GUYANA MILESTONE: President Bharrat Jagdeo, other CARICOM heads of government and representatives, Chile President Ricardo Lagos, seventh from left and Japanese envoy Tatsuo Arima, left, outside the new CARICOM Secretariat yesterday. (Mike Norville photo)
Guyana milestone for CARICOM

By Sharief Khan

DARK clouds and rain were a grim reminder yesterday of the disastrous floods that last month swept dozens of coastal communities but Guyana, faced with a mammoth rebuilding and recovery programme, took a breather and continued towards recovery.

With evidence of the worst natural disaster in this country still stark in the watermark of several feet on fences along the road south to the site, and as rain clouds gathered, President Bharrat Jagdeo formally handed over the new secretariat complex at Liliendaal, Greater Georgetown, to the Caribbean Community (CARICOM).

Seven other CARICOM heads of government, visiting Chilout President Ricardo Lagos and a special envoy of the Japanese Government and others in the packed marquee on the forecourt of the spunking new secretariat headquarters rose to applaud the moment, a milestone for regional integration and a testimony to this country’s commitment to the cause.

“This is indeed a proud moment for all Guyanese, especially for me, as it represents the fulfilling of a promise made more than 30 years ago when the regional integration process began”, host President Jagdeo told the gathering.

The event must certainly rank among the more significant occasions in the life of our integration movement”, he added. Liliendaal is among the villages on the East Coast Demerara hardest hit by the floods spawned by the heaviest rains here in more than 100 years and there was little pomp and ceremony for the two-hour inauguration proceedings.

African and Indian drumming combined in infectious background beats before and after the formalities and the Guyana Police Force band played a medley of Caribbean tunes in a short break in the proceedings.

But that was it and the rains came shortly after Mr. Jagdeo announced, “it gives me great pleasure in the name of the people of Guyana, to hand over this headquarters building to the people of CARICOM.”

The secretariat site was spared the brunt of the flood waters last month but diplomats and other residents in adjoining areas were not so fortunate and many had to abandon bottom flats and even houses as the waters rose.

United Nations and other officials have estimated that some 300,000 might have been affected in the flood that led the Guyana Government to declare disaster zones in three coastal regions. Mr. Jagdeo noted that the event was planned some time ago and in spite of the floods we decided to go ahead.”

“If there is any shortcoming we ask for your understanding. Nevertheless, I think that you will agree with me that those who were involved in the preparation of the building and this ceremony have done an excellent job. I wish to thank them for their contribution”, he added at applause.

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SUNDAY CHRONICLE, February 20, 2005
Presidents Jagdeo, Lagos meet

Presidents Jagdeo and Ricardo Lagos Escobar greet each other yesterday afternoon at the Office of the President where the Guyanese leader hosted a meeting.

The Chilean President arrived in Guyana Friday afternoon for a State visit.

One of the issues President Lagos was expected to raise with President Jagdeo and other CARICOM Leaders is support for Chile’s Interior Minister Jose Miguel Insulza’s candidacy for the post of Secretary-General of the Organisation of American States, the Government Information Agency said.

The other candidates for this post are the Mexican Foreign Secretary Luis Derbez and former El Salvador President Francisco Flores. Recently, the former El Salvador President was in Guyana and met President Jagdeo.

Chile was one of the countries that responded to Guyana’s natural disaster by supplying foodstuffs. Chile also assisted Ecuador in bringing relief items to Guyana.

President Jagdeo and Ricardo Lagos Escobar greet each other yesterday afternoon at the Office of the President in Georgetown.

The Chilean President leaves Guyana today.

The 2005 National Budget will be presented in Parliament tomorrow under the theme ‘Confronting Challenges – Sustaining Growth and Development’.

Minister of Finance, Saisnarine Kowlessar told Government Information Agency (GINA) yesterday that the budget will be the largest in Guyana’s history and promises to promote long- and short-term measures to ensure growth and development.

He said that plans are also on stream to prepare a supplementary budget by mid-year.

The recent disastrous flood delayed the budget presentation which was scheduled for January 24, 2005. The budget presentation will still be within the constitutional time frame of March 3.

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World Day of Prayer on March 4

World Day of Prayer is to be observed on March 4 under the theme ‘Let Our Light Shine’.

The Worship Service is written by the women of the World Day of Prayer Committee of Poland and adapted by the Guyana World Day of Prayer Committee.

World Day of Prayer is a global ecumenical movement of women of many traditions in more than 170 countries and regions who have a continuing relationship in prayer and service. This brings them in closer fellowship, understanding and action throughout the year.

The service in Georgetown will be held at St. Andrew’s Kirk, Brickdam and Avenue of the Republic at 17:00 hrs.

Services will also be held in New Amsterdam, Corriverton, West Coast Berbice, East Coast Demerara (Beterverwagting), East Bank Demerara (Groves), West Coast Demerara, Linden, Bartica and the Essequibo Coast.

On Sunday March 6, there will be a service for children at Calvary Lutheran Church, Alexander Street and North Road, Georgetown, at 15:00 hrs.

An invitation is extended to all.

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Hizbollah tells Lebanese to cool anti-Syria line

Iraqi Shi'ites mark holy day

MINISTRY OF EDUCATION
EXTENSION OF CLOSING DATE
Education For All-Fast Track Initiative (EFA/FTI)
Grant No. 053679
ICB-POPSB/0010/004
PRINTING OF PRIMARY SCHOOL TEXT BOOKS
The closing date for the submission of tenders for the above mentioned bid originally scheduled for 9:00 a.m. on February 22nd, 2005 has now been extended to 9:00a.m. on March 15th 2005.
Pulandar Kandhi
Permanent Secretary
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Memorable week for Guyana

UNDOUBTEDLY, it was a very hectic week of official activities for Guyana as the government continues to maximise advantages in collaborative efforts with Caribbean and Latin American partners and international agencies and organisations in our national interest.

It was a memorable week of official visits by the Presidents of Brazil, Chile, of top officials of UNICEF and the Inter-American Institute for Cooperation on Agriculture; and participation in the 16th Inter-Sessional Meeting of CARICOM Heads of Government in Suriname that climaxised with yesterday's historic opening ceremony of the Community Secretariat modern headquarters complex.

Amid all of these and other events and developments, the relevant ministries, government departments and disciplined forces maintained their respective commitment to post-floods humanitarian and recovery efforts, including the round-the-clock watch on the health needs of flood victims.

It was also the week when the Guyana Parliament held one of its very rare sessions that ran into the wee hours of Friday morning to approve a government motion.

The motion conveys sympathy with the flood victims as well as expressing gratitude to local, regional and international agencies and organisations and the numerous groups and individuals who have been involved in so many ways in helping Guyana to deal with its worst natural disaster from flood waters.

While the cut and thrust of the parliamentary debate revealed strong dissenting views on some approaches and policies, the approved motion also demonstrated a welcome level of political maturity and consensus by both sides of the House. This is encouraging at the time of an unprecedented natural disaster.

The expressions of practical solidarity that have come from the international donors and Guyana's partners in CARICOM and Latin America at our period of national distress, would be encouraging to all who have been faithfully labouring to overcome the consequences of the flooding.

The visits of President Luiz Inacio Lula da Silva of Brazil, though brief, and the three-day state visit of President Ricardo Lagos Escobar that ends today, have highlighted new commitments to strengthening the bonds of bilateral relations as well as for enhanced cooperation between CARICOM and its Latin American allies.

Brazil, Venezuela and Chile have been demonstrating increasing interest in furthering meaningful relations with CARICOM.

We have no doubt that our Community leaders and heads of delegation gathered here for yesterday's opening ceremony of the new CARICOM headquarters complex, will appreciate the positive dimensions of this greater bonding between Latin America and the Greater Caribbean.

We join in extending warmest welcome to the CARICOM leaders and the Chilean President still in our midst after a week that focused on meaningful friendship and solidarity.
INTERNATIONAL SUPPORT

SUNDAY CHRONICLE, February 20, 2005

The last five days have seen more than 16 Heads of State and Government visiting Guyana for important and historic-making events. Among these were the President of Brazil – the continuum economic powerhouse - and heads of nearly all CARICOM states.

President Lula of Brazil’s visit was in response to an earlier invitation by President Bharrat Jagdeo. His presence came at a time when both countries are grappling with the effects of the nation’s first natural disaster. Brazil, it must be recalled, was the first country to have sent flood relief supplies on the ground and its support, like other countries, has made a significant impact on the relief efforts.

The CARICOM Heads and President of Chile Mr. Ricardo Lagos attendance were for the inauguration of the CARICOM Headquarters Building. This not only represents the regional body’s permanent headquarters, but the fulfillment of a promise to the region by President Lagos in 1974.

The anticipated solidarity of those leaders and countries, in this most crucial moment, is testimony to the growing respect Guyana has won in the international community.

Brazil has been an important ally of Guyana in many regards. Its close and expanded cooperation augurs well for the national economy and synergy sought. The commitment of President Lula to strengthening ties and links augers well for our future and is consistent with President Jagdeo’s vision of deepening ties with American countries while not compromising our historical links with the Caribbean region, the US, UK, Canada and elsewhere.

That there was significant presence from both the South American continent and the CARICOM region is testimony to Guyana’s new focus. The strategic position of Guyana on the continent was evident by the number of Heads who were in Guyana.

But this did not happen by accident. The past several years saw a well-crafted and executed foreign policy to introduce regional allies and seek out new and strategic alliances with new and emerging economic and political giants. During the past several years, President Jagdeo has had two significant meetings with President Hu Jintao of China, President Putin of Russia, the Prime Minister of India, to name a few. In fact, President Jagdeo was the first Head of State to have been received by President Hu Jintao in China.

In the global economic and political context, Guyana’s size and economy could have reduced its importance for many of these states. But the correct foreign policy positioning of Guyana has made it a valuable ally for many of these countries. Coupled with this is the recognition from various regional and international institutions.

SUPPORT FOR RECOVERY

This increasing respect will no doubt put our country in good stead as we embark on the recovery phase following the January floods caused by the historic level rainfall. While significant work has to be done from within for the recovery and rehabilitation, international support is very much needed to sustain and achieve some measure of success in the medium to long-term. There will have to be more pledges, less harsh conditionalities from the IFIs and more rapid delivery of rehabilitation support to reduce the dent on the economy and the social infrastructure. The national budget will not cater for the cost of the flooding. The President has said that a supplementary budget will have to be passed once the full cost of the natural disaster is determined. But this would not slow the efforts to recover and rebuild, as it has not interrupted the rapid relief response. The severity of the impact on the national economy is not yet known.

In the meantime, the full relief cost has not yet come in. Already, the emergency allocation of $220M has been surpassed. The assessment by various sectors and groups is currently in progress and the cost of rebuilding when it comes in will certainly be mammoth. As the government works with families, farmers and entrepreneurs to restore or ensure their livelihood.

The rebuilding period will be smooth and effective if there is the type of unity and solidarity demonstrated by groups and entities during the relief efforts. The political opposition, especially its operatives which have controlled the Region Four Democratic Council since the 1960s, must now show maturity and commitment to repairing people’s lives, communities and other amenities as this region was the hardest hit. The time for rebuilding from the destruction of this natural disaster has come and requires a continued national response. The international community has already signaled its support. The government has commenced work in this area and is committed to a national effort. Now, all Ghanians must get our act together to make this process seamless.
Emergency fund for farmers a necessity - IICA Head

by Wendella Davidson

Director General, Inter-American Institute for Cooperation on Agriculture (IICA), Dr. Chelston Brathwaite is of the firm belief that a regional emergency fund needs to be established, to help farmers deal with risks in a more strategic way.

“We need a regional emergency fund that would allow farmers in a situation like this to call on a fund for assistance”, he told the Chronicle in an exclusive interview on Friday afternoon, mere hours after deplaning at the Cheddi Jagan International Airport, Timehri.

He arrived here from Paramaribo, Suriname where he had participated in the just-concluded intersessional meeting of Caribbean Community (CARICOM) heads of government on February 16 and 17.

Dr. Brathwaite’s comment was made against the background of the tremendous setback which Guyana’s agriculture currently faces from recent torrential rains and devastating floods.

Noting that recently, other Caribbean countries have also suffered as a result of natural disasters, he said the recommendation based on a strategic paper put together by IICA, will allow for expeditious response to such situations.

IICA had been taking a leadership role in supporting the Ministries of Agriculture in the region in the conceptualisation and the preparation of the document, which has been handed over to the Heads of Government.

Dr. Brathwaite suggested that the fund be placed in the Caribbean Development Bank (CDB).

(Please turn to page 14)
HUTTON ARCHER REMEMBERED
- Memories of a life well lived...

By Sandra Seera

IT IS a true measure of a man that a memorial service to remember his past is so characterised by laughter, joy, camaraderie, friendships rekindled and reminiscences of a celebration of a life well lived.

Such was the mood and tone of the memorial service held for Hutton Gillett Archer, on November 24, 2004, at the Eugene Black Auditorium of the World Bank, in Washington, D.C.

The memorial was hosted by the Global Environmental Facility (GEF) of the World Bank/IMF Group, who conducted until his passing. Hutton served as team Leader for External Affairs.

The proceedings were chaired by Hutton’s close friend and associate, fellow Guyanese, Erwin Campbell, who set the tone for the tributes. The auditorium was packed with saluting ‘Hutton’ vignettes. While functioning as Master of Business, Brewster punctuated his introduction each contributor with entertaining, often hilarious anecdotes of his lifelong friend and “brother,” eliciting laughter and as fond reminiscences flowed.

The event was attended by several relatives, friends and colleagues of Hutton Archer, including his widow, Patricia, and his two daughters, Jeanine and Caroline. Several of his friends, and associates from Guyana, included Mr. Mayers, Robertson of the Queen’s College Old Students Association, Mr. Leon Hends, [Michelle] and Keith Dublin and former Minister of Information, Frank Campbell also attended.

Among those paying tribute to Hutton was Mr. Mohammed El Ashry, former CEO of the GEF, who told of the outstanding impression Hutton created at their first encounter, when he was being interviewed for his position in the GEF. El Ashry was followed by the current CEO of the GEF, Mr. Len Good who described Hutton as a “multifaceted gentleman,” a man of high integrity, his impeccable sense of professionalism, his easy interaction with his fellow staff members. The former Executive Director of the UNDP/GEF, Mr. Frank Pinto, also paid tribute to Hutton.

In each of the tributes, Hutton’s unflappable demeanor, his sharp wit, endless stream of anecdotes and his love of laughter, were emphasised. Those paying tribute also spoke highly of his love of family, his sense of professionalism, his equanimity, his ubiquitous smile, his vast knowledge and appreciation for the world in which he lived and his abiding faith and belief in the will of God.

Frank Campbell, who saw and spoke with Hutton at the old Bynoe funeral in Canada before he succumbed, and who was one of those who witnessed his passing, said in his reflections of his friend, “He could take the measure of a person, then govern his own behavior so as to coexist with that person without communication, no challenge being a Christian while being in the very best sense, a man of the world.”

Campbell noted that Hutton was the best friend a person could have. He said that as far as he was aware, Hutton never used an electronic address book, “but he had the best Rolodex in the business, together with a paper address book, that, however tattered he never would abandon.”

His was an enviable network, and he promised the concept of staying in touch of one of the fine arts. In other words, he cared. He was urbane, classy “in every sense and as another former colleague put it: He was former colleague... a man of quality, yet as he walked with kings, he never lost the common touch.”

One of the most touching and profound tributes came from 22-year old Kitindi Van West Charles, son of Roxanne and Richard Van West Charles and grandson of the late L.F.S. former President of Guyana. Young Kitindi, a close friend of the Archer family, wrote, on bearing of Hutton’s passing:

There are some things that we all need to know.

Ask questions like why do the good have to go?

Well I humbly say that I do not know.

Not being the all knowing, I do not for certain.

But if life is a show then death is the final curtain.

And as tears begin to run,

I slowly smile and celebrate as he has gone to the better side."

Hutton attended Queen’s College in Guyana and taught briefly at Tutorial High after his graduation. He attended McGill University in Montreal, Canada where he served as President of the International Students Association and Graduated with a degree in English Literature. Always studying and learning, he later gained his Masters Degree in Business Administration.

He worked with the giant aluminium producing company, Alcan in Montreal before returning to Guyana to serve as Deputy Chief Information Officer in the then Ministry of Information. He later gained his Masters of the Conference and the Awards Ceremony, held in Georgetown, Guyana, before retiring to Canada, where he served as Assistant Director at the International Development Research Center in Ottawa. His next appointment was with Habitat, a United Nations body based in Nairobi, Kenya where he held responsibility for public information.

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SUNDAY CHRONICLE: Fé YAO BD)

November 24, 2004 while at-
The seventh round of the award was launched during a simple ceremony at Hotel Tower two Friday evenings ago. The award is a collaborative effort between Conservation International (CI), the International Center for Journalists (ICJ) and the Paris-based International Federation of Environmental Journalists (IFFJ).

Conservation International Vice President and Executive Director of the award, Haroldo Castro, said the competition aims at promoting the work of participating environmental journalists internationally. He announced that the organisation is working on involving its winner in the Eighth World Wilderness Congress to be held in Alaska in October.

Each participant, he said, is allowed to submit a maximum of four articles that qualify under the environmental theme. He said copies of entries published between June 1, 2004 and May 31, 2005, must be submitted to CI Guyana’s Communications Manager Ajay Bakhsh.

The articles will be posted online on the award’s official website at www.biodiversityreporting.org, but will only be accessible to the five official international jurors for the competition, who will not know the name of the reporter or the publication in which the story was printed.

Last year, some 126 reporters from 62 media houses entered the competition internationally. The Biodiversity Reporting Award was first launched in Guyana and Guatemala in 1999, and will be offered to Guyana, Bolivia, Brazil, Colombia, Madagascar, Peru and Venezuela in 2005.

Castro said Guyana is the only country that has seen consistent participation over the years. He encouraged local journalists to keep walking in that direction.

“Thís is an environmental contest that has a philosophy and encourages capacity building,” he told the small gathering of journalists and professionals in the environmental field.

Executive Director of CI Guyana, Major General (ret) Joseph Singh, said the award is aimed at giving the print media the opportunity to vie among themselves, participate internationally and acquire more knowledge about the environment among other benefits.

Bakhsh said the competition has seen increased participation year after year ever since it was first launched here in 1999.

Nicola Smith of Stabroek copped the first prize for the 2004 competition. She attended the IUCN World Conservation Congress in Bangkok, Thailand, last year. (Shanna Jemmott)
NOTICE TO THE PUBLIC
UNSERVED AREAS ELECTRIFICATION PROGRAMME
BEGINNING OF PHASE I

Materials for the Unserved Areas Electrification (UAEP) have been ordered and construction of distribution networks is to commence shortly. Residents in unserved areas along the coast are reminded of the following:

- The projected average cost for the electrification of a household is about G$90,000.
- About 75% of this cost is being financed from the loan, which the Government obtained from the Inter-American Development Bank (IDB), of which about US$14 million will be used for grid extension.
- An estimated 15% of this cost is being provided by the Guyana Power & Light, Inc. (GPL).
- As one condition of the loan, each household must provide a small non-refundable contribution to the electrification cost which has been set at G$10,000, covering about 10% of the average electrification cost. The contribution is only refundable should electrification of the area not occur within nine (9) months.
- Construction works will not begin in any area until half or 50% of the households have contributed their G$10,000 during the three month period (Designation Application Period) listed in the schedule below.
- In the selected areas will have up to three (3) years, once construction is undertaken, to seek connection and meet the requirements under the terms of the UAEP programme.

The UAEP will be implemented in two phases:

Phase 1 - Extending up to December 30, 2006
Phase 2 - Commencing immediately thereafter and extending up to December 2009

All selected unserved areas will have access to electricity upon completion of the UAEP.

Construction of distribution networks is scheduled to commence in the initial areas (listed) no later than May 2005 and electricity connected to all eligible consumers in these areas by November 30, 2005.

Residents in areas listed must complete the following in order to receive electricity:

1. Pay the consumer contribution of G$10,000 (per household) to any of the GPL offices (listed) or other temporary offices as may be publicized. While a one-sum payment is preferable, payments in amounts of $2,000 or more would also be accepted.

PLEASE NOTE THAT CONSTRUCTION WORKS WILL ONLY COMMENCE WHEN A MINIMUM OF 50% OF HOUSEHOLDS IN THE SELECTED AREA MAKE FULL PAYMENT.

2. Have your premises wired to the required specification for the new GPL interface and obtain a Certificate of Inspection from the Electrical Inspector’s Department.

3. Fill out a GPL’s application form for the supply of electricity and provide proof of legal occupancy, which includes a title document, allocation letter from the Ministry of Housing or tenancy agreement.

4. Submit the original Certificate of Inspection to GPL before service connection (Retain a copy in your possession). A Security Deposit must be paid to GPL and will be refunded upon the termination of the service contract with the consumer. This Security Deposit is calculated based on two times the average monthly charges of $5,000 (for basic lighting and small appliances) whichever is greater.

INITIAL AREAS TO BE ELECTRIFIED IN PHASE 1

<table>
<thead>
<tr>
<th>Item</th>
<th>Villages</th>
<th>Estimated Potential Consumers</th>
<th>Estimated Occupancy</th>
<th>Designated Application Period</th>
<th>Commercial Office/Other Temporary Office</th>
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Harris Paints donates ‘cleaner’ to Education Ministry

By Frederick Halley

TORONTO - Donations of emergency drugs and medical supplies to the tune of $4M(C) have been procured by the Guyana Flood Relief Committee (GFRC) here.

According to an information bulletin from the GFRC, 4000 kg (8800 Ibs) left Toronto last Monday via Zoom Airlines (at a discounted cost) for Trinidad where it was trans-shipped free-of-charge via Amerijet into Guyana on Wednesday.

Some 1400 kg (3080 Ibs) were also shipped via BWIA at a reduced cost while another 7000 kg (15 000 Ibs) is in the Atlas Cargo warehouse for shipment tomorrow.

The committee said it has also purchased 10 Physicians Medical Packs, 378 000 Doxy-cycline tablets which were expected to be presented over the weekend to the Ministry of Health for free distribution in the flood-affected communities as a preventative measure against the deadly Leptospirosis disease.

Meanwhile, a five-member team of medical professionals returned to Canada last week after spending one week in Guyana, treating more that 1 500 patients in flood-affected communities, the GFRC said.

According to the information bulletin, the team treated patients suffering from vomiting, diarrhoea and skin infections.

The bulletin pointed out that the Committee has pledged to continue its Medical Personnel Programme for three months to assist the Ministry of Health. During this period the GFRC is seeking to host an uninterrupted medical team (consisting of five to ten doctors, retired and registered nurses) in Guyana. The average stay is expected to extend from one to three weeks. Over the course of the Medical Personnel Programme, the Committee anticipates that it will send 70-90 medical personnel from North America to Guyana.

The bulletin disclosed that transportation and accommodation will be provided by the GFRC while the Ministry of Health will look after logistics and meals.

It was also stated that on March 10, a team of 10 medical professionals from the international charity Friends Committee to Caring will travel to Guyana for two weeks to assist in the flood-affected areas as part of the Medical Personnel Programme.

To date, the GFRC (Canada), which has set a target of $500 000(C), has raised $44 750(C), with another $51 500(C) pledged. Major donors to date include: Friends of Esmore ($11,000); Association of Concerned Guyanese ($10,000); Guyanese Canadian Charitable Foundation ($10,000); Guyana Festival Committee ($5,000); Pravna Hindu Mandir ($2,500); Canadian Softball Cricket Association ($10,000); Enterprise Support Group ($1,500); Peel Guyanese Association ($1,500); Guyana Christian Charities ($1,000); Jay Brijpaul of Remax West Realty ($1,000); Dharama and Savita Ramnarine ($1,000); UG Guild of Graduates ($1,000); No. 2 Sports Club of Sheet Anchor Primary School ($1,000); Guyana Berbice Bericke ($1,000).

Several fund-raising activities are also planned over the next two months and Guyanese and friends of Guyana are urged to support these events.

The GFRC is applauding the business community which it said has responded most generously through financial donations, sponsorship, and services to the various fund-raising efforts.

The Guyana Flood Relief Committee (Canada) was formed on January 20, 2005, following an emergency meeting at the Guyana Consulate in Toronto, with a mandate to coordinate the Guyana flood disaster relief efforts in Canada. The Committee currently has 51 members and comprises representatives from 35 Guyanese community, religious and alumni organizations, as well as individuals.

Key contacts are: Co-Chair: Danny Doobay, Hon. Consul General, Co-Chair and Finance, Paul Sharma, Communications, Nancy Rickford, Fund-Raising, Jay Brijpaul, Medical Personnel, June-Ane Sealey, Medical Supplies, Clifford Rajkumar.
THE BRIDGE ACROSS THE RIVER TAKUTU

By Michelle Nurse

IN KEEPING with the urgency within South America to put physical infrastructure in place for deeper integration, Brazilian President Luiz Inacio Lula da Silva has restated his government's commitment to completing the bridge across the Takutu River.

The Takutu River borders Lethem and Roraima and residents on both sides usually cross the river by speedboat or even on foot during the dry season.

It takes about five minutes to skim across the river.

The international bridge across the river is expected to provide a link to a top class highway from Boa Vista to Roraima to the state capital Boa Vista and a vast road network to most of Guyana's giant southern neighboring country.

The Guyana-Brazil road is linked to the proposed deep water harbour which the two countries are working on to give Brazil easier access to markets in Europe, the Caribbean and elsewhere.

The two countries had talked for some time on bridging the Takutu River but had taken halting steps to do so.

In 2000, however, momentum increased and a visit here by Governor of Roraima, Nuevo Campos put operations in gear.

Erection of two piers on either side of the Takutu River started since August 2001. The contract for the construction of the span, which is about 230 metres long and 14.2 metres wide, was awarded to Mr. Quieroz Galvao, a Brazilian contractor.

However, work on the bridge on the Brazil side has been stalled for more than three years now because of unfulfilled requirements of the Federal General Accounting Court.

During his visit here last week, President Lula acknowledged the importance of the bridge to both Guyanese and Brazilians, and gave a commitment to fulfill the court's requirements within 90 days.

Once the court gives clearance, the contract for the bridge construction will be renegotiated before work restarts.

If re-engaging the construction company proves problematic, Lula has given the undertaking to involve the engineering battalion of the Brazilian Army in bridge building.

It is Lula's view, shared by other South American countries, that there can be "no political, cultural or economic integration without physical integration."

"It is in Brazil's interest; it is in the interest of Guyana. Brazil needs this; Guyana needs this. That's why we have to inaugurate the bridge, and that is a commitment," he told President Bharrat Jagdeo after meetings in the two capitals.

With Brazilian commitment to the completion of the road, President Jagdeo also pledged to finalise the construction of a Customs and Immigration Post at Lethem during this year. The post would be ready for the completion of the bridge.

And to further boost communication and transportation links, the two South American leaders agreed that measures will be put in place for the coordination envisaged in the International Road Transport Agreement for Passengers and Cargo between the two countries.

Road links are not the only means of communication/transportation that the two countries are pursuing.

They are also considering improving air linkages and the establishment of a regular service for maritime transport.

To this end the Presidents decided that Minister of Transport and Hydraulics, Mr. Anthony Xavier would later this year hold discussions with his Brazilian counterpart as well as with the Brazilian National Bank for Economic and Social Development.

With respect to improving ties with the rest of the Caribbean and paving the way for Guyana to become the bridge between South American and the English-speaking Caribbean, President Jagdeo addressed the need for the promotion of trade expansion in goods, services and investments between Brazil and Caribbean countries, including partnerships in infrastructure works and investment projects.

In this context, he reiterated his interest in Brazil becoming associated with the Caribbean Development Bank (CDB).

President Lula reaffirmed the priority given to the integration of the physical infrastructure of South America and indicated that the Brazilian Government is willing to receive a technical mission from the bank for an exchange of information which would allow for the further examination of the matter, a communique at the end of the visit said.

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STALLED: Prime Minister Sam Hinds and top Guyana government officials at the Takutu Bridge construction site in Brazil in 2001.
Agriculture is an exciting area, but we have to see it differently, and we have to concentrate on food security, look for jobs, link it with the tourist industry and begin to see this sector for what it is - which is a power house with great potentials." – Dr. Chelston Brathwaite
A FILM on Guyana's former President, Janet Jagan, is to be featured in the USA on Tuesday as part of the acclaimed ‘Independent Lens’ series showcased by the Public Broadcasting Service (PBS).

A production of ‘Women Make Movies’ (WMM), the film on Mrs. Jagan, titled ‘Thunder in Guyana’, is scheduled for viewing on PBS at 10.30 PM (11.30 local time) on Tuesday.

WMM is a national non-profit distributor of films made exclusively by and about women, covering many of the most relevant and compelling social and human rights issues in the world, according to a news release.

‘Thunder in Guyana’, said the release, is based on “the remarkable story of Chicago-born Janet Rosenburg Jagan who was elected President of Guyana in 1997 as the first American-born woman to lead a nation”.

In a biographical sketch of Mrs. Jagan, regarded nationally and regionally as the “outstanding matriarch” of the governing People’s Progressive Party (PPP), the release noted that she married Cheddi Jagan in 1943 in the USA and returned with him to start “a socialist revolution” in then British Guiana.

‘Thunder in Guyana’ is a production of filmmaker and historian Suzanne Wasserman who weaves “an amazing story of romance, politics and international intrigue through a wealth of archival materials, interviews and more recent footage of Janet Jagan’s dramatic presidential campaign.”
The Guyanese leader said the presence of Lagos here yesterday "bear testimony to the amicable bonds of friendship among CARICOM, Chile and the peoples of Latin America." He argued that "as we seek to strengthen CARICOM, it is in our collective interest to create stronger links with Latin America. The same way we have accepted our neighbours to the north so must we accept and develop ties with our neighbours in the south."

"There are abundant opportunities for expansion of trade, economic and cultural relations between our two regions. We should, therefore, grasp them fully. The recent engagements between (Lula) and (Lagos) and CARICOM leaders attest to this opinion."

Mr Jagdeo said it was a happy coincidence that the CARICOM headquarters should be sited here. "Given Guyana's geo-strategic position on the shoulder of South America, it can serve as an important gateway between the two regions," he said.

He called for more bilateral partnerships with global actors and institutions, especially with the proximate states of Latin America.

"We must also overcome the disadvantages of history, small size and weak economies by affirming our common Caribbean identity and making our economies competitive globally. The challenge to do so is quite formidable. But if the history of CARICOM teaches us anything, it is that we can achieve the goals we set ourselves," Mr Jagdeo said.

GUAYANA AS A HUB

Carrington said it was an open secret that he has always seen the new secretariat building as "being the centre of a new development thrust in the environs of greater Georgetown."

He praised the Guyana Government's far-sightedness in "recognising the synergies which can flow from the proximity of the secretariat to the University of Guyana as well as the potential of the nearby Ogle Airstrip". This has resulted in the nucleus of a major development centre not just for Guyana and the community "but for the entire region of the shoulder of South America and the Caribbean islands", the Secretary-General said.

"Think, for example, of the prospect of a quick one hour or so flight from Port-of-Spain, Caracas, Paramaribo, Bridgetown and northern Brazil, into and out of Georgetown, through an enhanced Ogle Airstrip; of the scope for holding conferences, meetings, business and other interactions using the adjacent new conference centre (due to be opened later this year), the national university and our international secretariat, and you will see the tremendous potential it gives to Guyana to be central to the next wave of hemispheric economic development in this region."

He also praised Mr. Jagdeo, former Foreign Minister Clement Rohee (current Trade and International Cooperation Minister) and former President J. J. Ramphal for putting the secretariat project ahead.

He said the Guyana Government has delivered in full on its promise and CARICOM has "acquired a splendid home". Patterson thanked President Jagdeo for his "Herculean efforts in enabling us to reach this juncture" and said yesterday was a "critical milestone" for the community.

He, however, urged "we must assert our common interest with a clear and distinctive voice" and said its leaders must press ahead with the "mission of building a people's community of CARICOM leaders attest to this.

Mr. Jagdeo said the opening of the permanent headquarters complex "represents another step in the articulation of a bridgehead for greater links between (Lula) and (Lagos) and CARICOM leaders attest to this."

Paterson said the completion of the headquarters building was just the first phase of the development works earmarked for the community at Lilypad.

"It will be complemented by a modern convention centre, an upscale international hotel and the upgrading of the Ogle aerodrome into a regional airport. Within a short period of time, the headquarters, adjacent as it is to the University of Guyana and the Cyril Potter College of education, will itself be a centre of intellectual creativity and hub of a thriving urban community", the President said.

He noted that Guyana has long been convinced that the achievement of its fundamental national objectives was linked to the progress of the regional integration movement and "whatever its economic, social or political fortunes, (it) has remained a committed player in the regional arena."

SECRETARIAT TOUR: from left, President Bharat Jagdeo, Project Coordinator Walter Willis, St. Vincent and the Grenadines Prime Minister Ralph Gonsalves, Suriname President Ronald Venetiaan and Trinidad and Tobago Prime Minister Patrick Manning during a tour of the building. (Winston Oudkerk photo)
INFORMATION Technology (IT) experts from India, Mr. Jagtar Singh and Mr. D. Naha from TATA Infotech here to undertake a feasibility study of the computerisation of the new CARICOM secretariat building. (Mike Norville photo)
GT&T contributes more to Habitat for Humanity

THE Guyana Telephone and Telegraph Co. (GT&T) once again demonstrated its commitment to assisting families in need of better housing when they contributed $1M to Habitat for Humanity Guyana (HFG).

Habitat for Humanity Guyana, a non-governmental organisation, celebrated its 10th anniversary recently.

Deputy General Manager, Public Communications of GT&T Mr. Terry Holder at the ceremony held at the Georgetown Club said that apart from sponsoring their annual Habitat homes, the phone company would also be doing “hands on work” at the construction sites.

Holder also pointed out that they have donated $6M to HFG over the past seven years, which demonstrates a long-term partnership that helps non-governmental organisations to budget better.

The cheque was accepted by Chairperson of the HFG Sheila George.

HFG has built more than 300 houses on the East Coast Demerara, Georgetown, East Bank Demerara, West Demerara and Linden, a release from the organisation noted.

Workshop participant Juneann James receives her certificate of merit from Mr. James Campbell of the Inter-American Development Bank (IDB).

City Council employees attend solid waste workshop

EMPLOYEES of Georgetown City Council Solid Waste Management Department recently participated in a three-day workshop on Effective Solid Waste Communication and Community Relations.

The interactive sessions were conducted on February 12 to 15 by Guyenterprise Advertising Agency and its affiliate, PRIMA.

Topics discussed included Human Psychology and Solid Waste Issues, Compliance Strategies, Coping Mechanisms in Natural Disasters, Basic Elements of Community Organisation, elements of effective communication and resolving misunderstanding about solid waste.

Rufus Lewis, Head of the Department, said that although the employees have to renew sustained efforts at importing solid waste management practices throughout the city, as well as strict enforcement and prosecution, they should be armed with effective communication and community relations skills.

Floods force cancellation of Miss Mash Queen International

SIMPLI Royal has announced that this year’s ‘Miss Mash Queen International’ beauty contest has been cancelled because of the disastrous flood that last month blanketed parts of Guyana’s coastland, and resulted in the death of more than thirty persons.

The beauty shows committee said the floods here weren’t the only reason for the cancellation of the Caribbean event this year. Other countries, they note, have suffered other disasters.

SIMPLI Royal stated in the pageant’s objective was well achieved last year, when the elegant and talented beauties from Anguilla, Barbados, Colombia, Curacao, Dominica, Dominican Republic, Martinique Island, Puerto Rico, Trinidad and Tobago, Venezuela and Guyana were successfully presented on the local scene, and participated in our Mashramani celebrations.

“...Due to the flood situation in Guyana and disastrous situations in neighbouring countries, we regrettably have to cancel our event for this year. The committee feels compelled at this time to contribute towards flood relief efforts, in unison with the rest of the nation,” Executive Director Pamela Dillon said in a recent statement to the press.

She said her committee is already making preparations to stage the beauty show next year.

The first Miss Mash International Queen show was staged last year. Miss Margarita Island, Ana Sanchez won the coveted crown from a field of ten delegates at the National Cultural Centre in Georgetown. Ten foreign countries were invited to send representatives to the event which mainly promotes Guyana’s annual Mashramani celebrations, under the theme ‘Bringing the world to Guyana’. Guyana was represented last year by Uxel Atwell. The committee said the pageant’s objective was well achieved last year, when the elegant and talented beauties from Anguilla, Barbados, Colombia, Curacao, Dominica, Dominican Republic, Martinique Island, Puerto Rico, Trinidad and Tobago, Venezuela and Guyana were successfully presented on the local scene, and participated in our Mashramani celebrations.

“...Due to the flood situation in Guyana and disastrous situations in neighbouring communities, we regrettably have to cancel our event for this year. The committee feels compelled at this time to contribute towards flood relief efforts, in unison with the rest of the nation,” Executive Director Pamela Dillon

Rufus Lewis, Head of the Department, said that although the employees have to renew sustained efforts at importing solid waste management practices throughout the city, as well as strict enforcement and prosecution, they should be armed with effective communication and community relations skills.

SIMPLI Royal stated in the release.

The pageant received overwhelming support from the business community and the committee extends its gratitude to Minister of Trade and Tourism Mr. Manzoor Nadir, Minister of Youth Sport and Culture, Ms. Gail Teixeira, and Ansa McAil (Carib Beer), and all its supporters and friends. (Shauna Jemmot)

People on the March with reduced March Fares to the US

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SHARING OUR WARMTH WITH THE WORLD
GRANT OF LICENCE TO THE LETHEM POWER COMPANY

The public is hereby given notice that a "Licence to Generate, Distribute and Supply electricity for Public Purposes" has been granted to the Lethem Power Company (the Licensee), a company duly registered under the Companies Act 1991. The Licence takes effect from January 1, 2005 and is valid until December 31, 2014.

By virtue of the terms of the Licence, the Licensee has been authorized to conduct such authorized business in Rupununi, Region 9, within the boundaries Quarrie Creek in the South; Monari Creek in the North; Kanuku Mountain Range in the East; and the Takatu River in the West.

A copy of the Licence could be inspected at the Office of the Prime Minister by any person during normal working hours. A copy of the Licence could also be viewed at the website: www.electricity.gov.gy

Issued by Samuel A. Hinds
Prime Minister &
Minister Responsible for the Electricity Sector
TENDER INVITATION

Tenders are invited for the supply of the following items:

1. Motor Cycles
2. 45 HP Tractors
3. 80 HP Tractors
4. 100 HP Tractors
5. 140 HP Tractors
6. Rotary Ditchers

Tender documents can be purchased from the Materials Management Department, Ogle, East Coast Demerara for a nonrefundable fee of G$3,000 and can be uplifted from Tuesday, February 22, 2005.

Tender closes on Thursday, March 10, 2005 at 14:00hrs.
Regions #3, 4 and 5, our new "Republic Day Celebration" competition will be drawn on Friday, February 25, 2005. The rule for this competition is that the best entry wins the prize money of $40,000.00. If there is more than one winner the prize money will be shared among the winners.

The additional incentive of $1,000.00 and $2,000.00 for the 40+ and 80+ entries groupings is still in effect.

If you play smart you can win this offer of $40,000.00. The more you play the greater is the possibility of winning. The amount of entries submitted must be covered by the relevant sums of money or they will not be judged. Then place those entries in a Chronicle Crossword box at a location near to you.

Hi Fans!

A new 'Must-Be-Won' Crossword puzzle for $40,000.00 is now presented to you. Please note, as a result of the effects of the flood situation here in Regions #3, 4 and 5, our new 'Republic Day Celebration' competition will be drawn on Friday, February 25, 2005. The rule for this competition is that the best entry wins the prize money of $40,000.00. If there is more than one winner the prize money will be shared among the winners.

The additional incentive of $1,000.00 and $2,000.00 for the 40+ and 80+ entries groupings is still in effect.

If you need coupons just purchase a copy of the Sunday or Wednesday Chronicle. For extra coupons purchases can be made at our offices in Linden, New Amsterdam and G/Town. You can also purchase extra coupons from Mr. Vincent Mercerus of 11 Section 'E' D'Edwards, Rosignol, Berbice. They cost $40.00 per pair as they appear in the Chronicle or $20.00 each.

Players are reminded that no entry is opened before 12:30 pm on the day the puzzle is drawn and that judging does not begin before 4:30 pm when the last entry is opened. The solution to the puzzle is not known before that time.

This apart our general rules apply.

We do hope and pray that our many fans and residents affected by the flood would experience quick relief and resolution to this ongoing crisis.

Thanks
Crossword Committee
Guide subject to change without notice
**FOR SALE**

FOR SALE

**HOND A Gasoline generator (2) Model EX 5500**

- Model: EX 5500
- Type: Gasoline generator
- Capacity: 5500 watts
- Fuel: Gasoline
- Hours: 2500 hours
- Condition: Excellent
- Price: $1,200

*Contact Information:

- Tel: 226-5902
- Email: info@genelectric.com

**Vehicles for Sale**

- **Toyota**: AE 100 Corolla, automatic, fully loaded, price negotiable.
- **Honda**: Civic, automatic, fully loaded, price negotiable.
- **Ford**: Explorer, 4-door, automatic, fully loaded, price negotiable.

*Contact Information:*

- Tel: 226-4432 or 621-5902
- Email: info@ford.com

**Parts and Accessories**

- **Hose**: 1-1/2" red, condition: new, price: $150
- **Brake**: 1-1/2" red, condition: new, price: $150

*Contact Information:*

- Tel: 226-4432
- Email: info@partsandaccessories.com

**FOR RENT**

FOR RENT

**Commercial Property**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 2000 sq ft
- **Rent**: $2500 per month
- **Utilities**: Included
- **Availability**: Immediate

*Contact Information:*

- Tel: 651-435-5678
- Email: info@commercialproperties.com

**Home for Rent**

- **Address**: 1234 Elm St., Minneapolis, MN 55401
- **Bedrooms**: 3
- **Bathrooms**: 2
- **Rent**: $2000 per month
- **Utilities**: Included
- **Availability**: November 1st

*Contact Information:*

- Tel: 612-555-1234
- Email: info@homerent.com

**FOR LEASE**

FOR LEASE

**Office Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 1000 sq ft
- **Rent**: $1500 per month
- **Utilities**: Included
- **Lease Term**: 1 year

*Contact Information:*

- Tel: 651-435-5678
- Email: info@officespacelease.com

**FOR RENT**

FOR RENT

**Apartment**

- **Address**: 123 Elm St., Minneapolis, MN 55401
- **Bedrooms**: 1
- **Bathrooms**: 1
- **Rent**: $800 per month
- **Utilities**: Included
- **Availability**: Immediately

*Contact Information:*

- Tel: 612-555-1234
- Email: info@apartmentsrent.com

**FOR LEASE**

FOR LEASE

**Industrial Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 5000 sq ft
- **Rent**: $3000 per month
- **Utilities**: Included
- **Lease Term**: 5 years

*Contact Information:*

- Tel: 651-435-5678
- Email: info@industryspacelease.com

**FOR LEASE**

FOR LEASE

**Retail Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 1000 sq ft
- **Rent**: $2000 per month
- **Utilities**: Included
- **Lease Term**: 3 years

*Contact Information:*

- Tel: 651-435-5678
- Email: info@retailspacelease.com

**FOR LEASE**

FOR LEASE

**Warehouse Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 10000 sq ft
- **Rent**: $5000 per month
- **Utilities**: Included
- **Lease Term**: 10 years

*Contact Information:*

- Tel: 651-435-5678
- Email: info@warehousespacelease.com

**FOR RENT**

FOR RENT

**Office Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 500 sq ft
- **Rent**: $800 per month
- **Utilities**: Included
- **Availability**: Immediately

*Contact Information:*

- Tel: 651-435-5678
- Email: info@officespaceforrent.com

**FOR LEASE**

FOR LEASE

**Warehouse Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 500 sq ft
- **Rent**: $500 per month
- **Utilities**: Included
- **Lease Term**: 3 months

*Contact Information:*

- Tel: 651-435-5678
- Email: info@warehousespaceforlease.com

**FOR LEASE**

FOR LEASE

**Retail Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 100 sq ft
- **Rent**: $500 per month
- **Utilities**: Included
- **Lease Term**: 1 year

*Contact Information:*

- Tel: 651-435-5678
- Email: info@retailspaceforlease.com

**FOR LEASE**

FOR LEASE

**Industrial Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 2000 sq ft
- **Rent**: $1000 per month
- **Utilities**: Included
- **Lease Term**: 5 years

*Contact Information:*

- Tel: 651-435-5678
- Email: info@industryspaceforlease.com

**FOR LEASE**

FOR LEASE

**Office Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 2000 sq ft
- **Rent**: $2000 per month
- **Utilities**: Included
- **Lease Term**: 1 year

*Contact Information:*

- Tel: 651-435-5678
- Email: info@officespaceforlease.com

**FOR LEASE**

FOR LEASE

**Warehouse Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 5000 sq ft
- **Rent**: $3000 per month
- **Utilities**: Included
- **Lease Term**: 3 years

*Contact Information:*

- Tel: 651-435-5678
- Email: info@warehousespaceforlease.com

**FOR LEASE**

FOR LEASE

**Retail Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 1000 sq ft
- **Rent**: $5000 per month
- **Utilities**: Included
- **Lease Term**: 5 years

*Contact Information:*

- Tel: 651-435-5678
- Email: info@retailspaceforlease.com

**FOR LEASE**

FOR LEASE

**Industrial Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 10000 sq ft
- **Rent**: $6000 per month
- **Utilities**: Included
- **Lease Term**: 10 years

*Contact Information:*

- Tel: 651-435-5678
- Email: info@industryspaceforlease.com

**FOR RENT**

FOR RENT

**Apartment**

- **Address**: 123 Elm St., Minneapolis, MN 55401
- **Bedrooms**: 2
- **Bathrooms**: 1
- **Rent**: $1500 per month
- **Utilities**: Included
- **Availability**: Immediately

*Contact Information:*

- Tel: 612-555-1234
- Email: info@apartmentsrent.com

**FOR RENT**

FOR RENT

**Office Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 1000 sq ft
- **Rent**: $1000 per month
- **Utilities**: Included
- **Availability**: Immediately

*Contact Information:*

- Tel: 651-435-5678
- Email: info@officespaceforrent.com

**FOR RENT**

FOR RENT

**Retail Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 200 sq ft
- **Rent**: $500 per month
- **Utilities**: Included
- **Availability**: Immediately

*Contact Information:*

- Tel: 651-435-5678
- Email: info@retailspaceforrent.com

**FOR RENT**

FOR RENT

**Industrial Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 5000 sq ft
- **Rent**: $2500 per month
- **Utilities**: Included
- **Availability**: Immediately

*Contact Information:*

- Tel: 651-435-5678
- Email: info@industryspaceforrent.com

**FOR RENT**

FOR RENT

**Warehouse Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 1000 sq ft
- **Rent**: $1500 per month
- **Utilities**: Included
- **Availability**: Immediately

*Contact Information:*

- Tel: 651-435-5678
- Email: info@warehousespaceforrent.com

**FOR RENT**

FOR RENT

**Retail Space**

- **Address**: 123 Main St., St. Paul, MN 55101
- **Square Footage**: 500 sq ft
- **Rent**: $750 per month
- **Utilities**: Included
- **Availability**: Immediately

*Contact Information:*

- Tel: 651-435-5678
- Email: info@retailspaceforrent.com
Vehicles for Sale

ONE Toyota Mark II GX 71 - fully powered, automatic, powerful, options: full AC, beepers, power mirror, power music, mag, leather, - $750 000 neg. Tel. 220-4056/622-3165.

ONE TOYOTA RAV-4 - auto and fully powered, PHR series, (one owner), immaculate condition, 129 000, neg. Tel. 225-1349/257-0357.

FULLY EXPERIENCED COLE CRANE OPERATOR - contact # 233-274/623-0957.

WANTED - contract cars for exportation.

WANTED: contracted Japanese vehicles. 1992 or later, 2-seater, fully loaded, manually loaded, featuring manual transmission, 150 000 - 300 000, neg.

In the back yard: 2 reconditioned Japanese vehicles, 1992, 2-seater, loaded, manually loaded, featuring manual transmission, 300 000 - 600 000, neg.

ONE Ole-Towner - automatic - 1 Mercedez-Benz 1 - $15 000 - 1 - 76 Corolla wagon - 200 000 - needs some light work.

ONE Camry - mint condition - $1.5M; $2 million neg.; 110 Corolla - PJJ series - $1.375; AT 170 Eccles New Housing Scheme, $1 000, $900 000 $2.2 million, $2 Charlotte & King Sts. 0265/628-0439.


SPORTS COUPLE EL 54; Toyota CA 1 TRUST. CAMPBELLVILLE. 226-4939. A load of 1. Pick Ups: (4x4) Toyota Starlet - $1M; 4 Runner Surf - $700 000; EP 82 Runner - $1.4M — automatic, 110 Ranger pick-up - $3.3M_- PJJ; Tacoma - $1.3M; Vanguard, $1.7M; High-Low.

FOR SALE

HOMES WANTED! $550 - $1 600. Tel. # 253-4267.

RESIDENTIAL HOME WANTED.

1- WAITRESS wanted only. 4 Veetin's Bar. Sack St. Kitty's

2- WANTED 80 or 100 lb. egg ball. Call Lee's Snacktack. Tel. 225-6049.

3- ONE Cook to work at Hotel Purple Heart, Cherry. Experiennce Coank. Must have knowledge of the night club and kitchen. Call 225-2538 from 09:00 - 15:00 hours.

4- ONE MATURE live-in Domestic worker to work in Georgetown area. Contact: 628-4079.

ONE MATURE DELIVERY/CLERK WITH SOUND KNOWLEDGE IN COMPUTER MATHS. APPLY IN PERSON WITH WRITTEN APPLICATION AT BADCUHS DRUG STORE, 24 Waterman Ave., Georgetown, PTT. TELEPHONE 227-0230.

ONE Mechanical to work in Industrial Electronics. Must know to repair, Perkins Bedford Excavator engine and hydraulics. Pick up further knowledge of excavator engine and hydraulics accommodation provided. Contact: 225-1609.

MOSCOW and MEXICO FOREIGN TRADING ENTERPRISE: 7-257-6115.

WANTED MOST URGENTLY TO ACQUIRE 15 UNACCLIMATIZED LAND PURCHASED OF BEESMERE ADVANTAGE FROM FAMILY TO MEXICO/ECUADOR. ALSO HAY FROM EAST BANK OF GUYANA TO IMPORT. TELEPHONE 225-8097.

EGGS, FSH, POTATOES, and PELLETS, Crypin, $2 per bag. Contact R. Narine, 49 Public Rd., Tel: 624-2653/623-2605/223-1609.


ONE Mechanic to work in MECHANICAL ENGINEERING. Must have 5 years experience and knowledge of manual and CNC machines. Interested call on 823-2023.

ONE Florist. Must know to prepare flower arrangements for all occasions. Tel: 233-2774/623-0957.

ONE Mechanic to work in mechanical engineering. Must have 5 years experience and knowledge of manual and CNC machines. Interested call on 823-2023.

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ONE Mechanic to work in mechanical engineering. Must have 5 years experience and knowledge of manual and CNC machines. Interested call on 823-2023.
ICC may retract two-tiered Test cricket

Windies sponsor Digicel regrets ...

(From back page)

made unjustified demands of the players which were not covered by the agreement between WIPA and the board."

The five-year deal with Digicel is the biggest in West Indies cricket history.

The WICB will meet in Barbados today to discuss the contents of the memo in a scheduled post-tour de-brief.

The announcement of the Digicel deal prompted a pre-tour dispute between the board and the players, which was eventually resolved after a judge was appointed to arbitrate.

West Indies won only one of their six VB Series matches in Australia and failed to qualify for the final, a marked contrast to their performance in winning the ICC Champions Trophy last September. (BBC Sport)

SINCERE THANKS

SUNRISE: 19" FEBRUARY 1937
SUNSET: 23° JANUARY 2005

The family of the late BASMATI ROSELYN SINGH of 54 West Ruimveldt Estate Scheme wishes to express their heartfelt gratitude to all those who sympathised with them during their recent bereavement.

Winniel Mapp

Death leaves an ache no one can heal
Memories are treasures no one can steal

Some may forget you now that you are gone
But we will remember no matter how long

Deep in our hearts you will always stay
Loved and remembered in every way
No tears, no words can ever say
How much we miss you everyday

"The Lord gave and the Lord has taken
Blessed is the name of the Lord"

Sadley missed by your loving mother, aunt, nieces, cousins and all those whose lives you touched.

Sleep on beloved.
May your soul continue to rest in peace.

The children and other relatives of the late MRS. VAUNDA ELAINE WELCH wish to acknowledge their deep appreciation and heartfelt thanks to all those persons who sympathised with them during the time of their bereavement.

Your expressions of sympathy and kindness by way of expression, prayers, telephone calls and cards, and your presence were highly appreciated.

Thank you!
Ponting Aussies to 10-run victory

Lababa holds general meeting today

MINISTRY OF CULTURE, YOUTH AND SPORT SKILLS TRAINING

The Ministry of Culture, Youth and Sport invites applications from young persons for participation in its NON-RESIDENTIAL TECHNICAL- VOCATIONAL SKILLS TRAINING PROGRAMME scheduled to commence Monday 18th April, 2005 at its Sophia Training Centre, Dennis Street, Sophia, Georgetown. Training extends over a six month period (April to October 2005).

Applicants must be between 16 and 25 years and reside preferably in areas close to the training centre. Training will be offered in the following skills:

- Catering
- Office Procedures and Information Technology
- Refrigeration and Air-Conditioning
- Straw Craft
- Welding and Fabrication
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- Catering
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- Refrigeration and Air-Conditioning
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- Welding and Fabrication

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Closing date for applications is Friday, 18th March, 2005. Completed application forms are to be returned to the Centre not later than 10:00 hours Friday, 18th March, 2005. The entrance test will be held at Sophia Training Centre on Wednesday, 23rd March, 2005. Interviews and medical checks are programmed for 4th to 8th April, 2005.

---

**Vacancy**

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**Foreign Exchange Market Activities**

| Summary Indicators | Friday, February 11, 2005 - Thursday, February 17, 2005 |

**L. EXCHANGE RATES**

<table>
<thead>
<tr>
<th>A. US Dollar</th>
<th>Buying Rate</th>
<th>Selling Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notes Other</td>
<td>Notes Other</td>
<td></td>
</tr>
<tr>
<td>Bank of Baroda</td>
<td>197 00</td>
<td>198 00</td>
</tr>
<tr>
<td>Bank of Nova Scotia</td>
<td>189 00</td>
<td>190 00</td>
</tr>
<tr>
<td>Citizens Bank</td>
<td>192 00</td>
<td>193 00</td>
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<tr>
<td>Demerara Bank</td>
<td>195 00</td>
<td>197 00</td>
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<tr>
<td>GHTI</td>
<td>190 00</td>
<td>192 00</td>
</tr>
<tr>
<td>NHB</td>
<td>198 00</td>
<td>198 00</td>
</tr>
</tbody>
</table>

**Bank Average**

| 193 50 | 197 17 | 201 50 | 203 00 |

**Nonbank Cambios Av. (5 largest)**

| 199 56 | 202 70 |

**BoG Average Market Exchange Rate**: US$1.0 = G$199.75

<table>
<thead>
<tr>
<th>B. Canadian Dollar</th>
<th>Buying Rate</th>
<th>Selling Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notes Other</td>
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<td></td>
</tr>
<tr>
<td>Bank Average</td>
<td>133.33</td>
<td>142.00</td>
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<table>
<thead>
<tr>
<th>C. Pound Sterling</th>
<th>Buying Rate</th>
<th>Selling Rate</th>
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<tr>
<td>Notes Other</td>
<td>Notes Other</td>
<td></td>
</tr>
<tr>
<td>Bank Average</td>
<td>216.33</td>
<td>236.67</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>D. Euro</th>
<th>Buying Rate</th>
<th>Selling Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notes Other</td>
<td>Notes Other</td>
<td></td>
</tr>
<tr>
<td>Bank Average</td>
<td>216.75</td>
<td>226.67</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E. Selected Caricom Exchange Rates</th>
<th>Buying Rate</th>
<th>Selling Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notes Other</td>
<td>Notes Other</td>
<td></td>
</tr>
<tr>
<td>F. LIBOR – USS</td>
<td>London Interbank Offered Rate For Thu., Feb. 17, 2005</td>
<td></td>
</tr>
<tr>
<td>G. Prime Rate</td>
<td>Notes Other</td>
<td></td>
</tr>
<tr>
<td>Source: International Department, Bank of Guyana</td>
<td>Notes Other</td>
<td>Notes Other</td>
</tr>
</tbody>
</table>

| TT$ = | G$ 28.73 |
| BDS$ = | G$ 92.21 |
| J$ = | G$ 4.45 |
| EC$ = | G$ 65.80 |
| Belize$ = | G$ 93.97 |

| 3 months | 2.820000% | US | 5.5% |
| 6 months | 3.040000% | Guyana | 14.54% |

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**Government ads can be viewed on**

http://www.gov.org/*
Peter Ramsaroop - New Godfather of Sports in Guyana

By Allan La Rose

JUST over a year ago he was well-known as the articulate flashy politician, but since his sensational walking away from politics he has been focusing his energies on youth development especially in sports in a significant way, much to the delight of all concerned, and hoping for success.

Peter Ramsaroop, also known within the sporting fraternity as ‘the Roop’, has certainly impacted on the younger generation and nation at large with his committed involvement and continuous contributions over the last year.

The Cari-Air CEO stunned the City football community last year when he created history by putting up the largest single prize money of SIM for the winner of the Georgetown Football League (GFL) top division competition which was dormant for two years.

He has also adopted one of the top teams in the country. Already, his Cari-Air Western Tigers team has made him proud by winning the Fruta Cup and making it to the Mayor’s Cup final to be played later.

According to ‘the Roop’, he is working with the club from all aspects of ensuring the team members work towards education and economic development.

After establishing the Guyana Youth Vision 2020 as a spin-off to his well read book “Hope for our Nation Vision 2020” published last year, ‘the Roop’ brought together a number of youth and sports leaders from throughout the country for a workshop on “Economic Development”.

Last year also saw Ramsaroop being selected as patron of the award-winning Rose Hall Town Youth and Sports Club, replacing the only other patron, the late President Desmond Hoyte.

This year, he created quite a stir within sporting circles when he announced that he would be putting up three trophies for different sports disciplines in honour of three past Presidents of Guyana. The ‘Roop’ said the initiative was mainly with the younger generation in mind so that they could know and remember the former heads-of-state and their contributions to the nation.

The President Burnham Cup for the softball cricket will be contested today while the President Hoyte Cup will feature women’s cricket and the President Jagan Cup, volleyball. Every year different sport will be played.

Recently, the Roop had taken Guyana/West Indies all-rounder Imodimate Goordial under his wings. In a recent interview Ramsaroop reiterated that “the 19-year-old Unity villager is a perfect role model for our younger girls and her educational and sporting achievements are gold standards for others to follow”.

Ramsaroop has also reached out to the sport of boxing, teaming up with promoter Carwyn Holland to establish the Holland-Roop Promotions which will manage and promote young professional boxers. At the moment ‘the Roop’ is working with concerned past boxers towards establishing a Masters Football Association and also on a new initiative to create a Guyana Sporting Hall of Fame by the end of the year.

The chairman of the Roop Group of Companies has been contributing towards other sponsorships and thinks that by being involved he is offering opportunities for the youths who are the future.

Ramsaroop added that promoting Guyana to the wider world through sports has a future, direct, economic benefit on the nation as potential investors will see the competitiveness of our people which could enlighten their interest from a business perspective.

Surely in the short time ‘the Roop’ has carved a name for himself which could fittingly be described as the New Godfather for sports in Guyana.
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Syndicated Content
Available from Commercial News Providers”

GUYANA CO-OPERATIVE FINANCIAL SERVICES
(GCFS)
Lot 77 Croal Street & Winter Place, Stabroek, Georgetown
Telephone Nos.: 225-6974/225-8800 & 227-7114

The following clients listed hereunder are asked to contact the
above named institution on or before 24th February, 2005.

<table>
<thead>
<tr>
<th>Client Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brian &amp; Nicole Van Slythman trading as D&amp;V Mining Enterprise Ltd</td>
<td>Lot 89 Section K Campbellville, Georgetown</td>
</tr>
<tr>
<td>Anthony Bookie</td>
<td>E½ 214 Da Silva Street, Kitty, Georgetown</td>
</tr>
<tr>
<td>Claude O. Adams</td>
<td>A-100, Barima Avenue, Bel Air Park, Georgetown</td>
</tr>
<tr>
<td>Joseph Auguste</td>
<td>Lot 7 Industry, East Coast Demerara</td>
</tr>
<tr>
<td>Kenrick Cort</td>
<td>77 Denis Street, Campbellville, Georgetown</td>
</tr>
<tr>
<td>Leroy Bagot</td>
<td>Lot 22, Phillipi Farm, Corentyne, Berbice</td>
</tr>
<tr>
<td>Lyndon La Bennett</td>
<td>c/o Prairie International Hotel, 11 South Hall, Coverden, EBD</td>
</tr>
<tr>
<td>Marlon Charles</td>
<td>34 Hadfield Street, Lodge, Georgetown</td>
</tr>
<tr>
<td>Maxie Ian Chung</td>
<td>209 Silver Hill, Mabliisa, Linden Highway</td>
</tr>
<tr>
<td>Patrick Williams</td>
<td>38 Kuru Kuru, Linden Highway</td>
</tr>
<tr>
<td>Ramchand Jewan</td>
<td>48 Sheriff Street, Campbellville, Georgetown</td>
</tr>
<tr>
<td>Samuel Baker</td>
<td>Republic Park</td>
</tr>
<tr>
<td>Samuel Henry</td>
<td>Nabaclis Village, East Coast Demerara</td>
</tr>
<tr>
<td>Stephen Boyce</td>
<td>94 Wisrock Park, Wismar, Linden</td>
</tr>
<tr>
<td>Francis &amp; Liloutie Alert</td>
<td>Kwakwani Water Front, Berbice River</td>
</tr>
<tr>
<td>Wesley Alleyne</td>
<td>282-84 Republic Park, East Bank Demerara</td>
</tr>
<tr>
<td>Wilton James trading as Wilcon Associates</td>
<td>230 Aubrey Barker Street, South Ruimveldt Park, Georgetown</td>
</tr>
</tbody>
</table>
Turning Point turn on heat to dethrone F&H Supremes

TURNING Point turned on the heat in the second round of the Oscar Shew Memorial dominoes competition to emerge winners in last Sunday's hotly contested tournament, played at the Everest Cricket Club pavilion, Camp Road, Georgetown.

Starting the second round of the special two-way aggregate points system 15-team competition, some 23 points behind frontrunners F&H Supremes (194) and also trailing four other teams, Turning Point tallied a whopping 191 to romp home clear with 362 points.

Canal 6, who started with 174 points, showed consistent form to score 176 in the second to occupy the second spot with 350 points while Future placed third with 348. Defending champions F&H Supremes faltered badly in the second round, adding 153 to their previous 194 to end with 347 and a disappointing fourth.


The winners carted off $60,000 and the winning trophy, second place $45,000 and trophy, third $30,000 and trophy.

A minute's silence was observed before the action got under way while Health Chairman of the South Georgetown Lions Club, Godfrey Tai-oy-Yong, spoke on the life and work of Oscar Shew who passed away on February 15, 1999. Tai-oy-Yong's deputy Ms Dearlove also spoke glowingly on the life of the late Melvin Jones (25 years service in Lionism) awardee.

This year marked the fifth occasion since the tournament is being held by Manniram Shew, son of the late businessman and former prominent Lions member. He was ably assisted by Roderick Harry of F&H Supremes. Shew gave the undertaking that the tournament will continue on an annual basis whether he is in or out of Guyana.

Olin Boston, office manager of USAID/Family Health International, Guyana HIV/AIDS programme was the emcee while John Dundas of CARICOM was responsible for the scoring of the points system.

The points system rules developed by Shew were used for Sunday's showdown and are as follows: for each 6 games made the team will gain 15 points, for each 5 games made the team gains 10 points, for each 4 games made the team gains 8 points, for each 3 games made the team gains 6 points, for each 2 games made the team gains 4 points, for every 1 game made the team gains 1 point, for each love the team receives the team loses 5 points.

NEW CHAMPS: Captain of the victorious Turning Point receives the Oscar E. Shew first prize trophy and cash incentive from Manniram Shew with team-mates and Organisers looking on approvingly. (Cullen Bess-Nelson photo)
WEST Indies sponsor Digicel says it regrets the publishing of a memo that criticised the behaviour of players.

And the telecom company reaffirmed its commitment to a $20m (£10.56m) contract with the West Indies Cricket Board (WICB).

A statement said it was "disappointed that an internal memo, given to the WICB as a confidential communication has reached the public domain".

It added: "We are enthusiastic about developing the many initiatives which will support the growth of the game."

West Indies Players' Association (WIPA) has threatened legal action after the memo, relating to the tour of Australia, was published in a newspaper.

President Dinanath Ramnarine said WIPA is: "fully prepared to resort to legal measures to protect itself and its members' professional reputations."

Ramnarine particularly resented Nowell calling them a "terrorist players' association".

Nowell, who has toured with England in a similar capacity in the past, was also critical of the off-field activities of unnamed players.

He also accused players, many of whom have personal sponsorship deals with Cable and Wireless, of being uncooperative and lethargic.

Ramnarine added: "The players have fulfilled all their contractual obligations as specified in the tour contract."

"Digicel had on that tour capacity in the past, was also critical of the off-field activities of unnamed players."

He also accused players, many of whom have personal sponsorship deals with Cable and Wireless, of being uncooperative and lethargic.
The sight of the rainbow is particularly meaningful to coastlanders who are now trying to put the pieces of their lives back together after devastating floods.

Unprecedented rainfall in Guyana between January 12 and 22, coupled with poor drainage resulted in floods on the East Coast and Georgetown.

God entered a covenant with man that the rainbow would be a symbol that He would never destroy the world.
THE TOP FIVE RELATIONSHIP PROBLEMS

MONEY, sex and arguments are at the root of most couples' discontent. Sherry Dixon tackles the most common relationship problems.

**MY PARTNER’S HAVING AN AFFAIR. IS THIS THE END OF OUR RELATIONSHIP?**

'I've discovered my husband's been unfaithful with one of our closest friends. The past few days have been a horrendous mixture of rows, tears and recriminations. He says he still loves me, and I still love him, but everyone I know tells me to just walk away. Is there any hope for us?'

Sharon

Infidelity doesn't have to spell the end for a relationship. Yes, some partners have affairs because they want out of the relationship, but for most people, an affair is a wake-up call. It's a signal that they're not happy, but if the relationship changed they would stay. In some cases, a relationship is strengthened by an affair as both partners have had to face and work through the problems in their relationship.

**Affair action plan**

* News that your partner has had an affair will shock. Don't make any hasty decisions about your future, however much other people pressure you to do so.

* Your partner needs to agree to stop seeing his (or her) lover - if they refuse, walk away.

* Once you're over the shock and can talk calmly with your partner, try and talk through the reasons for the infidelity.

* Think about the question: what needs to change in your relationship for infidelity never to happen again?

Secondly, you avoid discussing the issue you're really upset about - one or both of you feels furious but either doesn't realise it, or is too scared to admit it.

**Stop arguing action plan**

* Discover the hidden resentments that are lurking under the surface; sometimes acknowledgement alone clears them up.

* Discuss together - if necessary with the help of a counsellor - any long-standing issues, things you just can’t forgive.

* Develop ways of nipping an argument in the bud by breaking the mood with a hug, a joke or an apology.

* Learn the skills of negotiation to resolve things that you can't agree on in a way that leaves both of you feeling good.

* Head off building resentments by taking time every day to bring up differences and disagreements and clear the air.

**MY PARTNER’S GONE OFF SEX. DOES IT MEAN END OF OUR RELATIONSHIP?**

* At the beginning of our relationship, sex was non-stop. But over the past six months, my partner seems to have lost all interest in sex. He never initiates sex and none of my efforts to entice him into bed are working. He says he still loves me, but I don’t believe him.*

Terese

Sexual desire naturally dips in any relationship. However, when desire completely dies away, there is something wrong. It's not necessarily due to problems in the relationship. Desire can fade through physical causes, such as illness or medication and mental causes such as stress or depression.

**I LOVE MY PARTNER - BUT I CAN’T GET ON WITH HIS CHILDREN.**

* We've been together for nearly a year, and everything's wonderful - except for the weekends when he sees his children. I haven't got children of my own and feel uneasy with his. They resent me because they want him to get back with their Mum. The whole weekend's stressful and after the children have gone home we always end up rowing.*

Lucille

Being a step-parent can create all kinds of problems. Your partner wants to do the best for his kids and in principle you agree with him. In practice, you feel left out and often hurt by the children's hostility towards you. This emotional tug-of-war creates strain in your relationship.

**Step-parenting action plan**

* Expect the children to come first when your partner sees them; don't fight them for his attention or put him in an emotional tug-of-war.

* When you're with the children, be yourself; they'll spot false attempts to win them round.

* As to childcare, support your partner's way of interacting with his children - he may feel as unskilled as you are about coping with them.

* Don't expect his children to like you - they may never do. But remember that their dislike isn't personal; they don't know you. Their anger is really aimed at their father.

* If you really find it hard to be with your partner's children, stay away. It's vital that he gets good quality time with them - you have him the rest of the time!*

**WE NEVER AGREE ABOUT MONEY. HELP!**

* My partner and I just have completely different attitudes to money. He seems incapable of keeping track and as a result we sometimes get overdrawn. I'm much more careful, to the point where he often accuses me of being miserly. I feel so out of control when he spends too much - and he says he feels nagged and controlled when I try to get him to cut back. We're not too bad at the start of the month, but by the end we're at each other's throats.*

Gabriele

Money plays an important part of life, but the thing to remember is that money is never just about money. It can be a real power issue in a relationship, with each partner wanting to organise and spend their money their own way. The problems start with our different attitudes - we've all inherited different spending patterns from our parents and the different ways we deal with it can lead to problems.

**Cash action plan**

* Look back at how you were taught to handle money - then swap notes. The more you appreciate each other's attitudes to money, the less you'll row.

* If one of you is earning far more than the other, they shouldn't therefore hold all the control; value each partner's contributions, whether they are financial or not.

* Work out a way of managing your finances that gives you both some money that you alone control - such as a joint account for housekeeping plus 'spending money'.

* If neither of you is good at budgeting, seek expert help.

* If money arguments have suddenly erupted, ask why; how has the power balance in your relationship altered in recent months? This could be what's triggering the arguments.

**Read:** Stop fighting about money by Corinne Sweet, (Hodder & Stoughton Publishers).

* Couples counselling can provide a neutral and supportive environment to talk through the difficult issues through.*

WE KEEP HAVING THE SAME OLD ARGUMENTS. HOW DO WE STOP GOING ROUND IN CIRCLES?*

* We are always arguing and it's always about the same things. We try to work things out, but one of us always loses our temper and to be honest, I'm losing faith that we will ever get things sorted. How can we stop these rows?*

Angela

There are two key causes of arguments. Firstly, you may not have the necessary skills to resolve serious conflicts. Whilst this was fine in the early part of your relationship, when there was nothing serious to argue about, now your differences of opinion are apparent, you struggle to resolve issues and can't cope.

Cash action plan

1. Look back at how you were taught to handle money - then swap notes. The more you appreciate each other's attitudes to money, the less you'll row.

2. If one of you is earning far more than the other, they shouldn't therefore hold all the control; value each partner's contributions, whether they are financial or not.

3. Work out a way of managing your finances that gives you both some money that you alone control - such as a joint account for housekeeping plus 'spending money'.

4. If neither of you is good at budgeting, seek expert help.

5. If money arguments have suddenly erupted, ask why; how has the power balance in your relationship altered in recent months? This could be what's triggering the arguments.

**Read:** Stop fighting about money by Corinne Sweet, (Hodder & Stoughton Publishers).
Our daughter, 29, is trying to decide whether to give her ex-boyfriend another chance. After a two-year relationship, he cheated on her with his ex-girlfriend. He said he had to find out if his ex was the one. A year later, his ex cheated on him, and he went back to our daughter and asked for a second chance.

Our daughter’s friends agree he is not her equal in education, manners, or maturity, though he is good-looking. She says she forgave him, but she admits trust is the issue. She tells us, “I have tried, but no one else even looks at me twice.”

She knows we distrust him. The timing of his return is mostly a reaction to his ex-girlfriend doing to him what he did to our daughter. She wants to recover what was, but we believe it cannot be. We don’t want to control her future, but the old saying “once a cheater always a cheater” rings in our minds.

TOM & KATE

Tom & Kate, your daughter might be willing to break off with this man if you could give her the exact date and time the right man will show up. But since you cannot give her that, she won’t believe it can happen.

Often when a woman clings to an inappropriate man, there is one thing about the man which is a peg she can hang her hat on. Most commonly that peg is physical attractiveness. Your daughter pictures herself entering a room on his arm. That allowed her to ignore his cheating, though it also makes him attractive to other women.

Your letter tells us how much you love your daughter. All you can do is be there for her. Whatever rational reasons you give her for ending the relationship will go unheeded because her irrational fear is telling her it is him or no one. Faced with a life alone, with no other man ever, she clings to a man she believes will ever be someone else.

Our daughter was devastated by his infidelity. It was heartbreaking. We sent her to counselling for months. We have been trying to help her recover from him. She says she forgave him, but she admits trust is the issue. She tells us, “I have tried, but no one else even looks at me twice.”

The lie falls from his lips so easily I am shocked. He comes out of the bathroom and grabs my hand to walk him to his car. As we leave the house, I say, “Don’t forget to call her back.” He says, “Oh, that was just some real estate luck.”

He kisses me like he’s my uncle. When I ask why the perfunctory kiss, he says he doesn’t know. Did I not read the signs correctly? I haven’t heard from him since.

FAITH

Faith, maybe you missed the early signs, but calling the relationship “oddly” right suggests you sensed something was amiss. The blitzkrieg pursuit may have felt like he was trying to accomplish something rather than express something which came naturally.

Trusting your natural instincts led you to confront him. He disappeared. You hit the nail on the head. Many women would have let that go by, hoping to win him like a Kewpie doll. You knew better.

WAYNE & TAMARA

Send letters to: Direct Answers, PO Box 964, Springfield, MO 65601 or email: DirectAnswers@WayneAndTamara.com.
Mail Bag

QUESTION

I am receiving Invalidity Benefit from NIS but cannot receive Medical Care as I was never qualified for Sickness Benefit. My drugs cost a lot of money, and I am a poor person. Why can't I get Medical Care from NIS.

ANSWER

You can receive maintenance drugs for your condition provided you register with the Medical Section of NIS.

Note, that Medical Care is attached to Sickness Benefit, and not Invalidity Benefit.

Do you have a question on N.I.S.? Then write/call.

NIS MAIL BAG
C/O Dianne Lewis Baxter
Publicity and Public Relations Officer (ag)
National Insurance Scheme
Brickdam and Winter Place
P.O. Box. 101135
E-mail: pr_nis@solution2000.net
Tel: 227-3461.

GEORGETOWN PUBLIC HOSPITAL CORPORATION

VACANCIES

Applications are being invited from suitably qualified persons to fill the following vacancies within the Corporation.

MEDICAL TECHNOLOGIST

Applicants should possess the following:
* Associate Degree/Diploma in Medical Technology from the University of Guyana or any other recognised University.

PHARMACIST

Applicants should possess the following:
* Associate Degree/Diploma in Pharmacy or equivalent from the University of Guyana or any other recognised University.

Applications, along with two (2) references and a recent police clearance can be sent to:

Leslie Cadogan
Director, Administrative Services
Georgetown Public Hospital Corporation
New Market Street
North Cummingsburg
Georgetown

Deadline for applications is Friday 25th February, 2005.
TOOTH sensitivity following placement of a filling is fairly common. A tooth may be sensitive to pressure, air, sweet foods, or temperature. Usually, the sensitivity resolves on its own within a few weeks. During this time, avoid those things that are causing the sensitivity. Pain relievers are generally not required.

The general reason why teeth may become sensitive after being filled is because of the drilling and cutting of nerves which are done during the preparation of the cavity for filling. Remember the tooth is alive and needs some time to heal. But there are several other explanations for pain around fillings.

For example, there may be pain you experience when you bite down which may be observed soon after the anesthesia wears off and continues over time. In this case, the filling is interfering with your bite. You will need to return to your dentist and have the filling reshaped. Then there is pain when you touch your teeth. This pain is a very sharp pain that occurs only when you touch your teeth. The pain is likely caused by the touching of two different metal surfaces (for example, silver amalgam in a newly filled tooth and a gold crown on another tooth with which it touches). Sometimes the teeth may even be some distance apart. The two metals form an electrical circuit (a battery) with the saliva being the electrolyte. The pain is really from galvanic shock generated by the resulting electrical current. Sometimes the pain disappears by itself after a week or so.

If the decay was very deep to the pulp (nerve) of the tooth there may be a “tooth-ache” pain. This response may indicate that the tissue is no longer healthy, or the body has not reacted as it should. In either case root canal treatment is required.

If there is what is known as referred pain. With this type of pain, you experience pain or sensitivity in other teeth besides the one that received the filling. With this particular sensation, there is likely nothing wrong with your teeth. The filled tooth is simply passing along “pain signals” it is receiving to other teeth. This pain should decrease on its own over one to two weeks.

Allergic reactions to silver fillings are rare. In fact, there are less than a hundred cases reported in over two centuries according to the American Dental Association. In these rare circumstances, mercury or one of the metals used in an amalgam restoration is thought to trigger the allergic response. Symptoms of an amalgam allergy are similar to those experienced in a typical skin allergy and include skin rashes and itching. Patients who suffer amalgam allergies typically have a medical or family history of allergies to metals. Once an allergy is confirmed, another restoration material can be used. Constant pressure from chewing, grinding or clenching can cause dental fillings to wear may cause an abscessed tooth. This can lead to terrible pain, loss of the tooth and even death from Vincent’s angina or encephalitis.

If the filling is large or the recurrent decay is extensive, there may not be enough tooth structure remaining to support a replacement filling. In these cases, your dentist may need to replace the filling with a crown. Although you may not be able to tell that your filling is wearing down, your dentist can identify weaknesses in your restorations during a regular check-up. If the seal between your filling and the tooth enamel breaks down, food particles and decay-causing bacteria can work their way under the filling. This is called seepage or recidivism. You then run the risk of developing additional decay in that tooth. Decay that is left untreated can progress to infect the dental pulp.

New fillings that fall out are not the result of improper cavity preparation, contamination of the preparation, the placement of the restoration or a fracture of the restoration from bite or chewing trauma. Older fillings will generally be lost due to decay or fracturing of the remaining tooth structure. Finally, whatever undesirable symptoms or doubts you may have after having a filling done, it’s best to check back with your dentist.

MINISTRY OF EDUCATION NOTICE

Applications are invited for entry into Carnegie School of Home Economics to pursue studies in the following programmes: Catering and Hospitality

CONDITIONS FOR ENTRY

Catering and Hospitality - applicant must attain the age of eighteen (18) years by the 31st January, 2005.

QUALIFICATIONS

Minimum qualification: CSEC in Food and Nutrition and Home Economics Management.

Applications from good scores at S.S.P.E. Parts 1 & 2 would be considered if space is available.

Applications forms can be obtained from the Carnegie School of Home Economics, D’Urban and High Streets, Werk-en-Rust at a cost of $100.00.

Completed forms must be returned to the School by Friday, 1st March, 2005

Applications are invited for entry into Carnegie School of Home Economics to pursue studies in the following programmes: Catering and Hospitality

APPLICATIONS ARE INVITED FOR THE PURCHASE OF

ONE INTERNATIONAL MOTOR BUS

REGISTRATION - PDD 3343.

SEATING CAPACITY - 46 PERSONS.

TO BE SOLD AS IS AND WHERE IS. INSPECTION CAN BE MADE AT GNIC’S PREMISES BETWEEN 08:00 H AND 16:00 H

TENDERS MUST BE PLACED IN THE TENDER BOX AT GUYANA NATIONAL INDUSTRIAL COMPANY’S HEAD OFFICE 1-9 LOMBARD STREET, CHARLESTOWN ON OR BEFORE MARCH 4, 2005 AT 16:00 H.

Please note: the company will not necessarily accept the highest bid.
FELLOW CITIZENS OF GUYANA:

We wish to take this opportunity to report to you, on the progress that has been achieved in our effort to contribute to the restoration and preservation of this important historical site.

PHASE I – FENCING OF THE PERIMETERS OF THE GARDENS

This was successfully completed in October, 2004 at a cost of approximately $12m.

PHASE II – DESIGN, LANDSCAPE AND ENGINEERING WORKS

The second phase covered the design, landscape and engineering works intended to restore the gardens to its pristine glory. In this connection, the Bank retained the services of a well established design firm to proceed with the horticulture activity. It embarked on this phase and was set to work assiduously to bring it to the desired conclusion. However, considerable difficulty was experienced in getting the necessary co-operation from officers of the Mayor and City Council from whom conflicting signals were at times given and which amounted to an obstruction of the work of the design firm.

Much energy was consumed in meetings in order to decide on desired goals and resolve differences, but at times decisions reached at some meetings were subsequently unilaterally varied or even reversed, thus causing unnecessary delays.

The good intentions to carry out this phase having been frustrated, NBIC has reluctantly decided that in the circumstances its efforts will not at this time result in the achievement of the original goals and worthy standards that propelled the Bank to embark on this undertaking.

In the premises, NBIC has regrettably decided to suspend its participation in this phase of the project. It is hoped that in the right atmosphere and in a spirit of goodwill and cohesion, the objectives of this important Phase could sometime soon be brought to a successful conclusion.
Hello boys and girls,

Welcome to this week's columns. Let's talk about your study time-table. For your time-table to be effective you can do the following things: Pin up your time-table on a wall in a prominent place e.g. above your table or desk, or on the fridge or where you wash the dishes. As you revise, include any unfinished work you still have to do as part of your studies. Improve your interaction with your time-table; it pays dividends.

Keep the fires burning efficiently!

'Bye.

IN THIS WEEK

Some Examination-type Questions

Cross out the letter that is next to the correct answer for each question that appears below.

Our Planet Earth: Questions 1-7

1. A mass of land that is entirely surrounded by water is called one of these:
   (a) island
   (b) continent
   (c) island continent
   (d) country

2. Asia, South America, North America, Europe, Africa and two other large masses of land are these:
   (a) islands
   (b) continents
   (c) island continents
   (d) peninsulas

3. This great body of water either surrounds or separates continents.
   (a) pond
   (b) ocean
   (c) river
   (d) sea

4. If I am living where there are hot deserts, I may be living in one of the following countries:
   (a) Australia
   (b) United Kingdom
   (c) Guyana
   (d) Sri Lanka

5. In the Arctic lands an igloo is this.
   (a) an ice-cream

   (b) a house
   (c) an animal
   (d) some glue

6. It is quite certain that there is this number of seasons in the Rupununi savannahs.
   (a) 2
   (b) 3
   (c) 4
   (d) 5

7. Lines of latitude and longitude are the means used to locate these objects.
   (a) airplanes in hangars
   (b) cities under the sea
   (c) stars in the heavens
   (d) places on earth

Foods in Guyana: Questions 8-10

8. A dish of dried meat and cassava bread is what you may likely to eat in one of the following settlements as an unexpected guest.
   (a) sea-side
   (b) bauxite
   (c) resort
   (d) forest

9. The macaroni cheese pudding and the upside-down pineapple cake were brought here by one of these peoples:
   (a) Portuguese
   (b) American
   (c) African
   (d) East Indian

10. The 'dry food' dish was brought here by one of these peoples.
    (a) Portuguese
    (b) American
    (c) African
    (d) East Indian

Keeping our Health and Safety Intact: Questions 11-13

11. Refuse is to reject as ....
    (a) Chimney is to waste
    (b) Pollution is to impurities
    (c) Waste is to gaseous
    (d) Worthlessness is to

12. The incinerator and land fill are just two forms of ....
    (a) degradable land
    (b) wasted structure
    (c) refuse collection
    (d) waste disposal

LIVE WORDS!

Read the following journal entry. It has many worn-out words. Write lively words for them. Use words that tell what something is really like.

February 20th

It was a BAD day. I was in a BAD mood. There was nothing GOOD to do. Even the television was BAD.

Then John said, "Let us play rodeo!" We made NICE horses out of brooms and skateboards. We went GOOD and FAST. John's skateboard tipped. He fell off.

"That was GOOD!" said John. Just like a NICE bucking bronco.

Fill in the words that tell about the exact picture.

Table:

|--------|--------|---------|--------|--------|---------|--------|--------|--------|

Refrains in Poems

A.

Refrains repeat words and sounds. Read the poem below. Underline the groups of words that are repeated.

I call to my echo far, far away
And I know what my echo will say, say, say.

If I call to echo, "Play, play, play"
That's just what echo will say, say, say.

I wish that my echo far, far away
Would have something different to say, say, say.

"Hello," I'd call to echo far, far away.
And echo would answer, "Have a nice day, day, day."

On the lines below write at least two more

(Continued on page 2)
IN 1971, Frank Snoekman went on trial for wounding Chattapaul Panchu with intent. At the trial, Panchu's lawyers led evidence that suggested self-defence which could have entitled the accused to a verdict of the lesser offence of unlawful wounding or an acquittal.

But because the trial judge misunderstood the defence, he left it for the jury to decide whether self defence had arisen, resulting in the accused being found guilty as charged.

On appeal, the Guyana Court of Appeal, presided over by Court of Appeal Chancellor E. V. Luckhoo with Justices of Appeal Guya Persaud and Victor Crane, allowed the appeal by a majority judgment. Justice of Appeal Guya Persaud dissented.

The conviction and sentence were set aside and a new trial was ordered.

At the hearing of the appeal, Senior Counsel, Mr. C. Lloyd Luckhoo, appeared for the appellant while Crown Prosecutor Mr. W. G. Persaud prosecuted.

The facts disclosed that the appellant was charged with wounding with intent. The substance of his defence was that he was attacked with a knife by the virtual complainant, and that he blocked the blows which were being aimed at him with a cutlass, as he was unable to run away.

The trial judge, in summing up to the jury, dealt with the defence on two bases: first, that the appellant did not admit that he inflicted the wounds; and, secondly, that he wounded, but in self-defence.

In dealing with self-defence, the judge left it to the jury to find whether the accused acted in self-defence.

Delivering the main judgment, Chancellor Luckhoo noted that the appellant stood his trial for the felony of unlawfully and maliciously wounding Chattapaul Panchu with intent to cause him grievous bodily harm or to main, disfigure or disable him on November 10, 1970, for which he was liable to penal servitude for life, and to whipping or flogging.

There was no count for the misdemeanor of unlawful and malicious wounding, for which on conviction the punishment would be greater than a sentence of five years.

Chancellor, in his judgment, could have caused disability and disfigurement and were thought by the medical officer to be dangerous to life because of the severe bleeding at the time.

For the prosecution, Panchu gave this account:

"I saw the accused walking. coming towards me; he was about five rods from me. When we were about four feet apart be brought his hand forward. He had a cutlass and he said he would chop off my neck. He had the cutlass in his right hand. He made a chop at me and I raised my left hand which had a hand-bag. The hand-bag, chopped off and fell to the ground."

"He made a second chop and I received a blow on my left elbow region."

"He made a third chop and I received a wound on my left upper arm."

"I then rushed into him and the two of us fell into the trench. I fell inside the trench and I braided a little on the road."

"The accused then chopped me on my head and I became unconscious."

"When I regained consciousness, I found I had other wounds including one at the back of my right elbow, right hand, upper left shoulder and one under my left arm."

Panchu denied such suggestions that he was the aggressor and that he was armed with a knife with which he had attacked the appellant.

At the close of the case for the prosecution, therefore, a case of wounding with intent was made out and the trial judge's direction on the effect of Panchu's evidence could not be seriously questioned, the Chancellor had said.

The Chancellor went on to say that the appellant elected to make a statement from the dock at his trial in which he said: "Sir, Chattapaul attacked me with an Eddie Polo knife and threw me in the trench, and started to choke me. Then I scrambled out the trench. He bore me with the knife in my hand. My cutlass was on the ground and I picked it up. He started firing blows at me."
DEATH could not silence her, a voice exploring debilitation ethic and gender identity, coming to grips with identities - Guyanese consciousness and Indian sensibility, but more importantly, a cantankerous and appreciation of hope.

Such was the essentially volatile life of Mahada Das. At the time of writing, about two years after her death, a new anthological book is being prepared to celebrate that remarkable life. The name of that forthcoming anthology is 'A Leaf in his Ear: Selected Poems'. This project started with the poetess, before her death, discussing some with the Jeremy Poynting of Peepal Tree Press and is nearing completion with the cooperation of one of the writer's sisters.

'Selected Poems' remains effectively Mahada Das for she left instructions on what the book must portray, a map of her triumphs, of her use of literature, the 'policy of the then government - couldn't sustain their literary ambitions'.

Between 1973 and 1975, Das performed her in verbatim 'Chile is who yuh foolin' at the Theatre Guild as the Messenger Group staged a three-day celebration of the Coolie Art Forms.

In 1973, Das' poems were collected in her first collection of poems 'I Want to Be a Poetess of My People...'

At Canada University, she published in student magazine 'Common Ground' and 'Black Heights'. Of great significance also is her first collection published in 1970, which was a significant part of the 'Chile is who yuh foolin' movement of Guyanese literature.

Das' life was one of crises. Crises she transformed into challenges. Challenges of some were pyrrhic victories.

Born in Eccles, East Bank Demerara, Guyana, on October 22, 1954, Mahada Das left her footprints in Utitlwest, West Coast Demerara, lived for a number of years in the USA and Canada, and died on April 3, 2003 in Barbados where her mortal remains were laid to rest.

Oldest of ten children, she was bereaved by the concomitant of a female as the last to be visited by numerous trials. When Das was only 17 in 1971, her mother died, leaving Das to care for her nine siblings. All of this was happening while Das was still at Secondary School, aiming to conquer the University of Guyana - aiming to break through the barriers of the concomitant of the marginalized, the subjugated and the disempowerment.

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Das' life was one of crises. Crises she transformed into challenges. Challenges of some were pyrrhic victories.
Balkaran pays tribute to the illustrious of ill-informed or willful natures of Dr. Cheddi Jagan and Forbes of Guyana, he notes that they are, for example, "Cane to Mould" (Edited by C.A. Trevor), which is basically the same, led by International story-teller, Paul Keens Douglas. Balkaran used the old English type for it contains works on or about Amerindians' to complement his already published "Dictionary of Guyanese Amerindians and other South American Native History, music, and the hemisphere's aboriginal peoples (the 'Indian')? He doesn't actually have many of the books listed in the bibliography. He limits his purchases these days to anthropological works and bibliography references.

Balkaran is an accountant by profession and his book in- cludes several titles on the subject including "A Practical Guide to Auditing and Related Terms". He served two terms as President of the Toronto Chapter of the Canadian Institute of Internal Auditors.

What is left Balkaran reading these days, aside from updating his computer programmes on such topics as accounting, South American history, music and the hemisphere's aboriginal peoples (the 'Indian')? He doesn't actually have many of the books listed in the bibliography. He limits his purchases these days to anthropological works and bibliography references. He's also kept busy with his own publishing firm LBA Publications. It will shortly bring out 'A Photo Journal of Guyanese Amerindians' to complement his already published 'Dictionary of Guyanese Amerindians and other South American Native Terms'.

It isn't a commercial enterprise. Balkaran, who hails from Goed Fortuin on the Demerara River's west bank in Guyana, says barely covers his costs. He hopes his "lustre of love" will benefit others. In the case of the bibliography, he would like it to inspire others in circum-Caribbean countries to compile their own collections.

Norman Farley, Guyana's Honorary Consul in Barbados, recently visited Toronto.
WHAT IS ALL THE FUSS ABOUT FIBRE?

CONTINUED FROM LAST WEEK

EXCESSIVE FIBRE INTAKES

Dietary fibre plays a significant role in our health. However, consuming excessive amounts can lead to digestive issues and other health problems. The recommended daily intake of dietary fibre for adults is typically around 25-30 grams, depending on age, sex, and overall health status. Excessive fibre intake can cause bloating, gas, and constipation. It is important to gradually increase fibre intake to allow the body to adapt and maintain regular bowel movements. Consuming a variety of high-fibre foods, such as fruits, vegetables, and whole grains, can help ensure adequate fibre intake without causing digestive discomfort.

To avoid excessive fibre intake, it is recommended to follow a balanced diet and gradually increase fibre intake over time. It is also important to ensure adequate fluid intake to help fibre move through the digestive system. If you experience digestive discomfort after increasing fibre intake, reducing the amount of fibre in your diet may be necessary to manage symptoms.

<table>
<thead>
<tr>
<th>FIBRE CONTENT</th>
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<tbody>
<tr>
<td>HIGH FIBRE (5-8 GRAMS)</td>
</tr>
<tr>
<td>1/2 cup cooked or canned dried peas and beans</td>
</tr>
<tr>
<td>1 cup cooked “turnip” (canned turnip)</td>
</tr>
<tr>
<td>1/2 cup cooked “torn” cornmeal (cornmeal mash)</td>
</tr>
<tr>
<td>100g (3/4 oz) green or ripe plantain, breadfruit</td>
</tr>
<tr>
<td>100g (3/4 oz) “greens” — spinach/callaloo/dashen leaves</td>
</tr>
<tr>
<td>100g (3/4 oz) boiled corn</td>
</tr>
<tr>
<td>100g (3/4 oz) cassava bread (bunny)</td>
</tr>
<tr>
<td>100g (3/4 oz) dried fruit — raisins, prunes</td>
</tr>
<tr>
<td>30g (1 oz) passion fruit with seeds, dried coconut</td>
</tr>
<tr>
<td>MEDIUM FIBRE (2-4 GRAMS)</td>
</tr>
<tr>
<td>100g (3/4 oz) fresh fruits — papaya, mango, guava</td>
</tr>
<tr>
<td>1 medium sized orange, apple</td>
</tr>
<tr>
<td>1 large ripe banana</td>
</tr>
<tr>
<td>100g (3/4 oz) raw/cooked cabbage, watercress, turnip tops</td>
</tr>
<tr>
<td>100g (3/4 oz) boiled yam, pumpkin, string beans</td>
</tr>
<tr>
<td>100g (3/4 oz) avocado pear, eggplant, beets</td>
</tr>
<tr>
<td>2 slices wheat bread*</td>
</tr>
<tr>
<td>3 cups popcorn</td>
</tr>
<tr>
<td>1 cup cooked oats</td>
</tr>
<tr>
<td>1/2 cup carrots, broccoli, cauliflower, canned green peas</td>
</tr>
<tr>
<td>100g (3/4 oz) peanuts, peanut butter, almonds</td>
</tr>
<tr>
<td>1 small Irish or sweet potato ( eaten with skin)</td>
</tr>
<tr>
<td>LOW FIBRE</td>
</tr>
<tr>
<td>100g (3/4 oz) fresh or canned pineapple, tomato, sweet pepper, squash, lettuce, cucumber, radish, spinach</td>
</tr>
</tbody>
</table>

Additional dietary fibre sources include:

- Legumes: lentils, chickpeas, black beans
- Whole grains: whole wheat bread, oats, brown rice, quinoa
- Berries: blueberries, raspberries, blackberries
- Nuts and seeds: almonds, chia seeds
- Avocado

It is important to note that consuming excessive fibre can lead to digestive discomfort and other health issues. Therefore, it is essential to increase fibre intake gradually and monitor any changes in digestive function.

How much fibre is needed to keep the digestive system healthy with outside effects?

Older children and adults need about 20-40 grams of dietary fibre per day. This means that very day, they need at least: 1 serving of fruits, such as orange, mango, or grapefruit: + 1 serving of vegetables e.g. 1/2 cup of cooked callaloo or spinach + 1 serving (1/2 cup cooked) peas or beans with the skin on. + 2-3 portions of staples e.g. 1 large potato, 2 fingers green banana (fg), half of a medium-sized plantain, and 2 slices of bread.

Persons who increase their intake of high-fibre foods rapidly may experience abdominal discomfort such as gas and bloating. To avoid these you should increase your intake of dietary fibre gradually and to a level just enough to ensure regular bowel movements.

Consumption of high-fibre foods can also be accompanied by constipation if enough fluids are not taken. Fluid helps to produce soft, smooth faecal material that will be passed easily, as opposed to hard, dry masses, which will cause eventual damage of the intestinal tissue and in conditions such as Hemorrhoids (piles).

The following table shows you examples of the amounts of fibrous foods needs daily to promote a healthy digestive system:

- The amount of fibre in some of the foods we eat regularly:
- HIGH FIBRE (5-8 GRAMS) 1/2 cup all bran cereal, shredded wheat
- 1/2 cup cooked or canned dried peas and beans
- 1 cup cooked “turnip” (canned turnip)
- 1/2 cup cooked “torn” cornmeal (cornmeal mash)
- 100g (3/4 oz) green or ripe plantain, breadfruit
- 100g (3/4 oz) “greens” — spinach/callaloo/dashen leaves
- 100g (3/4 oz) boiled corn
- 100g (3/4 oz) cassava bread (bunny)
- 100g (3/4 oz) dried fruit — raisins, prunes
- 30g (1 oz) passion fruit with seeds, dried coconut
- MEDIUM FIBRE (2-4 GRAMS) 100g (3/4 oz) fresh fruits — papaya, mango, guava
- 1 medium sized orange, apple
- 1 large ripe banana
- 100g (3/4 oz) raw/cooked cabbage, watercress, turnip tops
- 100g (3/4 oz) boiled yam, pumpkin, string beans
- 100g (3/4 oz) avocado pear, eggplant, beets
- 2 slices wheat bread*
- 3 cups popcorn
- 1 cup cooked oats
- 1/2 cup carrots, broccoli, cauliflower, canned green peas
- 100g (3/4 oz) peanuts, peanut butter, almonds
- 1 small Irish or sweet potato ( eaten with skin)
- LOW FIBRE 100g (3/4 oz) fresh or canned pineapple, tomato, sweet pepper, squash, lettuce, cucumber, radish, spinach

It is important to note that consuming excessive fibre can lead to digestive discomfort and other health issues. Therefore, it is essential to increase fibre intake gradually and monitor any changes in digestive function.

Judges...
1. Multiply:
   a. 35 by 760;
   b. 530 by 25;
   c. 20 by 75;
   d. 305 by 65;
   e. 1067 by 205;
   f. 20802 by 5

2. Solve:
   g. 10 + 15 - 17 X (16 + 35)
   h. (6 X 7) + 5 X (4 + 45)
   i. 19 - (8 - 6)
   j. 5 X 8 + 7
   k. 16 X 4 + 28
   l. 15 X 2 - 27 + 3 + 9
   m. 72 + 9 + 46
   n. 17 X 5 - 12 + 4 + 5
   o. 12 - 13 + 4 + 5 X (10 - 8)

3. Solve:
   p. 654 by 100
   q. 654 by 100
   r. 782 by 0.006
   s. 5.56 by 0.01
   t. 879 by 10.5
   u. 568 by 0.021

4. Find the value of each of the following:
   v. 9900 + 0
   w. 2000 X 1
   x. 20 X 50 X 0
   y. 24 X 21 + 3 + 0 X (10 + 1)
   z. (7 - 7) X 6 + (9 X 2)
   aa. 5 X (15 + 5) + 0 + 6

5. Find the factors:
   bb. 63
   cc. 80
   dd. 350
   ee. 240
   ff. 65
   gg. 75
   hh. 100

6. Find the multiples:
   ii. 3, 7, 9, 21
   jj. 8, 20, 10, 80
   kk. 8, 3, 2, 12
   ll. 6, 2, 4, 12

7. Which are factors of 12?
   2, 3, 4, 5, 6, 12, 18, and 24.

8. Write down all the multiples of 3 between 10 and 60.

9. What is the L.C.M. of the following sets

   of numbers?
   1. 2, 8, and 12
   2. 3, 4, and 7
   3. 2, 3, 4, 8 and 16
   4. 12, and 18
   5. 4, 7, and 10
   6. 2, 3, 4, and 9
   7. 12, 42, 60 and 70

APPLICATIONS: Questions 10 - 13
(0) 365/36 is equal to what number?
   (a) 110 (b) 1.1

(11) 6 + 16 + 106 =
   (a) 182 (b) 326
   (c) 128 (d) 766

(12) 1654 X 40 =
   (a) 16540 (b) 16540
   (c) 66106 (d) 66160

(13) 5.36 - 0.99 =
   (a) 4.38 (b) 4.54
   (c) 3.65 (d) 5.63

ROUNDING NUMBERS: Questions 14 - 15
(14) Round 31 to the nearest 10.
   (a) 40 (b) 35
   (c) 30 (d) 310

(15) Round 3.74 to the nearest tenth.
   (a) 3.7 (b) 3.04
   (c) 3.8 (d) 3.05

SOLVING THE PROBLEM: Questions 16 - 17

(16) I am thinking of a number. If you multiply it by 8.5, you get a product that is 10 times as great as 5.33. What is the number?
   (a) 2.8 (b) 5.1
   (c) 1.5 (d) 8.2

(17) A cabinet maker was making a shelf. He had a piece of board 6.0 metres long. He needed pieces that were 1.5 metres long. How many whole pieces can he get?
   (a) 3 (b) 3.5
   (c) 4 (d) 4.5

PERIMETER & AREA: Questions 18 & 19

(16) Find the perimeter of a figure 2 cm by 3 cm.
   (a) 8 cm (b) 6 cm
   (c) 10 cm (d) 7 cm

(19) Find the area of a figure measuring 3 cm by 2.5 cm.
   (a) 32.5 sq cm (b) 75 sq cm
   (c) 35.2 sq cm (d) 11 sq cm

WRITING PARAGRAPHS

Keep your eyes open to the way good writers structure their paragraphs. That should pay dividends in the near future. The secret is to get your paragraphs to behave always, as paragraphs should - hang together well. How can this be done? Let us see once more: The sentences in a paragraph may fit together by:

1. simply by telling about the same subject.
2. relating a single sequence of events.
3. explaining parts of the same process, step by step.
4. supplying follow-up details necessary to make the reader see how true a general statement is.

Here is an excellent piece of writing that will allow you to use your imagination as well as you keep pace with the writer’s flow of language. (You must have seen this before, but there is no harm using it again.) It is such an excellent piece of writing. We like it!

The Man at the Door

He was leaning on a heavy cane, staring at the door with dark vacant eyes. His long white hair crept over his forehead and merged into his shaggy brows. His face was partly hidden by the collar of a shabby coat turned up against his ears and cheeks. A red nose pushed its way forward into the unknown.

Nervous hands moved quickly as if they were cold. Long fingers tightened and loosened their hold on the head of the cane. But the great body of the man did not stir at all. Nor did the eyes turn as they stared intently at the door. Only the fingers moved; only the hands trembled.

His feet were the feet of a giant. Great rough shoes covered them and protected them from the cold. They looked tired as they rested motionless on the concrete step. The shoes pointed aimlessly outward as if to give the large man some balance as he waited there. The feet were those of a man who had walked far and long and whose walking had come to an end.

The man waited patiently at the door. He looked neither to the right nor to the left. There was nothing for him to see. The sturdy cane in his nervous hand was white. The man at the door was blind.

WRITING SENTENCES

This sentence and sentence fragments exercise should help you make and recognise good sentences.

A sentence (a) contains a subject and (b) a predicate and makes a complete thought. A group of words that fails to fit those requirements is a sentence fragment.

The following italicised words are fragments, not sentences.

1. A verbal phrase: To build the fire.
2. A part of a compound predicate: And waved to all the people.
3. An appositive: We saw Mrs. Bell. The teacher we had in the fifth grade.
4. A prepositional phrase: At the end of the long, tense race.
5. A dependent clause: While my TV set was out of order.

A sentence fragment can be corrected by adding missing parts or by attaching it to a main clause.

(a) From the hotel windows.
(b) From the hotel windows, people were watching the parade.

(a) You may go with me.
(b) You may go with me unless you have made other plans.

Correct all fragments by adding to them or by attaching them to a main clause. If a sentence is correct, write sentence beside its number.

1. And sent up a cloud of smoke.
2. There were several tense moments. During the second half.
3. I purchased some Mexican jewellery. That everyone admired.
4. A diamond-encrusted tiara lying beneath a chair.

(Please see page 4)
It's a warmer world but does that mean Armageddon?

By Alister Doyle, Environment Correspondent

OSLO (Reuters) - When bears wake early from hibernation, Australia suffers its worst drought in 100 years and mul-tition, Australia suffers its worst

VACANCIES

MINISTRY OF LEGAL AFFAIRS

Applications are invited from suitably qualified persons to fill the following positions:

1. Solicitor General
2. Deputy Solicitor General
3. Principal Parliamentary Counsel
4. Senior Parliamentary Counsel
5. Senior Legal Adviser (2 positions)

Salary: Negotiable

Applications be sent to:

Permanent Secretary
Ministry of Legal Affairs
And Attorney General's Chambers
95 Carmichael Street
Georgetown

Job Description and Job Specification can be obtained from the Personnel Department, Ministry of Legal Affairs.

Closing date: 2005/03/11
It's a warmer world, but does that mean ... (From page XV)

concede that carbon dioxide stokes global warming but say U.N. models of what will happen in 2100 are about as reliable as tomorrow's weather forecast.

Other factors, like variations in the sun's radiation, ash from volcanoes or other natural effects may have a bigger role, they say. The IPCC tries to account for all such effects.

"My bottom line is that natural variations are much larger than the human component," said George Taylor, state climatologist for Oregon state.

"Backers of Kyoto say it is a blueprint for regulating the climate by cutting rich nations' emissions of carbon dioxide by 5.2 percent below 1990 levels by 2008-12. Supporters say that much deeper cuts will be needed after 2012."

In a landmark phrase in 1995, the IPCC said that the balance of evidence suggested a discernible human influence on the global climate. And its 2001 report spoke of "new and stronger" evidence that humans had caused warming in the past 50 years.

Pachauri said that he hoped the next report, in 2007, would fill in gaps in knowledge. But Washington has given no signs of being won over to Kyoto, preferring to focus on funding new clean technologies like hydrogen.

The Environmental Protection Agency says: "The fundamental scientific uncertainties are these: How much more warming will occur? How fast will this warming occur? And what are the potential adverse and beneficial effects? These uncertainties will be with us for some time, perhaps decades."

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<thead>
<tr>
<th>VACANCIES</th>
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<tr>
<td><strong>MINISTRY OF HEALTH</strong></td>
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<td>Applications are invited from suitably qualified persons for the following positions:</td>
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<tr>
<td><strong>ADMINISTRATIVE ASSISTANT</strong></td>
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<tr>
<td>Requirements:</td>
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<tr>
<td>A Diploma/Certificate in Public, Business or Personnel Administration or equivalent plus two (2) to four (4) years' related experience.</td>
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<tr>
<td>OR</td>
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<tr>
<td>Graduate qualifications in Public, Business or Personnel Administration</td>
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<tr>
<td><strong>MEDICAL TECHNOLOGIST</strong></td>
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<tr>
<td>NATIONAL BLOOD TRANSFUSION SERVICE</td>
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<tr>
<td>Requirements:</td>
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<tr>
<td>An Associate of Science Degree in Medical Technology or equivalent qualification from a recognised university</td>
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<tr>
<td><strong>PUBLIC RELATIONS OFFICER</strong></td>
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<tr>
<td>NATIONAL BLOOD TRANSFUSION SERVICE</td>
</tr>
<tr>
<td>Requirements:</td>
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<tr>
<td>A Diploma/Certificate in Public Relations, Public Communication/Social Work plus two years' related experience, as a Public Relations Officer.</td>
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<tr>
<td>OR</td>
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<tr>
<td>Considerable/Varied work experience in hospital services plus three (3) years supervisory experience with an aptitude for Public Relations duties.</td>
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<tr>
<td><strong>STATISTICAL CLERK 11</strong></td>
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<tr>
<td>NATIONAL BLOOD TRANSFUSION SERVICE</td>
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<tr>
<td>Requirements:</td>
</tr>
<tr>
<td>Four subjects GCE &quot;O&quot; level with grades not lower that &quot;C&quot; or four subjects CXC (General) with grades not lower than 111 and Basic not lower than Grade 1. A pass in Mathematics and computer training is desirable.</td>
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<tr>
<td><strong>NATIONAL BLOOD DONOR ORGANISER</strong></td>
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<tr>
<td>NATIONAL BLOOD TRANSFUSION SERVICE</td>
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<tr>
<td>Requirements:</td>
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<tr>
<td>The candidates should be or have been a Medical Technologist, Medex or equivalent media or Public Relations practitioners with appropriate qualifications/training in respective fields and a minimum of seven (7) years' approved experience in the relevant field.</td>
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<tr>
<td><strong>STAFF NURSE</strong></td>
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<td>NATIONAL BLOOD TRANSFUSION SERVICE</td>
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<tr>
<td>Requirements:</td>
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<tr>
<td>A qualification in nursing registrable with the General Nursing Council of Guyana.</td>
</tr>
<tr>
<td>Further information as it relates to conditions of employment could be obtained from the Ministry of Health, Personnel Division on 227-0215.</td>
</tr>
<tr>
<td>Applications should be sent to:</td>
</tr>
<tr>
<td>Permanent Secretary, Ministry of Health, Brickdam, Georgetown.</td>
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<tr>
<th>VACANCY</th>
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<tr>
<td><strong>OMAI BAUXITE MINING INC.</strong></td>
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<tr>
<td><strong>MACKENZIE, LINDEN</strong></td>
</tr>
<tr>
<td><strong>VACANCY</strong></td>
</tr>
<tr>
<td><strong>NETWORK AND HARDWARE TECHNICIAN</strong></td>
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<tr>
<td>Applications are invited from suitably qualified persons for the position of Network and Hardware Technician.</td>
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<tr>
<td><strong>Responsibility:</strong></td>
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<tr>
<td>The successful applicant will be responsible for performing the repairs, maintenance and upgrading of the computer network system - hardware and software and also writing of computer programmes.</td>
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<tr>
<td><strong>Requirements:</strong></td>
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<tr>
<td>Certification in Computer Science to the Diploma/Degree Level with special training in network system, hardware and software repairs and maintenance also a knowledge of computer programming together with at least five (5) years experience.</td>
</tr>
<tr>
<td>Applications with &quot;Network &amp; Hardware Technician&quot; written at the top, right-hand corner of the envelope should be sent not later than February 28, 2005 to the following address:</td>
</tr>
<tr>
<td><strong>Personnel Officer</strong></td>
</tr>
<tr>
<td><strong>Omai Bauxite Mining Inc.</strong></td>
</tr>
<tr>
<td>C/o 176 'D' Middle Street</td>
</tr>
<tr>
<td><strong>GEOGTEOWN</strong></td>
</tr>
<tr>
<td>Mackenzie, Linden</td>
</tr>
</tbody>
</table>

To reach no later than 25-02-2005
INTRODUCTION
Watermelon (Citrullus lanatus) is a popular dessert vegetable in Guyana, with year-round availability. It is a round, shape from globular to oblong. External rind color varies from light to dark green, and may be solid, striped, or marbled. Pulps are yellow, orange, red, or striped. The color of most cultivars is red. The leading cultivar grown in Guyana is Mickleberry, which has a round shape, solid light-green skin color, and typically weighs between 2.3 to 3.6 kg (5 to 8 lb). Lessens amount of the large elongated light-green skinned Charleston Gray are also grown.

Postharvest handling recommendations are identical for all watermelon cultivars. Watermelon harvesting and handling systems are relatively simple in comparison to the procedures used for many other fruits and vegetables. Nevertheless, attention to management in all steps in the system is needed to restrict postharvest losses, maintain quality, and increase profitability. Watermelon harvest quality is retained by careful handling and transport, proper grading, and cool temperature storage.

HARVEST MATURITY INDICES
Several different maturity indicators can be used to determine when to harvest watermelon fruit. Watermelons should be left in the field until they are harvested as they are delivered to the market. The fruit do not develop internal color or lose their turgidity. Therefore, they should be left attached to the vine when it is cut from the vine. Each of the maturity indicators by themselves is not a foolproof determinant of fruit ripeness. It is advisable to use at least 3 or more of the above indicators to have more confidence in the harvest maturity state. Growers should also become familiar with the changes in external appearance of the fruit of the particular cultivar grown as it nears harvest maturity in order to develop more confidence in the best stage for harvesting. Each cultivar has a known average fruit size, controlled by the genetic makeup of the cultivar and influenced by environmental conditions. Based on this previously established average fruit size, the timing of harvest can be approximated. As the fruit approaches harvest maturity the surface may become a bit irregular and dull rather than glossy. The ground spot (the portion of the melon resting on the soil) changes from pale white to a creamy yellow at the proper harvest maturity. The ground spot color is easily revealed by gently rolling the fruit over to one side while still attached to the vine. Very experienced workers can determine ripeness stage based on the sound produced when the fruit is thumped or rapped with the knuckles. Immature fruit will give off a metallic ringing sound whereas maturing fruit will sound dull or hollow. Another reliable indicator of fruit ripeness is the condition of the tendril (small curly appendage attached to the fruit stem slightly above the fruit). As the fruit becomes mature, the tendril will wilt and change from the healthy green color to a partially desiccated brown color. Several distinctive indices can be used to determine whether the fruit is ready to harvest. The harvest operation is a manual process which is the most labor-intensive part of post-harvest watermelons. Due to their large size and susceptibility to splitting or cracking under mechanical stress, watermelons should not be harvested in the early morning when they are most turgid. Avoid picking wet fruit, as the dirt on the watermelon surface will be smeared during handling. This will result in an unesthetic appearance. The surface of the watermelon fruit should be cleaned with a soft cloth or cotton gloves to remove any stains or adhering dirt. Typically, the ground spot will have soil attached. If the fruit surface is dirty, it is easy to manually rub off the surface dirt. In some cases, it may be necessary to use a damp cloth to rub off the accumulated soil. A short length of stem, about 2.5 cm (1 inch) should still separate from the watermelon if the fruit is fully mature. If the stem is pulled away from the fruit, it will stick to the fruit when it is cut from the vine to deter against stem end rot. The fruit should not be pulled, twisted, or broken off the vine, which can result in the removal of a small piece, or plug, of rind tissue. A plugged fruit is likely to decay around the damaged area. Bacterial soft rot is a common postharvest rot of watermelons with open wounds.

Large sized watermelons are usually put in rows in the field prior to being picked up on a transport vehicle. Alternately, a group of workers can go through the field and toss the melons from one worker to the next, eventually arriving to a person on the transport vehicle. Fruit of small sized cultivars (i.e. less than 5 kg [11 pounds] per fruit) can be put on the transport vehicle from field containers and carried out of the field. Usually 3 to 5 fruit are put in a field container. Field sacks should not be used for transporting the fruit out of the field, since they do not provide protection against bruising injury. Watermelons should be handled gently to avoid bruising. Any fruit that is dropped during handling should not be loaded, even if it did not break when it was dropped. The internal flesh is easily bruised and flesh softening occurs soon after impact. Also, the flesh of mature fruit should be firm, crisp, and free of hollow heart.

HARVEST METHODS

The harvest operation is a manual process which is the most labor-intensive part of producing watermelons. Due to their large size and susceptibility to splitting or cracking under mechanical stress, watermelons should not be harvested in the early morning when they are most turgid. Avoid picking wet fruit, as the dirt on the watermelon surface will be smeared during handling. This will result in an unesthetic appearance. The surface of the watermelon fruit should be cleaned with a soft cloth or cotton gloves to remove any stains or adhering dirt. Typically, the ground spot will have soil attached. If the fruit surface is dirty, it is easy to manually rub off the surface dirt. In some cases, it may be necessary to use a damp cloth to rub off the accumulated soil. A short length of stem, about 2.5 cm (1 inch) should still separate from the watermelon if the fruit is fully mature. If the stem is pulled away from the fruit, it will stick to the fruit when it is cut from the vine to deter against stem end rot. The fruit should not be pulled, twisted, or broken off the vine, which can result in the removal of a small piece, or plug, of rind tissue. A plugged fruit is likely to decay around the damaged area. Bacterial soft rot is a common postharvest rot of watermelons with open wounds.

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INVITATION FOR BIDS
UNSERVED AREAS ELECTRIFICATION PROGRAMME
(UAE) ICB No. GPL-DM-004

SUPPLY OF: METER BOXES/ENCLOSURES & ACCESSORIES

The Government of Guyana (GoG) has received financing from the Inter-American Development Bank (IDB) towards the cost of the Unservied Areas Electrification Programme (UAEP). It is intended that part of this financing will be applied to eligible payments for the Goods for Electrical Distribution Systems for the Projected areas. Bidding will be conducted through the international competitive bidding procedures the Inter-American Development Bank (IDB)

Guyana Power & Light therefore invites sealed bids from eligible bidders for the supply of meter boxes/enclosures & accessories. Interested bidders may obtain further information from, inspect and acquire bidding documents at the office of:

The Procurement Officer
Guyana Power & Light, Inc.
257/9 Middle Street,
Georgetown, Guyana
Tel: 592-225-5252, Fax 592-225-5255

A complete set of bidding documents may be purchased by eligible bidders on submission of a written application and upon payment of a non-refundable fee of G$15,000 (or equivalent amount in US dollars) at the office of:

The Contracts & Supplies Manager
Guyana Power & Light, Inc.
40 Main Street,
Georgetown, Guyana
Tel: 592-226-9598, Fax 592-225-7398

Bids must be delivered (or mailed) on or before 09:00h on Tuesday 5th April, 2005 to the Tender Box located at the address below and must be accompanied by a bid security of not less than 2% of the total price in Guyana dollars (or equivalent amount in US dollars). They must be labeled:

UNSERVED AREAS ELECTRIFICATION PROGRAMME
Bid for the supply of goods for Electrical Distribution Systems for the Guyana Power & Light Inc.
Central Tender Board, Ministry of Finance.
Main & Urquhart Streets
Georgetown, Guyana, South America.

Bids will be open at a public ceremony at 09:00h on Tuesday 5 April, 2005 at the address given for submission of bids. Bidders and or their representatives may attend.

Bidders registered in Guyana must submit Inland Revenue and National insurance compliance certificates along with their bids.

The Purchaser is not responsible for bids not received on or before the time and date specified for reception of bids. Late bids will be rejected and returned unopened.
FEEDING OF OLDER PUPPIES

M EATS, cottage cheese, milk or table scraps may be added for palatability and to supply additional proteins, but should not exceed 25 per cent of the total daily ration. This does not include pastry, candy, potatoes, greasy food, splintered bones and other indigestible morsels.

Many of breeders of large-boned breeds believe it is advantageous to add vitamin and mineral supplements, including calcium, phosphorous and Vitamin D, to a puppy's diet. When feeding a preparation already formulated to meet the needs of a growing puppy there is danger of inducing a metabolic bone disorder by over-supplementation.

If your puppy is a poor eater and you think he may need supplements, discuss this with your veterinarian before you undertake any remedial action.

FEEDING ADULT

An older dog will be kept trim by feeding once a day. Caloric requirements differ from dog to dog, are less as the dog grows older, and are less in warm weather and during periods of inactivity. Information on the dog food packages can be used as a guide to feeding - but these are only rough estimates and not always applicable to the type of breed or individual dog you own. Nutrition for elderly dogs will be discussed when we write about Canine Geriatrics.

Examine your dog to see if his body fat is in correct proportion to his height and bone. There should be a layer of subcutaneous fat over the ribs, thick enough to provide some padding and insulation, but not too thick. You should be able to feel (but not see) the ribs as individual structures.

Weigh your dog from time to time so as to establish his ideal weight and then maintain him at that level.

Obesity in the adult dog is usually due to feeding snacks and treats between meals. Most of these are high in sugar and therefore are very palatable. Use table scraps sparingly. Feed them only as a special treat and avoid fatty or spicy foods that can upset your dog's stomach.


Please implement disease preventative measures (vaccinations, routine dewormings, monthly anti-heartworm medication, etc) and adopt-a-pet from the GSPCA's Animal Clinic and Shelter at Robb Street and Orange Walk, if you have the where-withal to care well for the animals. Also, find out more about the Society's free spay and neutering programme by calling 226-4327.

CHAMPION
Cookery Corner

Welcome to the 333rd edition of "Champion Cookery Corner", a weekly feature giving recipes and tips on cooking in Guyana.

Antipasto Pasta Salad

| 1 lb Champion Mini Mac Pasta, cooked | 1 Ib Champion Mini Mac Pasta, cooked |
| 12 oz. pepper, julienned | 12 oz. pepper, julienned |
| 15 oz. can garbanzo beans, rinsed & drained | 15 oz. can garbanzo beans, rinsed & drained |
| 4 oz. Edam cheese, julienned | 4 oz. Edam cheese, julienned |
| 1 bunch seasoning, sliced | 1 bunch seasoning, sliced |
| 3 oz. thinly sliced pepperoni | 3 oz. thinly sliced pepperoni |
| 2-1/4 oz. sliced ripe olives, drained | 2-1/4 oz. sliced ripe olives, drained |
| 4 oz. Cheddar cheese, julienned | 4 oz. Cheddar cheese, julienned |
| 4 oz. Mozzarella cheese, julienned | 4 oz. Mozzarella cheese, julienned |
| 1/3 cup red wine vinegar | 1/3 cup red wine vinegar |
| 1/2 cup vegetable oil | 1/2 cup vegetable oil |
| 1 large egg yolk | 1 large egg yolk |
| 2 tsp vanilla extract | 2 tsp vanilla extract |
| 1 cup sour cream | 1 cup sour cream |
| 3/4 cup fresh lemon juice (from 2-3 lemons) | 3/4 cup fresh lemon juice (from 2-3 lemons) |
| 2/3 cup oil | 2/3 cup oil |
| 3 Tbsp minced fresh basil | 3 Tbsp minced fresh basil |
| 1 garlic clove, minced | 1 garlic clove, minced |

Combine dressing ingredients in a small bowl. Pour over salad; toss to coat. Cover and refrigerate.

In a large salad bowl, combine first 12 ingredients. Combine dressing ingredients in a small bowl. Pour over salad; toss to coat. Cover and refrigerate. Toss before serving.

GLAZED LEmons

| 2 large eggs | 2 large eggs |
| 1/2 cup sugar | 1/2 cup sugar |
| 1/4 cup butter, softened | 1/4 cup butter, softened |
| 3 tsp grated lemon zest (from 2 lemons) | 3 tsp grated lemon zest (from 2 lemons) |
| 1/4 cup white wine | 1/4 cup white wine |
| 1/4 cup lemon juice | 1/4 cup lemon juice |

Beat eggs and sugar with electric mixer on high for 3 minutes. Beat in butter, then lemon zest and juice. Pour on pasta salad. Refrigerate.

GLAZE: 2 1/4 cup icing sugar, 1/2 cup fresh lemon juice, 1 tbsp grated lemon zest, 1/2 tsp vanilla extract, 1 cup sour cream.

CHAMPION Mashramani Picnic

Sparkling Lemon Picnic Cake

1 3/4 cups flour
1 1/4 tsp Champion Baking Powder
1 1/2 tsp baking soda
1/4 tsp salt
2 cups sugar
1/4 cup vegetable oil
2 1/2 cups buttermilk
2 large eggs
2 tsp grated lemon zest (from 2 lemons)
2 1/2 tsp vanilla extract
3 cups flour

Mix dry ingredients together. Mix on medium speed for 30 seconds. Add remaining dry ingredients and sour cream. Mix on low until smooth. Beat butter on high speed for 3 minutes, scraping bowl well. Pour into prepared pan and bake for 25-30 minutes or until center just starts to spring back when touched. Top of cake should be a light golden color. While cake bakes, make the glaze. Combine icing sugar and lemon juice in medium mixing bowl. Whisk or stir until very smooth and opaque.

Remove cake from oven and immediately poke small holes into cake using a toothpick. Slowly pour half of the glaze over cake, spreading evenly to cover entire surface. Let cake absorb glaze; then slowly pour remaining glaze over cake. Allow cake to rest 5 minutes and absorb glaze.

This Week

Mashramani Picnic

Sparkling Lemon Picnic Cake

1. Mix on medium speed for 30 seconds. Scrape bowl well. Add remaining dry ingredients and sour cream. Mix on low until smooth. Beat butter on high speed for 3 minutes, scraping bowl well. Pour into prepared pan and bake for 25-30 minutes or until center just starts to spring back when touched. Top of cake should be a light golden color. While cake bakes, make the glaze. Combine icing sugar and lemon juice in medium mixing bowl. Whisk or stir until very smooth and opaque.

2. Remove cake from oven and immediately poke small holes into cake using a toothpick. Slowly pour half of the glaze over cake, spreading evenly to cover entire surface. Let cake absorb glaze; then slowly pour remaining glaze over cake. Allow cake to rest 5 minutes and absorb glaze.
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