

FLOWER OF THE WEEK



Red Lips

WORD OF THE WEEK

### ENERGETIC (en-er-jet-ik) (ADJECTIVE)

Possessing or exhibiting energy, especially in abundance; vigorous

#### Example

Marsha has become more **energetic** since she joined the ten-week exercise program.

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

By Lorraine Taylor

14<sup>th</sup> February, 2015

7<sup>th</sup> Edition

## Feature of the Week:

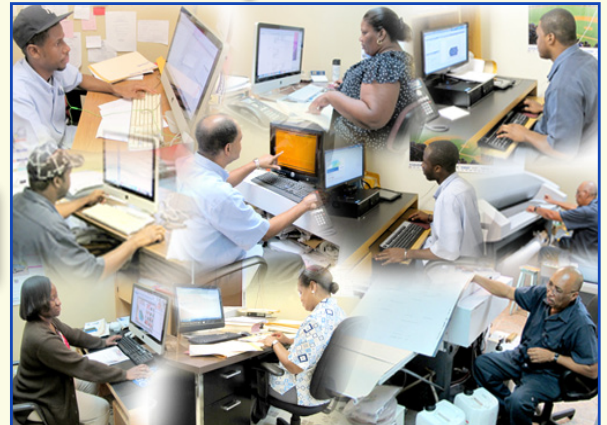
# GPD's Pre-Press Department

The Pre-press Section of GPD incorporates a wide range of unique tasks, inclusive of typesetting, composing, lithographic stripping, darkroom activities, proof-reading and the maintenance of a library. The buck literally starts here, as it is in this section where rough products are received, refined and perfected. The staff of this section is comprised of the following professionals:

The **Proof-Reader** in the Section has the job of receiving and recording incoming requisitions, place them into job bags and disburse them to either Pre-press or the Press Room. New jobs or jobs requiring amendments are all proof read.

**Designers or Graphic Artists** at GPD are equipped with state-of-the art equipment and software that are able to meet the most stringent demands of our clients. Some of the electronic equipment located in the Pre-Press Section are:

- The **Xerox DC 5000**, a series of MX 7040 Sharp machines; HP Printers; CP 6015 machines that are used for quick printing services and allow for efficiency and expeditious delivery of requested projects;
- A **HP Designjet Z2100-Photo Plotter**, which is capable of printing large banners and posters for the needs of our clients;
- A combination of Macs and PCs affords us the opportunity to cater to the needs of our clients;
- The latest in the line of the Adobe suit, the Adobe-Indesign and the Adobe



FROM TOP LEFT: Mrs. S. Walker; bottom left: Mrs. E. Rolle; Box from top left: D. Ginton, S. Stubbs and S. Collins; middle row left: D. Hepburn, O. Hanna and R. Rolle; bottom left: K. Sears, L. Clarke and R. Carey.

PhotoShop are used for booklet layout, photo editing and cover design. In addition, the Adobe Illustrator, a creative logo design software, further gives GPD the capability of providing a fresh and modern appeal to our designs and in turn gives the best to our clients;

- **Computer to plate (CTP):** This process incorporates the use of Prinect Signa Station. Prinect Signa Station


is Heidelberg's Java-based digital imposition solution. It offers the ability to create very complex or very simple imposition jobs both quickly and accurately. Prinect Signa Station can import PDF files, Postscript files, and DeltaLists. Prinect outputs these files for Meta Dimension. So in other words any information that goes onto the Plates that the press machines utilize has to be set up by the

Prinect Signa Station; and **Darkroom:** Heidelberg Pro (7p) (Raptor Pro and Prosetter), which uses a Meta Dimension software, is a machine that has eliminated the need for the stripping and burning of jobs; rather, work is sent from a desktop computer already impositioned for this machine and printed out on plates for the press jobs.

What is clear is that GPD has the human and material resources to produce any print job, large or small.

*Thoughts, Prayers and Best Wishes*

*From The Desk Of*



**MR. MICHAEL HUMES**

**Mrs. Edna Rolle**  
First of all, our thoughts and prayers are with Mrs. Edna Rolle and her family. Mrs. Rolle is at home recovering from a recent illness.



Next, we extend our best wishes to **Ms. Crisca Bonaby**, as she embarks upon a world of new beginnings in her career at the Cabinet Office.



# Lobster Colorado



### INGREDIENTS:

- 4 (8 ounce) beef tenderloin filets
- salt and pepper to taste
- 1/2 teaspoon garlic powder
- 4 slices bacon
- 1/2 cup butter, divided
- 1 teaspoon OLD BAY® Seasoning
- 8 ounces lobster tail, cleaned and chopped

### DIRECTIONS:

Set oven to Broil at 500 degrees F (260 degrees C). Sprinkle tenderloins all over with salt, pepper, and garlic powder. Wrap each filet with bacon, and secure with a toothpick. Place on a broiling pan, and broil to desired doneness, about 8 to 10 minutes per side for medium rare. While tenderloins are cooking, melt 1/4 cup of butter over medium heat with 1/2 teaspoon Old Bay® seasoning. Stir in chopped lobster meat, and cook until done. Spoon lobster meat over cooked tenderloins, and return them to the broiler until the lobster meat begins to brown. While the lobster is in the oven, heat the remaining 1/4 cup of butter in a small saucepan over medium-high heat, cook until it browns, turning the colour of a hazelnut. To serve, spoon the browned butter over the steaks, and sprinkle with the remaining Old Bay® seasoning.

## What Is Love Word Search

L N U M Z C S T P A P R Z H Q U F H S O  
 N N H I A O E O I L F E C P A O T E P L  
 L I I N Y R V K H M R F N R N L R V L D  
 N O I T O V E D S T T O E D S E E I U B  
 P U O A M D I X D I D R N C V T W Q N R  
 P J D O G N L F N O O E U E T D W S F Q  
 S E N D U R E S E S S N S S O I T U A U  
 Z S M W E A B Y I S X R Z O T C O M I I  
 Z T E Z Q P J T R K E J G L J S J N L G  
 I F U N I B C B F P A Q O Q V S Y Z I I  
 T Y I Y D P X H P Z Z V V B R R L M N Z  
 S R Z F C N N G N Y E U H G R J N S G Q  
 K O A F R W I S J M Y K Y H D E V Z G P  
 K B Y E V X I K H V H K O P G V P X L D  
 Z Y C L H V M O A O G O H D L I C L O F  
 H C W M H T K E V P T U M E J B O T T X  
 O F K F T H E P U R P N P U A M E T J W  
 P D X V V I G E N Y T V G L I L U A H N  
 E X A K E G M Z W S X U L H Q L Z P H Z  
 S L H B G T D S D S U N P R O V O K E D

Affection

Hopes

Believes

Kindness

Devotion

Love

Endures

Perseveres

Fondness

Sweetheart

Friendship

Trusts

Goodwill

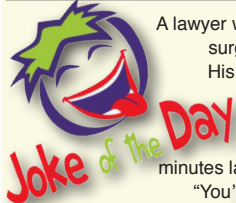
Unfailing

## 5 Healthy Ways to Cook GRILLING

4.

Grilling adds calorie-free smoky flavour to meats, vegetables and even fruits, and the high heat produces an unmatched crisp crust. Try these sausage-and-peppers skewers on your grill pan or outdoor grill.

Food Network



A lawyer was just waking up from anesthesia after surgery, and his wife was sitting by his side. His eyes fluttered open and he said, "You're beautiful!" and then he fell asleep again. His wife had never heard him say that so she stayed by his side. A couple of minutes later, his eyes fluttered open and he said, "You're cute!" Well, the wife was disappointed because instead of "beautiful," it was "cute." She asked, "What happened to 'beautiful'?" His reply was "The drugs are wearing off!"



## CARTOON



QUOTE OF THE DAY

"Insanity is doing the same thing, over and over again, but expecting different results."

- NARCOTICS ANONYMOUS

By Kadria Sears

# POETRY KORNER

## Sydney's Gold 'N Silver Moment

Great expectations, tremendous excitement,  
 Captured in the Olympics glorious moment.  
 Millions participating and looking on  
 Athletes competing for that gold, silver or bronze.  
 Oh yes! as a nation we were tuning into the Olympic fever.  
 For each person partaking in the games,  
 Each had their own goals, their own dreams.  
 For The Bahamas that dream came ever so closer,  
 When Pauline ran the 200 for an Olympic Silver.  
 Our hearts were filled with warmth and it made us proud,  
 Because she made her dream a reality,  
 right before Sydney's crowd.  
 From the opening ceremonies our expectations were peaked,  
 Watching the dazzling dramas performed magnificently.  
 After Pauline's wonderful performance in her event,  
 The 4x100 relay team was destined to win.  
 They won their semi-finals with confidence,  
 We thus looked more toward that GOAL  
 medal brighter and brighter in the distance.  
 That day finally came, that we awaited eagerly,  
 Despite the varying in our time zone  
 many saw the event live at four thirty.  
 On your mark, set, go and it all began,  
 Our quest for gold was printed in every run.  
 From Savetheda to Chandra, Pauline then Debbie,  
 Each leg ran perfectly spell bound for victory.  
 No matter who we are, a sports enthusiast or not,  
 All were forces to feel a sense of joy in our hearts all bottled up.  
 From the beautiful shores of The Bahamas  
 To a GOLD Medal performance, what wonder,  
 Setting THE BAHAMAS on the map from the land down under.