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Volume: 106 No.77

TUESDAY, FEBRUARY 23, 2010

PRICE - 75¢ (Abaco and Grand Bahama \$1.25)

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Man shot dead in house raid

Homicide, four armed robberies and stabbing in 24 hours

By MEGAN REYNOLDS
Tribune Staff Reporter
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ARMED burglars tied up two women in their home and shot and killed a man before getting away with their stolen goods early yesterday morning. It was one of four armed robberies that took place on Monday in addition to a stabbing. Police say two men armed with handguns broke into the home of Henry McPhee, 46, at Oleander Avenue, across

from the park in South Beach estates, just before 1.30am. They reportedly tied up McPhee's girlfriend and daughter, then rummaged for jewellery and other valuables to steal. McPhee was also robbed by the armed intruders before they shot him in the head. He was taken to hospital by ambulance where he died of his injuries. McPhee, who owned a construction company, also worked at Mr Pool's fish fry

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Man facing retrial charged with another murder

By NATARIO MCKENZIE
Tribune Staff Reporter
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A 22-YEAR-OLD man facing a retrial in a 2008 murder case was arraigned in a magistrate's court yesterday on another murder charge.

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Christie hits out at PM for 'litany of lies'

By ALISON LOWE
Tribune Staff Reporter
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AFTER being accused by the Prime Minister of a history of failing to pay debts owed and of being unwilling to accept the will of the people in elections, PLP leader Perry Christie yesterday lashed out at Mr Ingraham for what he termed "a rambling, incoherent, litany of lies." Mr Ingraham stated in a Sunday press conference that the FNM would seek to have the PLP put up "security" funds to pay for the election court



PERRY CHRISTIE

SEE page three

HUGH CAMPBELL CHAMPIONSHIP GAME



Felipe Major/Tribune Staff

DEFENDING champions the Tabernacle Falcons face off against the CC Sweeting Cobras last night in the final game of the 28th Annual Hugh Campbell Basketball Classic. See tribune242.com for a full report on the game.

Police Sergeant acquitted of sex with underage girls

By DENISE MAYCOCK
Tribune Freeport Reporter
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POLICE Sergeant Juan Pratt, who was accused of having sex with two underage girls, was yesterday acquitted at Freeport Magistrate's Court. Deputy Chief Magistrate Helen Jones delivered the judgment in Court 3, where Pratt was indicted on two counts of unlawful sexual intercourse in May 2007. Pratt, the son of St Cecilia MP Cynthia Pratt, was arrested on May 7, 2007, with the summary trial beginning in November 2007.

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Mrs Eileen Farmer dies

MRS Eileen Farmer died at her San Souci home at 6 pm on Sunday. The Farmer family arrived in Nassau from the UK in 1948 when Mr Farmer joined the late Sir Victor Sassoon as his accountant. The family made Nassau their home.

Mrs Farmer was predeceased by her husband, John Farmer; son, Christopher Farmer, and daughter Alannah Martin. She is survived by her daughter, Frances Farmer; sons, John, Damien, Michael and Patrick Farmer; son-in-law, Michael Martin; daughters-in-law, Pia, Denise and Laura Farmer; and grandchildren, David and Natasha Martin, Daniel, Meghan and Timothy Kelly, Sonia, Liam, Danielle, Dominique and Ethan Farmer. Funeral services will be held for Mrs Farmer at Sacred Heart Church on Saturday, February 27, at 3pm.

Government set to amend net fishing law

By ALISON LOWE
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THE government is set to amend the law to prohibit "purse seine" or net fishing in The Bahamas after receiving a flood of calls and e-mails from concerned Bahamians, environmentalists and sportsfishermen fearing that a large fishing vessel is set to wreak havoc on Bahamian tuna stocks using the controversial

SEE page 10

Student who blew whistle on sex allegations 'punished'

By TANEKA THOMPSON
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THE North Andros High School student who blew the whistle on allegations of sexual misconduct involving a teacher has reportedly been punished by island school officials, according to sources in Andros.

The 17-year-old youth who, according to reports, alleged he was subjected to rude

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LOCAL NEWS

CHINESE CONSTRUCTION COMPANY TAKES DELEGATION LED BY MINISTER OF STATE FOR CULTURE ON TOUR OF FACILITY

New national stadium starts to take shape

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YINQING SUN, Chief of Technical Matters for the Qilu Construction Group Corporation, leads the tour of the new stadium construction site with Minister of State for Culture, Charles Maynard, and Chinese Ambassador Dingxian Hu.

By **NOELLE NICOLLS**
Tribune Staff Reporter
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THE Chinese construction company building the new national stadium yesterday treated a delegation led by Minister of State for Culture Charles Maynard to a tour of the facility. The stadium is taking shape

with the near completion of the first level of the western stand, according to stadium namesake Tommy A Robinson.

Mr Robinson has monitored the development of the stadium closely, with weekly site visits. He is pleased with the pace of construction and confident the builders are sticking closely to the design plans. Two more levels are to be



CONSTRUCTION of the new Thomas A Robinson stadium is on track for completion in July 2011. Minister of State for Culture, Charles Maynard, toured the construction site with Chinese Ambassador Dingxian Hu, Monday.

added to the western stand before the canopy roof is added. The one-level eastern stand will be completed in time for all of the roofing to be applied simultaneously. Forty technical workers from China are expected in the country for a three-month stay starting at the end of May to work on the roof construction, according to Yinqing Sun, Chief of Technical Matters for the Qilu Construction Group Corporation.

Ten technical workers are expected in April for a one-month stay to work on the four light towers that will stretch 80 feet high. The foundations for the light structures already sit firmly 42-feet into the ground.

"Aside from the gift of the physical structure, students from local high schools come to apprentice at the work site, so there is a transfer of technology and knowledge to empower Bahamians," Minister Maynard pointed out.

The Chinese construction company is handling work in the designated red zone. They indicated that work is on track for completion by the projected June 30, 2011 launch date. The timeline was not impacted by a January incident in which 40 Chinese workers walked off the job after allegedly not being paid before the New Year's holiday.

Chinese Ambassador, Dingxian Hu, said this matter was resolved amicably after talks. He said the problem stemmed from a misunderstanding in the interpretation of some elements of the workers' contracts.

The ambassador said the embassy co-ordinated discussions, as it was their responsibility to protect the legal interests of the workers and the company.

"This is the first major project between the two governments. This project is a very good test of best practices to get experience for further co-



THE WESTERN stand of the new Thomas A Robinson stadium takes shape on the Chinese-run construction site. The concrete pillars supporting the towering cranes are to be demolished once major construction is complete.

operation," said Ambassador Hu. He said the highway construction project on John F Kennedy Drive, between the airport and Thompson Boulevard, would be the next major project undertaken by the two governments.

Unlike the stadium project, which was a \$30 million gift from the Chinese government, in line with their policy of inter-

national aid to small island nations for public utility works, the highway project is being facilitated through a Chinese government concessionary loan. The project is expected to start at the end of July.

"The concept is to help to raise the capacity of recipient countries, to strengthen local development through co-operation," said Ambassador Hu.

PHOTOS:
Tim Clarke
/Tribune staff

Minister presents 'green zone' plans to Chinese

By **NOELLE NICOLLS**
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MINISTER of State for Culture Charles Maynard presented the master plan for the Sports Centre Redevelopment Project to a Chinese delegation during a visit to the new stadium construction site.

This was the first time the plans were presented to the Chinese Ambassador, Dingxian Hu, who said he was looking forward to seeing the red and green zones completed together. He said the projects would allow the Bahamian workers and the Chinese technical team to exchange techniques and experience.

The Bahamas government is responsible for the development of the green zone, which consists of stadium utilities and the landscaped area surrounding the new stadium, parking lots and new roadways. The development of the green zone is to run concurrently to the development of the red zone, which is the responsibility of the Chinese construction company, Qilu Construction Group Corporation. Work on the red zone started months ago, and is on track for completion by the end of July 2011.

Work on the green zone is yet to begin, but Minister Maynard said that should change before the end of June. He said the green zone should be completed two to three months ahead of the red zone.

No budget allocations have been made for the green zone as yet. Mr Maynard said the work will be included in the 2010/2011 budget that comes into effect July 1. He said the ministry is using savings from the 2009/2010 budget to get the project started. "Just as you see progress on your side, progress will begin on our side within the next month to develop the green zone. It will be a team effort between the red zone and the green zone," said Mr Maynard.

Among the projects associated with the stadium are several new road corridors, including a road to divert traffic around the stadium. Mr Maynard said traffic will no longer have to pass through the stadium to go from Thompson Boulevard to the Tonique Williams-Darling highway.

He said the ministry is almost ready to take bids for the roadwork and parking lots, as the final drawings were submitted just over a week ago. Two or three Bahamian construction companies are expected to work simultaneously on the various projects. Plans for the Sports Centre Redevelopment Project were submitted by the design contractors, IBS Group, last November. Long term plans for the stadium include a new grand entrance with a hero's park that will recognise local sports icons; and a new baseball stadium, which is a priority according to the minister.

Plans also include adding a diving centre to the Betty Kenner Aquatic Centre, moving the race track, and building an athlete's village.

The vision is for the final sports complex is to have a facility capable of hosting international sporting events, such as the Pan American Games and Commonwealth Games. The Minister projects it will take five years for the entire master plan to materialise.

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LOCAL NEWS

Christie accuses the PM of 'intimidation'

By ALISON LOWE
Tribune Staff Reporter
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OPPOSITION leader Perry Christie yesterday accused Prime Minister Hubert Ingraham of "continuing a pattern of intimidation" on behalf of the FNM by "personally attacking" a number of voters who cast protest ballots.

At a press conference on Sunday, Mr Ingraham said the FNM has "very good evidence" that the voters in question "had no entitlement to vote whatsoever", adding that ultimately those voters, when called to election court to defend themselves, have the option to "let go, let be, or expose (themselves) to the other place" – a comment that some took to be referring to Her Majesty's Prison.

Yesterday, at a press conference at the party's headquarters at Gambier House, Farrington Road, PLP leader Perry Christie

said he "deplored" Mr Ingraham's statement, which covered this and several other topics relating to the by-election and its aftermath.

"He should be ashamed of talking such utter nonsense. It goes to show how dizzy and dazed he is after the shock of the by-election," said Mr Christie.

Speaking of Mr Ingraham's comments about the five protest voters who the PLP believe voted for their candidate, Ryan Pinder, Mr Christie said: "The prime minister was attacking those people personally. I am surprised, even (though) it is him.

"(He) suggest(ed) that they will be subject to the most extensive scrutiny...The Prime minister should not seek to intimidate these people and say that because they spoke up for their rights. This is continuing a pattern of intimidation."

Mr Christie accused Mr Ingra-

ham of "denigrating" the election court and those who would wish to seek electoral justice through it.

On Sunday, Mr Ingraham said: "The FNM expects to win what the PLP is taking to court so we don't need to consider any further steps. We challenged those five voters. In the case of four of them, we have very good evidence that they had no entitlement whatsoever to vote."

He later added, "The PLP can't go to court and succeed unless those five persons also show up to court. They have to come themselves and we call upon them to come and take that Bible in their hand and swear an oath (indicating) their qualifications to vote in Elizabeth, then be cross-examined by the FNM team of lawyers."

Each of the five candidates in the election would also have the option to question each of the protested voters and cross-examine them in the election court,

PLP LEADER Perry Christie speaks yesterday.



added Mr Ingraham.

"At the end of the day, the court will make a decision. If these persons turn out to be persons that committed perjury or who lied, then there are laws to deal with that."

"So each of these persons will have to make their own decision on what they want to do.

"Let go, let be or expose yourself to the other place."

PLP 'satisfied' Pinder is qualified to be elected



Felipe Major/Tribune staff

By ALISON LOWE
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FACING a charge from the FNM that his eligibility to nominate as a candidate in the Elizabeth by-election will be challenged by the party during election court proceedings, PLP leader Perry Christie said his party is "satisfied by Ryan Pinder's assurances" that he is "a qualified candidate to be elected and to serve."

Responding to FNM leader and Prime Minister Hubert Ingraham's assertions at a Sunday press conference that the governing party will be looking to see "where (Pinder's) passport was marked 'cancelled' by the Americans before the nomination date", Mr Christie went on to claim that it is for the government to prove Pinder is not eligible as a result of his citizenship rather than the other way round.

When asked about the revelation by Mr Ingraham that Mr Pinder's U.S. citizenship — which he stated he renounced prior to nominating to run in the Elizabeth by-election on January 29th — would be a "preliminary issue for the party in the election court, Mr Christie turned the tables on Mr Ingraham, telling the media he is encouraged by the fact that the FNM leader raised the point.

"For the Prime Minister to raise that issue tells me that he knows we are going to win the election court case. That's the first thing. Because that only becomes relevant if we win it — that he could make such a challenge — because then the court has someone to go against. (Pinder's citizenship) doesn't matter to (Ingraham) if Duane (Sands) wins it. So I'm confident by the fact that by him raising that issue, he knows (that the PLP will win the election court case)," said Mr Christie.

On Sunday, Mr Ingraham said that there is no issue over a person holding dual citizenship and running for office unless that person has been "taking advantage of that citizenship by for instance, registering to vote, participating in US elections and paying income taxes."

"Those are some of the things that say a person has accepted US citizenship," he added noting that "just being a citizen (of the US) is not an offence."

Mr Pinder lived in the US for just under a decade, working for a U.S.-based law firm, Becker and Poliakoff, and also voted in a U.S. election.

Yesterday Mr Christie said: "At all material times, the Prime Minister must be aware of the fact...that we understand the issues that affect our candidates, and we accept their assurance that they are Bahamian citizens and otherwise fully qualified to offer themselves in this case, in Ryan Pinder's case, in the by-election for Elizabeth.

"So when Ryan Pinder went forth, we were satisfied on the basis of all of the assurances, that he was qualified and a qualified candidate to be elected and to serve.

"Since the Prime Minister wants to raise it, I just want to remind him of the principle again in law, that he who asserts, must prove and we leave it to him to present his application and to prove."

Mr Christie also condemned the FNM leader for terming his candidate, Dr Duane Sands, the "member elect" for Elizabeth, during his Sunday press conference.

"We are seeking to determine who the new MP for Elizabeth is. In our view the evidence is clear that the people voted for Ryan Pinder and not Duane Sands. They know the truth, there's no certified winner."

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FROM page one

action they intend to initiate in the wake of the Elizabeth by-election in anticipation of the possibility that they will lose, given that the PLP owes \$236,000 to ZNS dating back to the 2007 general election and around \$1 million for the resulting Marco City election court case.

But Mr Christie retorted that the issue of a security deposit does not come into play "in this instance, as Mr Ingraham is aware", and that the party itself does not owe any debt on the Marco City case — but the candidate who undertook the challenge, ex-senator Pleasant Bridgewater.

"Have I paid the debt? No. Has the PLP paid it? No. Has Pleasant Bridgewater paid it? You'll have to ask her," said Mr Christie, noting however that the party stands behind Bridgewater.

As further support for why a security deposit would not be necessary in an Elizabeth by-election election court matter, PLP MP for Fox Hill, Fred Mitchell, noted that the candidate (Ryan Pinder) and not the party will be the litigant in this challenge.

Meanwhile, Mr Christie said that when the FNM contested the MICAL seat in the election court following the 2002 general election, and its candidate — Johnley Ferguson — lost to the PLP's Alfred Gray, the debt for this case was not paid by Mr Ferguson until "the eve of the general election, so that he could run again."

Therefore, he suggested it was disingenuous for the Prime Minister to criticise the PLP candidate for not having yet cleared the Marco City debt.

As for any other debts owed, Mr Christie said the party will "honour all legitimate debts that it owes."

"From time to time parties go through challenges with raising funds but the PLP has

Christie

always and will always honour its debts."

Having been hit by Mr Ingraham with claims that the PLP is yet again unwilling to accept the outcome of an election as determined by the people, as the FNM said the PLP was in 2007 at the general election when they launched ultimately unsuccessful election court challenges in Marco City, Pinewood and Blue Hills, Mr Christie said it is not him, but the law that says an election court must decide what happens to the votes cast on coloured "protest" ballots in last week's by-election, given that the regular votes plus protest votes cast for a candidate (in this case Ryan Pinder) exceeds the number of regular votes cast for the other candidate.

"The election court move is in accordance with the law — it's not what Perry Christie says, it's what the law says. The returning officer has no legal authority to conduct such a scrutiny (of the protest votes) to see if they should be considered eligible to be counted."

At present, there are six such votes that were not counted because the voter's entitlement to vote was called into question. Five of these are said to be for Ryan Pinder, while one was for Bahamas Democratic Movement candidate Cassius Stuart.

These five votes, if counted, would put the PLP candidate ahead of the FNM candidate, Dr Duane Sands, who won 1,501 "regular" votes, to Mr Pinder's 1,499. According to PLP attorney Valentine Grimes, the names of two of the five "protest" voters in fact appeared on the voter's register.

Mr Christie added: "(Going to election court is) not about winning what you couldn't win in the battlefield. It's all about making sure the way those in Elizabeth did vote is reflected

in the final vote. Rather than trying to frustrate the will of the people of Elizabeth, the purpose of the election court is to ensure the will of the people is correctly determined. We are satisfied that they are entitled to vote ... by mistake their names were left off the register.

"We do not need all five of them to be upheld. What we need to be upheld is sufficient to win," said Mr Christie.

Speaking on the by-election outcome at FNM headquarters on Sunday, Mr Ingraham said: "I never tire of saying that we are different from (the PLP); distinctly different.

"In 2007 we mounted a challenge in MICAL and we lost. We paid costs of almost \$225,000 to Davis & Co., the PLP's legal representatives. As a party, we take ownership and responsibility for our election court cases.

"The PLP take ownership and responsibility for nothing. When they lose an election case, they claim that the individual took the case to Election Court not the party, and they pay nothing; ignore the debt.

"The PLP mounted three challenges — in Pinewood, in Marco City, in Blue Hills. All failed. In one case alone, the Election Court assessed \$1 million in costs. They have not paid a red nickel. We have not yet assessed the costs for Pinewood and Blue Hills; be assured however, we will do so.

"They have a new mantra now. When they lose, they declare victory, tell their supporters that the election isn't over yet; send their operatives to all the radio stations to spill their vile mistruths and half truths. They drag their matters on for as long as possible, hoping that some how they will be able to reverse the decision made by the people on election day.

"Now, they appear to be on the verge of this same self-serving delaying tactic following the Elizabeth by-election."

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Being Bound to Swear to The Dogmas of No Master

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Published Daily Monday to Saturday

Shirley Street, P.O. Box N-3207, Nassau, Bahamas
Insurance Management Building., P.O. F-485, Freeport, Grand Bahama

WEBSITE
www.tribune242.com – updated daily at 2pm

Some PLPs have short memories

CALLING FOR electoral reform, Opposition Leader Perry Christie described the weeks leading up to the Elizabeth by-election as “the worst” he’d seen in terms of allegations that FNM members were using their government clout to sway voters. “Up to Monday (the day before the election),” he said, “government was giving people jobs with a clear intention of influencing the vote. That’s not proper, ethical or fair.”

And this is what Prime Minister Hubert Ingraham had to say about the May 2, 2007 election in which Mr Christie, then the prime minister, lost the government to Mr Ingraham, who was Opposition leader.

On becoming prime minister, Mr Ingraham told his supporters that the 2007 election was the most interfered with election in Bahamian history.

“I am ashamed that on Perry Christie’s watch there was more political interference in the electoral process than at any time, even under Pindling,” said Mr Ingraham.

It was claimed that \$80 million was awarded to contractors “a few months ago and days leading up to the 2007 election.”

However, in our opinion the June 19, 1987 general election in the Crooked Island constituency, followed by the November 24, 1989 by-election — called after the MP elected in the 1987 election was sent to prison for offering a drug court magistrate \$10,000 to drop a case before her — were two of the worst elections that we recall. The late Basil Kelly, who had been MP for the Crooked Island constituency for about 20 years, offered as the FNM candidate in both elections. He lost both.

In last week’s Elizabeth by-election the PLP protested the presence of National Security Minister Tommy Turnquest — who is the minister responsible for Parliamentary Elections — in the recount room at Thelma Gibson Primary School. However, they forget that in the Crooked Island by-election in 1989, Prime Minister Sir Lynden Pindling at the end of a Cabinet meeting flew to Crooked Island, ordering all of his Cabinet ministers to get themselves to the island to fight the by-election and watch over the stations. Sir Lynden himself gave all of the Long Cay school children a gift of a hand held video camera with a \$400,000 contract going to a PLP council member in the constituency to construct an administrative building. During that by-election Yamacraw MP Janet Bostwick said that the by-election reminded her of 1982 when the PLP took tankers of asphalt to the district and told voters that if they wanted the roads repaired they had to vote for Wilbert Moss. The people voted for Mr Moss and a week after the elections, the equipment was taken away. In the 1989 by-election the people were again told that if they wanted the roads

repaired, electricity installed and running water into their homes they had to “walk with Walkine.” This, said Mrs Bostwick, was just another PLP ploy to fool voters of that impoverished district. She rightly predicted that after the election the flurry of jobs handed out during the campaign would come to an end.

As Mr Kelly pointed out in his report on the 1987 election one must understand that at the time there were no job opportunities in the entire Crooked Island district except for government employment and one small tourist facility that employed no more than 10 people at any one time. During the 1987 election, he said, these people were given jobs off and on from nomination day until election day weeding the road, as assistant janitresses, assisting in the polls on election day, nurses assistants and “whatever could be dreamt up and paid for out of the Treasury.”

Campaigning were two civil servants, school teachers, and the returning officer, who did not openly campaign, but who was “directed by PLP generals throughout the campaign.”

The helicopter, ostensibly at the island for the PLP candidates, was “also used to ferry government presiding officers, the returning officer, the mailboat captain, and in fact, picked up the ballot boxes after polling on election day. It was openly admitted by the pilot of the helicopter that this was government’s helicopter,” wrote Mr Kelly. What everyone wanted to know was whether the Treasury paid for the helicopter.

“There was a new trick that I had never seen before in the form of intimidation,” Mr Kelly wrote of the 1987 election. “Voters were told during the campaign by leading PLP generals and civil servants that when a particular voter voted, the presiding officer was instructed to write his signature on the back of his ballot differently to others so that his ballot would be easily identifiable. This way he could tell how that particular voter voted when the ballots were counted, and if the voter did not vote right (in other words, for the PLP) his daughter or whoever was working for government would lose their job.”

Throughout that campaign civil servants acted as PLP generals, and the few civil servants who were known FNM supporters were ordered not to vote. Whatever the FNM might have done during the Elizabeth by-election, which Mr Christie claims was “not proper, ethical or fair” cannot be condoned.

But when the PLP held the helm of state, they were absolutely ruthless, particularly in some of these impoverished Family Islands. Now maybe some of them will know what it is like to be on the receiving end. Retribution has come full circle.

Netting tuna: An open letter to Minister of Agriculture

EDITOR, The Tribune.

This is an open letter to the Hon Lawrence Cartwright, Minister of Agriculture and Marine Resources regarding netting tuna in The Bahamas

Dear Minister Cartwright,

I am writing to you on behalf of the Bahamas Marine Mammal Research Organisation to express concern about a permit to use a purse-seine vessel to fish for yellow-fin tuna in The Bahamas.

Due to the lack of current regulations to govern such fishing activities, I urge your Ministry to decline the requested fishing permit for this vessel and to immediately place a moratorium on large-scale pelagic fishing operations until regulations are in place to ensure the sustainable use of our pelagic marine resources. Our country has a history of putting moratoriums in place when necessary to ensure sustainable use of our natural resources where regulations have been lacking. For example, applications for new captive dolphin facilities were declined until the Marine Mammal Protection Act was enacted in 2005 providing regulations for improved care of captive dolphins and protection of wild populations. Having reviewed our Agri-

LETTERS

letters@tribunemedia.net

culture and Fisheries and the Fisheries Resources (Jurisdiction and Conservation) Acts (both out-dated and in need of revision), it is clear that you have a legal obligation to follow this precedent and deny this permit application due to the complete lack of regulations and the possible unsustainable nature of this proposed operation. Purse-seine fisheries are well documented to incidentally catch many non-target species during fishing operations. Many of these species carry high economic and social value in The Bahamas both for Bahamians and tourists, primarily through the sport-fishing industry.

Tuna aggregate with other species so when a purse-seine net surrounds a tuna school, everything in the surface waters are caught as well, including juvenile and adult billfish, mahi mahi, jacks, triggerfish, and even pelagic dolphins. So, although current tuna harvests in the Atlantic are reported by the International Commission for the Conservation of Atlantic Tuna (ICCAT) at near sustainable levels, there are concerns that the indiscriminate by-catch in purse-seine fish-

ing may result in the collapse of pelagic ecosystems on which many species depend, including our resident populations of dolphins and whales.

A recent article in Science one (February 12, 2010) outlines the importance of governance when facing issues relating to the development of fisheries and the increasing pressure on countries to ensure the sustainable use of the marine environment. Now is not the time for compromises or experimentation with new fishing methods – without adequate regulations, we simply have too much to lose. In closing, I leave you with the following:

“The right to fish carries with it the obligation to do so in a responsible manner so as to ensure effective conservation and management of the living aquatic resources.”

FAO’s Code of Conduct for Responsible Fisheries. I trust that you will make the right decision and deny this permit application. As a member of the United Nations FAO, we have global responsibility to do so.

DIANE CLARIDGE

Executive Director
Bahamas Marine Mammal Research Organisation
Marsh Harbour, Abaco,
February 17, 2010.

Assault of DPM at election recount

EDITOR, The Tribune.

Please allow me a few lines to express my views about the Deputy Prime Minister’s encounter with that PLP woman.

What happened on February 17, 2010 was a sad day in Bahamian politics and the Bahamas in general. When the sitting Deputy Prime Minister of the Bahamas can be physically struck by a member of the public in view of hundreds and nothing happened to that person speaks volumes of the violence we have in the Bahamas today. I don’t expect for the woman who assaulted the Deputy Prime

Minister to do any better because it was her “bamboo god” Lynden Pindling and the PLP who introduced political violence as I know it to the Bahamas.

The Lewis Yard attack was the beginning of the physical attack and the throwing of the mace was the attack on the nation. That is why the PLP think they own the Bahamas and have no respect for authority.

They were brassy enough to proclaim that the Bahamas belonged to the PLP.

My brothers and sisters, you and I who want a better Bahamas know that as long as the PLP remains as a political party in the Bahamas, we will always have these kinds of problems because many practice violence, they openly victimise and the ways and means of many of them are questionable.

I don’t know what world Mr Christie is living in or his memory must have left him. The other day he said that the Elizabeth Estates election was the most corrupt election he had seen in his life.

Well blow me down! So when PLP agents printed thousands of sample ballots similar to the ones being used by the Parliamentary Registration Department and took them from polling station to polling station some of which were found in the boxes in the 2007 elections, what was that? Corruption at its best.

So my brothers and sisters who want a better Bahamas, let Mr Christie and the PLP know who owns the Bahamas in the 2012 and every election after.

KRH

Nassau,
February 19, 2010.

Will Christie condemn the slapping of the Deputy Prime Minister?

EDITOR, TheTribune.

Will Opposition Leader Perry Christie publicly condemn the slapping of the deputy prime minister by a PLP supporter?

ATHENA DAMIANOS
Nassau,
February 19, 2010.

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Public Notice

The public is advised that beginning Tuesday, February 16, 2010 there will be temporary road detours on the Lynden Pindling International Airport access roads. This work will impact access to all terminals and also Coral Harbour Road. Work will continue until Friday, March 5, 2010.

We thank you for your cooperation during the airport upgrade project.

LOCAL NEWS

Staff make demands over 'toxic' smoke

By MEGAN REYNOLDS
Tribune Staff Reporter
mreynolds@tribunemedia.net

CONCERNS over "toxic" smoke from the fire at the city dump has Environmental Health employees demanding either hazard pay or the relocation of their on-site offices.

Smoke continued to rise from the landfill site off Tonique Williams-Darling Highway yesterday as firefighters worked to control the burning of tonnes of waste.

The Department of Environmental Health's sanitary landfill caught fire on Friday, February 12 and is expected to burn for months as it has spread across the 100-acre site and deep underground.

Fire Services director Jeffrey Deleveaux and his team worked throughout the weekend to control the blaze and he said yesterday's light rainfall made their job a little easier.

"It's on the surface so it would have to be a big downpour to really be effective, but it's keeping the dust down and making it a bit easier for us to work with," he said.

"It is still deep underground and there are times when the fire is recurring, but it is under control and it's just the smoke we are trying to reduce."

Smoke from the city dump fire, believed to be toxic, is said to be infiltrating the Department of Environmental Health's office on-site, and staff yesterday com-



FIREFIGHTERS tackle the blaze at the city dump. Environmental Health employees are demanding either hazard pay or the relocation of their on-site offices.

plained that black soot is accumulating in their workplace.

They want to be relocated or given hazard pay while the fire continues to burn.

An employee said: "When we come to work we can't breathe. Our things are going black with smoke, so imagine what it is like in our lungs."

"We don't know what is in our lungs, or what is in our body right now with all this smoke."

Residents in the government housing subdivisions of Jubilee Gardens and Victoria Gardens, which border on the city dump, also fear the toxic fumes will endanger their health.

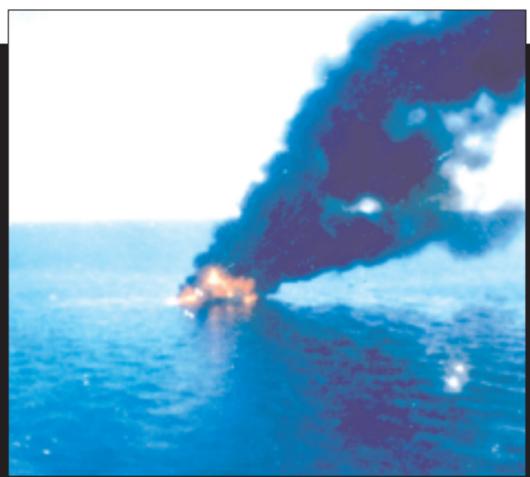
They have been advised to keep their windows closed and take whatever precautions they can by Minister of Health Dr Hubert Minnis.

Department of Environmental Health director Melanie McKenzie is said to have been fighting the fire

on the frontline. She did not return calls from *The Tribune* to discuss the hazards.

A portion of the landfill is still open for materials to be disposed while the fire continues.

TROPICAL EXTERMINATORS PEST CONTROL PHONE: 322-2157



THE VESSEL caught fire off the coast of Eleuthera.

Eight rescued from Haitian vessel off coast of Eleuthera

By MEGAN REYNOLDS
Tribune Staff Reporter
mreynolds@tribunemedia.net

A HAITIAN freighter caught fire off the coast of Eleuthera on Saturday afternoon, prompting the dramatic rescue of six Haitians and two Bahamians.

The 90ft steel hull motor vessel 'C J' was en route from New Providence to Haiti when an explosion in the engine room sparked the blaze at around 1.40pm.

Passing motor vessel 'Ballistic' chanced upon the flaming freighter near Ship Channel Cay, 21 miles west of Cape Eleuthera, and rescued Captain Walter Noel, of Andros Avenue, New Providence, and his crew.

The men were unharmed

in the blaze and taken to Immigration authorities in Rock Sound, Eleuthera.

Immigration Department officials said the six Haitians had Bahamian visas, one had a Haitian passport and ID certificate, while the other two proved to have Bahamian citizenship.

They told officials they had set off from Potters Cay dock and were transporting vehicles and other items to Haiti.

All have been released by Immigration officials.

The Royal Bahamas Defence Force (RBDF) reported the freighter had been completely destroyed by fire.

The RBDF's HMBS P121 scoured the area after the rescue to ensure there was no debris in the water which could pose a navigational hazard.



JEFFREY WILSON

Man wanted for questioning in connection with armed robberies

A 53-YEAR-OLD Rock Crusher man is wanted by police for questioning in connection with numerous armed robberies throughout New Providence.

Jeffrey Wilson is described as 5'9" of slim build and a light brown complexion. He is considered armed and dangerous. Police encourage persons with any information to call Crime Stoppers at 328-8477.



Share your news

The Tribune wants to hear from people who are making news in their neighbourhoods. Perhaps you are raising funds for a good cause, campaigning for improvements in the area or have won an award. If so, call us on 322-1986 and share your story.

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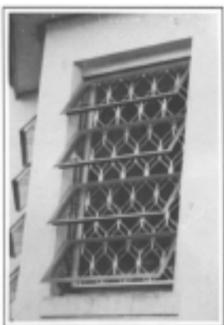
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Via email: bahcayjp@rbc.com



LOCAL NEWS

New govt complex to create 300 jobs

By BETTY VEDRINE

MARSH HARBOUR, Abaco – ALMOST 300 construction jobs are expected to be created as a result of a new government administration complex to be built in Abaco. A \$19.2 million-contract was signed last week

\$19.2m contract signed for construction in Abaco

between the National Insurance Board (NIB) and WOSLEE Contractors Limited for the 64,390 sq ft complex.

Prime Minister Hubert Ingraham was present during the signing and said that the complex is part of a “conceptual plan” for a new township in Central Abaco with the view to one day evolving into a city.

“There are many parts to this township which, as envisioned, will be connected by way of a new highway to the Marsh Harbour International Airport,” he said.

“Adjacent to the Central Pines subdivision, the township is in close proximity to Marsh Harbour, Dundas and Murphy Towns.”

Agencies

Mr Ingraham said the complex is designed to house all the principal government agencies located in Abaco including the Ministry of Finance – Business Licence and Real Proper-

ty Tax Units; the Treasury and Auditor-General’s Department; the Magistrates Courts; the Road Traffic Department; the Ministry of Agriculture and Marine Resources; the Department of Labour; Department of Immigration; the Passport Office; the Post Office; the Ministry of Tourism; the Department of Housing and the Mortgage Corporation; the Department of Education; Ministry of Youth Sports and Culture; the National Insurance Board and the Office of the Prime Minister.

The construction of the new Marsh Harbour Port Facility enabled the government to locate the Customs Department there and transfer the Ministry of Agriculture and Marine Resources to the new complex upon completion, thereby giving Customs the additional space required, the prime minister said.

“I advise that we expect to be in a position to go to tender for the construction of the new terminal and air traffic control buildings at the Marsh Harbour Airport this sum-

mer and for construction to commence on that project sometime during the third quarter of this year,” he said.

Minister of Public Works and Transport Neko Grant said the project represents the centralisation of all government ministries and departments on the island of Abaco.

According to the NIB director Algernon Cargill, this loan to the government meets one of the NIB’s key objectives.

Challenge

“Currently, the NIB’s reserves stand at some \$1.6 billion. A constant challenge for NIB is finding safe and productive investment opportunities for the National Insurance Fund.”

He said although loans make up a very small percentage of the Board’s investment portfolio, it is a significant portion because the alternative would be that the funds would not be ‘optimally’ deployed and in some cases, earning no interest at all.



PRIME MINISTER Hubert Ingraham said the complex is part of a ‘conceptual plan’ for a new township.

“Projects, like this one, where NIB enters into a finance lease agreement with the government, continue to serve the NIB well and also allows us to simultaneously fulfill our mandate of assisting with infrastructural development of the Bahamas,” Mr Cargill said.

In addition to the complex in Abaco, the NIB is also financing a second administrative complex in Freeport for \$18.

Mr Ingraham expects the project to create some 250 construction jobs in Grand Bahama.

LEGAL NOTICE

NOTICE

FLORISTICA ACCENT INC.

Notice is hereby given that in accordance with Section 138(8) of the International Business Companies Act 2000, the dissolution of **FLORISTICA ACCENT INC.** has been completed; a Certificate of Dissolution has been issued and the Company has therefore been struck off the Register.

ARGOSA CORP. INC.
(Liquidator)

Legal Notice

NOTICE

FALLIZIA FALLS INC.

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ARGOSA CORP. INC.
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LEGAL NOTICE

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FIRE TOWER LANE GROUP LIMITED

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DOOMSBERRY CORP.

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ARGOSA CORP. INC.
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LEGAL NOTICE

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ARGOSA CORP. INC.
(Liquidator)

Legal Notice

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SHENDI VENTRY CORPORATION

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ARGOSA CORP. INC.
(Liquidator)

Legal Notice

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NEW MATRIX GLOBAL INC.

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ARGOSA CORP. INC.
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LEGAL NOTICE

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ARGOSA CORP. INC.
(Liquidator)

LEGAL NOTICE

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BLUEMAVERICK COAST INC.

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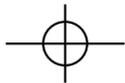
Legal Notice

NOTICE

VIBRANT S.A.

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ARGOSA CORP. INC.
(Liquidator)



LOCAL NEWS

ELEUTHERA



STEEL pan entertainment was provided by Kevin Symonette and Kendall Underwood of Spanish Wells.



EARL DEVEAUX, Minister of the Environment, speaking at the open house event to celebrate the creation of the Leon Levy Native Plant Preserve in Eleuthera.



PERLENE Barth offered information on Bahamian Bus. Visitors will be able to walk a mile of trail for a unique native plant experience.

Nature sanctuary seen as \$2m economic boost

"This will become a living classroom for Bahamian students who are studying plants and their value to Bahamians."

Portia Sweeting

classroom for Bahamian students who are studying plants and their value to Bahamians."

Dream

Shelby White added: "This project has been a long standing dream of mine.

"Working with the Bahamas National Trust as our partners, I believe we will create the finest nature preserve in the Bahamas, a place that will make Eleuthera a must-visit tourist destination and of which we will all be proud."

To celebrate the creation of this unique sanctuary, an open house event was held in Governor's Harbour, Eleuthera last week.

Those attending included Environment Minister Earl Deveaux and his wife; members of the Bahamas National Trust Council; Eric Carey, BNT executive director; Shelby White, founding trustee of the Leon Levy Foundation; local government officials, community members and others. The Leon Levy Foundation, founded in 2004, is a private, not-for-profit foundation created from the estate of Leon Levy, an investor with a long-standing commitment to philanthropy. The Foundation's overarching goal is to support scholarship at the highest level, ultimately advancing knowledge and improving the lives of individuals and society in general.



BNT COUNCIL members and guests - John F Bethell; Robin Symonette; Earlston McPhee; Angela Cleare; D Stewart Morrison; Environment Minister Earl Deveaux; Shelby White; BNT president Glenn Bannister; Lawrence Ginton, Neil McKinney; Pericles Maillis, BNT executive director Eric Carey.

Funds. In 2006, Shelby White, Mr Levy's widow, approached the Trust about creating an appropriate memorial to her husband who loved the island where the couple had a home for many years.

Mr Levy had a passion for

knowledge and was intrigued by the possible medicinal value of the plants growing all around them, but whose use was rapidly diminishing.

Working with the Trust's executive director, Eric Carey, the Leon Levy Found-

ation intends the preserve to be an educational resource, a habitat for migrating birds and a major attraction for visitors. The Leon Levy Native Plant Preserve will serve as a centre for excellence for environmental education and as

a major public access facility for Bahamians to learn about their resident flora and its cultural impact on the daily life of island inhabitants.

Portia Sweeting, BNT's director of education, said: "This will become a living

Abundant

The site's abundant native plants include orchids, bromeliads, black, red, and white mangroves, wild coffee, mahogany trees, five fingers and numerous other plant species and birds indigenous to the area.

The preserve will also feature some of the culinary and herbal plants native to the islands.

Visitors will be able to walk a mile of trail for a unique native plant experience.

The Leon Levy Native Plant Preserve will be donated to the BNT by the Leon Levy Foundation, a New York foundation created from the estate of the late Leon Levy, considered a Wall Street genius who founded the Oppenheimer Mutual

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LOCAL NEWS

Pharmacy industry cutting it close

By NOELLE NICOLLS
Tribune Staff Reporter
nnicolles@tribunemedia.net

February 28 deadline looming for registering with Pharmacy Council

THE local pharmacy industry is cutting it close in terms of meeting the February 28 deadline for registering with the recently established Pharmacy Council.

At the start of this week, less than 20 per cent of total registered pharmacies were regularised under the new system, which requires them to pay a \$2,000 registration fee.

None of the operating factories or warehouses were registered. Like the pharmacies, they are facing first time registration fees under the

new Pharmacy Act that range from \$2,000 and \$5,000.

"We are working towards compliance. We knew from last year and we are fully in a position to follow through. I haven't heard any major complaints. Obviously money may be a little tight, but I do believe everyone agrees," said Barbera Henderson, pharmaceutical manager at Nassau Agencies Ltd.

"Business licence comes up every year and I am sure there are times when people can't afford to pay it. The (Pharmacy Council) is are not going to browbeat them. I am sure they will find a way to work with them," said Ms Henderson.

Compliant

Pharmacists are the most compliant category. More than 50 per cent of the registrations from the former governing body, the Health Professionals Council, were transferred to the Pharmacy Council. Of the remaining 50 per cent, about 10 per cent have come in their records and settled outstanding fees.

"The process has been smooth. We recognise there is quite a bit of documents people had to collect. Most people have been collecting those so they can complete their licence this week. If they have any concerns they should contact the council and we can assist them through the process," said council chairman, Philip Gray.

Late fees will apply after February 28 for all industry practitioners who are yet to comply with the new regulations. This grace period will last for 30-days. Asked about the status of compliance, the Pharmacy Association

deferred comment at this time.

Council registrar, Shelly Collymore, said people have generally been co-operative. They have had a few queries and appeals for consideration, and she said the council is actively working on those matters.

"We just got the registration forms. We haven't had time to pay them yet. I am sure that they will be paid. We are working on our registration forms right now. Everyone is working to comply, that is the impression I got, and we are working towards the deadline," said Carroll Sands, council member and chief executive officer of Lowe's Wholesale Drug Agency Ltd.

The fees will be used by the council to advance its primary areas of focus this year. Chairman Gray said this will include cleaning up the industry to ensure that those selling drugs illegally are stopped.

Pharmacy wholesaler Ms Henderson said the upgrade to the industry was long overdue.

"When you think about it, it benefits the pharmacists so people are not just selling drugs all over the place arbitrarily. We have run an open market where anyone can do anything and now that is going to change," she said.



A STANDARD orange prescription bottle full of yellow pills. The information on the label has been covered. A few pills sit outside the bottle, at its base. At the start of this week, less than 20 per cent of total registered pharmacies were regularised under the new system.

LEGAL NOTICE

NOTICE

DON PEPE BUSINESS CORP.

Notice is hereby given that in accordance with Section 138(8) of the International Business Companies Act 2000, the dissolution of **DON PEPE BUSINESS CORP.** has been completed; a Certificate of Dissolution has been issued and the Company has therefore been struck off the Register.

ARGOSA CORP. INC.
(Liquidator)

Legal Notice

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HUSSNOUR INC.

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NOTICE

VILLADALE VALLEY LTD.

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Legal Notice

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SOLSONA LIMITED

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LEGAL NOTICE

NOTICE

ARA CETUS INC.

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ARGOSA CORP. INC.
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LEGAL NOTICE

NOTICE

BIANCA VALLEY INC.

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ARGOSA CORP. INC.
(Liquidator)

Legal Notice

NOTICE

BLUE WATER VALLEY INC.

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ARGOSA CORP. INC.
(Liquidator)

Legal Notice

NOTICE

SANDSTONE VALLEY INC.

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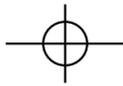
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NOTICE

COSPILLOT BUSINESS CORP.

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ARGOSA CORP. INC.
(Liquidator)



LOCAL NEWS

New Providence Development Company, Tommy Hilfiger co-sponsor the Second Annual Paradise Plates

HANDS For Hunger has named the New Providence Development Company and Tommy Hilfiger as co-presenting sponsors for their Second Annual Paradise Plates fundraiser.

Both companies have each donated \$10,000 for the unique event, which will feature an even larger array of gourmet food from celebrated chefs and restaurants in the Bahamas.

Held on Saturday, May 15 from 7pm - 11pm in the Atlantis Crown Ballroom, Paradise Plates will feature fine food and beverages, live entertainment as well as a raffle and silent auction.

Chefs will gather from across New Providence under one roof to prepare their signature dishes, complemented by drink purveyors serving samples of wine, local beer and spirits.

All proceeds will benefit Hands For Hunger, the non-profit, food-rescue programme committed to the elimination of hunger and the reduction of food waste in the Bahamas.

"The New Providence Development Company is pleased to continue our sponsorship of Paradise Plates," said Rhys Duggan, president and CEO of the New Providence Development Company.

"Hands For Hunger fulfills a real need on the island by providing food to those who need it most. Starting a fledgling non-profit is not a simple task. We have seen the impact that Hands For Hunger has had in a short period of time. They have been successful and continue to expand and make a real difference in our community. Their approach of using

food that would otherwise go to waste makes so much sense and we will continue to support their efforts."

Proprietor of Tommy Hilfiger (Bahamas) Elizabeth Covington said: "Tommy Hilfiger believes in taking a proactive stance and giving back to the community by working with and empowering young people who are trying to make a difference.

Impressed

"I attended last year's Paradise Plates and was impressed by the passion of young Bahamians wishing to address an urgent need in this country - hunger. A hungry child can't learn at school; a hungry person can't think properly to do their job. In a wealthy country such as the Bahamas, people should not go hungry. We are proud to support Hands For Hunger as a co-presenting sponsor. It is an amazing organisation doing great work for the good of the community and we hope more Bahamians support this great and urgent cause."

Rosamund Roberts, who along with Andrea Strommer, serves as co-director of fundraising for the organisation and in charge of leading the event planning, said the generous donations from New Providence Development Company and Tommy Hilfiger (Bahamas) will help to offset the costs of Paradise Plates.

Chefs from many of Nassau's finest restaurants are returning this year to showcase their extraordinary food including: Old Fort Bay Club; British

Colonial Hilton; Lucianos; Mesa Grill; Nobu; Dune; The Patisserie; Van Bruggels; Compass Point; Goodfellow Farms and Cacique to name a few. Other sponsors include: Atlantis, Pearle Vision, Mendoza Wine Imports and Creative Relations. All proceeds from Paradise Plates will go to Hands For Hunger and its food rescue programs. Each day, Hands For Hunger picks-up fresh, high quality food that would otherwise go to waste and delivers it to community centers, shelters, churches and soup kitchens throughout New Providence.



TEAMING up for 'Paradise Plates', Hands For Hunger's annual fundraiser are (l-r) Elizabeth Covington, proprietor of Tommy Hilfiger, Bahamas; Ashley Lepine, of Hands For Hunger and Rhys Duggan, president and CEO of the New Providence Development Company Limited.

Legal Notice

NOTICE

FOUR SEASONS OVERSEAS LTD.

Notice is hereby given that in accordance with Section 138 (8) of the International Business Companies Act 2000, the dissolution of FOUR SEASONS OVERSEAS LTD. has been completed; a Certificate of Dissolution has been issued and the Company has therefore been struck off the Register.

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(Liquidator)

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LINDWALL VENTURES INC.

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STERNLEIN SEAS INC.

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VASIVO MANAGEMENT LTD.

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LEGAL NOTICE

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ALIOSKA OCEAN INC.

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URSA MINOR CO. LTD.

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GOLDEN BOREALIS VERA S.A.

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ARGOSA CORP. INC.
(Liquidator)

LOCAL NEWS

Bahamas to host CDB's 40th Annual Board of Governors Meeting

By **BAHAMAS INFORMATION SERVICES**

THE Bahamas will host the Caribbean Development Bank's (CDB) 40th Annual Board of Governors' Meeting during the week of May 16-21 at the Sheraton Cable Beach Resort.

The CDB was established by an agreement signed on October 18, 1969, in Kingston, Jamaica, and entered into force on January 26, 1970.

The Bank came into existence for the purpose of contributing to the harmonious economic growth and development of the member countries in the Caribbean and promoting economic cooperation and integration among them, having special and urgent regard to the needs of the less developed members of the region.

Dr Sharon Marshall, information officer, CDB explained that the Bank has a very special relationship with the Bahamas.

"The very first meeting of the Board of Governors was held in the Bahamas, and at 10-year intervals the Bahamas very regularly hosts the meetings," Dr Marshall said.

This year's meeting will bring together delegates from the Bank's 17 borrowing member countries as well as

donors from around the world.

The first scheduled event will be the Board of Directors meeting on Monday, May 17.

The annual meeting of contributors to the Bank's special development fund, which is a concessionary fund for the borrowing members, will be held on Tuesday, May 18.

Other events include the William G Demas Memorial Lecture and the opening ceremony for the Annual Board of Governors' Meeting on Wednesday, May 19.

The CDB will also host a youth forum called Vybzing Bahamas on Thursday, May 20.

Angela Parris, manager of the information services unit said that the main objective of Vybzing is to sensitise the youth about CDB's mandate, role and function to young people in the Bank's borrowing member countries.

Ms Parris said the CDB in partnership with the Ministry of Education and the Inter-American Institute for Cooperation on Agriculture will host an essay and poster competition as part of Vybzing Bahamas.

The theme will be "Sustainable Agriculture for Regional Food Security" and it will be opened to all senior secondary school students throughout the country.

First place winners in both categories will have the chance to attend the Vybzing session in Nassau.

The first place winners in both competitions will win a netbook, second place winners will receive an iPod Nano and third place winners will receive an iPod Shuffle. However, all participants will receive a prize, Ms Parris said.

CHEQUE FOR HAITI RELIEF



INSURANCE COMMISSIONS staff members present the Bahamas Red Cross with a cheque for the Haiti Relief Fund at their Charlotte House Office, Wednesday, February 17. Pictured presenting the cheque is Lorna Longley-Rolle, Legal Council (left) to Caroline Turnquest, Director General, the Bahamas Red Cross. **Letisha Henderson/BIS**

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XILE CORPORATION.

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E-NEWS HOLDINGS INC.

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LEGAL NOTICE
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E-NEWS ASSETS INC.

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Legal Notice
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WADESORO LTD.

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ARGOSA CORP. INC.
(Liquidator)

LOCAL NEWS

Grand Bahama students to name baby dolphins



(Photo by Dr Robert Eiser)

UNEXSO Dolphin Experience' dolphins – mother Robala and her calf.

THE International Underwater Explorer's Society (UNEXSO) is looking to creative young minds to name two baby dolphins they welcomed to the Dolphin Experience family in 2009.

UNEXSO has launched a competition to find unique 'Bahamian' names for the two young calves born at the facility. All elementary schools throughout Grand Bahama are eligible to participate.

Each class is being asked to collectively submit a name for consideration.

Operations manager for the Dolphin Experience Dr Robert Eiser said this way of naming the dolphins has become tradition.

"Most, if not all, our captive bred dolphins have been named by school children. It's our way of not only giving something back to the community, but a very special way of getting kids more involved with the Dolphin Experience and possibly generating interest in marine life." The dolphins at UNEXSO are currently named after Bahamian islands and Mr Eiser suggested that contest participants should stick with the Bahamian theme.

General manager at UNEXSO Linda Osborne is excited to see what names students come up with.

"Kids by nature are very creative. We are happy to give them an outlet to express their creativity and name our two bundles of joy at the same time," she said.

Dolphins Taino and Robala are the proud mothers of the calves.

Fourteen-year-old Taino gave birth to a healthy calf on September 24, 2009; she is the largest of the younger dolphins at the Dolphin Experience.

Robala, 28 years old, is the largest female and had her baby one month later on October 23. The two babies bring the dolphin count at UNEXSO to 16.

The Dolphin Experience' neo-natal team has determined both calves are male, and that the mothers and babies are doing well.

The neo-natal team is comprised of the Dolphin Experience senior staff with specific personnel assigned to feed and care for each dolphin mother and calf.

Besides looking after the dolphins, this team also has a hand



UNEXSO'S jumping dolphins – Five well trained dolphins showing off their skills.

PHOTO: Dr Robert Eiser

in educating children about them.

More than 1,000 kids from schools throughout Grand Bahama have so far benefitted from the Dolphin Experience education programme.

The unique programme offers students a one-on-one encounter with the dolphins and teaches conservation.

"UNEXSO and the Dolphin Experience remain committed to educating children of all ages about our most valuable resource; the ocean and all creatures within it," said Ms Osborne. "We hope that in asking the school children of Grand Bahama to help us name our newest additions at the

Dolphin Experience, we pique their interest in marine mammals. Several of our current dolphin trainers have come through local schools and we want to continue that tradition."

The class with the winning baby dolphin names will receive a free dolphin encounter with group photo.

All entries should be sent via e-mail to contest@unexo.com or via fax to 373-8956 attention: Dolphin Experience. Each entry should include: Name of school, class and teacher, contact number, name they suggest and why they suggested it.

Deadline for entries is March 31, 2010.



PROCLAMATION

WHEREAS, Rotary International (R.I.), which was founded 105 years ago on February 23rd, 1905 in Chicago, Illinois, has the dual distinction of being both the world's first, as well as one of the largest non-profit service organizations in existence today, comprising of more than 1.2 million club members drawn from professional and business leaders in over 33,000 clubs in 200 countries and geographic areas;

AND WHEREAS, for the 105 years of its existence, the Rotary motto, "Service Above Self", has inspired members to provide humanitarian service, encourage high ethical standards and promote good will and peace through a variety of service projects and voluntary efforts dedicated to improving the human condition in local communities as well as worldwide;

AND WHEREAS, Rotary International is the world's largest privately-funded source of international scholarships through which it promotes international understanding, exchange programs and humanitarian grants;

AND WHEREAS, club projects have included the provision of medical supplies, health care, clean water, food production, job training and education to millions in need, particularly in developing countries;

AND WHEREAS, in 1985 Rotary International launched its major service project, **PolioPlus**, and spearheaded collaborative efforts with the World Health Organization, United States Centres for Disease Control and Prevention, and UNICEF to immunize children worldwide against polio;

AND WHEREAS, polio cases have dropped by 99 percent since 1988 and the world stands on the threshold of eradicating the disease as a result of the **PolioPlus** effort;

AND WHEREAS, to date, Rotary International has contributed nearly US\$850 million and countless volunteer hours to the protection of more than two billion children in 122 countries;

AND WHEREAS, there are over 420 Rotarians in nine (9) clubs throughout Rotary Bahamas, District 7020, sponsoring service projects to address critical issues such as poverty, health, hunger, illiteracy and the environment in our local communities and abroad;

AND WHEREAS, the local Rotary Clubs will commemorate the birthday of Rotary International by educating the public on the global fight to eradicate polio from the face of the earth;

NOW, THEREFORE, I, Hubert A. Ingraham, Prime Minister of the Commonwealth of The Bahamas, do hereby proclaim Tuesday, February 23rd, 2010 as "ROTARY DAY".

IN WITNESS WHEREOF, I have hereunto set my Hand and Seal this 22nd day of February, 2010.

Hubert A. Ingraham
PRIME MINISTER



(Photo by Dr Robert Eiser)

PROUD MOM Taino and her calf at UNEXSO's Dolphin Experience – One of the younger dolphins at the Unexo Dolphin Experience, Taino swims alongside her playful calf.

SCENES FROM YESTERDAY'S PLP PRESS CONFERENCE

PHOTOS: Felipe Major/Tribune staff



ONLOOKERS at the PLP press conference.



PLP LEADER Perry Christie speaks to PLP candidate for Elizabeth, Ryan Pinder, yesterday at a press conference at the PLP headquarters.



GOLDEN GATES MP Shane Gibson speaks to Perry Christie.

SEE PAGES 1 and 3

LOCAL NEWS

A journey to the centre of the Earth

The first of four articles telling the story of Gabrielle Misiewicz's African adventure

By GABRIELLE MISIEWICZ

TRAVELLING has always been a great love of mine, and when I was younger I had grand dreams of learning at least seven languages and using them to facilitate settling for long periods in different parts of the world. This past semester I was able to live out a modified form of this dream – I spent fourth months in Ghana, a country on the coast of West Africa.

Overall, it was an amazing semester, a time for great personal and academic growth. Aside from daily encounters that challenged me on a personal level, my course of study provoked me on an academic one. I thought it would be a good idea to write a few articles sharing my experience with whoever was willing to read about it, and so this article and the ones to follow are intended to examine a few aspects of my life abroad and how they have informed the way that I now view myself and the world.

Like many people from the West Indies, I have often wondered about the people and cultures of Africa, because of the fact that the majority of our people are descendants of African slaves. At the University of Richmond, where I am currently in my third year of study, I have taken my interest in these historical and cultural links to another level – my scholarship focuses on the connection between Africa and the African Diaspora.

Although my family was a little nervous when they heard of my plans to spend the semester in Ghana, I was beyond excited. One of my best friends at school is Ghanaian and over the course of our relationship, we have exchanged stories about our lives in our respective homelands. In fact, I think the similarities we've found between our cultures is one of the reasons that we get along so well and was also an influence on my decision to study the connection between Africa and the Diaspora.

I knew that living and studying in Ghana was going to be at least a little different from the way my friend grew up and the life she described to me. This thought was confirmed when I read 'mosquito net with internal frame' and 'water purification tablets' on my packing list. It took weeks of preparation – I needed vaccinations, prophylactic

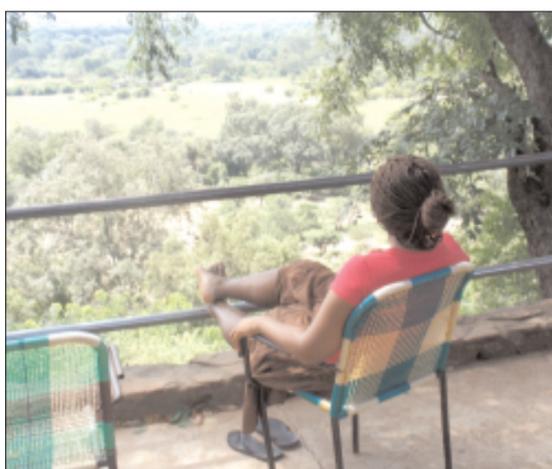


THE STUDENTS on a trip to Shai Hills. The rugged terrain in this area protected its inhabitants from capture during the slave trade. Gabrielle is standing on the far right in the red shirt.

lactic medications and lots of batteries in anticipation of 'light off'. I did experience light off a few times while there, and it was just like what we know as 'current off' here. Actually, I've experienced worse power outages at home than I did in Ghana. There were many aspects of my semester in Ghana that were similar to life here, and in many ways I felt as though I had come to another home.

When I arrived, the first thing that reminded me of home was the vegetation. Growing up, I spent a lot of time with my grandmother, and she would tell me the local names of plants and trees in her garden and point them out as we drove along the road. I knew that the climate in Ghana would be similar to that of the Bahamas, but I was still surprised when I recognised "match-me-if-you-can" bushes and "woman's tongue" trees among others.

Another thing that reminded me of home was the spirituality of Ghanaians. There were stickers on the backs of taxis and mini-vans that proclaimed God as the driver's "Redeemer" or warned people to "Repent". Entrepreneurs named their businesses after key tenets of Christianity, such as "Forgiveness." This was done regardless of the services that were offered. My personal favourites were "Blood of Jesus" – the name of a seamstress's business – and "Son's of God Match Forward" – the name of a kiosk selling lotto tickets (incidentally, spelling and grammar mis-



GABRIELLE overlooking the Mole National Park, where the group went in search of elephants (but didn't see any).

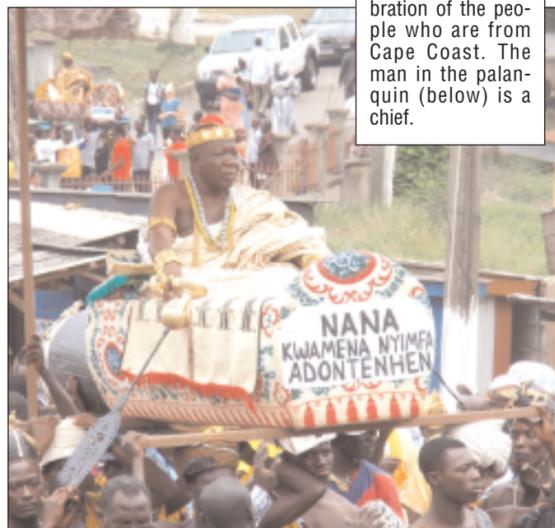
takes were common and made for great jokes).

There were many sights, sounds and smells that reminded me of home – I remember walking down the road on one occasion and smelling chicken souse and on another, curry, although I'm pretty sure I was hallucinating – but there were differences as well.

One of the most noticeable was the culture of carrying goods on one's head. Nothing could really have prepared me for this tradition. I anticipated perhaps seeing women with buckets of water or baskets of fruit on their heads, but I had no idea how prevalent using the head as a tool really was. People use their heads the way we use our shoulders or our hands.



SCENES FROM A FESTIVAL that happened the first weekend we were in Ghana. It is held every year in celebration of the people who are from Cape Coast. The man in the palanquin (below) is a chief.



A STREET SCENE from a market in Kumasi, the centre of the Asante kingdom.

Furthermore, it's not only women, as I originally thought; men and children could also be seen with goods on their heads. Women and children usually carried food or water, while men carried objects like towels or flags. I know this must be a little hard to imagine, but people sell everything you could think of on the street in Ghana, and if there is a way for them to get it on their head and thus move around with it, they will. The size or weight of the item has little to do with it either. I helped a lady remove a giant aluminium bowl of fish from her head and I nearly died in the process. It was incredibly heavy! Easily 50lbs.

The tallest thing I saw on a person's head was about 3ft – a

man was carrying what looked like a hamper of washcloths. The widest was a little over 2ft, and that was a suitcase. I did say suitcase, and the lady in question actually had two of them on her head. I tried walking with a bowl of tomatoes on my head in my host family's kitchen once and I could hardly stand up straight, much less think of moving. That really impressed upon me the skill and strength required to carry things on one's head, and although I admire Ghanaians for being able to do so, it's not really something I would like to do myself.

There were many other small aspects of Ghanaian lifestyle that struck me throughout the semester. On their own they might be unimpressive, but when considered in concert they allowed me to see just how much our African ancestors have shaped our culture. Of course, this was something that I knew beforehand, but actually being able to see it was incredible.

• See next week's Tribune for the second installment of Gabrielle's African journal: "Reflections of an (Almost) Dreadlock Rasta Girl"

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RIDE FOR HOPE
Eleuthera, Bahamas
2010

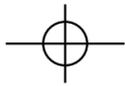
Saturday
March 20

Ride for Hope is a truly memorable annual charitable bike-a-thon which raises money for cancer patient care, treatment, early detection, and Bahamas-based cancer research.

Here's what participants say:
"Congratulations on organizing such a truly amazing day. Thank you so much for the countless hours you put into organizing an incredible day for a great cause!! We had a ball and can't stop talking about how well it was done! ... it was truly an inspiring time, what a great experience!"

JOIN US!

MORE INFO AND REGISTER
RIDEFORHOPEBAHAMAS.COM



WOMAN

The Tribune

B O D Y A N D M I N D

health

PRETTY IN PINK



"I had emotional connections after meeting some of the ladies two weeks ago at their support group meeting. It helped me to figure out beforehand what they would be comfortable with in the photo shot."

FARRENO FERGUSON

By REUBEN SHEARER
Tribune Features Reporter
rshearer@tribunemedia.net

SOME of the women were more comfortable than I expected," said Farreno Ferguson, a photographer, about an edgy photo shoot he has done for the Sister Sister Breast Cancer Support Group. Acclaimed for his works of unconventional quality, Mr Ferguson says the exhibit is one of his best.

Breast Cancer strikes home, as his grandmother was diagnosed with the disease years ago and became a survivor at 73 years of age. It was a conversation with a good friend in New York about his grandmother's story that sparked the idea for Pretty In Pink, a photographic exhibition/auction and a high-end social networking event bringing awareness to the ongoing fight against cancer.

It was his personal experience with his grandmother's fight with the disease that encouraged him to work with other survivors.

Mr Ferguson's conversation with a colleague birthed a vision for the Pretty in Pink promotional event—an exhibition of pictures he took of the women from the support group. Most of them are long term survivors, at least 3-4 years.

It's been said that the survivors have reinvented themselves in an edgy photo shoot by Mr Ferguson, to be revealed at his 'Pretty In Pink' exhibit in the Buillon room at the British Colonial Hilton on February 26.

Superimposed with the six virtues he says breast cancer patients need in order to survive, is a peaceful-looking female in the background, photographed from the collarbone up with a pink scarf donned on her head.

She is in her 20's. Why use this young model? Mr Ferguson says the reason was to encourage young women to have their breast cancer screenings, as they are not exempt from cancer either.

At the main event on Friday, Mr Ferguson says guests can expect a "visual overload." The collection has the most images the photographer has ever used in a series, to date.

He had a vision, a vision that is similar to the poster made for the big event.

"Each of them used the pink scarf. I tried to use positions that they were comfortable with. We did different themes, like unity, strength, courage, determination, faith and love."

In total, there will be over 20 pieces at the show. More than 15 of the women are cancer survivors, and some are commercial models.

"I figured that some of the women wouldn't be totally comfortable with the ideas that I had in mind, so I invited commercial models that I

would normally shoot to take those kinds of photos."

Ferguson says he wanted to make the show more diverse by taking photos of them in "new age photography" looks.

"Breast cancer strikes women who are in many cases the backbone of the family; the wife, mother, aunt, and granny," said Andrea Sweeting, the president of the Sister Sister Breast Cancer Support Group who likes to "give people another topic when she walks into a room."

"When I walk into a room, I would prefer for persons to look at me and see me for who I am and why I'm there instead of whispering 'this woman has breast cancer' and trying to figure out which breast I have off," says Mrs Sweeting.

"I'd prefer for them to know up front so that they have a new topic to talk about," she told *Tribune Health*. "When I took those photos, I felt as though you can still look at me, and see that I am gorgeous."

"This is tremendous seeing that many of the survivors don't know what it's like to feel beautiful in their skin since being diagnosed with can-

cer. "I thought this would be something I could do that would count at the end of the day," Mr Ferguson explained.

Other stories of the survival include Maxcine Missick, who was initially diagnosed with breast cancer in 2005. She later discovered that there was a tumor resting on a brain stem inside of her head, and learned that she had to have surgery.

Breast Cancer survivors often say they don't get the kind of attention they need and deserve. Compared to foreign organisations which promote the cause, the Bahamas is no match for the kind of fanfare that they have, said Mrs Sweeting.

To prepare himself for the photo shoot, Mr Ferguson sat through some of the support group meetings and shot a video about their stories and their tremendous struggle to beat the disease.

The footage he has put together in the documentary film will show the process of capturing the photographs, and chronicle in the women's own words their plight with the disease.

"I had emotional connections after meeting some of the ladies two weeks ago at their support group meeting. It helped me to figure out beforehand what they would be comfortable with in the photo shot," he said.

And some of them were more comfortable than Mr Ferguson anticipated. He had a vision for each photo shot with the 15 ladies, a vision that is similar to the poster made for the big event.

Some of the survivors were more comfortable than Ferguson had expected.

In the photographs, a pink cloth is embodied by each subject. For some, Ferguson draped the cloth around the forehead letting the hair be exposed in tomahawk.

Some of the subjects for the photo shot have lost their hair in chemotherapy treatments, and that has been a mountain that they have had to climb. Baldness is known to be the sign to the world that something is wrong, that breast cancer has struck your life.

But even with baldness, or short hair, they have come to realise that

they can still feel beautiful. "The pictures from the photo shot showed that you can drape yourself, and still look gorgeous," said Mrs Sweeting

This is the British Colonial Hilton's tenth year anniversary, and in lieu of the celebration they are highlighting health causes around the nation.

Funds from Pretty in Pink will go toward the expenses of the Sister Sister Breast Cancer Support Group. One initiative that they have taken on is the distribution of port-a-caths, a device that is used to make administration of chemotherapy easier.

Port-a-caths normally costs \$750 from Doctors Hospital and the Cancer Society of the Bahamas sells them for \$500. Sister Sister Breast Cancer Support Group donates the devices to women who can't afford them.

"Some of them never saw themselves doing something like this, and in turn they found new light in themselves, and all came away feeling more comfortable in their own skin," said Mr Ferguson.

"There's always that atmosphere of fear every time you go for a checkup or follow-up to your breast cancer, even when you are in remission," Mrs Sweeting.

"Breast cancer is just waiting for you to miss a treatment so that it could thrive all over again inside the body."

The British Colonial Hilton hotel is celebrating its tenth anniversary, marked by the recent \$15 million renovation. Their way of giving back to the Bahamian community is to be charitable to organisations supporting health causes around the country.

They were excited and thankful for the project, because it's all to raise money for their cause. "They never saw themselves doing something like that," he said. "Some of them saw new light in themselves, and all came away feeling more comfortable in their own skin."

Guests can expect to be visually stimulated during this awesome celebration of breast cancer survivors, said Mr Ferguson about the social networking event.

The guest list is heavy with professionals, and local socialites. They are all excited and thankful for the project, which will raise money for breast cancer.

"There will be some performances by local artist, door prizes, and they will give out sapphire pendants.

Ferguson got the idea for the "Pretty in Pink, I'm a Survivor" campaign while in New York having a "pink drink." He says the colour, which is the colour for breast cancer inspired him, and he tied it all into the event that he is planning. It's one that he hopes will yield many follow ups as part of a series he will present each year. A small donation of \$20 is asked of attendees to help the Sister Sister Breast Cancer Support Group defray the cost of the exhibit.

Glaucoma-The silent thief

By JEFFARAH GIBSON

KNOWN as the "silent thief", glaucoma, a disease where the major nerve in the eye is damaged, poses a risk for everyone, and if not detected, or treated within a reasonable time frame can lead to complete loss of sight.

Just as it is important to get a full body check up, it is equally as important to get an annual eye checkup, as doing so increases the chance of nipping things in the bud.

Tribune Health spoke with Dr Kenneth Rodgers, an ophthalmologist at Pearle Vision who said that while there is no sure way of preventing glaucoma, an annual eye examination can increase chances of catching the disease at a treatable state.

Glaucoma is described by www.medicinenet.com "as a disease where the major nerve of vision, called the optic nerve becomes damaged. The optic nerve receives light from the retina and transmits impulses to the brain that we perceive as vision. It is characterised by a particular pattern of progressive damage to the optic nerve that generally

begins with a subtle loss of side vision (peripheral vision). If glaucoma is not diagnosed and treated, it can progress to loss of central vision and blindness," the website stated.

There are two types of glaucoma—open angle glaucoma, and closed angle glaucoma. "Open angle glaucoma is by far the most common type of glaucoma. Moreover, its frequency increases greatly with age. This increase occurs because the drainage mechanism gradually may become clogged with aging. As a consequence, the aqueous fluid does not drain from the eye properly. The pressure within the eye, therefore, builds up painlessly and without symptoms," the website explained.

Elevated pressure in the eye is what actually leads to the damage of the optic nerve.

And though the elevated pressure in the eye is one of main causes of the optic nerve becoming damaged, impairment can also occur within a normal eye pressure.

"Open angle glaucoma is the most common glaucoma that is seen among people in the Caribbean, Dr Rodgers said.

As mentioned before when it comes to glaucoma everyone is at

risk for the disease. However there are some people who are at a greater risk than others.

"People over the age of 65, persons who have a family history of glaucoma, those who take steroids, people who suffer from nearsightedness or persons who have been predisposed to chronic migraines," Dr Rodgers explained.

Although people at an elderly age are at risk, this is not to say that younger persons are in the clear. Glaucoma does not discriminate against age groups, since there have been instances where very young children have developed juvenile glaucoma.

"Many think that this is something that does not happen but it does and it is a serious situation when a nine or ten year old is losing his or her sight," he said.

Unfortunately, there are no symptoms of glaucoma, and whenever persons do realise that something is wrong they have already begin to lose their vision. "At this point the disease is at a very far stage," he said.

While sight loss from the disease is irreversible, there are ways that the disease is treated that can pre-



Felipe Major/Tribune staff

vent further damage to the eye. The first things used are eye drops and oral tablets.

"After a few years or so some persons make the decision to get surgery done on the eye," he said.

Dr Rodgers encourages everyone to make the right health decisions in life. He said in order to patrol glaucoma one must get consistent eye examinations.

"Live a healthy lifestyles, and do

what it is that is needed to be done to ensure that your body is healthy. However if glaucoma is detected then I want to advise persons to listen to their prognosis and do as their doctor orders them to do.

"If one is advised to take medication, continue with the medication since the majority of times when a person progress is slow is because they don't take medication when advised to do so," Dr Rodgers said.

WOMAN

WOMEN & SEX

Jealousy



By MAGGIE BAIN

DO YOU think it is possible to go through life and not be hit by the tidal waves of jealousy? Not to experience the explosive flame that obliterates all rational thinking and transforms us into a whole different being. What does it mean when we feel gentle pangs over someone, but massive physical turbulence for another? Does the degree of jealousy accurately reflect the depth of love or connection to another human being? Or is it our past thoughts and experiences playing havoc with our minds?

As loathsome and wretched as jealousy makes you feel, it certainly is not a state of mind that we would like to remain in. The wide range of emotions that it triggers may alter depending on the circumstance.

Feelings may involve anger, humiliation, betrayal, fear, abandonment, sorrow and envy. We may logically try and explain away some of the feelings but find it a losing battle as the remainder close the gap and consume us.

Being blinded by jealousy often produces extreme behavior from obsessive vigilance to violence. We can see that with our own eyes and barely need to be told that it is the

leading cause of wife battering and homicide. Are we to believe people when they say they are 'not a jealous person', or is it just a matter of control?

One theory is that jealousy is 'wounded pride' producing an immature response. This is considered a childish reaction, and reflects a lack of self confidence and esteem. It is a reaction to the fear of loss. Other theorists say that it is in fact an evolved and necessary emotion caused by a threat to a valued relationship. Linking both these theories it would seem that the more insecure, dependent partner feels the more intense jealousy, because of the perceived loss.

Many of us cringe at the memories of instability and inability to control ourselves in those episodes of jealousy. The neurotic following of our partners every action and the need to control can be explained scientifically. We know that women's brains are activated in the posterior superior temporal sulcus when there is a suggestion of sexual and emotional

infidelity. This is the area of the brain that is responsible for the detection of intention, deception and trustworthiness. This explains why women are acutely sensitive to others, and often are labeled 'overly sensitive' or 'controlling'.

Men's brains on the other hand are stimulated in the testosterone rich areas in the amygdala and hypothalamus, which is involved in sexual and aggressive behavior. An extreme example of this is the practice of female circumcision, or mutilation, in order to control a woman's sexual fidelity. Knowing this, we can see why men and women act differently when faced with green-eyed emotions.

Provoking a little jealousy, particularly at the beginning of a relationship, is often used as a test or measure of future commitment. It lets you know how much your mate cares and considers you valuable. A little smile, name dropping or mild flirting can certainly increase your own desirability. However, it is a fine tight rope to walk and often has

the opposite desired effect. Certainly, having sex with someone in order to provoke jealousy rarely works. Men hold highly a woman's sexual fidelity and her desirability as a suitable mate is often determined by this.

Go ahead and critique yourself and your relationship. Are you self assured and feel safe in your relationship? Or are you a person who moves quickly from one person to another in order to avoid any emotional involvement? Perhaps you fit some where in between the two extremes. Just remember that relationships are what makes life worth living and are worth all that you can invest.

• 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.

GREEN SCENE

By Gardener Jack



Jujube and ti-es

I MUST confess I cannot write about all garden produce with equal enthusiasm. The jujube, for instance, is a fruit I have never ever taken more than one of at a time. The taste is far too musky for my liking but others seem to relish it.

The Indian jujube (*Ziziphus Mauritania*) is native to China and is often spelled ju-ju or jube-jube. The tree grows well in The Bahamas in a wide variety of soils, even in marshy land. It is, however, a very unfriendly tree. The branches are covered with small but intensely sharp thorns that make fruit picking quite an adventure.

The worst feature of the tree is displayed at flowering time. Jujube

flowers are pollinated by flies and so they exude a scent that could only be attractive to flies and resembles a compost heap that has gone sour. It would not be a good idea to grow jujube tree anywhere near your house - anywhere near civilisation as far as I am concerned.

Jujube seeds seem to have a 25 per cent viability rate and the young trees are particularly attractive with their distinctive small veined leaves. The tree becomes less appealing as it ages.

A lady once told me that I would love jujubes if I ate them pickled and she promised to make me some pickled jujubes. That was over ten

years ago and I am glad to say she seems to have forgotten.

The father of modern taxonomy was Carl Linnaeus. In the 18th century it was he who organised plants into that list we all had to learn at school: kingdoms, classes, orders, genera, species. He also started the binomial nomenclature that allowed for positive identification of plants, based upon shared features. I do not know what we would do without binomial nomenclature because local and regional names often differ very widely.

Linnaeus had to be interested in names because his father diverted from regular Swedish naming to the Latin for linden. Later on Carl turned his first name to the Latin Carolus. Then he was celebrated as a genius and took on the title von Linné. A man who went through three name changes should

give us confidence as to his naming system for plants (and creatures).

The importance of a scientific rather than colloquial name is demonstrated by a rather humble fruit that is known as egg fruit, yellow sapote, mammee sapote, mammee supporter, canistel and ti-es. No matter what common name you wish to know it by, its Linnaean name is *Pouteria compechiana* and that stops all arguments about identification. I like to call the tree and fruit ti-es because that name is used only in The Bahamas.

The ti-es tree is native to Central America. It is handsome and erect and grows to about 20 feet in The Bahamas. The fruit is like an upside-down teardrop that contains two to four seeds. The flesh of the ti-es is yellow and starchy, almost like dried egg (for those old enough to remember such things) in texture but with

an appealing sweetness.

I have been told that if you mix the ripe pulp of ti-es with pound cake batter the resultant cake has better flavour and colour.

June plum (*Spondas anarcardiaceae*) goes under the names ambarella and otaheite apple and has just finished its time of fruit production.

The tree has pinnately compound shiny leaves and despite it name fruits from October to February.

The fruit is kiwi-shaped and tends to fall off the tree while green and unripe. The skin later turns yellow and this is the time to eat.

The flavour is like mango to some and pineapple to others. I think it has a very similar taste to ceriman.

• j.hardy@coralwave.com

When an irregular heartbeat should send you to the doctor

(ARA) - You may chalk up that flutter in your chest to too much rich food, or think that your heart occasionally skips a beat in response to stress at work. For most people, such irregularities are harmless.

But if your irregular heart rhythms are combined with a diagnosis of heart failure, they can be serious -- and ignoring them may make your condition worse.

Your heart is essentially a powerful electric pump. If a breakdown occurs in the heart's complex internal communication system, it can cause your heart to beat irregularly. It's possible for healthy people to experience occasional irregular heart beats. But if you already have heart problems, you should be aware of the symptoms of an irregular heart beat.

On its Web site www.abouthf.org, the Heart Failure Society of America points to these common symptoms of an irregular heart beat:

- * If your heart skips a beat, flutters or pounds in your chest.
- * You experience dizziness or feel "light-headed."
- * You experience sudden shortness of breath not related to physical exertion.



- * You feel inexplicably weak from time to time.
 - * You faint or suddenly lose consciousness.
- If you regularly experience these symptoms, see your doctor. In order to diagnose your condition, your doctor will likely start with an electrocardiogram (ECG) that monitors electrical activity in your heart. If the ECG doesn't explain your irregular heart rhythm, your doctor

may next ask you to wear a Holter Monitor, a small, portable device. He'll also ask you to keep a diary of your symptoms while wearing the monitor. There are several other tests that can help diagnose heart rhythm problems. Talk to your doctor about what's best for you. If tests show that you have a heart rhythm problem, you may not necessarily need

treatment. Your doctor will develop a treatment plan for you if the problem requires treatment. This plan may include medicines such as blood thinners that help prevent blood clots and reduce the risk of stroke, an implantable device like a pacemaker or defibrillator to help regulate your heart beats, or even surgery. You can take some steps to minimise the impact of

your irregular heart rhythm. Check with your health care provider before taking any over-the-counter medications, including nutritional supplements. Immediately tell your doctor if you experience muscle cramps, nausea, vomiting, unusual fatigue or weakness or a dry mouth - these can indicate a potassium imbalance that can make your heart problems worse. If you smoke, quit, and

reduce your alcohol consumption. Exercise under the guidance of your doctor; don't start any exercise program until you've consulted with him or her.

You can learn more about irregular heart rhythms and heart failure at www.abouthf.org, the Web site of the Heart Failure Society of America.

Courtesy of ARAcontent

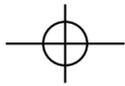
The Tribune

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WOMAN

NEWS FROM JAPAN

Awa Odori!!!

THE Japanese's equivalent to Caribbean carnival. With only one word to describe it awesome! For about 4 days Tokushima is rocking with people from everywhere bouncing to the same tune.



By COFFI McPHEE

The difference with this one as opposed to some other street festivals is that it is completely free to watch, I did not see one single policeman, there was no gap between groups, everyone keeps on dancing and you could walk around with glass bottled beer.

I was like whoa total culture chock!! The groups basically wear the same kind of outfits and the women in the group wear the exact same outfit. My Asian friend told us to come and watch her dance but we realised that would be an impossible feat early on. To find your Asian female friend who is dressed exactly like 50 other women in her group from the hat right down to the shoes is seriously like trying to find a needle in a haystack. We never did find her.

Another thing that got me about Awa Odori is that amidst all that action, music, beautiful costumes etc. some people were taking a picture of me! It didn't happen every two seconds but it happened enough times for me to mention.

This photographer was taking a picture of a stall so I naturally moved out of the way. When I moved she put her camera away. Japanese people asked me to take a picture so I naturally assumed that they wanted for me to take a picture of them but they wanted me to be in their picture. This random guy start-

ed to talk to my friend and asked if he could take a picture of me and asked where I was from. There was a part when people from the crowd could join in to dance. So I joined in and two photographers came and just started to snap before I could think.

I am like dang if they like this for big eyed short me what would they do if they saw Halle Berry?

I asked my friend if my shirt was on backwards or something. And she said no it's rare to have lighter skinned black people here (whatever that means) so people take pictures. Shoots, if I had known that I would have been charging a fee per shot to help me pay for this new Ipod that I've been eyeing.

My summer vacation

In August my friend from Singapore, her boyfriend from Czech Republic and my friend from France came to visit and we went exploring Japan together.

One question though- why is that no matter what nationality, age or race men REFUSE to ask for directions????????? Seriously, if you know then please tell me. A couple of times we wanted to go somewhere and there was a tourist office two steps away or a tour guide that was in arms reach and they just wanted to follow the map and not ask. Seriously! (insert rolling eyes here). But we had a fabulous time



Courtesy of city.tokushima.tokushima.jp/Photo

FOR about 4 days Tokushima is rocking with the Awa Dance.

no doubt. Went to Osaka which is a huge city and where everyone looks like an anime character. Kyoto which is very old Japan complete with a million and one temples and shrines (I think we saw them all) and few other places by car which had beautiful scenery.

In Japan they have different styles of accommodation as opposed to only hotels like in Western Culture.

Manga Cafe- You rent out a

space like a computer and desk for several hours to rest any where from 1 hour to the whole night. You know how you sometimes wish that you can go to sleep at your desk at work? Well here you can with no fear of your boss looking over your shoulder.

Capsule hotels - It is as the name suggests you sleep in a capsule (by yourself). I loved it. Kind of creepy (but cheap) like a morgue box. If you have claustrophobia this is not

the place for you.

Ryokin - Traditional Japanese hotel with tatami mat (Japanese carpet) no beds only futons that you pull out (very comfortable). Here they serve you traditional Japanese breakfast which is basically what we would eat at Christmas dinner. Rice, fish, meat, tofu and the list goes on.

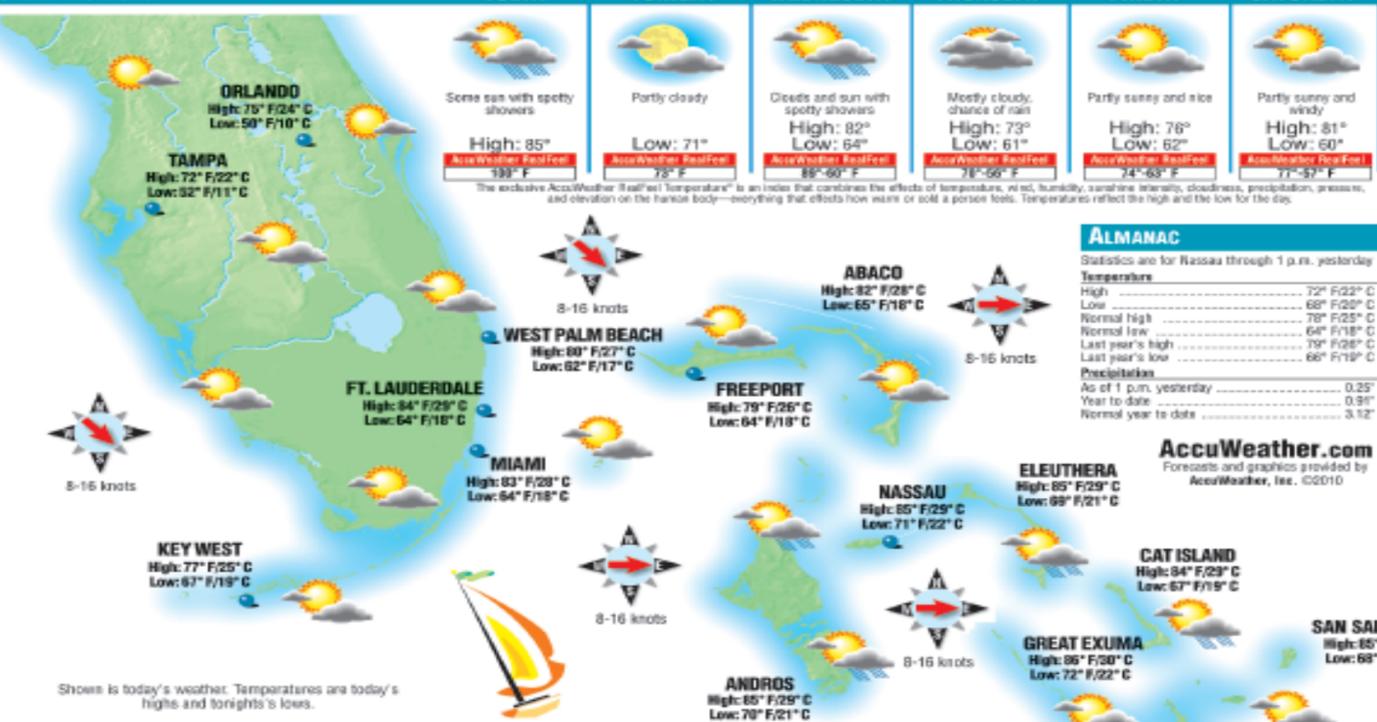
I went directly to the gym after my vacation. Ok OK not entirely true I went a week later.

THE WEATHER REPORT

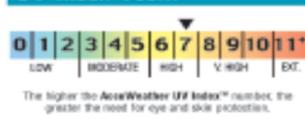


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5-DAY FORECAST



UV INDEX TODAY



TIDES FOR NASSAU

Time	High	Low
Today	2:16 a.m. 2.6	8:49 a.m. 0.4
Wednesday	3:23 a.m. 2.7	9:55 a.m. -0.1
Thursday	4:26 a.m. 2.9	10:56 a.m. -0.4
Friday	5:24 a.m. 3.1	11:50 a.m. -0.4
Saturday	6:18 a.m. 3.2	12:00 a.m. -0.7
Sunday	7:09 a.m. 3.3	12:56 a.m. -0.9
Monday	7:58 a.m. 3.2	1:50 a.m. -1.0
Tuesday	8:25 p.m. 3.2	2:16 p.m. -1.0

ALMANAC

Statistics are for Nassau through 1 p.m. yesterday

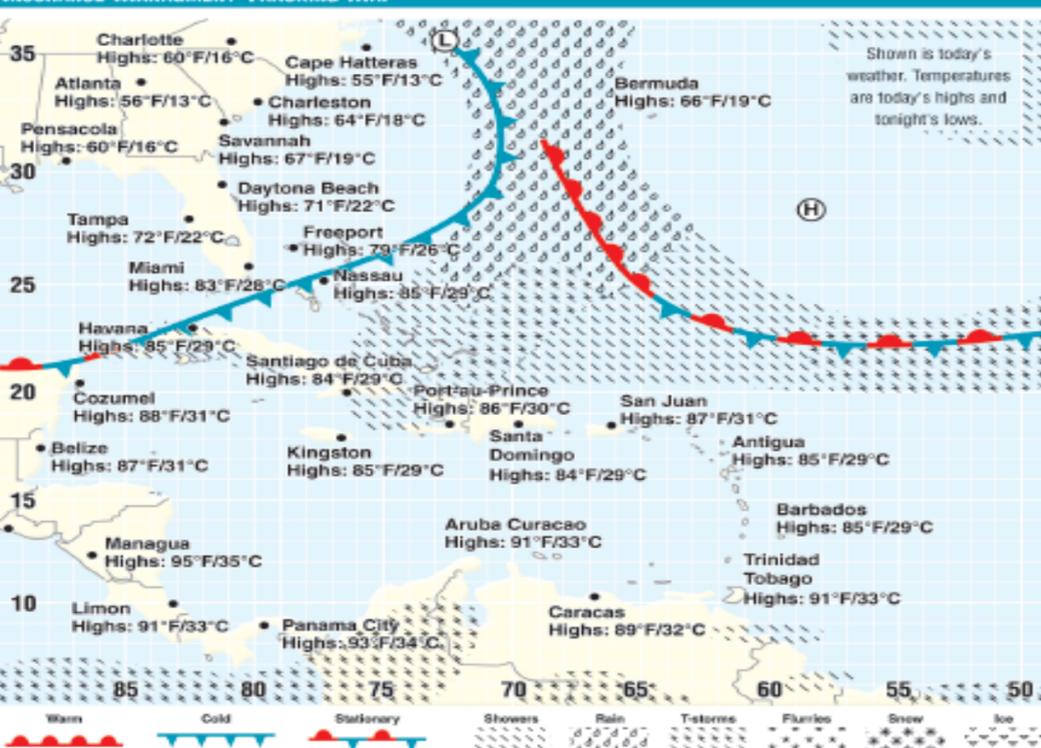
Temperature	72° F/22° C
High	82° F/28° C
Low	65° F/19° C
Normal high	78° F/25° C
Normal low	64° F/18° C
Last year's high	79° F/26° C
Last year's low	66° F/19° C
Precipitation	0.25"
As of 1 p.m. yesterday	0.91"
Year to date	3.12"
Normal year to date	3.12"

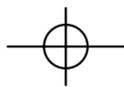
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SUN AND MOON

Sunrise	6:38 a.m.	Moonrise	12:51 p.m.
Sunset	6:09 p.m.	Moonset	2:07 a.m.
Full	Feb. 28	Last	Mar. 7
New	Mar. 15	First	Mar. 23

INSURANCE MANAGEMENT TRACKING MAP





Woman

THE TRIBUNE

TUESDAY, FEBRUARY 23, 2010

SECTION B • HEALTH: Body and mind



“Short cuts are very nice since they accentuate the physical features of the face and allow for detailed texture of the hair.”

Princess Knowles



HAIR TRENDS FOR 2010

By JEFFARAH GIBSON

WHEN it comes to Caucasian hair, cut and colour are everything! Retro styles like classic finger waves or short bob cuts can be super hot. There are many styles women can wear no matter what hair type they have. If you want to “rock it out”, giving the punk hairstyles a try or fringe boyish inspired trims, the ball is in your court, just make sure you select a cut that will suit your personal flair.

“Its really more of the hair cut when it comes to Caucasian hair. When the hair is shaped in a way that compliments the features of the face managing it will be breeze,” Inger King professional stylist at Hair Team told *Tribune Woman*.

Women with long straight hair can spruce things up by adding a little color bringing out that extra edge.

“If a person wears their hair straight the majority of the time, to change things up a bit they can get low lights or highlights and add a few curls for a little bounce and volume,” Princess Knowles stylist at The Plaza Beauty Spot & Nail Spa said.

Also women with naturally straight hair can get a different look by just one squeeze of a bottle.

“Products like Paul Mitchell sculpting lotion can do the hair very good. It allows versatility and can give straight hair that ‘scrunch’ or wavy look. It holds firm so you don’t have to worry about losing your waves,” Ms Knowles explained.

Short cuts can also be a good choice making a bold statement that will unleash your inner sexy at the same time. And despite what many may think, you can get multiple looks with hair this length.

Even though short cuts are not for everyone, there is a chance you may find a short style compliments your features more than a longer one.

For instance a short boy cut might hit the nail on the head, accentuating your eyes and lips, while framing the face. Or get a messy cut that appears to be unkempt but is contrasted gracefully with an elegant sweep bang. Short choppy cuts can add a lot of definition.

“Short cuts are very nice since they accentuate the physical features of the face and allow for detailed texture of the

hair,” Ms Knowles said.

After getting a cut, maintaining the style should involve washing regularly, and using the proper hair care products that will keep the hair looking and feeling great.

“Products are also very important because one should use a product that protects the hair,” Ms King said.

Since people with this hair type often wash more regularly than others, Ms King said that while using a quality blow dryer is a good idea, allowing the hair to dry naturally so that you don’t lose that extra shine can give your hair that perfect glow.

“If one decides to blow dry then they should use a hair seal to protect it from the heat. However I would suggest persons allow their hair to dry by itself to prevent breakage,” Ms King explained.

If you ever thought about extensions as way of doing things different, Ms Knowles recommends avoiding bonding agents, or getting the extensions sewn in, because it is difficult to wash the hair, also the hair damages considerably by bonding agents.

She explained: “If the extensions are bonded to the hair and it is removed before it gets loose then this can result in complete loss of the hair follicle. When the hair follicle is lost then that particular portion of the hair will not grow back,” Ms Knowles said.

“When it comes to getting the hair sewn in, I would suggest that be done for a short period. This is because this type of hair is soft and getting hair sewn in requires braids and it will not last at all,” Ms Knowles said.

Face shape, and skin tone is key when it comes to selecting a style and hair colour. But before you make that step research, look at different hair magazines and consult professionals so that you get the most out of your look.



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