



Roses

#### JAYWALKER (ja-walk-er) (NOUN)

A person who crosses the street carelessly without obeying traffic regulations.

#### Example

Jaywalkers are more careful now since the roads have been widened.

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

By Lorraine Taylor

4<sup>th</sup> April, 2014

12<sup>th</sup> Edition

## A Job Well Done!

# Now The Whole Town Is Talking About GPD!

GPD's 41<sup>st</sup> Anniversary Open House and Exhibition, which was held on 28<sup>th</sup> March, 2014 turned out to be hugely successful, thanks in great measure to the hard work, support and goodwill of a lot of persons, inclusive of the Rt. Hon. Prime Minister, the Secretary to the Cabinet, Under Secretary Beneby, First Assistant Secretary Christina Brown, Finance Officer Paulamae Russell and the staff of Cabinet Accounts, Mr. Andrew McKinney and his Protocol Staff, members of the Inter-agency Planning Committee, which comprised FAS Brown, Senior Staff of GPD, representatives from the Royal Bahamas Police Force, the Royal Bahamas Defence Force, Her Majesty's Prisons, the Ministry of Health, Government Publications, Bahamas Customs, BTVI, and, of course, the hardworking and dedicated staff of GPD.



## PUT IT OUT THERE

Never be afraid to test the waters or put yourself out there. Fear stunts you from achieving goals, making progress and moving forward. Even in failure you learn and you grow. The very thing you decide not to venture into, could be the area you soar in. Take chances, it could turn out to be the best decision you've ever made.

SHERELLE MILLER, Bindery

## Why you should drink lemon water in the morning.

Support Immune Function

Citrus fruits like lemon are high in vitamin C, which helps play an important role in immune function. Lemons also contain substances with antimicrobial properties that keep cold and flu viruses away. Ascorbic acid (found in lemon juice) also helps iron absorption which plays a role in immune function.



## Old Fashioned Half Pound Cake



### INGREDIENTS:

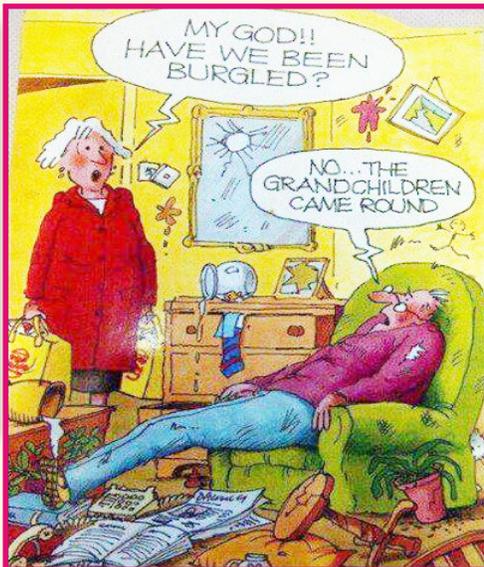
- 1/2 lb. butter
- 1 2/3 c. sugar
- Pinch salt
- 5 eggs
- 2 c. flour, all purpose
- 1 tsp. vanilla
- 1/2 tsp. pure lemon extract or 1 tsp. lemon zest

### DIRECTIONS:

Cream butter and sugar very well. Add eggs one at a time. Beat well after each addition. Add extract then beat in salt and flour. Butter and Flour loaf pan. Bake 40 minutes at 350 degrees F. May dust with powdered sugar or serve with sliced fruit and fruit syrup.

Double recipe for full pound cake and bake in bundt pan for 1 hour 15 minutes.

The Old English Pound Cake had 1 lb. of each butter, sugar, eggs and flour plus a bit of salt, lemon or vanilla for flavouring.



**Q:** Why is a laundromat a really bad place to pick up women?

**A:** Because a woman who can't afford her own washing machine won't be able to support you.

## Word Search



HEALTHY  
NUTRITIOUS  
GUMMY  
BEAR  
VITAMINS  
TASTY

FUN  
NATURAL  
CALCIUM  
STRONG  
FLAVOR  
VITAMIN D

Omega-3 gummy fish love the sea!  
Help our scuba bear find the hidden words.

### QUOTE OF THE DAY

*"It does not do to dwell on dreams and forget to live."*  
- J.K. ROWLING, Harry Potter and the Sorcerer's Stone

By Kadria Sears

## POETRY KORNER

### A Simple Wish

One cool 'mill'  
Ah! what joy it fills  
To many I'm sure who may be wondering  
Yes happy I would be  
if one day suddenly  
You'll be spared life's anxieties.  
But stop for one brief moment  
And consider what can be  
accomplished in that one simple wish.  
Happiness maybe, satisfaction temporarily,  
joy perhaps  
But is it enough?  
Asking for 'health and strength' to face each day.  
Is a simple wish often thrown away?  
Thus as the sun makes its  
routine of illumination daily,  
This wish as simple as it is  
brings joy not enjoyed by many.