



arrive, permitting the reuniting of the Nichols family in Nassau.

The Herald cannot adequately express Rum Cay's sadness at losing the Nichols family that has been such a happy addition to community life in Port Nelson for two years. As a teaching team, **Dennis** and **Donna** have expertly advanced our students' preparation for adult life and we are grateful. We wish Donna complete deliverance from diabetes and the family, especially **Deion** and **Keir**, joy and prosperity wherever the Lord may lead them. Come back for a visit sometime!

And the Herald extends to the **Farrington** family a most affectionate welcome!

As we go to press, we extend congenial greetings to the **new teachers** (names presently **unknown**) who are scheduled to arrive today.

And a hearty welcome goes out to **Lawrence Wallace**, a Long Islander who was here earlier in the year working on the renovation of St. Christopher's Anglican Church. He has returned to see if living here among us might just be to his liking.

### *November Birthdays and Such*

The Herald hopes that **Chance Bain** and **Jackie Puleo** had happy times on Monday the first, his fourteenth birthday and her 38<sup>th</sup>. Also **Dave Knowles** likewise on Friday the fifth as he turned 31. On Monday the eighth, Rum Cay's nurse, **Novi Harding** celebrated her 27<sup>th</sup> the day before **Deon** and **Dwight Maycock** did the same in Nassau. The very next day was **Max Ferguson's** occasion to paint the town in San Sal. Jumping ahead to the next Tuesday, the 16<sup>th</sup> **Shawnay Adderley** will become a young lady of seven while **'Berto Bethel** and **Shanique Adderley** turn 28. On the 18<sup>th</sup>, **Carl Gilbert** will mark his 75<sup>th</sup> milestone,

**Toni Weston** her 44<sup>th</sup>, **Keisha Deveaux** her 25<sup>th</sup> and **'Tina Bain** her 24<sup>th</sup>. The next day **Madeleine Scott** reaches 43, **Randy Maycock** 29 and **Marco Cash** 23. That Saturday up in Harbour Island, **Jaidan Inniss** will turn three. Sunday the 21<sup>st</sup> way up in Brooklyn, newly wed **David Bascom** will celebrate 43 years. On Thursday the 25<sup>th</sup>, all across the USA, people will celebrate **Thanksgiving** with a turkey feast, many not knowing to whom nor for what they are giving thanks. To them it is just a day to feast and 'tis indeed sad! Here in the Bahamas many who know and appreciate that God Almighty is the source of life, food, shelter, family, fiends and all other blessings will join in the feasting with grateful, praiseful hearts. Amen! Two **days** after Thanksgiving, the **Carl Cartwright** twins, **Brent & Bruce** will **turn** nine. Closing out the month's recorded events is **Kevin Missick** who celebrates 34 years on Sunday the 28<sup>th</sup>.

### Over Under Aviation

is a small, new company operated by Floridians **Trey Rhyne** and **Brian Ross** out of Fort Lauderdale. Last spring and for the duration of the summer fishing season, they flew weekly flights to Rum Cay with both passengers and cargo, mostly destined for sport-fishing boats at Sumner Point Marina. They rendered excellent and efficient service for which they now have a reputation to maintain. Trey and Brian expect to once again be flying between Ft. Lauderdale and Stella Maris, Rum Cay and Cat Island. We wish them success and God's blessing on their venture. We also urge our readers to consider patronizing this hopeful enterprise that should greatly contribute to Rum Cay's growth and prosperity. Currently, Over Under operates two charter aircraft, a Piper Chieftain, which can hold up to nine passengers, and a Piper Aztec which can carry up to five passengers.

Charter rates to Rum Cay for these are \$2100 and \$ 1500 respectively. Often, Over Under offers seats on empty legs of their charter flights. The one-way fare per seat between FLL and Rum Cay is \$275 (plus applicable customs and immigration fees). To be on their list for seat availability or to book a reservation, contact Trey by email at [info@overunderaviation.com](mailto:info@overunderaviation.com) or call 305-852-8015. Packages for Rum Cay can be sent to them via UPS and usually will catch the next flight. Rates for transportation of cargo are approximately \$1.50 per pound. Contact Brian at 954-551-0816 for more info on shipping goods to Rum Cay. The usual point of departure and return is Signature FBO (954-359-0000) at Fort Lauderdale International. Signature gives courtesy trans to and from the main FLL terminal for Over Under's passengers.

### *Off My Chest and Whatnot!*

Your editor has lived among you for more than a quarter century, during which time he has learned many things from you and now he would like to get some of what he has learned off his chest. So here goes.

Molasses is a by-product of the refining of sugar cane into white sugar. Bran and wheat germ are by-products of the refining of wheat seeds into white flour. Bran is also the name given to the husks of rice, which are separated from the white kernel in the refining process. This list could be extended but these three should suffice as examples of what happens to some food between its harvest and your eating it. So, why do I write about these?

Much, if not most of the nutrition in these and other foods is to be found in the parts that fail to reach you or that you choose not to buy or that you discard. There are vitamins and minerals and enzymes etc. in

the molasses, bran, germ-cell, fruit and potato skins and the like. The refined product has the advantage of greatly increased shelf life compared to the unrefined product. BUT, is that advantage worth your loss of nutrition? Anything made with white flour is good for filling the stomach but for little else, even when the label says it is "fortified." The same is true of white rice. The sugars that go into candy, cookies, cakes and soft drinks are of no value, if not actually harmful to your body. Oh, we love the sweet taste and the energy boost. But they are not good for you.

Bahamians have a national diet born of many factors such as poverty, unreliable trans, inadequate facilities for keeping food fresh, as well as the relatively plentiful availability of native wild fruits and seafood. With too great regularity, Bahamians consume too much white flour (bread, macaroni, spaghetti, cookies, etc.), too much white rice, and much much too much sugar, especially in sodas. (A soda consists of probably about 70% water, 29% sugar and 1% flavoring. Sodas are not only not good for you, they are bad for you.). And also too may cooked foods; cooking tends to kill much of the nutrients in the food. The healthiest part of the Bahamian diet is probably, besides fresh fruit, conch salad because it is eaten raw.

If you want to avoid the ailments that many Bahamians suffer such as high blood pressure, obesity, crippling arthritis, diabetes and the like, may I suggest that as Rum Cayans continue to benefit from development, you seriously consider making changes in your daily diet? Try whole-wheat flour, brown rice, more cole slaw and less mac & cheese. And cut out the sodas. Where you must have sweetener, try the herb stevia. *Finis*