahama International Airport.

In an effort to attract more airlines to the island, Ministry of Tourism officials have been working with airport officials to lower the fees.

Mr Johnson said the Ministry of Tourism is pleased with the progress that has been made so far.

“We stepped up our marketing and as a result we have been able to attract new services, and we will see services coming from Canada as early as next week, from New York by December, and additional air services from Florida.

course more volume will help get there as well,” said Mr Johnson.

The airline West Jet will begin services from Canada to Grand Bahama on November 2.

The low-cost carrier will provide two weekly non-stop flights from Toronto on a 737 aircraft. This is expected to bring 12,000 visitors to the island this winter.

Grand Bahama was the number one destination for Canadian visitors 35 years ago, and tourism officials are trying to win back that market. They feel the island's close proximity to the eastern seaboard of Canada was one of the main reasons

behind the earlier popularity.

Tourism Minister Vincent Vanderpool-Wallace believes that Grand Bahama's proximity to the biggest market in the world should be reflected in how much it costs to get to Freeport.

“We cannot sit here and believe it is fine every single day that it is more expensive to come to Grand Bahama than to our competing destination,” said Mr Vanderpool-Wallace in July.

The minister said it is important that all partners in Grand Bahama work together with the Ministry of Tourism to exploit the island's proximity advantage.

Tourism chief hits out at 'bait and switch trick'

By DENISE MAYCOCK
Tribune Freeport Reporter
dmaycock@tribunemedia.net

FREEPORT – Senior deputy director-general of tourism David Johnson believes Grand Bahama must stop seeking to fool tourists if the island's tourism industry is ever to be revived.

He noted that hotels have been using the “bait and switch” trick for years – offering low room prices to lure visitors, who are then slapped with excessive taxes and other charges that double the room price.

Mr Johnson said the Ministry of Tourism has received a lot of negative feedback from visitors who felt they were “tricked.”

“The customer needs to know what it costs without being tricked. We got away with this in the early 90s and beyond when the US consumer protection laws were not as keen as they are now.

“We invited customers here at very low prices and then when they are checking in or checking out, presented a surprise on the total.

“We had much negative feedback because they were not even advised of those charges,” he said.

Mr Johnson said visitors expect their rooms to come with certain services – and that any additional charge would be 10 or 15 per cent, not 100 per cent.

Because hoteliers are now required by law to disclose all charges, he said, they are now having a difficult time getting customers.

“The customer today is fierce in their commitment to seek value and it is very distasteful whenever they encounter any merchant or provider who is seeking to pull the wool over their eyes,” Mr Johnson said.

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LOCAL NEWS

Poll: the new PLP team is not strong enough to win election

TRIBUNE readers are overwhelmingly of the view that the PLP's new "CDR" team is not strong enough to win the next general election.

In one of the most successful tribune242.com polls to date, almost three times as many readers said they think the opposition's new leadership team would not attract enough support to unseat the FNM. Many also called for the old guard of both parties to be replaced by younger politicians.

Readers were asked if Perry Christie, Philip "Brave" Davis and Bradley Roberts have what it takes to lead the PLP to victory in the next general election. Of the 299 people who voted, 218 said "no" while only 81 answered "yes".

Commenting on the matter, *Bertram W* said: "Christie, Davis and Roberts are the old boys and so are the three top leaders in the government. Their days are numbered. There is no new thing that they can bring to the table. All of them need to step aside."

"We need to stop awarding people with high positions just



PHILP DAVIS, Perry Christie and Bradley Roberts at the convention.

because they have been there a long time. If they are ineffective they must go. The Bahamas needs new leaders at this time. Do not give this country back to Christie, nor Davis. When you take it from Ingraham gave it to a new breed of Bahamians.

"I don't know if you remember but there was a law firm some years ago called Christie,

Ingraham and Co. The 'Co' was Davis. Do not let this country be passed around, giving each of them a turn to be prime minister. Its about time that the people take back the Bahamas from the chosen few."

Real Talk added: "I only voted 'no' because 'HELL NO' wasn't an option. I don't think these people (PLP and FNM) understand that despite what their diehards are telling them, they're going about this all wrong. Excluding the "new blood" is a recipe for disaster. But I guess as long as we keep putting them back in, they'll never get it."

Lady Bowe called for "change we can believe in", saying: "Mr Christie said that he wanted to change things for the party and head the party in a new direction. Well from where I am sitting it is the same and nothing has changed. Instead we heard whispers of people voting who were not financial, and people nominating who were not financial, hence their positions should be null and void. That is certainly not change we can believe in."

According to *Jack*, "Christie, Brave and Roberts represent a dramatic regression. They have blocked the advance of younger people in the PLP leadership and indicated a trend that will not be acceptable to Bahamians whose support the PLP needs to win."

"The move might be popular within the party, but these days

there is a growing community of voters who are not bound to any party, unimpressed by the big bad bully tactics, unswayed by emotion, and looking for substance. Every event in the convention gave me more reasons to reject the PLP and fear for the future of the two-party system. When it wasn't a wake for Urban Renewal, the convention seemed more like a circus. It failed to promote itself as a party seeking to impress Bahamians to choose them to be the next government. It failed to address the issues that caused it to be rejected by the electorate the last time."

George G asked what the PLP's plan is. He said that he was "totally lost" by party chairman-elect Bradley Roberts' comment: "I have come to bite and to bite hard." The reader said it seems Mr Roberts' "semi-retirement" left him angry and confused.

"That was the message in the whole convention, I didn't hear anything else that made me go, 'Oh wow!' It was the same old promises they made and didn't deliver while they were in office. I looked in the audience; there were very few young people in there, but they boast of being the party for the youths."

"So if they call Bradley young, they need to check their members' date of birth again," he said.

However, *Tony Cash* said: "I am a building contractor, I voted FNM in 2007. At that time things were good in the construction industry."

"As it stands now, the recession is on and we do expect things to stop, but contractors who own heavy equipment see how the foreign companies are able to come to the Bahamas and bring their own equipment, while our equipment is parked and for sale. I think anyone who is in the construction industry or who has relatives in the construction industry should see by now that the PLP government cared more about Bahamian contractors."

"The FNM takes all of the country's stimulus money and pumps it into foreign companies. I wish election was today to vote them out."

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of Murphy Ville, formerly of Hamilton's, Long Island, will be held on Wednesday, October 28, 2009, at 11:00 a.m. at Christ Church Cathedral, George and King Streets. Officiating will be Venerable Dean Patrick Adderley,

assisted by The Rev. Fr. Michael Gittens. Interment will follow in Woodlawn Gardens, Soldier Road.

Left to cherish her memories are her two sons; Christopher and Michael Pritchard her two daughters; Rencina Knowles and Wendy Wong; five grandchildren; Carol, Allanah, Leah, Wade and Barry; one great-grandchild; Adrian; two sons-in-law; Allan Knowles and Peter Wong, seven sisters; Lucy Knowles, Angela Treco, Ruth Burrows, Vera Petrie, Meriel Knowles, Carolyn Knowles and Maitlyn Jones; one brother; Leon Cartwright, numerous nieces, nephews, and cousins, and other relatives and friends including: Sheila Pritchard Alvarez, caregivers Rev. Kendal Capron; Rev. Dr. Enid Capron and Katherine Taylor of the Golden Age Retirement Home.

Friends may make a floral memorial or donations to Christ Church Cathedral Endowment Fund in memory of Florence Pritchard at George Street P. O, Box N 653, or 322-4186.

Friends may pay their last respects at Butler's Funeral Homes & Crematorium, Ernest & York Streets on Tuesday, 27th October at 11:00 a. m. until 5:00 p.m. and on Wednesday at the church from 10:00 a.m. until service time.

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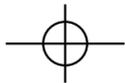
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LOCAL NEWS

Roberts hits back at FNM

By PAUL G TURNQUEST
Tribune Staff Reporters
pturnquest@tribunemedia.net



PLP CHAIRMAN Bradley Roberts at last week's convention.

NEWLY appointed chairman of the Progressive Liberal Party Bradley Roberts has wasted no time joining the fray – launching a second scathing attack on the FNM after the governing party criticised remarks he made during the PLP's 51st national convention.

Stating that "truth" is on the side of the PLP, Mr Roberts said it is truth which will build trust in the hearts and minds of the Bahaman people.

"Scream as they will, the FNM will do well to reflect on the truth of what more and more Bahamians feel every day – that while Perry Christie was

prime minister there were more jobs and less pain and sufferings. As but one example, never were there 9,000 households without electricity supply.

"Under Hubert Ingraham, the standard of living of the average Bahamian is declining, through less and less real income. Further, from what is earned, a higher and higher percentage of their income is going to pay taxes," he said.

Mr Roberts also said the FNM is now saddled with more "scandals" than the PLP was any time under Mr Christie's leadership.

"Scream as they will, the FNM will do well to reflect on the truth that the country's finances are in worse shape than at any time while Perry Christie was prime minister. . . After all, more and more persons who entered into con-

tract with the government are reporting increasing delays in being paid by the government.

"It appears that the government is broke or is increasingly close to being broke.

"Another truth on the side of the PLP is that technology increasingly provides greater and greater means for the party to get out to the public its message of truth.

"It is this combination of the truth being on the side of the PLP and the availability of more modern means of getting out the facts that will result in the public seeing stronger and clearer evidence of the incompetence and mismanagement of the FNM and the reality that Hubert Ingraham is out of step with the most widely accepted principles for team leadership in the 21st century," he said.

Montagu Foreshore Steering Committee to host meeting

THE Montagu Foreshore Steering Committee will host a public meeting on Thursday to hear the views of residents, vendors, businesses and others with an interest in the preservation and usage of the foreshore.

The area, which extends east from the Nassau Yacht Club to the Royal Nassau Sailing Club and includes Fort Montagu, has attracted particular attention because of the boat ramp at its eastern end, which many view as little more than a traffic obstruction and a nuisance.

"We have been working to understand the uses of Montagu foreshore, the commerce on the ramp and the recreational traffic and uses since the committee was formed under the auspices of Montagu MP and Minister of State for Social Development Loretta Butler-Turner in July," said Diane Phillips, chairman.

"Now we are most eager to get public input as we prepare to draft a report for the minister's consideration. When the minister charged this committee with its task, she emphasised that the future of Montagu is not a political issue, it is a community issue. Public opinion is critical and toward that end, we have prepared a questionnaire which will be distributed on Thursday at the meeting. People may complete it that evening."

According to Mrs Phillips, the 14-member committee has been engaged in on-site reviews, photography and interviews.

"The first thing people talk about is the traffic congestion because it is a reality that persons who live in the East face on a daily basis, but there are other serious issues about land use, recreation, erosion factors," said Mrs Phillips. "This is an opportunity to be heard and we hope there will be an excellent turn-out."

Both Mrs Butler-Turner and Minister of the Environment Earl Deveaux are scheduled to be at the meeting, set for 6pm at the Nassau Yacht Club, East Bay Street.

Funeral arrangements for Roger Carron



will be held at
St. Francis Cathedral
on
West Street
at 3pm
on
Saturday, October 31

Instead of flowers those who wish may make donations in his memory to either the Breathe Easy campaign or St. Martin's Convent. For the Breathe Easy campaign cheques may be sent to Ms Michelle Rassin (tel. 302-4707), Doctors Hospital, P.O. Box N972. Or donations can be sent to St. Martin's Convent, Nassau Street, P.O. Box 940.

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British American Financial Breast Cancer Tip

About Stage IV Breast Cancer

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You can survive breast cancer. Early detection through regular breast self-exams and a regular program of mammogram and physical exams are crucial steps that every woman should employ.



Sandra Rolle

58

Breast Cancer Survivor for 6 years

The Tribune observes Breast Cancer Awareness Month 2009

LOCAL NEWS

Man found shot dead in street

FROM page one

Elsworth Moss.
Mr Moss added: "At this stage we don't have a motive for the shooting, and we are appealing to the public to assist police as we are continuing our investigations."
No witnesses have yet come forward to help police form a profile of the killer or killers.
Anyone with information which may relate to the murder should call police urgently on 919, 322-3333, or call Crime Stoppers anonymously on 328-TIPS (8477).



Tim Clarke/Tribune staff

THE MAN was shot in the head and left to die in Jacaranda Street, just four blocks from his home.

Man accused of having fake bank notes

FROM page one

added to \$15,500.
Sargent, of Victoria Garden, off Gladstone Road, western New Providence, pleaded not guilty to both counts and opted to have his case heard in Magistrate's Court rather than the Supreme Court.

His attorney, Tamara Saunders-Munnings, introduced herself to the magistrate stating it was the first time she was representing a defendant in a criminal case.
Ms Bethel called for Sargent and Mrs Saunders-Munnings to appear in Court Eight at 10am on Wednesday October 28, to fix a date for the trial.

Bill to get tough on land issues

FROM page one

accessible and efficient.
Mr Deveaux pointed out examples of poor subdivision planning, including the recently built Pride Estates government subdivision which he said was built between a hill and a wetland.
He explained that about 100 new homes were built in rectangular blocks "resembling a parking lot" without a school, limited access to public open spaces - a prescription for congestion that frustrated homeowners.
"We lament the unplanned invasion of businesses and industry into residential communities; we decry the absence of basic infrastructure in what is supposed to be planned subdivisions; we complain about the failure of too many to observe correct standards in development and construction; we criticise the inefficiency and delay in our development/construction applications and approval processes; and we bemoan conflicting and competing legislation which are meant to govern and regulate our development," said Mr Deveaux.

"This legislation is meant to address many of these concerns and inefficiencies," he added.
The Bill will also establish a new structure within the Department of Physical Planning creating two new areas: a Policy Planning Division and a Development Review Division.
Provisions for the creation of a Subdivision and Development Appeal Board are laid out in the Bill, which will hear complaints based on appeal of decisions made by the Town Planning Committee.
The Bill will also address a number of subdivisions left unfinished, which Mr Deveaux said was a common occurrence in Exuma.
Under the Act, approvals for development will include: a land use amendment approval; zoning by-law amendment approval; minor variance approval; notice of zoning compliance; site plan approval; architectural design approval; subdivision approval and severance approval.

A key provision of the Bill is the creation of Land Use Plans for each Bahamian island and it will also require an Environmental Impact Assessment for future developments.

The Bill repeals the Private Roads and Subdivision Act, the Town Planning Act and the Town Planning (Out Islands) Act.

Former minister hits back at MP over land claims

FROM page one

biggest violator and was himself excavating land illegally and his company was selling the fill to the government."
As a former Minister who also had responsibility for Agriculture, Mr Miller took the media on numerous tours throughout New Providence exposing incidents where unscrupulous contractors had excavated government owned land and was in some instances re-selling it to the government via the city dump.
While seeking to have these individuals arrested and charged before the courts, the former MP was frustrated in his efforts as the police, who often were called to the scenes with the media, claimed that the issue was beyond their control and could do nothing "without instructions."

Moreover, as it pertains to the issue of being implicit with such actions himself, Mr Miller

said that nothing could be further from the truth.

"Normally I don't respond to cowards like Brensil Rolle, who is nothing but a two-bit MP for the good people of Garden Hills; and if he wants to know what good representation is all about he can ask any of his constituents the type of representation they got from Leslie Miller.

"First of all, I sold no fill to the government of the Bahamas while I was the Minister responsible. None whatsoever. I never had a contract with them for my five years as a Minister," Mr Miller said.

In fact, the former Blue Hills MP reminded Mr Rolle that he was congratulated in Parliament by the former FNM MP Pierre Dupuch for selling fill from his own property to the FNM government at below rock bottom prices.

"From 1992 to 2002 I did sell the FNM government some 500,000 yards of fill at a price of \$0.75 a yard whereas I could have gotten \$6 a yard for it but I gave it to them at \$0.75 a yard. I gave them the fill because they said they didn't have any money in the budget and there was a great fire at the dump and I gave the government the fill at \$0.75 a yard.
"But that was my gift to the people of my country because it was a national emergency and the dump was raging for days and days and they needed all the fill they could have gotten. That was my contribution," Mr Miller exclaimed.

Highlighting that the fill was taken from his own family's land, Mr Miller cautioned Mr Rolle for making such un-Parliamentary remarks when addressing issues that are near and dear to his heart.

"If he really wants to be involved in assisting people from destroying our land, why does he sit on his — and allow persons to rape the land on Harrold Road right next to the Seventh-Day Adventist Church? There is a peak there about 80 feet off the ground and I have reported that to the Ministry of Works over and repeatedly that they should not allow them to destroy the land below the level of the church road.

"But I suppose because this person is one of the FNM's great white supporters he (Mr Rolle) couldn't even mention that. But that is the kind of coward he is. But you wouldn't expect anymore out of him," Mr Miller said.

JOB OPPORTUNITY

Nova Southeastern University, is a private, coeducational, research university located in Broward County, Florida, with one of its many educational centers located in Nassau, Bahamas. The university is the largest independent institution of higher education in the southeastern United States and is the sixth-largest not-for-profit independent university nationwide

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- Provide support at all facilities including smart classrooms, electronic classrooms, offices, clinics, videoconferencing classrooms, and all University locations on campus or off, as required.
- Assist faculty and/or staff encountering hardware, software and other problems relating to technologies' resources.
- Assist in the inspection and maintenance of equipment housed in University facilities: offices, smart classrooms, electronic classrooms, videoconferencing classrooms, clinics, as assigned.
- Assist with first-line technology equipment repairs, as assigned.
- Install and configure hardware and peripherals, as assigned.
- Install software as assigned.
- When requested, use appropriate departmental software to log and track user requests and problem reports.
- Assist in moving PCs and other technology equipment within University facilities to other locations on and off campus.
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- Assist in disaster preparedness / recovery efforts as assigned.
- Work collaboratively with other technology support units within OIT and throughout the University community.
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- Available on call 24 hours a day, 7 days a week, for emergency situations or to cover when other technologies specialist are not available.

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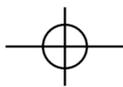
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SPORTS

Scottsdale Vixens beat Lady Caribs

VOLLEYBALL

THE New Providence Volleyball Association continued its 2009 regular season on Sunday with another triple header at the D W Davis Gymnasium.

In the first match, the Scottsdale Vixens defeated the COB Lady Caribs in three sets 25-22, 25-13 and 25-22.

Krystal Rolle led the Vixens with eight points and Kenisha Thompson led all scorers with 10 points in a los-

ing effort. The second game saw the Champions come from behind to beat the Saints 19-25, 29-27, 25-19 and 25-20.

Muller Petit led the Champions Club and all scorers with 24 points for the win. William McKinney scored

- Champions defeat Saints
- Caribs upset Crimestoppers

14 points for the Saints.

In the final game, the COB Caribs pulled off an exciting win and upset the Police Crimestoppers in five sets 25-16, 25-23, 17-25, 18-25 and 15-8.

Rayon Brooks took charge for the Caribs with 15 big points.

In a losing effort, Carl Rolle would match a side high 15 points for the Crimestoppers.

SPORTS IN BRIEF

Hardaway finally getting his Heat banner

BASKETBALL MIAMI Associated Press

TIM HARDAWAY already has one banner celebrating his achievements with the Miami Heat. He's about to get another.

The Heat will retire Hardaway's No. 10 jersey before Wednesday night's season-opener against the New York Knicks. He'll be just the second player to receive that honor from the franchise. Alonzo Mourning's No. 33 was hoisted last season by Miami.

Hardaway's previous banner was one celebrating the 2000 Olympic gold medal he won while with the Heat.



DREW BREES is sacked by Dolphins safety Jeremiah Bell during the second quarter of Sunday's game in Miami...

(AP Photo: Jeffrey M Boan)

Saints outscore Dolphins 22-0 in 4th for win

By STEVEN WINE AP Sports Writer

MIAMI (AP) — Drew Brees angrily stomped to the sideline, while behind him the Miami Dolphins celebrated a big defensive play.

The scene kept repeating, and soon the New Orleans Saints trailed by three touchdowns.

"You're looking at the scoreboard and it's 24-3, and you say, 'How did this game get out of hand like this?'" Brees said.

For the NFL's highest-scoring team, the deficit proved surmountable. Unbeaten New Orleans scored 43 points in the final 30:02 to rally past the Miami Dolphins 46-34 Sunday.

The Saints topped 40 points for the fourth time and outscored the Dolphins 22-0 in the fourth quarter.

"There was no doubt on our sideline we would come back and win," Brees said.

"They had given us their best shot, and we had played about as bad as we could play. All we had to do was string together a few drives and gain the momentum back. We knew it was going to happen, and it did."

Brees had his roughest day of the season, with three interceptions, a lost fumble, five sacks and two cuts to the face. But he led long touchdown drives on three successive possessions in the second half to put New Orleans ahead.

Tracy Porter's 54-yard interception return then sealed the win for the Saints (6-0), who are off to their best start since 1991 and are the only unbeaten team in the NFC.

"This was a test we hadn't faced yet, and we couldn't be happier with the way we responded," linebacker Scott Shanle said.

Ellis nominated for ISF Hall of Fame induction

said. "The enjoyment I know is not there anymore like when we played. We played very competitively and we had a goal to play."

"But now it seems like the young people are playing together just to get out of the house and get on the field to have fun and party. They are not as serious as when we played."

Although she's still employed at JBR Building Supplies Limited, Ellis admits that age has certainly caught up with her and so she's not as athletically inclined as she was in the past.

But she noted that she's grateful to God for having been nominated and elected to the Hall of Fame.

"I just give him thanks and praise for it," she said. "I also want to thank Bobby Baylor Fernander who was the mainstay behind it. He was the one who was really pushing to get me there."

Full details about Ellis' induction have not been released as BSF president Burkett Dorsett, vice president Ted Miller and immediate past president Rommel Knowles are scheduled to return home from the congress today.

Also during the congress, Knowles was voted in as vice president of the Americas, a region that is designated for the US and the Caribbean. Knowles is the first Bahamian to hold such a post on the international scene.



Tim Tebow

Tebow frustrated with Florida's offensive problems

COLLEGE FOOTBALL GAINESVILLE, Fla. Associated Press

FLORIDA quarterback Tim Tebow is frustrated. He's tired of the interceptions, the sacks and the red-zone struggles.

Although the top-ranked Gators are still undefeated heading into Saturday's game against Georgia, Tebow admits he would like to have "prettier" wins. But he adds that, "If they're all ugly, that's OK. We'll be undefeated."

Tebow also apologized Monday for blowing off postgame interviews following Saturday's 29-19 victory at Mississippi State. Tebow says he wanted to hang out with family and former position coach, current MSU coach Dan Mullen.

Tebow says Mullen told him to go win another national championship.

For that to happen, though, the Gators probably need perform better near the goal line.

Dolphins CB Allen out for season

DAVIE, Fla. (AP) — Miami Dolphins cornerback Will Allen is out for the season with a left knee injury.

Allen hurt his anterior cruciate ligament in the third quarter of the Dolphins' loss to New Orleans and will require surgery, coach Tony Sparano said Monday.

Allen has missed only one game since joining the Dolphins in 2006. He leads the team with two interceptions this year.

He'll be replaced by 2009 first-round draft pick Vontae Davis, which means the Dolphins will start two rookie cornerbacks Sunday at the New York Jets.

Second-round pick Sean Smith has been starting opposite Allen.

For the stories behind the news, read *Insight on Mondays*

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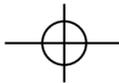
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sports

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Saints outscore Dolphins 22-0 in 4th for win...
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Ellis nominated for ISF Hall of Fame induction

By BRENT STUBBS
Senior Sports Reporter
bstubbs@tribunemedia.net

After retiring about a decade ago, Naomi Ellis is finally going to get some international recognition for her achievement in softball.

At the International Softball Federation's Congress over the weekend in Venezuela, Ellis' name was submitted by the Bahamas Softball Federation (BSF) for nomination for the Hall of Fame 2009 induction class. Her nomination by BSF president Burkett Dorsett was accepted as Ellis will become

only the second Bahamian to be inducted, following on the heels of Grand Bahama's Candice DeGregory-Culmer in the 2007 class. "I'm elated. It's been a long time, but it's never too late," said Ellis, who began playing softball at the age of 19 and retired 10 years ago when she was 49.



NAOMI ELLIS
Photo by Tim Clarke

Ellis, who turns 60 on May 3, will bring the Bahamas' total of inductees up to 12 since the ISF began the induction of administrators, managers, coaches, players and umpires in 1981.

The other Bahamians inducted were as follows:
• Leon 'Apache' Knowles, player/coach in 1987;
Churchill Tener-Knowles, administrator/organiser in

1991; Neko Grant, administrator/organiser in 1997; Arthur Thompson, umpire in 2001; Greg Christie, administrator; Sidney 'Bobby Baylor' Fernander, coach and Dud-

ley 'Doggie' Smith, player, all in 2003 and DeGregory-Culmer, player; Richard 'the Lion Heart' Johnson, player; Austin 'King Snake' Knowles, meritorious service and Godfrey 'Gully' Pinder, coach, all in 2007.

Like all of the above, Ellis has made tremendous strides on the international scene, having represented the Bahamas on just about every national team with the exception of two during her tenure. "The greatest highlight for me was when we got third in the world," said Ellis. "When we did that, I was on top of the world."

During her career, Ellis suited up to play under the management of Eddie Ford, Bobby Fernander, Colin

'Trophy' Knowles, the late Peter 'Pa-B' Bethell and Godfrey Pinder.

She also played with such players as Carmetta Christie-Lockhart, Ernestine Butler-Stubbs, Vangy Bowleg, Mavis Whymms, Judy Allan, Joanne Thompson, Muriel Anderson, Cynthia 'Mother' Pratt, Jeanie 'Bubbles' Mynez, Hyacinth Farrington and Ingrid Rose.

"I don't have any regrets because I know I did my best," she stated.

But looking at the sport now compared to the days when she participated, Ellis said there is no comparison.

"The caliber of softball has gone down very much," she

SEE page 10



Loring Sunfish Worlds winner

2009 Sunfish Worlds winner David Loring receives his award from Pierre Colle, senior vice president of Pictet Bank & Trust.

Photo by Robert Dunkley

'Pain': Training 'is going great'

By BRENT STUBBS
Senior Sports Reporter
bstubbs@tribunemedia.net

MEACHER 'Pain' Major knows that if he's going to be successful next Friday night, he will have to go through some intense workout sessions in Hollywood, Florida.

For the past two weeks, Major has been back in Florida with trainer Anthony 'Chills' Wilson as he prepares for his NABO mandatory lightweight title defense against American Dorin Spivey.

The two are scheduled to clash on November 6 at the Convention Center in Buffalo, New York, as Major celebrates his 28th birthday (Wednesday, October 28) and his mother's on October 31 in grand style.

"Everything is going great," said Major, who will be defending the title he was recently awarded after his bout with American Michael Clark ended in a no contest June 19 in Buffalo. "Training has been going great. Always something new to work on."

Major, who is accommodating amateur boxer Valentino Knowles for a few months, is slated to leave November 4 for Buffalo.

"I just want to go out there and be successful," said Major, who will take a 16-3-1 win-loss-draw record with 14 knockouts in the 12-round bout against Spivey's 35-6 record with 28 KO.

"Thanks to my trainers, Anthony Wilson, Nathaniel Knowles and Gregory Storr and everybody who has supported me, I feel I can go out there and execute my talent, perform to the best of my ability and I'm very confident that I can come out victorious."

Wilson, who has been training Major extensively for the fight, said they are looking forward to returning to Buffalo.

"Since he came in, I was working with his timing," Wilson stressed. "He came in here in great shape, so I really didn't have to worry too much about that."

"He's the type of fighter that fights from his heart, so regardless of who the opponent is, he is always ready. He has all the skills, so I'm just trying to keep him sharp so that he can be ready."

At this point in his training,



MEACHER MAJOR

Major said he has already reached his fight limit, which he has never done before in any of his previous fights.

"I came here in great shape and I just had to work on getting fine tuned," Major said. "So I know I'm ready and I'm going to go to New York and make the best of the opportunity."

"Whether I win or lose, I will be very happy with myself because I know that I would have gone out and gave it my best shot. But I'm not going into the fight thinking that I'm going to lose."

A confident Major said despite the fact that Spivey is 36-years-old, he's not going to let his age play a factor in whether or not he is successful.

"I've already told my handlers that this is my time to shine and although this guy has been around, what he haven't achieve yet, it's not my fault when I beat him," Major stressed. "This is my time."

Giving the credit to his father, Anthony Major Sr, Major said he has the belief that he can beat anybody in the world and he's hoping that after this fight, he will get closer to securing a world title shot.

"My father is really the one who pushes me so hard," he pointed out. "He's not in the gym when I'm training, but he has sat me down and talked to me like a father to a son and he has installed the qualities in me to go out there and perform."

"So I really want to thank him because he's the main reason why I'm in the position that I am today."

Whenever he gets a shot at the world title, Major said he will definitely dedicate it to his father.

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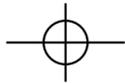
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'Don't throw baby out with bath water'

By **NEIL HARTNELL**
Tribune Business Editor

The Government has been urged not to "throw the baby out with the bath water" and delay moving the Planning and Subdivisions Bill moving through Parliament to allow for more consultation, with realtors expressing concern that its provisions could "strangle the economic development of the Bahamas".

William Wong, the Bahamas Real Estate Association's (BREA) president, last night told Tribune Business that his 700-strong membership had "some very serious concerns" over the Planning and Subdivisions Bill, having discussed the issue with developers and other impacted professions.

Mr Wong said the Bill, by outlining a prescriptive approval process for all commercial and residential real estate developments in the Bahamas, with specified timelines for all stages, would "create another layer of bureaucracy and red tape" that developers would have to overcome.

Time and delays cost developers money, the BREA president pointed out, and this increase in development



WILLIAM WONG

costs would likely to be passed on to the consumer or real estate purchaser, raising the possibility that more Bahamians could be priced out of the market.

Addressing BREA's specific concerns, some of which were outlined in a letter to Prime Minister Hubert

Ingraham, Mr Wong told Tribune Business that the Government appeared to be "putting the cart before the horse" by moving to pass the Planning and Subdivisions Bill before it had completed its Land Use Plans for all Bahamians islands.

These plans, addressed in Section 35 of the Planning and Subdivisions Bill, were, according to Mr Wong, scheduled to be completed in six months for New Providence and 12 months for the Family Islands. They were designed to address the zoning of land for particular uses, such as commercial and residential, utilities, land use policy, road corridors and the preservation of historical and cultural sites.

"They should get this Land Use Plan finished first before the Planning and Subdivisions Bill," Mr Wong told Tribune Business. He added in his letter to the Prime Minister: "This policy has been needed for decades and can be the solution to what is professionally known as 'sprawl', and is regular throughout the length and breadth of the country

"All Bahamian professionals that I have consulted with are strongly in favour of an organised and sustainable strategy for the growth of our islands. This Bill, however, puts 'the

cart before the horse' and releases the Government of their responsibility to provide the platform for Bahamians to have the opportunity to be a major stakeholder in the development of the Bahamas."

Arguing that the Planning and Subdivisions Bill appeared to have been written more by someone experienced in environmental matters, as opposed to development, Mr Wong told Tribune Business: "It doesn't in any way consider these tough economic times.

"It's going to affect the Bahamian man and woman who want to buy property and will put it out of their reach. It will strangle the economic development of the Bahamas, particularly in these very difficult economic climate."

Mr Wong said the need for public consultation and town meetings could stymie foreign developers who, after acquiring land for a development, could find themselves blocked by the complaints of nearby residents and see the Town Planning Committee refuse planning permission.

The BREA questioned what happened to land caught up in such disputes, whether it would sit there and

SEE page 2B

Chamber plans Institute to give business support

- * Chamber president says development bank needed to support start-ups through growing pains, pointing out his business lost \$180k in first year on \$250k turnover
- * Says bank's lending constraints will kill some entrepreneurs' ideas and leave key void

By **NEIL HARTNELL**
Tribune Business Editor

THE Bahamas Chamber of Commerce is planning "next month" to launch a Chamber Institute designed to provide a technical support package to its members and Bahamian businesses, its president yesterday urging cash-strapped institutions such as the Bahamas Development Bank (BDB) to continue playing a role in small business financing.



ROLLE

Khaalis Rolle explained that the Chamber Institute would play a facilitation/co-ordination role in its plans to assist small business development, creating the curriculum and support package before outsourcing the delivery to members involved in that line of work.

Confirming to Tribune Business that the Chamber Institute was set "to come next month", Mr Rolle explained: "We will be offering the type of support that businesses need. We're trying to move beyond the strong advocacy role we've played in the past to a more technical support organisation."

The proposed support packages would involve the likes of marketing, accounting and leadership training, "all of the things businesses need to understand how to efficiently

- * Government takes \$50m dividend from state-owned incumbent in 2009, and likely to extract some \$105m in 18-24 month period
- * Privatisation talks likely to include focus on \$25.387m pension liability
- * Drop in 2008 performance caused by 6% or \$18.7m rise in operating expenses, and 1% revenue fall

SEE page 2B

SEE page 4B

Early December target for Waste recycling facility

By **NEIL HARTNELL**
Tribune Business Editor

BAHAMAS Waste yesterday said it expected to have its cardboard recycling facility "up and running" by the beginning of December 2009, and is targeting 500 tonnes of cardboard per month for processing.

Francisco de Cardenas, the BISX-listed company's managing director, also confirmed to Tribune Business yesterday that it hoped to "be making biodiesel in the first quarter" 2010, once all necessary government permits and approvals were received.

Adding that Bahamas Waste had enjoyed "a nice third quarter" this year from a financial performance perspective, Mr de Cardenas said that in relation to the company's cardboard recycling initiative, "we're basically waiting on a few more parts for the bailer.

"We then go through a period of testing on the machine, and then we'll be good to go. I would say that within the next month, probably by the beginning of December, we'll be up and running. We're going to be trying to get about 500 tonnes of cardboard in a month."

Mr de Cardenas said Bahamas Waste would be recovering a product it normally dumped in the Tonique Williams-Darling Highway

- * BISX-listed firm targeting 500 tonnes of cardboard per month for processing
- * Hoping to get approvals to start biodiesel production in 2010 Q1, hoping to produce 100,000 gallons in year one and have 20-50% vehicle usage

landfill, processing and recycling it, and then attempting to sell it for export.

He added that the company would be going through a "learning curve" with the cardboard recycling facility, and it would take time to reach the 500 tonnes per month level.

Hinting that Bahamas Waste would eventually look at other recycling efforts, said: "Cardboard is the beginning, and we will see what else, but right now we're focusing efforts on cardboard."

As for Bahamas Waste's biodiesel plans, Mr de Cardenas told Tribune Business: "The equipment is being manufactured, we are sourcing our tankage and working with the BEST Commission on the Environmental Impact Assessment and Environmental Management Plan.

SEE page 4B

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The information contained is from a third party and The Tribune can not be held responsible for errors and/or omission from the daily report.

BTC suffers 50.7% profit fall in '08

By **NEIL HARTNELL**
Tribune Business Editor

THE Bahamas Telecommunications Company (BTC) suffered a 50.7 per cent net income reduction in 2008, as profits were squeezed by a slight top-line decline and \$18.7 million rise in operating expenses, although that did not stop the Government taking a \$50 million dividend from the company post year-end.

Kirk Griffin, BTC's acting president and chief executive, writing in BTC's 2008 annual report acknowledged that the state-owned incumbent's net income had fallen to \$21.1 million from \$42.8 million the year before, "resulting principally

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BUSINESS

BTC, from page 1B

from a 1 per cent or \$3.5 million decline in revenues and a 6 per cent or \$18.7 million increase in operating expenses".

On the revenue front, Mr Griffin attributed the drop from \$356.915 million in 2007 to \$353.369 million to an 18 per cent or \$9.9 million drop in net roaming revenues.

This provides a further indication of the wide-ranging impact that the global economic crisis and decline in tourist arrivals has had on all facets of the Bahamian economy, since BTC's roaming revenues are largely derived from tourists who, via agreements signed by BTC and their own home country carriers, are able to use their cell phones in the Bahamas. Fewer tourists equates to lower roaming revenues.

Mr Griffin said the decline in roaming revenues had been

offset to some extent by a 12 per cent increase in broadband Internet revenues to \$16 million in 2008.

Elsewhere, BTC's cellular wireless revenues from post-paid subscribers fell by 9.6 per cent or \$5.2 million, partly due to the migration of former TDMA postpaid customers to the new GSM prepaid platform. Revenues from the latter increased by \$7.2 million to \$143.1 million.

BTC's income statement again showed that the company is largely now a glorified cellular company, something that was effectively admitted by executive chairman Julian Francis in the 2008 annual report, who said this business segment now accounted for 70 per cent of the company's total revenues.

BTC's current monopoly in cellular service provision in the Bahamas, something that will

end two years after its privatisation, has been critical to the company's profitability and performance. It also indicates why Digicel, a 100 per cent cellular operator throughout the Caribbean, is interested in acquiring BTC - as it is, to all intents and purposes, a cellular company - despite the state-owned incumbent's interests in fixed-line, Internet and, possibly, Internet Protocol TV.

Elsewhere, Mr Griffin said BTC's payroll and benefits increased by 15 per cent to \$83 million in 2008, largely due to the finalisation and implementation of the new industrial agreement for the period 2007-2010.

While most other operating expense categories remained flat, what was termed as 'Plant Expense' rose by more than \$20 million - from \$152.308 million to \$172.683 million. As a result, total operating expenses increased from \$313.397 million in 2007 to \$332.052 million a year later.

Unbundling plant expense, it can be seen that payroll costs rose by 8.6 per cent in 2008 from \$42.976 million to \$46.679 million. Also on the rise were vendor discounts, which rose by 23 per cent from \$27.348 million to \$33.74 million.

Utilities costs, mainly the Bahamas Electricity Corporation (BEC), rose by more than \$4 million from \$7.567 million to \$11.915 million.

In his report, Mr Griffin said BTC had paid a \$25 million dividend to the Government, in the form of the Public Treasury, in June 2008. That same year, some \$16.4 million in customs duties and franchise fees were also paid by the company, along with \$4 million in regulatory fees to the former Public Utilities Commission (PUC).

However, the annual report's notes also revealed that BTC's Board of Directors, all of whom are appointed by the Government, declared a \$50 million dividend at their April 23, 2009, meeting, which was subse-

quently paid on April 27, 2009.

Taken with the previous \$25 million dividend, and the Government's plans to take a further \$30 million dividend from BTC prior to privatisation, that \$50 million windfall means that the Ingraham administration is likely to extract a total \$105 million from the state-owned incumbent within a probable 18-month to two-year period.

Some might question whether it is prudent to take such a large dividend from a company that suffered a more than-50 per cent cut in net income in 2008, but BTC still had \$118.6 million in cash on the balance sheet as at December 31 of that year - albeit a lower amount than the previous year's \$135.351 million.

Added to that is the Government's desperate need for every cent of revenue it can lay its hands on to plug the growing fiscal deficit and national debt, and with BEC's problems, it is clear BTC remains the 'crown jewel' in its asset portfolio,

although all things are relative. BTC also incurred some \$4.778 million in privatisation costs on behalf of the Government in 2008, the annual report revealed, which the directors dealt with by issuing a dividend in-kind.

And the report also highlighted another issue that will have to be resolved between the Government and any buyer in BTC's privatisation - namely who deals with, and fills, the \$25.387 million pension liability the company's defined benefit pension plan is sitting on. It is possible such an amount may be deducted from the purchase price.

BTC's annual report showed that its employee pension plan was suffering from a \$63.475 million deficit, with the value of future obligations to pensioners standing at \$252.941 million, yet the fair value of plan assets languishing at \$189.466 million. The value of unrecognised actuarial losses was pegged at \$38.088 million.

BREA, from 1B

become "dead land" with reduced value, and what would happen to the investor and the Bahamas' reputation/standing in investment circles.

"All this is going to drive up the cost of development," Mr Wong argued. "You frustrate the developer and drive up the cost of development. Guess who pays for it? The consumer.

One way or another, this Bill is going to drive up the cost of land for Bahamians.

"The Government is putting all these roadblocks and bureaucracy in place, costing the developer time and money." Mr Wong expressed fears that the Bill could act as a disincentive to subdivision development and, as a result, the supply of homes/lots would be unable to match demand as the population grew, further pushing prices above the reach of Bahamians via a supply/demand mismatch.

Urging the Government to "hold back" and "delay" the Bill's passage for further consultation, Mr Wong said the provision that prevented Bahamians from dividing property in their will to their children could lead to further problems with generational property, leaving "tens of thousands of acres you can't use".

"In this kind of environment, we need a stimulus package to help us, not the kind of stuff that makes it more frustrating," Mr Wong added.

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- The body of the essay must not exceed 1,000 words. Adults may assist the child in filling out the entry form, but not in writing the letter.
- Limit one essay per child. All entries must be received by the Rotary Club of East Nassau before Nov 30, 2009.
- Only essays accompanied by original entry forms clipped from the newspaper will be accepted. Photocopy, fax, carbon or other copies will not be accepted.
- One winner will be chosen from each age category. The decision of the judges is final.
- Winner must agree to a photo presentation which will be published in the newspaper.
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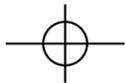
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BUSINESS

Government urged to 'divest itself' of BAIC and BDB roles

By NEIL HARTNELL
Tribune Business Editor

Organisation has 'deep concerns' over Development Bank's 'severe liquidity issues'

THE Government was yesterday urged to "divest itself" of the Bahamas Development Bank (BDB) and the Bahamas Agricultural and Industrial Corporation (BAIC) and turn them over to private sector management, as a Bahamian small business organisation said it had "deep concerns" about the limits placed on the former's lending capacity.

Arguing that there were "too many separate organisations" involved in small business financing and support activities from a government perspective, Marvin Smith, the Bahamas Business Association's chairman, told Tribune Business that management of the likes of BDB and BAIC should be handed to the private sector, with these entities replaced by a Bahamas Development Corporation.

"What we need in the Commonwealth of the Bahamas is for the Government of the Bahamas to divest itself of responsibilities that really belong to the private sector," Mr Smith said.

"Going forward, the Government of the Bahamas cannot be all things to all people, and needs to turn things over to the private sector. We suggest the creation of a Bahamas Development Corporation.

"The Governments of the Bahamas, past and future, need to really divest themselves of the BDB and BAIC, and turn that over to private sector groupings or organisations."

Mr Smith said the Bahamas Business Association had "a deep concern" over the "severe

liquidity issues" plaguing the BDB, which minister of state for finance, Zhivargo Laing, said had left it unable to write "any meaningful loans". Some "50 per cent-plus" of its loan portfolio was in default.

Speaking from the perspective of small business access to credit and debt financing, especially during a recession, Mr Smith told Tribune Business: "This is a deep concern of ours, because for many of the small and medium-sized businesses unable to get loans from commercial banks, the only way to get credit is from the BDB and the venture capital fund.

"Since the Government has taken a more conservative stance on that, perhaps they need to be more creative in how businesses get funding from outside the Bahamas. The Government and the Central Bank stand in the way of that with the current legislation."

Yte Mr Smith added: "This tunnel is not as dark as it appears. The Government has to come to the position that they do not have all the answers or solutions to these problems we face together.

"Before they take the aggressive stance to terminate funding in this period where we need to create jobs, they need to get everyone together to discuss solutions to the problems they are having right now."

While thanking all BDB and BAIC employees for their services over the years, Mr Smith

said they needed to be "redeployed in other areas of the public service where they are needed, so we can establish the Bahamas Development Corporation" and raise funding for the economy's productive sectors.

Arguing that this organisation needed to be completely run, driven and managed by the private sector, Mr Smith said: "One of its primary objectives is to see the creation of Bahamians owning the majority or a large percentage of the tourism industry, and the agriculture or food security part of the economy."

Given that the Government had previously given Crown Land grants and other incentives to encourage foreign direct investment in the Bahamas, Mr Smith said a Bahamas Development Corporation should receive similar assets for the purpose of empowering Bahamians in all islands.

"Hopefully, the Bahamas Development Corporation will be listed and traded on the Bahamas International Securities Exchange (BISX) for the purpose of raising capital for onward lending to small, medium and larger-sized businesses in the Bahamas," he added.

"The Bahamas Development Corporation will have access to secure funds locally and internationally, whether its bonds, stocks or more creative forms of financing."

Mr Smith said that while the private sector understood the need to encourage foreign direct investment in the Bahamas, any developer receiving a Heads of Agreement-type of arrangements, plus incentives and land grants, must be required to do business with Bahamian companies.

"This Bahamas Development Corporation is to encourage legislation for the advancement of the interests of the Bahamian people and/or businesses," Mr Smith said, adding that the Bahamas had "for too long relied" on the two main political parties to safeguard their interests via policy, rather than statute law.

He pointed to the fact that the likes of Singapore, Barbados and Trinidad & Tobago all had Business Development or Small and Medium-Sized Business Acts to encourage development in these sectors, arguing that the Bahamas needed similar laws to outline what was permissible and what was not.

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AND

IN THE MATTER OF A COMPLAINT AGAINST COUNSEL AND ATTORNEY

BETWEEN

EDWARD AND OLGA ROSSI
Complainants

AND

KENDALL KNOWLES
Respondent

NOTICE

TAKE NOTICE that the Disciplinary Tribunal, will render its Decision in the subject matter on Wednesday the 28th day of October, A.D., 2009 at 3:00 o'clock in the afternoon at 3rd Floor British American House, George Street, Nassau, The Bahamas.

AND FURTHER TAKE NOTICE that the Respondent, Kendall Knowles, is required to produce to the Bahamas Bar Council within seven (7) days from the date hereof an address to which the Decision may be sent by prepaid Registered Post.

Dated the 21st day of October, A.D., 2009

Bahamas Bar Association
Elizabeth Avenue
Nassau, The Bahamas

INSIGHT

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BUSINESS

Chamber plans Institute to give business support

manage a business".
"Hopefully, we can expand that in the future by being a broker for capital investment," Mr Rolle said, "being the go-between between our members and potential members and lending institutions and venture capital organisations."

When asked how the Chamber would run its proposed Institute programme, Mr Rolle said: "We're going to outsource that to the guys who offer those services. We will offer that through our existing members with our brand on it. We will develop the curriculum."

Meanwhile, Mr Rolle said the "severe liquidity issues" that had impacted the Bahamas Development Bank's (BDB) ability to originate "any meaningful loans" was "symptomatic of all the structural issues we're facing" in both the private and public sectors.

He argued, though, that the economy needed institutions such as the BDB "to continue to assist in business development", as they were critical to providing debt financing to start-ups that would otherwise be starved of capital and never get off the ground.

Many entrepreneurs, Mr Rolle said, "invested everything in it" in terms of capital, yet had to endure a "ramp up period" before they made any money, often sustaining a loss in their first year of operation.

Taking his Nassau Water Ferries venture as an example, Mr Rolle said he suffered a \$180,000 loss during his first year in operations on a \$250,000 turnover, before making a \$70,000 profit on \$500,000 turnover in his second year.

"With a start-up, unless you have lots of capital, you are almost doomed from the outset

and most businesses lose money in their first year of operations," the Chamber president explained. "That's why we need institutions like the Bahamas Development Bank to continue to assist in business development."

Mr Rolle argued that while the Government should not waste money or throw it away, it must not look at institutions such as the BDB as "a profit centre". Rather, it was an institution designed to encourage business development, innovation and ideas, and the emergence of a new generation of entrepreneurs.

The Chamber president also questioned whether small businesses and start-ups were making best use of the Government's business support services, and whether the agencies involved were structured correctly to maximise delivery in

this area.
However, the "big question" was where the BDB, the Government and private sector went now, Mr Rolle suggesting the latter had to step in if the public sector entities were unable to lend.

"It [the BDB] plays a critical role," he said. "It is the premier organisation that small businesses go to for lending outside the commercial banks, and that process is designed to encourage small business in this country."

"If the BDB is not able to fulfill its mandate, and commercial banks are not bullish, you will have a decline in small business growth in this country. There's no 'if's' and 'but's' about it."

He added that some ideas currently held by entrepreneurs would "not be realised" due to the BDB's lending constraints.

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COMMONWEALTH OF THE BAHAMAS 2009

IN THE SUPREME COURT CLE/QUI/00409

Common Law and Equity Division

IN THE MATTER OF the Quieting Titles Act Chamber 393 Statute Law of the Commonwealth of The Bahamas

AND

IN THE MATTER of ALL THOSE lots pieces or parcels of land situate in the Southwestern portion of the Island of South Bimini one of the Islands of the Commonwealth of The Bahamas and comprising a portion of the Port Royal Subdivision being the Lot Numbered Sixty-one (61) in Block Numbered Five (5) a portion of the Lot Numbered Sixty-two (62) in Block Numbered Five (5) and a portion of Tract "A" in Block Numbered Five (5) and situate on the Eastern Side of Ocean Drive and approximately Two hundred and Seventy-two (272) feet Southwesterly from North Road and being bounded as follows towards the **NORTH** on the other portion of the Lot Numbered Sixty-two (62) in Block Numbered Five (5) and running thereon One hundred and ten (110.00) feet towards the **EAST** on a portion of Tract "A" in the Block Numbered Five (5) and running thereon Ninety-two (92.00) feet towards the **SOUTH** on the Lot Numbered Sixty (60) in Block Numbered Five (5) and running thereon One hundred and ten (110.00) feet towards the **WEST** on a Thirty (30) feet wide road reservation known as Ocean Drive and running thereon Ninety-two (92.00) feet.

AND

IN THE MATTER of the Petition, of William C. Northen and Valerie J. Northen

NOTICE OF PETITION

Take notice that by Petition filed in the Supreme Court of The Bahamas on the 18th day of March, A. D. 2009 **William C. Northen and Valerie J. Northen** of South Bimini one of the Islands of the Commonwealth of The Bahamas (hereinafter called "the Petitioners") claim to be the owners in fee simple in possession of the above captioned pieces parcels or lots of land and have made application to the Supreme Court of the Commonwealth of The Bahamas under Section 3 of the Quieting Titles Act 1959, to have their title to the said piece parcel or lot of land investigated and the nature and extent thereof determined and declared in a Certificate of Title to be granted by the Court in accordance with the provisions of the said Act. A plan of the said land may be inspected during normal office hours in the following places:-

1. The Registry of The Supreme Court, Ansbacher House, East Street, Nassau, Bahamas.
2. The Chambers of Deyane E. Russell Grove Avenue and Marine Drive, The Grove, West Bay Street, Nassau, Bahamas.

Take notice that any person having dower or right of dower or any adverse claim or a claim not recognized in the Petition must on or before the expiry of Thirty (30) days following final publication of this Notice file in the Supreme Court and serve on the Petitioners and the undersigned a Statement of his Claim in the prescribed form, verified by an Affidavit to be filed therewith together with a plan of the area claimed and an abstract of title to the said area claimed by him. Failure of any such person to file and serve a Statement of his claim on or before the Thirtieth (30) day following final publication of this notice will operate as a bar of such claim.

DEYANE E. RUSSELL
Chambers,
Grove Avenue and Marine Drive,
The Grove, West Bay Street,
Nassau, Bahamas.

Attorney for the Petitioners

WASTE, from 1B

"Our plans have been submitted, and we're hoping we will not have any glitches and

that everything will move forward. We suspect we'll possibly be making biodiesel in the first quarter."

Mr de Cardenas said he "wouldn't be surprised if we make 100,000 gallons of biodiesel in the first year", with any product it produces entirely for use in its own vehicle fleet.

Explaining that the biodiesel facility was conceived partly in response to the impact escalating global oil prices were having on Bahamas Waste's cost base, Mr de Cardenas said a key challenge would be to switch the company's fleet to use

biodiesel.

With there being relatively little technical information published on biodiesel and its use by heavy duty vehicles, Mr de Cardenas said: "We're doing a lot of studying and investigation of what we can and can't do."

He suggested that Bahamas Waste's vehicles could use between 20-50 per cent biodiesel, with the older vehicles likely to be able to use a higher percentage. "We're going to try and use as much as we can," Mr de Cardenas said. "Some vehicles might be able to use 100 per cent."

NOTICE

NOTICE is hereby given that **SHIRLEY SIFFORD of Tootie Shop Corner, Off East Street, P.O. BOX N-10326 NASSAU, BAHAMAS**, is applying to the Minister responsible for Nationality and Citizenship, for registration/naturalization as a citizen of The Bahamas, and that any person who knows any reason why registration/naturalization should not be granted, should send a written and signed statement of the facts within twenty-eight days from the **20th day of October, 2009** to the Minister responsible for nationality and Citizenship, P.O. Box N-7147, Nassau, Bahamas.

NOTICE

NOTICE is hereby given that **WILSON EDOUARD of South Beach, NASSAU, BAHAMAS**, is applying to the Minister responsible for Nationality and Citizenship, for registration/naturalization as a citizen of The Bahamas, and that any person who knows any reason why registration/naturalization should not be granted, should send a written and signed statement of the facts within twenty-eight days from the **27th day of October, 2009** to the Minister responsible for nationality and Citizenship, P.O. Box N-7147, Nassau, Bahamas.

NOTICE

Pursuant to the provisions of Section 137 (4) (a), (b) and (c) of the International Business Companies Act, 2000, notice is hereby given that:-

- (a) **Mushy Kiwis Ltd.** is in dissolution;
- (b) The date of commencement of the dissolution is the **25th day of September, A.D., 2009** and
- (c) the Liquidator is C.B. Strategy Ltd., of 308 East Bay St.

C.B. Strategy Ltd.
LIQUIDATOR

IN THE MATTER OF THE LEGAL PROFESSION ACT, 1992

AND

IN THE MATTER OF A COMPLAINT AGAINST COUNSEL AND ATTORNEY

BETWEEN

SOLOMON GUTSTEIN
Complainant

AND

KENDALL KNOWLES
Respondent

NOTICE

TAKE NOTICE that the Disciplinary Tribunal will render its Decision in the subject matter on Wednesday the 28th day of October, A.D., 2009 at 3:00 o'clock in the afternoon at 3rd Floor British American House, George Street, Nassau, The Bahamas.

AND FURTHER TAKE NOTICE that the Respondent, Kendall Knowles, is required to produce to the Bahamas Bar Council within seven (7) days from the date hereof, an address to which the Decision may be sent by prepaid Registered Post.

Dated the 21st day of October, A.D., 2009

Bahamas Bar Council
Elizabeth Avenue
Nassau, The Bahamas

Legal Notice

NOTICE

EAGLE STARS INVESTMENT LIMITED
(In Voluntary Liquidation)

Notice is hereby given that the above-named Company is in dissolution, which commenced on the 16th day of October 2009. The Liquidator is Argosa Corp. Inc., P. O. Box N-7757 Nassau, Bahamas.

ARGOSA CORP. INC.
(Liquidator)

NOTICE

INTERNATIONAL BUSINESS COMPANIES ACT

No. 45 of 2000
ANADERO LIMITED

Notice is hereby given that in accordance with Section 137 of The International Business Companies Act No. 45 of 2000, **ANADERO LIMITED** is in dissolution. The date of commencement of dissolution was the 23rd day of October 2009. Dillon Dean of Nassau, Bahamas is the Liquidator of **ANADERO LIMITED**.

Dillon Dean
LIQUIDATOR

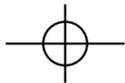
NOTICE

In the Estate of **GEORGES EMILE JEAN FRANKE** late of 14 Woodland Road, off Village Road in the Eastern District of the Island of New Providence, one of the Islands in the Commonwealth of The Bahamas, Businessman, Deceased.

NOTICE is hereby given that all persons having any claims or demands against the above-named Estate are requested to send the same duly certified in writing to the undersigned on or before Friday, the 27th day of November, A.D. 2009 after which the Executors will proceed to distribute the assets of the deceased among the persons entitled thereto having regard only to the claims of which the undersigned shall have notice.

AND NOTICE is hereby given that all persons indebted to the said Estate are requested to make full settlement on or before the date hereinbefore mentioned.

DUPUCH & TURNQUEST & CO.
Chambers
308 East Bay Street
P.O. Box N-8181
Nassau, Bahamas
Attorneys for the Executors



WOMAN

The Tribune **B O D Y A N D M I N D** health

a message of hope



The story of a breast cancer survivor

By REUBEN SHEARER
Tribune Features Reporter

'RESILIENCE' has been the keyword for 60-year-old Virginia Sawyer in facing breast cancer.

Perhaps it's the reason why she has had such a successful fight against the disease; she is the perfect example of what faith and focus can do for someone in her condition.

Ms Sawyer, who is described by others as a "poised, reserved and private person", agreed to share her story about her battle against breast cancer with *Tribune Health*.

It's been 25 years since she had her mastectomy, and today Ms Sawyer continues to live life to its fullest.

Now in 'remission' (a term used to classify cancer patients with no recurrences for up to 12 to 15 years), Ms Sawyer said breast cancer is no longer something that she constantly broods or frets about.

"Over the years so many people have been diagnosed, so I realise like many others that it's just another challenge that I have to face," she said.

With an effective combination of eating right, exercising, prayer, and involvement in various activities, she is determined to keep herself as physically and spiritually healthy as possible.

She's never viewed her breast can-

cer as a death sentence, and in fact has developed more zest for life because of the disease.

Ms Sawyer is involved in several civic organisations, including the Bahamas Communications and Public Officers Retirees Association and the Surgical Suite Breast Cancer Support Group.

She is also a very active member at Evangelistic Temple Church on Collins Avenue.

But it hasn't always been that way for this retiree, who has no reservations telling you she is a "sexy 60."

One of the most inspirational things of her life has been her involvement in the Surgical Suite Breast Cancer Support Group for 20 plus years, she said.

Ms Sawyer said the group has helped her deal with the disease over the years and has given her the opportunity to lend her support to fellow cancer survivors.

The 60-year-old's experience with breast cancer hasn't been as difficult as that of some women; she never underwent any chemotherapy or radiation.

"It was not until I joined the Sister Sister Breast Cancer Support Group that I found out how sick people were. Because I didn't have to take the treatments, people were saying I didn't have breast cancer," she said.

Shortly after being diagnosed with breast cancer in her 30s, Ms Sawyer

had her breast removed - a fairly radical surgery for a disease that was still in the early stages, but one that has proved instrumental to her survival.

Her physician, Dr Charles Diggiss of the Surgical Suite, said the reason she didn't have chemotherapy is because treatment for the disease is different in every case.

"One has to be careful to understand how breast cancer has evolved and treatment has evolved," he said. "We need to be aware of the aggressiveness of breast cancer in the black Bahamian community."

Speaking to Ms Sawyer's condition, Dr Diggiss said her recovery story is remarkable.

"(In the) 25 years at my practice there aren't many women who continue to survive. It is certainly commendable and fortunate for her," he said.

Dr Diggiss said he believes Ms Sawyer's religiously undergoing an annual mammogram and discovering the cancer at such an early stage was crucial.

"Early detection is the key in order to avoid long rounds of chemo and radiation treatment," Ms Sawyer said.

"Through God's grace I was able to avoid a lot of what other cancer patients go through."

"In early May of 1984, a young man who worked with me said 'Ms Sawyer, let's switch vacation, it would be really good for me to use that time'."

"Because of switching with him, I went for my check-up," she said.

"The doctor found a small lump, and he sent me to a surgeon who told me to come back in a month or more, because sometimes the lumps appear and then disappear."

"When I went back to see him,

the lump was still there. I had a biopsy, and after that, that was the first pain I ever felt."

Results of the biopsy showed that the lump was in fact cancerous. Ms Sawyer said she was depressed at first, but determined to fight the disease.

"I had to have surgery (a mastectomy). Then I was sent to Dr (John) Lunn, who told one of the nurses, 'come here let me show you something, this woman is healed'. Dr Lunn said the doctors did a wonderful job on you. You don't need any chemotherapy or radiation," she said.

She continued to see the doctor for about six months, and afterwards went for mammograms once a year. To this day, she performs self breast exams and continues to have her annual check-up.

Ms Sawyer also continues to eat healthy and is consistent with her exercise regime. She tries to exercise twice a day.

Her eating habits include small portions of leafy green vegetables, especially broccoli and carrots that she tries to steam or eat raw sometimes.

"I try to use sweeteners that the doctors recommend, and I automatically cut down on the salt to stay



Virginia Sawyer

away from hypertension.

"Now and then I eat rice and potatoes," she said, and jokes that from time to time she does cut herself some slack by treating herself to food she wouldn't typically have.

Dr Diggiss had this to say about Ms Sawyer's story of survival: "It gives a message of hope that you need not die from breast cancer. As few as the numbers may be for persons who survive, it certainly offers hope."

Women helping women

By REUBEN SHEARER
Tribune Features Reporter

Zonta Club and Sister Sister Breast Cancer Support Group join forces

HATS off to the Zonta Club of New Providence which paid tribute to cancer survivors of the Surgical Suite Sister Sister Breast Cancer Support Group this weekend.

Some 100 women turned out to the Hat Show and Tea Party held on the upstairs deck overlooking the garden at Government House on Sunday afternoon.

Andrea Sweeting, president of the Surgical Suite Sister Sister Breast Cancer support group said: "It was a wonderful venture between the two organisations. It was a way of women helping women, which is the motto of the Zonta Club," she said.

The Zonta Club is a group of businesswomen that work together to advance the status of women. The Sister Sister Breast Cancer support group is a subsidiary of the Surgical Suite, an oncology practice, presided over by local practitioner Dr Charles Diggiss.

Oralee's Fashions; the Amazing Fashions Centre; Just Stunning; LaRose Boutique; Judy's Hat Shop, and other vendors presented their hat collections to the host of attendees from different civic and church organisations.

Attendees enjoyed salmon

and pinwheel sandwiches, quiches, and a variety of herbal teas.

The ladies were also treated to a fashion show hosted by Pepper Johnson of LaRose Boutique, as members of various Zonta Club chapters on the island modelled their hats.

Part of the proceeds generated from the high tea event were donated to the Surgical Suite Sister Sister Support group.

Each month, Sister Sister purchases three porth-a-caths to administer chemotherapy in an easy and efficient way.

Port-a-cath's cost around \$500 each, and the organisation donates three of them a month to the Cancer Society of the Bahamas.

"We welcome any donations to the Sister Sister Support Group because as it comes in, it goes back out," said Nurse Charlene McPhee, a spokesperson for the group.

She explained that the donations from the Zonta Club of New Providence will be allocated toward purchasing these

devices. This will help defray the group's monthly expenditures of \$1,500.

Part of the proceeds will also go to assist members of the group with medication and other needs.

Officially formed in 2001, the Surgical Suite Sister Sister Breast Cancer Support Group is made up of breast cancer survivors young and old. For most of the members, thankfully, their cancer is in remission.

Their youngest member is 28-years-old, proving that breast cancer does not discriminate when it comes to age.

Nurse McPhee told *Tribune Health* that the way women respond to a breast cancer diagnosis is very important.

"Women who attend support groups tend to do much better than those who don't have support, so we know it's vital," she explained. "It helps you to know that you can make it too."

Outlining what the Sister Sister group offers, she said:

"There's a time of laughter, crying, information, empowerment, spiritual help - they take care of the whole woman. It's more empowering for everyone in the group to know they can live with cancer and know it doesn't have to kill them."

Breast cancer is one of the causes avidly supported by the Zonta Club.

Their motto, 'Women Helping Women', is at the heart of their programme and they

"live that out in every sense of the way," a representative of the organisation said.

Adena Minus of the Zonta Club said that the whole purpose of the tea party and hat show was to create an event where the women could escape from their worries and just enjoy themselves.

"We try to focus on uplifting the ladies," Ms Minus said.

Zonta International is a worldwide service organisation of executives in business

and the professions working together to advance the status of women.

The Surgical Suite Sister Sister support group meets every second Wednesday at the Southern Community Centre on Soldier Road.

Meetings begin at 5.30pm and end at 8pm.

"The ladies are an exciting group," said Nurse McPhee.

"They talk, talk, and don't stop talking," she said with a smile.

Prayer vigil to conclude Breast Cancer Awareness Month

By JEFFARAH GIBSON

TO bring the National Breast Cancer Awareness Month to a close, the Surgical Suite Sister Sister Breast Cancer Support Group will participate in a candle light walk and prayer vigil this Saturday at Rawson Square.

The members will be divided into two groups. One group will begin the march on Elizabeth Avenue and the other group will begin on George Street; they will meet at Rawson Square.

At the centre of the square the group's members will hold a prayer vigil in honour of women who have died from the disease, perform musical selections, and survivors will share their inspirational stories.

Since its conception in 2007, the walk has become an annual event to say thanks to the public for their support.

The Surgical Suite Sister Sister Breast Cancer Support Group has been in existence since September 2000. It has grown from approximately 15

members to over 150 active members.

They act as a support system offering hope to women who are diagnosed with breast cancer. Their main goal has always been to wage war against the disease, and educate the public.

The walk is set to begin at 5pm and members of the public are asked to come out in support of the cause and to bring a candle.

For more information call 376-0054 or contact Nurse Charlene at 326-1929.



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WOMAN

LOVING RELATIONSHIPS

Have you filed your Ex?

HOW is your relationship desk these days? Do you have a lot of working files that you look at frequently and you add to on a regular basis? Do you have a lot of unfinished work that you just procrastinate over? Or do you have many files that are completed and filed away?

We hear over and over that we need to put time and effort into our relationships, but what happens when they just do not work out and they come to an end?

The end of a relationship is almost always painful, but at times it can be a relief.

Closing that particular file, however, may not be that easy. Depending if there is a particular 'dumper', 'dumpee' or if it is a mutual agreement will determine how you move on in the future.

Ideally all questions, unresolved problems, good times and things learnt from the relationship will be aired.

Of course this requires a great deal of respect and consideration, both of



By MAGGIE BAIN

which are often missing when things come to a close.

What happens when it all ends in a big chaotic mess? You may be left out to dry, or perhaps you are the one too cowardly to face the music. If we do not wrap things up, and feel everything has been taken care of, then we drag it around with us into the next relationship. We punish or treat the next person as if they were a shadow of the last.

It is not surprising that we go through life wondering why we can not get it right. Are we always choosing the wrong people, or is it us?

People assume that long relationships are the hardest to get over. Cer-

tainly there is more history, possibly children and joint property. However, all too often we see that their life together has 'played out' and that it has reached a natural conclusion. Short relationships, however, may have terminated before their time and the expected course of things did not take place.

The questions of 'what if' and 'might have been' remain floating in the air unanswered. One thing we know for sure is that no matter what type of ending you have it is all emotionally draining, and something we would all like to avoid.

The work needed before we can close that particular file can vary in time depending on the individuals involved and their circumstances. Initially you may feel sad, angry or you may feel nothing. If you feel sad then you more than likely are turning events inwards and blaming yourself for the loss. Or you may direct angry feelings outwards and blame the other person. Feeling nothing may mean you are just avoiding the whole deluge

of emotions.

Discovering why something happened, and the person that we emerge as, allows the forgiveness to take place. We can then step aside and release ourselves from the pain. This is what is meant to be and this is the direction our life is meant to take.

The scenario of letting go and accepting the loss of a relationship would seem like the natural process of things. For some people the course of events is blocked by the other person. This is often seen when children are used as bargaining power. We may feel as if we are held hostage in the relationship and closure seems impossible. Even if this takes place we need to find a way to release ourselves as individuals so that we can move on with our lives.

Hopefully at some point this file will be closed and filed away. You will know by then if it will remain in the back of the filing cabinet, never to be reopened.

On the other hand because of mutual reasons, such as children, it may

have to be brought out every now and then. When you do it is important to remember to handle your children's feelings with care because they will be experiencing similar emotions.

Things may still be more complicated and you may have a stagnant relationship that keeps you in limbo. Relationships like this are suffocating and very unhealthy. It is essential that we continue working at our relationships, or close them and file them away. The goal is always to remember to surround ourselves with good quality relationships that enrich our lives, and keep away from those that pull us down.

• Margaret Bain is an individual and couples relationship therapist. She is a registered nurse and a certified clinical sex therapist. For appointments call 364-7230 or e-mail her at relatebahamas@yahoo.com or www.relatebahamas.blogspot.com. She is also available for speaking engagements.

Maintain strong bones with exercise

OSTEOPOROSIS can steal the strength from your bones, leaving you stooped-shouldered and prone to fractures. But you can do something with your muscles to help lower your risk of a break - exercise.

Osteoporosis means "porous bones". With this disease your bone strength decreases and your bones slowly lose mineral content and their internal support structure.

Eventually, your bones can become so weak they can easily fracture. But research indicates that exercise may not only help prevent

osteoporosis, but may treat it as well.

Exercise can also help improve your balance, reducing your risk of falling. The key is to know which exercises to do and how to do them properly.

Bone is living and dynamic tissue that responds to exercise by becoming stronger. Each time you put your bones to work they receive a chemical message telling them they need to be strong. Without physical challenges to trigger that bone-building message your bones



By SUSAN DONALD D.C.

with lose mass and strength.

Weight-bearing and strength training (resistance) exercises put the right kind of demands on your bones to make them build density and strength.

Weight-bearing exercises causes your bones and muscles to work against gravity. Every time you take a step, land on your feet, hit a tennis ball, dance, jump, and jog, chemical messages rush to your legs and arms warning them to get ready for the next impact and stimulate your

bones to increase their strength.

Weight training or resistance exercises use your muscular strength to improve muscle mass and strengthen bone. Your muscles are attached to your bones by tendons that tug against the bones when the muscle contract. This tugging stimulates the bones to grow. The stronger your muscles, the more stimulation they provide. The stronger your bones and muscles, the better your protection against osteoporosis.

Strength training exercises can employ dumbbells, and/or weight or resistance type machines. You should begin strength training slowly and progressively, repeating exercises over time until they are comfortable.

Other protective measure to stop osteoporosis is not to smoke and to drink in moderation. Smokers show

a higher incidence of fracture than non-smokers do. Smoking interferes with the body's production of estrogen.

Women who smoke are shown to lose five to 10 per cent of their mass prior to menopause. Heavy drinkers also suffer more fractures than normal. This may be due to the fact that alcohol is a diuretic, which causes fluid loss.

Good nutrition, foods rich in calcium, plus calcium supplements on a daily basis are definitely an important prevention in stopping osteoporosis. The recommended dosage is 1,500 milligrams daily, especially after menopause.

With these lifestyle changes, a regular exercise programme and regular chiropractic care, you should be able to grow old with a strong healthy spine and beautiful posture.

GREEN SCENE

By Gardener Jack

A variety of root crops

IT was root crops more than anything else that kept Europeans and early American settlers going during the cold winter months when little could be grown. Most root crops could be stored, often underground in barrows below the frost line, and retrieved for use as food.

Perhaps it is because we do not have a history of root crop storage in the balmy Bahamas that we do not favour potatoes, rutabagas, turnips, carrots and such as Europeans do.

Nevertheless, root crops deserve a place in the garden and on our dinner plates.

The fastest growing root vegetable is the radish. Radishes can be picked within a month of sowing the seeds and are often recommended as candidates for children to grow so they can appreciate the beauty of planting and growing.

Unfortunately, one of the great joys of gardening is the consumption of what we grow and few children enjoy radishes. Come to think of it, very few adults enjoy radishes.

If you have heavy soil you can sow radish seeds along with carrot seeds. The quick growing radishes will break up the surface soil and make life easier for the more tender carrot seedlings. By the time the radishes are pulled the carrots should be established.

The most popular carrot variety is Chantenay, eight to ten inches long and lightly tapered. Nantes is more cylindrical and has excellent flavour. Danvers is a broad-shouldered, strongly tapered carrot that forces its way into heavy soil. If you are impressed by size and have deep soil you should try Emperor as your main crop.

Carrots are a long season crop and take at least 120 days to mature, though at the thinning-out stage you can enjoy baby carrots lightly prepared. (By the way, those 'baby carrots' that come in cellophane bags in the supermarket are not baby car-



MOST root vegetables are more tender and sweeter when pulled fairly early, like these carrots and beets.

rots at all but large carrots that have been sculpted into cylindrical nuggets.)

Carrots enjoy fertile soil but should not be sown where there has been an application of fresh compost or manure in the past six months. This over-rich condition encourages the production of side roots. Well-fertilised sandy soil is perfect for carrots.

You save space by growing carrots, and most root vegetables, in blocks rather than in rows.

What we call beet seeds are actually seed capsules that contain several seeds. This means we have to thin the seedlings once they are three or four inches tall.

Pick enough and you have a deli-

cious side dish of baby greens; later on the mature leaves give a more robust flavour.

Beets (or beetroot as the English call them) are a 90-day crop and should be picked when approaching maturity rather than left in the ground to grow fibrous. The standard beet is Detroit Dark Red.

It grows readily in most soils and has an excellent flavour.

Turnips are very popular in Europe but a rarity in the Bahamas. Those sold in markets are usually over mature and coarse in flavour. If you grow your own and pick them early you may begin to appreciate their buttery earthiness.

Rutabagas (or swedes) grow to the size of a barked coconut and are

closely related to turnips, but milder. As with most root crops, younger is better.

Peeled, cubed and boiled in salted water, rutabagas are an interesting potato substitute. In Europe they are often cooked this way and mashed with boiled potatoes, then heavily buttered and liberally salted and peppered. Rutabagas are very easy to grow and very hard to give away.

Potatoes are the most popular root crop world wide but are best grown after Christmas. We will consider them at a later date.

• For any questions or comments you can e-mail gardenerjack@coralwave.com.



By SARAH BEEK

Exfoliation - how much is too much?

EXFOLIATION delivers a tighter, firmer, smoother look and feel of skin. Because of this result, many fall into the trap of over-exfoliation: An over-zealous approach that can actually reduce skin's vitality and make it more susceptible to damage from UV light.

Over-exfoliation triggers an inflammatory response, leading to a compromised lipid barrier that won't function properly, a sensitised skin condition, and accelerated premature aging.

TELL-TALE SIGNS OF OVER-EXFOLIATED SKIN INCLUDE:

- Noticeable dehydration
- Patchy areas of dryness
- Skin tautness
- Redness and itchiness
- Increased sensitivity
- Inflammatory acne and irritation

If you're showing the signs of over-exfoliation, speak with a professional skin therapist, who will most likely prescribe a calming cleanser and toner, and a protective moisturiser to start the recovery process. Sun protection is a must, wear a sunscreen with physical UV blockers titanium dioxide or zinc oxide that won't irritate skin.

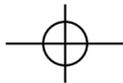
After skin recovery, begin exfoliating with a gentle exfoliant designed for daily use. If you desire a more intense level of exfoliation, look to non-abrasive exfoliants containing chemicals like salicylic or lactic acid. Pair a more gentle regimen with professional exfoliation treatments from your professional skin therapist to enjoy smoother skin without the undesirable side effects.

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WOMAN

A Bahamian woman in Japan

By COFFI MCPHEE

For one year and three months I had the opportunity to live and work in Tokushima, Japan. I worked as an English Language Coordinator at Seiko Gakuen for children ages three to six.

Join me each week as I explore the land of the rising sun from a Bahamian's perspective.

THE TRIP

IT was okay, but my goodness it was long: Nassau to Miami, Miami to Chicago, and Chicago to Osaka. Every time I went to sleep and woke up I was still on an airplane. I had a neighbour who was a bit too friendly even for my taste. He insisted on conversation and while that is all well and good, I don't want to talk to anybody for 16 hours straight.

He was typically Japanese in that he apologised for everything.

If I dropped my pen, he was sorry that I dropped my pen and offered to pick it up. If I had to go to the bathroom, he was sorry that I had to go to the bathroom and was sorry that he didn't get up quick enough for me to get out of my seat. I was like, "its okay man." That was my preferred sentence for most of the trip.

After arriving at the airport it wasn't too bad in terms of my luggage. (I had two really heavy bags plus my purse and my laptop). I then had to take a two-hour bus ride to get to my city. I was really exhausted but tried to stay alert so I wouldn't miss my stop; that was not easy.

THE BUS STATION

I was really proud of myself. I fol-

lowed all the directions that they gave me and got off the bus stop expecting to see the person who was supposed to pick me up, but I didn't. So I told myself that maybe she was just late. But then I said to myself, "hold up Japanese people are never late."

One hour later - I didn't panic, I just tried to dial the number that they gave me to call. When I tried to call the operator said something in Japanese, but of course I didn't get what she was saying. So I tried to ask someone if I had the right area code but no one spoke English, French or Spanish. I had a few phrases in Japanese but they are useless if you don't understand the answers.

So the next step, I looked in the phone book for the operator's number but of course everything was written in Japanese. I saw a drawing of a fireman so I called the fire station to see if they could help, but that was useless as well. He was nice but the only thing he could say was "I don't speak English can you please speak Japanese." So I hung up.

Next step, the police station. (They) understood me better, but not really. Two minutes later two police officers came riding on their bikes with their guns. I was like, "woah, I'm not a terrorist, all I want to do is dial a number."

Apparently a friend of the boyfriend of the police officer spoke English and tried to help me. But surprise, the number I had didn't work. However, thankfully they had the numbers of all the teachers in the city. And all this time (the person I was supposed to meet) was waiting for me on the other side of the train station. I never got that message that I had to wait on the other side. I got in at the station at 9pm and I left almost at midnight after two days of travelling. Needless to say that I was beat.



Tokushima on a beautiful, clear day.



Coffi McPhee

THE APARTMENT

It's not bad; not the shoeboxes that Japan is known for. It is bigger than my Paris studio (Ms McPhee used to live in France). I have everything that I need. Dishes, sheets, TV (even though I don't know what they are saying) bed, desk, chair, washing machine and a balcony to hang out clothes. The only thing I needed to buy was food and washing powder.

All the foreign teachers live on the same floor. So we form a little community. They are from the USA, Canada and Australia.

THE JOB

I have three classes of K3, K4 and K, but I am not with them all the time. K3 - 20 minutes, K4 - 30 minutes and K5 - 45 minutes. Between classes I prepare my lessons (which is not difficult). I also help in organising outside activities for the students; out of town trips etc. The kids are really cute and adorable and well behaved.

AFTER WORK

I take Japanese classes on Wednesday evenings, Saturday afternoons and soon Sunday mornings. I have a lot of opportunities to practice because I am the only

English teacher on my campus and the other teachers do not speak English, so communicating is quite entertaining. We draw, do actions, and use fragmented words out of the dictionary. It normally takes about 15 minutes to get our point across but some how we make do. I am also learning a traditional Japanese dance with a group. There is a big music festival here in August that lasts about one week and I will be participating with them. I'll have on the traditional dress, shoes and hat. It should be fun.

I plan to take some cooking classes as well. Lord knows I need it.

NIGHT LIFE

I was afraid that I would find myself in a village with only fields of rice, but there is a night life. I am not living in the swinging part of town, however, the social scene is just a 25-minute bike ride across the bridge and there you have all the bars, restaurants, and cafes. So I am not bored on Saturday nights.

COST OF LIVING

Not as bad as everyone said it would be. It is expensive, but like anywhere you just have to know where to shop.

I can find pretty good deals. The

food is good, fresh and pretty cheap if you buy Japanese items. It is when you want exotic goods that things become expensive (there is no way that I am going to buy a \$6 mango). But for the moment I don't think that I'll starve. Going to the movies is expensive though, almost \$15. So I will be streaming my movies.

THE JAPANESE ATTITUDE TOWARDS FOREIGNERS

They do stare, but not in a mean way. More like, 'wow I can't believe what I am seeing'. They are not mean, but quite polite and they like when you try to speak their language. Just like anywhere you have prejudiced people and you have really sweet ones.

IN SUMMARY

The time over here will definitely be a learning experience and I am looking forward to it, especially learning a new language. This job definitely combines my passions: Languages, education, culture and tourism. And for the moment I don't have any complaints.

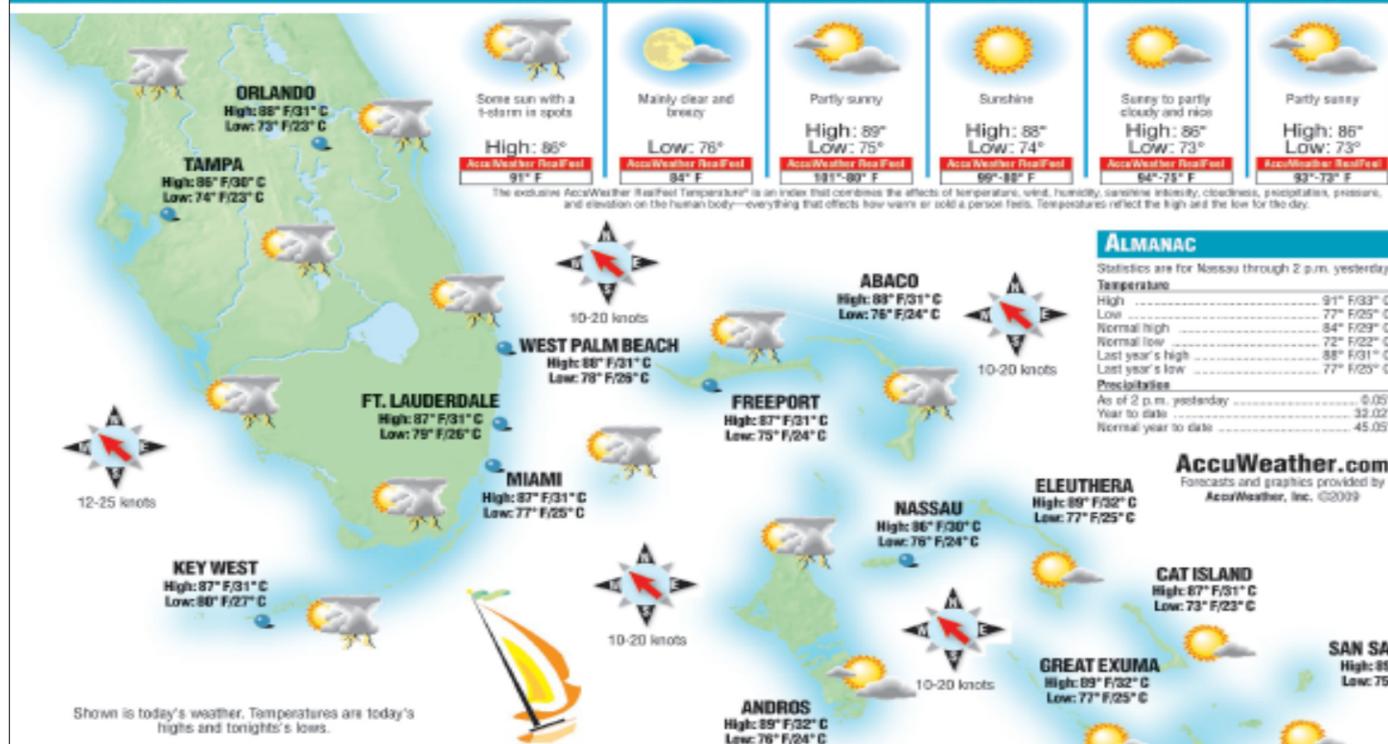
"Travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of the living." - St Augustine

THE WEATHER REPORT



INSURANCE MANAGEMENT (BAHAMAS) LIMITED
INSURANCE BROKERS & AGENTS

5-DAY FORECAST



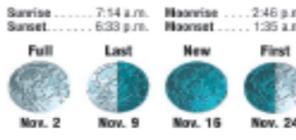
UV INDEX TODAY



TIDES FOR NASSAU

| | High | HI (H.) | Low | LI (L.) |
|-----------|------------------------|------------|--------------------------|--------------|
| Today | 2:19 a.m. 2:59 p.m. | 2.4 2.6 | 8:24 a.m. 9:08 p.m. | 1.3 1.0 |
| Wednesday | 3:14 a.m. 3:30 p.m. | 2.5 2.6 | 9:29 a.m. 9:53 p.m. | 1.2 0.9 |
| Thursday | 4:03 a.m. 4:16 p.m. | 2.6 2.6 | 10:16 a.m. 10:34 p.m. | 1.0 0.7 |
| Friday | 4:47 a.m. 5:01 p.m. | 2.8 2.7 | 11:05 a.m. 11:13 p.m. | 0.7 0.4 |
| Saturday | 5:29 a.m. 5:43 p.m. | 3.0 3.0 | 11:50 a.m. 11:52 p.m. | 0.6 0.3 |
| Sunday | 6:11 a.m. 6:25 p.m. | 3.2 2.7 | 12:34 p.m. | 0.3 |
| Monday | 6:52 a.m. 7:07 p.m. | 3.4 2.7 | 12:32 a.m. 1:16 p.m. | 0.0 0.1 |

SUN AND MOON



ALMANAC

Statistics are for Nassau through 2 p.m. yesterday

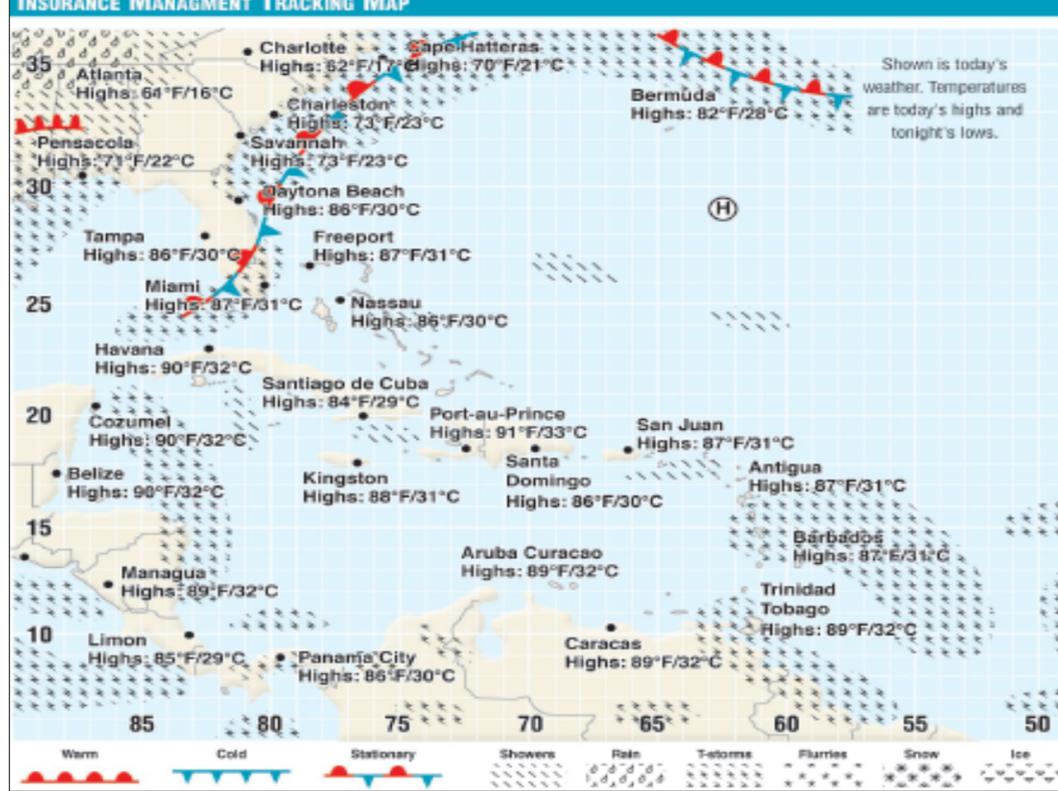
Temperature: High: 91° F/33° C, Low: 77° F/25° C
Normal high: 84° F/29° C
Normal low: 72° F/22° C
Last year's high: 88° F/31° C
Last year's low: 77° F/25° C

Precipitation: As of 2 p.m. yesterday: 0.05"
Year to date: 32.02"
Normal year to date: 45.05"

AccuWeather.com

Forecasts and graphics provided by AccuWeather, Inc. ©2009

INSURANCE MANAGEMENT TRACKING MAP

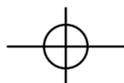


MARINE FORECAST

| | WINDS | WAVES | VISIBILITY | WATER TEMPS. |
|----------------|---|----------------------|----------------------|----------------|
| ABACO | Today: SE at 10-25 Knots Wednesday: SE at 6-12 Knots | 3-5 Feet 3-6 Feet | 10 Miles 10 Miles | 81° F 81° F |
| ANDROS | Today: SE at 10-20 Knots Wednesday: ESE at 8-16 Knots | 2-4 Feet 2-4 Feet | 10 Miles 10 Miles | 83° F 83° F |
| CAT ISLAND | Today: ESE at 10-20 Knots Wednesday: ESE at 8-16 Knots | 3-5 Feet 3-5 Feet | 5 Miles 10 Miles | 82° F 82° F |
| CROOKED ISLAND | Today: E at 10-20 Knots Wednesday: E at 12-25 Knots | 3-5 Feet 3-5 Feet | 10 Miles 6 Miles | 83° F 83° F |
| ELEUTHERA | Today: ESE at 10-20 Knots Wednesday: ESE at 7-14 Knots | 3-5 Feet 2-5 Feet | 10 Miles 10 Miles | 82° F 82° F |
| FREEPORT | Today: SE at 10-20 Knots Wednesday: SSE at 6-12 Knots | 2-4 Feet 1-3 Feet | 10 Miles 10 Miles | 83° F 83° F |
| GREAT EXUMA | Today: SE at 10-20 Knots Wednesday: E at 8-16 Knots | 1-3 Feet 1-3 Feet | 10 Miles 10 Miles | 82° F 82° F |
| GREAT INAGUA | Today: E at 10-20 Knots Wednesday: E at 10-20 Knots | 3-5 Feet 2-5 Feet | 10 Miles 6 Miles | 84° F 84° F |
| LONG ISLAND | Today: ESE at 10-20 Knots Wednesday: E at 10-20 Knots | 2-4 Feet 1-3 Feet | 6 Miles 10 Miles | 83° F 83° F |
| MAYAGUANA | Today: E at 10-20 Knots Wednesday: E at 10-20 Knots | 4-8 Feet 6-7 Feet | 6 Miles 10 Miles | 83° F 83° F |
| NASSAU | Today: ESE at 10-20 Knots Wednesday: ESE at 8-16 Knots | 2-4 Feet 1-3 Feet | 10 Miles 10 Miles | 82° F 82° F |
| SAN SALVADOR | Today: SE at 10-20 Knots Wednesday: E at 12-25 Knots | 3-5 Feet 3-5 Feet | 10 Miles 10 Miles | 84° F 84° F |
| RAGGED ISLAND | Today: SE at 10-20 Knots Wednesday: E at 8-16 Knots | 2-4 Feet 1-3 Feet | 6 Miles 10 Miles | 82° F 82° F |

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Woman

THE TRIBUNE

TUESDAY, OCTOBER 27, 2009

SECTION B • HEALTH: Body and mind



BRINGING voluptuous BACK

Real Women, True Curves

By REUBEN SHEARER
Tribune Features Reporter

BEAUTY is often measured by the external, and if you believe today's media, it's all right for a woman to have some curves, just as long as they are in the right places and she is still skinny overall.

But for one woman, who is on a mission to bring voluptuous back, this interpretation of beauty is not acceptable.

Rayette McDonald, president and director of the Ms Full Figured Bahamas Organisation, said her goal is to free full figured women from these kinds of beauty stereotypes.

The full figured community is making an impression the world over and the Ms Full Figured Organisation has committed itself to being a part of this revolution.

Speaking with *Tribune Woman*, Ms McDonald said full-figured women often feel pressured to compete with women who are thinner than they are and this can affect their perception of what true beauty is.

To help plus size women recognise their true value and potential, Ms McDonald first organised the Ms Full Figured Bahamas Pageant in 2006.

"I've always wanted to enter a beauty pageant. Looks and intelligence are not a problem for me. I had everything else, but because of my size I would never be able to participate," she said.

Ms McDonald said it bothers her to see that the type of women who win traditional beauty pageants are celebrated as the female norm.

But instead of letting bitterness about the situation consume her, Ms McDonald decided to let her dissatisfaction with the status quo fuel a productive endeavour.



CONTESTANTS at the beginning of the Ms Full Figured Bahamas competition 2008.



OUTGOING Ms Full Figured Bahamas and Ms Teen Bahamas 2009, with contestants of this year's Full Figured competition.

MS Full Figured Bahamas 2008 Mona-Lisa Smith poses with other Bahamian beauty queens.



CONTESTANTS from Ms Full Figured Bahamas 2008

For the third year in a row now, Esteem Productions will host the Ms Full Figured Bahamas Pageant on Sunday, November 8.

"We are endeavoring to display the beauty, elegance, talent and intelligence of the voluptuous woman in the Bahamas. This event is a journey that these brave women embark upon in hopes of gaining a better appreciation for themselves, voicing their concerns through their platform and making lasting friendships," Ms McDonald said.

"This organisation can be branded as a celebration of who we are. The pageant, although fun, is very serious about enhancing the lives of the young women. They participate in six weeks of self-development classes, 20 hours of community service and 20 hours of physical training."

This year, the emphasis is on cultivating three qualities that define a woman's worth: Serving, giving back and self-esteem, Ms McDonald said.

While there is a \$30,000-budget for the event, she said that she has always had a tough time garnering financial support for the pageant.

Is it that sponsors just can't get past the weight factor? Maybe so, Ms McDonald said.

But the metamorphosis the contestants go through during the competition should be reason enough for persons to support the pageant, she said.

"Every year we have girls that come in a certain way and leave the competition totally different. We want to develop and polish girls, but that's not going to happen in a (short) space of (time).

"What you're hoping is that you embed something into these ladies so that they will continue to flourish in their lives. We want to take them on the journey of becoming a better person," she said.

In six weeks of training, the contestants embark on a journey which includes etiquette training and activities that cater to the "whole woman", Ms McDonald said.

This year, the ladies participated in Toastmasters speech classes in prepara-

tion for their spokesmodel competition next week.

Additionally, they took part in exercise programmes and even experienced some martial arts during a few karate sessions.

A representative from Black Opal products, the makeup line that Michelle Obama uses, showed them how to ensure they look their best.

Next week, the contestants will participate in an array of pre-pageant activities, including a float parade this Saturday, in preparation for the big finale.

The pageant has also reached out to the Crisis Centre to assist in sensitising the public to the child abuse issues we face in our country. In this vein an event is planned for Saturday, November 10, at the Marathon Mall. Dubbed 'Every Child Counts', it will feature a number of local acts and Dr Sandra Dean Patterson, Director of the Crisis Centre, will bring brief remarks.

Recently, a special cocktail reception was held for the nine beautiful and voluptuous contestants in this year's Ms Full Figured Bahamas pageant.

Montague Gardens was the event's venue and some 250 persons watched as the contestants arrived in stretch limousines.

They were not disappointed as the ladies exited the vehicles gorgeously dressed in apparel from La Chica Caliente.

The beauties were poised, elegant and articulate as they greeted friends, family and well-wishers who had the opportunity to mix and mingle with them for the first time in their new role as contestants.

The audience was also treated to a mini fashion show sponsored by the Elegant Women Boutique and featuring some former contestants.

The pageant's winner will go on to represent the Bahamas in the Miss Bold and Beautiful pageant in Puerto Rico.

Last year, Mona-Lisa Smith was crowned Ms Full Figured Bahamas. She became the second runner-up overall in the Miss Bold and Beautiful pageant and received a special honour in the evening gown segment.

This position has afforded her an opportunity to accompany the new Ms Full Figured Bahamas and the first runner-up to Puerto Rico for the 2010 pageant.

Ms McDonald promises that this year's competition finale will be outstanding.

To view the gallery of the nine contestants vying for the Miss Full Figured Bahamas title visit www.msfullfiguredbahamas.com.

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