

LUCAYA

INTERNATIONAL SCHOOL



PARENT TEACHER ASSOCIATION

WELCOME HANDBOOK
2010/2011



WELCOME HANDBOOK

The LIS (Lucaya International School) Welcome Committee is for families of LIS. This welcome handbook gives details of local events and general information about the Island.

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LIS Sports Day



LIS Primary Students

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WELCOME TO GRAND BAHAMA ISLAND

Freeport is the second largest city in The Bahamas and one known for its commerce and growing development. You will notice many areas of the island under various stages of construction and the open land mass of the island provides ample opportunity for future growth. Grand Bahama is chosen as a place of residence by many for its close proximity to the mainland of the United States, its natural source of drinking water, that it is English speaking, and its relatively affordable land prices. The Bahamas is also one of the primary tax havens of the Caribbean.

Freeport is the only major city on this island but is surrounded by many native settlements from the East to the West of the island. Within the city you will soon learn that the average travel time to almost anywhere is approximately "ten minutes". Do be careful driving on the left and crossing streets!

There are miles of pristine sandy shores that are never crowded. The hub for nightly entertainment is located at Port Lucaya Marketplace. Similar to a town square, this busy place is full of bars and restaurants that focus on the square's stage and dance area. Entertainment on most nights includes a live band and professional dancers.

Let us know if you require any further information, and whatever specific needs you may have, we will do our best to help you.

HISTORY OF THE BAHAMAS

In 1492, Christopher Columbus made his first landfall in the New World on the island of San Salvador in the eastern Bahamas. After observing the shallow sea around the islands, he said "Baja mar" (shallow water or sea), and effectively named the area The Bahamas, or The Islands of the Shallow Sea.

Its close proximity to Florida and its well-traveled shipping channels has caught the attention of explorers, settlers, invaders and traders. These people shaped the colorful history of The Bahamas and made the country what it is today. The late 1600s to the early 1700s were the golden age for pirates and privateers. Most of the ones you've heard about —like Sir Francis Drake, Blackbeard, Sir Henry Morgan, Calico Jack or female pirates, Anne Bonny and Mary Read. They all used The Islands of The Bahamas as their port at one time or another.

The Islands of The Bahamas made an ideal home base for pirates and privateers. The numerous islands and islets with their complex shoals and channels provided excellent hiding places for the plundering ships. And since The Islands of The Bahamas were close to well-traveled shipping lanes, it gave the buccaneers plenty of opportunities to steal from merchant ships.

With its gorgeous beaches, crystal clear waters, and rich history of pirates and sunken treasure The Bahamas is an ideal vacation destination with Tourism being its main commodity. The tourism industry began in the mid-19th century with government support for the construction of hotels and subsidized steamship service. Tourism once again blossomed in the 1920s when Prohibition brought well-to-do American tourists to the islands. The influx of visitors increased the demand for food, lodging and other items. Consequently, the banking industry boomed as The Islands of The Bahamas built new hotels, warehouses, bars, distilleries and wharves.

After the repeal of Prohibition, The Islands of The Bahamas went into an economic slump that lasted until the 1940s and World War II, when it served as an air and sea way-station in the Atlantic. Construction of the base brought jobs to many people.

Then in 1961, when Cuba (with its glitzy casinos and beach resorts) was closed to American tourists, The Islands of The Bahamas' good fortune began. Capitalizing on its close proximity to the United States, the government of The Islands of The Bahamas set out to increase the number of people who visited it each year. It dredged Nassau's harbor so it could accommodate up to six cruise ships at a time and it built a bridge connecting Nassau to Paradise Island.

In 1964, Great Britain granted The Islands of The Bahamas limited self-government, and in 1969 the colony of The Bahamas became a Commonwealth. It then legally became a nation on July 10, 1973, which is celebrated today as Bahamian Independence Day.

Remains and artifacts found in Grand Bahama provide evidence that Lucayan tribes lived here until the time of the Spanish conquerors. The island was probably deserted for some time thereafter.

During the late 18th century, a few settlements grew up as people drifted over from other islands. West End had spurts of activity (due to its proximity to the Florida coast) as a haven for gun-runners during the American Revolution and rum-runners during Prohibition.

Three big finds of treasure from sunken galleons have been made off the Grand Bahama coast since 1964, including the salvaging of the Nuestra Senora de las Maravillas.

It is only in the last 47 years that the island has been fully developed. The population of about 4,000 in the 1950s had risen to 46,954 by 2001, due entirely to the advent of American born Wallace Groves and his Abaco Lumber Co. While cutting the island's crop of Caribbean pine, Groves devised a plan for making a huge free port and industrial centre in the midst of the scrub and swamp around Hawksbill Creek.

Groves started the Grand Bahama Port Authority (GBPA) with a grant of 50,000 acres of land, which was eventually increased to 149,000 acres, from the Bahamian government. In return the GBPA built houses, churches, schools and roads under the terms of the Hawksbill Creek Agreement. A deep water harbor was dredged for oil tankers and an oil refinery (which now stores and transships oil) was erected. An airport, hotels and casinos were also added. By 1966, there were 214 miles of paved roads, hundreds of buildings, and areas set apart for shops and light and heavy industry. Hotels, golf courses, beaches and marinas were soon to make it a tourist haven.

In 1993, Southern Electric Intl, from Georgia, became a 50/50 partner with the Freeport Power co, resulting in the provision of electric power to the outlying parts of the island. In 1995, a contract was signed to build a massive container trans-shipment port, which opened up enormous potential for Freeport. In 2000, Hutchison Lucaya Ltd, completed construction of a giant hotel complex in Lucaya. A state-of-the-art airport was built in 2005.

THINGS TO KNOW ABOUT THE ISLAND

LOCAL INFORMATION

For information about local events, community news, and classifieds visit thebahamasweekly.com, and bahamaislandsinfo.com

GEOGRAPHY

Grand Bahama Island is 96 miles long, east to west, and 17 miles across at its widest point. How many of the seven hundred Islands of The Bahamas are inhabited? Thirty (30) of The Islands of The Bahamas are permanently inhabited. Grand Bahama Island is 55 miles east of Palm Beach, Florida and 80 miles east of Miami.

TIME

The Bahamas operates on Eastern Time which is five hours behind Greenwich Mean Time. From the first Sunday in April to the last Sunday in October The Bahamas operates on daylight saving time.

CLIMATE

Grand Bahama Island has sub-tropical weather. Temperatures average 70-75°F degrees during the winter season and the low 90's in the summer. There is generally light rainfall and low humidity. The rainy season in The Islands of The Bahamas is May through October, but the heaviest rainfall is in September. There can be quite severe electrical storms and it is advised to turn off computers during this time even if you have a surge protector. Keep a flashlight on your night table and a supply of candles as power outages can be quite frequent during the rainy season.

HURRICANE SEASON

Hurricane season begins June 1 and ends November 30, meaning only that this is the period most likely to see Hurricane activity. However, a natural disaster can occur at any time and the best defense is to stay informed and prepared. You may hear radio announcements and see articles in the local press on hurricane readiness. The effects of hurricanes Jeanne, Frances and Wilma are still visible on the island. The foliage is just returning but building repairs are still underway and many of the trees along the coast line have been uprooted. If there is any pending danger you will be given ample notice. Generators can be purchased from Dolly Madison, Kelly's and Electrical Wholesale Enterprises. During hurricane season storms can be monitored online at www.nhc.noaa.gov Local radio will also keep you up to date. It is very important to have a battery operated radio. A Hurricane Checklist is attached at Appendix 3.

CURRENCY

The Bahamas has its own currency (the dollar, quarters, dimes, nickels and pennies), but U.S. currency is also widely circulated and accepted. The Bahamian dollar is on par with the U.S. dollar, but note it is not traded at par in the banks.

DRIVING

Driving is on the left hand side of the road (same as UK). There are several 'circles' on the island – which look very much like UK equivalent roundabouts but some you have to stop and give way whilst on the circle.

Note: there are laws for driving with seatbelts, insurance, licensing and no drink driving, however these are not always observed. Please always wear your seatbelts; driving standards are not as high as Europe and North America. Put your lights on when driving in the rain!

WATER

Tap water is safe to drink, but due to the taste, some people drink bottled water.

LOCAL FOOD & DRINK

Peas & rice, macaroni & cheese, coleslaw, chicken, fish (grouper, snapper, turbot, etc.), crawfish (lobster), conch (pronounced "konk") are standard local dishes. Locally grown fruits are bananas, papaya, guava, avocado, and mangos. Unusual fruits known to this region are: sapodilla, sugar apple, hog plums, gineps, and sea grapes. Kalik, Sands and Lucayan are the local beers. Switcher is lime-ade. Gullywash is a local alcoholic drink made with coconut water and the famous Bahama Mama drink has two types of rum and liqueur in it, so beware!

TIPPING

Most establishments include the gratuity in their bills, so check your bill before you tip. Bellboys and porters usually receive \$1 per bag, while most other servers (waiters, taxis, etc.) receive 15%. Tipping the bagboys in food stores is also appreciated.

DUTY

The lion's share of the Bahamian Government's income is generated through import duties. The rate of tariff varies between 0% - 260%. A stamp tax is also payable varying between 2-50%. Duty is payable on cost/insurance/freight (CIF). Residents are entitled to two \$300 exemptions on an annual basis. Tourists have a \$100 exemption each time they arrive on the Island.

IMMIGRATION

Obtaining work and residency permits can take time. The annual renewal process is quicker. No photocopies are taken, they use carbon copies. Ensure you have copies of everything you give to immigration, and don't be surprised when they have lost something!

ANIMALS

The only wild animals on Grand Bahama are raccoons and are usually only seen out of the city area. There are many stray dogs on the island, "Potcakes" (mongrels) as they are called. See Volunteer Opportunities at the Humane Society page 20.

THINGS TO KNOW ABOUT THE ISLAND

REPTILES

Curly-tailed lizards are everywhere on the island. When running, and occasionally when at rest, they curl their tail up toward their back. They are accustomed to humans and are considered a good thing to have around as they keep insects down. You will not see them at night as they sleep when we do. Although the island has snakes, they are rarely seen.

SEALIFE

As part of one of the largest reef systems on Earth, the reefs of Grand Bahama Island are spectacular in both geographical scope and biological diversity. They are so numerous, in fact, that at one time people here made a living by merely salvaging the ships that wrecked on them. Among the island's underwater treasures are the Hawksbill turtle, seahorses, dolphins, Caribbean reef sharks, and dozens of species of both coral and fish. There are laws and regulations on fishing and removal of certain species from the waters. Please check before you take. Lobster (crawfish) season opens August 1st and closes April 1st.

MOSQUITOES

They bite and repellant cream should be worn. A natural one is Avon Skin so Soft original scent.

ANTS

Ants are a common problem in the home and garden. It is recommended to have the home and garden sprayed on a regular basis to prevent large invasions!

HEAT

Ensure adequate intake of fluids. Use sunscreen and wear a hat to avoid heavy sun exposure.

PLANTS

Be wary of the local POISON WOOD, a prolifically growing plant that looks similar to a fig tree. Leaves that have rust spots are particularly hazardous. Severe itching and rashes can break out on the skin in the affected area. Local drugstores can offer ointments to apply. [*See Appendix 1.](#)

SEA LICE

Names such as "sea poisoning," "sea critters," and "ocean itch" have been used as descriptions of this seasonal affliction. A Bahamian old wives' tale specifically warns against ocean swimming between Mother's Day and Father's Day yearly. [*See Appendix 2.](#)

INSECTS

Be wary of sand flies in certain locations after sunset. There are centipedes that can be up to 10 inches in length that bite. Black widows are around but are not seen about that much.

BUSH FIRES

Throughout the hot season many bush fires occur due to bottles thrown in the bushes. Local authorities do nothing to stop the fires and although this seems strange, the fires burn themselves out. The ash left behind actually fortifies the soil for the indigenous pine trees that seem to be unaffected by the fires. The Fire Department will put out areas of fires that become dangerously close to homes or buildings.

SWIMMING

You may see Stingrays along the shores. Do the 'Stingray Shuffle' – shuffle your feet in the sand as you walk along the shallows and they will swim away. Generally they will not bother humans. Do NOT try to pet them, they will whip their tail and give you a nasty cut full of bacteria.

ISLAND MUSIC

Calyпсо is the local music heard in The Bahamas. Calypso began as a type of protest music. African-Trinidadians in the eighteen-hundreds were not allowed to talk as they worked, but they were allowed to sing. Many of the song leaders became very good at improvising words to songs in order to comment on the news of the day.



LUCAYA INTERNATIONAL SCHOOL

Lucaya International School (LIS) provides education to English-speaking students in the 3-18 age range. We follow an international curriculum starting with the **International Baccalaureate Organization's Primary Year Program** in the Primary School and the **Edexcel IGCSE** (International General Certificate of Secondary Education) qualifications in Years 10 & 11. In Years 12 and 13 the school offers the **International Baccalaureate Diploma Program** as our pre-university curriculum.

LIS contact details are as follows:

Lucaya International School
Chesapeake Drive (off Midshipman Road)
P.O. Box 44066
Freeport, Grand Bahama Island
Bahamas

Tel: +1 (242) 373-4004
Fax: +1 (242) 373-6510

Email: lis@lucayainternationalschool.com

HISTORY

LIS was founded in 1997 through donations from three local businessmen and spearheaded by Mrs. Gitte Goodrum. Construction on the present school began in 1997 on land donated by the Grand Bahama Port Authority. During planning and construction, LIS operated at temporary facilities. In 1998, the present Primary Quadrangle was completed, and LIS commenced its operations at the current campus. LIS then began an ambitious growth phase, adding first an Early Childhood Center, then secondary facilities and completing the IB Building in 2008.

The new IB building opened at the beginning of 2008/2009 school year.

The school has received the joint Council of International Schools/New England Association of Schools and Colleges (CIS/NEASC) accreditation. This is an important step for the school because it allows every aspect of the school's operation to be analyzed and compared to internationally agreed standards. CIS have accredited many of the top international schools in the world. NEASC are well known in the USA as an accrediting agency and having their accreditation will be helpful to students applying to universities in North America. The accreditation process took almost 2 years to complete.

LUCAYA INTERNATIONAL SCHOOL FOUNDATION

The Lucaya International School Foundation was created in May 2007. The Trustees created the LIS Foundation in order to provide a more permanent legal ownership entity that will endure the coming generations and provide continuity as LIS continues its growth and expansion.

The LIS Foundation is the legal entity that owns all of the school's assets, including the company, land, buildings and intellectual property.

The LIS Foundation is administered through Council Members. Their role is to administer the assets of the school for the benefit of LIS.

BOARD OF DIRECTORS

The Board of Directors has seven members: four appointed by the Trustees and three elected by the parents. The elected members have a two year term. The Board is overseen by the LIS Foundation. The Board plays a very active role in the governance of LIS, and oversees the operation of the school as well as the school's headmaster.

PTA

The PTA's mission is to promote and organize events to bring the school community together and to raise funds for the benefit of the school community.

Membership to the PTA is automatic for all parents/guardians of the students attending LIS and for all members of staff at LIS.

The PTA is governed by a Constitution and has 13 members on the PTA Council. The elections for anyone who wants to stand on PTA Council, take place at the Annual General Meeting in October and the term is for two years.

Anyone can volunteer to help the PTA in its activities. There are a number of Sub Committees which focus on particular areas e.g. food, landscaping, library, home room mums and welcome committee. Please look at the PTA website www.lispta.com for up to date news and forthcoming events.

HOME ROOM MUMS

Each class nominates a parent to be the 'home room mum'. The objective is to provide additional and more personalized communication link between the PTA, parents, teacher and students at class level. It is a means of building a community, to develop and encourage good relations.

A list of home room mums are available on the PTA website www.lispta.com. Anyone can volunteer and the term is one year.

SCHOOL PHILOSOPHY & OBJECTIVES, SCHOOL POLICIES, PARENT AND STUDENT HANDBOOK

These are available online at www.lucayainternationalschool.com.

The handbook covers the school's philosophy about student life, and the rules and requirements that support the caring and academic environment of the school. It includes educational goals and school expectations.

LUCAYA INTERNATIONAL SCHOOL

SCHOOL YEAR

The school year runs from the last week in August to the third week in June. The school calendar can be found on the LIS website

www.lucayainternationalschool.com

SCHOOL UNIFORMS

School uniform requirements are detailed in the Parent and Student Handbook. School uniforms can be purchased off island or at:

The Uniform Factory	Churchill Building	351-4960
The Uniform Place	Settler's Way (next to Innovative Designs)	352-7997

Although the embroidery of the LIS logo is not mandatory on all shirts, all LIS students are required to have at least one white shirt with the LIS logo embroidered thereon (embroidery is offered at both store locations).

LUNCHES

Hot lunches are provided by a local contractor. Students can order food each week or half term in advance. Forms are available from the school office at the end of each term. Cost (school year 2010/11) \$3.50 - \$6.50.

Additionally, Chinese is offered on Tuesdays and on Fridays pizza and calzones are available for lunch. Students need to order the food each half term in advance. Forms are available from the school office at the end of each term. Cost (school year 2010/11).

SCHOOL SPORTS/TEAMS

The school has teams that are competitively involved in leagues, including games with other local schools on the island. These sports include soccer, softball, and basketball.

AFTER SCHOOL CLUBS

There are a number of after school clubs run voluntarily by various teachers of the school. Number and age restrictions apply to some clubs. All clubs are not offered at the same time. The list of clubs are available at the school office.

HOUSE COLOURS

Students are divided into three houses: the Red Snappers, Blue Marlins, and the Green Morays. Throughout the year each student works to achieve points for their house team. House t-shirts are available from the office or PTA members (Cost 2010/11 school year) \$15 youth size, \$20 adult.

YEARBOOK

Every year the 'Yearbook Committee' put together the LIS Yearbook. Photographs of the students are taken throughout the year and special requests may be made, e.g. all students to wear white polo shirts and khaki skirt/pants for the day the photo is being taken. The yearbook is available for sale at the end of the school year.



LOCAL AMENITIES

UTILITIES

PHONE NUMBERS

Emergency – Police, Fire, Ambulance	911
Weather and Tide	915
Time	917

POWER

To set up an electricity account you will need certain documentation. Check what is required before going to Grand Bahama Power Company. A deposit of up to \$1,000 is required for power. Power outages are common, have candles to hand!

Grand Bahama Power Company	Port Authority Building Pioneers Way	352-6611
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TELEPHONE

To set up a landline phone you will need certain documentation. Check what is required before going to Batelco. A deposit of \$300 is required. All local calls are free, but international calls are expensive. For international calls it is recommended to use computer broadband deals e.g. SKYPE, Vonage, magicJack iconnecthere.

Batelco	Mall Drive	350-1000
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CELL PHONE/COMPUTER SUPPLIERS

Chat'n'Chill Cyber Café, Port Lucaya rent phones and have long distance service. Gizmo's & Gadgets downtown sell phones; phones are from \$70.00 upwards, activation is \$50.00. They work on a pre-paid card service. "Rocket" cards are available at most stores around town. If you have your own phone please call Gizmo's & Gadgets at 352-2255 to see if it can be unlocked and used in this area. *Handy thing to know: If someone's cell phone is out of minutes your call can still go through by calling from another local cell phone.

The local cell phone service operates on a GSM network. You can top up your phone by purchasing the quick cell cards at City Markets, Coopers garage in \$20 or \$50 denominations. Beware your quick cell card has a use by date. Ensure you have topped up before the expiry date or you will be disconnected. A charge of \$50 is then made to reconnect you!

Gizmos and Gadgets	21 Parker Building	352-2255
Batelco	Mall Drive	350-1000

CABLE & INTERNET

To set up a cable television and internet you will need certain documentation. Check what is required before going to Cable Bahamas. A deposit of \$60 is required for cable television.

Cable Bahamas	Bank Lane	350-8800
Batelnet (internet only)	Mall Drive	225-5282

WATER

To set up a water account for your home you will need certain documentation. Check what is required before going to Grand Bahama Utility Company. A deposit of \$100 is required for water.

Tap water is safe to drink, but most people purchase bottled water, available at supermarkets. A five gallon drum requires a deposit then it is \$5 a refill. John Burrows has a delivery service where he will deliver 5 gallon drums of water to your home. Price the same \$5 per drum.

Grand Bahama Utility Company Ltd	Port Authority Building Pioneers Way	352-6611
John Burrows		373-8531 or 375-4518

POSTAL SERVICES

POST OFFICE

There is no mail delivery or collection service on the island. All mail is handled by way of PO Box. Any packages are subject to duty and have to be collected and opened at the post office. A processing fee and duty is levied.

If you have mail to send and you need urgent service there are couriers on the island such as DHL, UPS and FEDEX.

Post Office	Explorer's Way	352-9371
DHL	10 Regent Centre	352-6415

LOCAL AMENITIES

POSTAL SERVICES (continued)

FREIGHT FORWARDERS/US SHIPPING SERVICES

Freight forwarders provide the following services: private mailbox rentals, local and US addresses, package pick up and delivery in south Florida, mail forwarding, holding and receiving, fax sending and 24 hours receiving. US Shipping services can pick up items for you in the US or you may have packages shipped to you at GPS/GB Express offices in Fort Lauderdale and they will ship and clear them through customs for you.

GPS	Poinciana Drive	351-7107
GB Express	Yellow Pine Street gbx@direcway.com or gbfpo@coralwaye.com	351-6695
The Mail Drop	Bloneva Building, Mall Drive email maildropfl@yahoo.com O p e n 08:30-18:00 Mon-Fri	351-7663
Arising Courier Service	1 & 2 Evergreen Business Center arisingcourier@bellsouth.net	374-4864

BANKING

Banks are open from 09:30 to 15:00, Monday to Thursday, and 09.30 to 16:30 on Friday.

If you want to order items over the internet and use for example paypal, it is handy to have a credit card that has a mailing address outside of the Bahamas. ATMs can be found at the locations listed below. ATMs accept VISA, Mastercard, American Express cards, and any other bank or credit card on the Cirrus, Honor, Novus and Plus networks.

Those with work permits can only send 50% of their salary home. Best to get an annual letter from the Central Bank for approval to send money home rather than having to go to the Central Bank every time. Your employer may already have this set up.

The Western Credit Union is at the British American bank.

Bank of the Bahamas International	Bank Lane and Woodstock Lane, Main branch, downtown	352-7483
FirstCaribbean	East Mall Drive, Pioneers Way, ATM also at Municipal Motor Service Station	352-6651 (East Mall) 3 5 2 - 8 3 9 1 (Pioneers Way)
Commonwealth bank	The Mall Drive, Seahorse Plaza	352-8307
Finco	1 Regent Centre	352-8896
Royal Bank of Canada	East Mall & Explorers Way, Port Lucaya Marketplace, Sunrise Service Station (next to McDonalds)	352-6631
Scotia Bank	Regent Centre, Manor House, Our Lucaya Resort, Reef Village, Our Lucaya Resort, Grand Bahama International Airport	352-6774

HOME & GARDEN

REALTORS

There are a number on the island. They handle rental and sales.

Coldwell Banker James Sarles Realty	9 Regent Centre East	3 5 9 - 4 5 2 9 o r 351-9081 ask for Cathy McLeay
HG Christie	First Commercial Centre, Mall Drive	351-8501 ask for Donna Jones or Allison Lafrenier
Thompson Real Estate Company	Bahama Reef off Royal Palm Way	373-9050

LOCAL AMENITIES

HOME & GARDEN (continued)

AUTOMOBILE

DRIVER'S LICENCE

Bahamian law permits non-Bahamians to drive on a current overseas driving license for a period of three months after which they must obtain a Bahamian driving license. The driver must be between the ages of 25 and 70. To obtain a Bahamian driving license a driving test has to be taken, but if you hold a UK/ Canadian/US driving license you do not have to sit the practical test just the written. It is a multiple choice exam paper. It costs \$30, no need to make an appointment and you have 3 hours to complete the test. A reference book 'Studying for a Driver's License' can be purchased for \$5 at the Road Traffic Department. ³

VEHICLE Ownership (licensing)

A vehicle ownership fee is paid annually by the end of the owner's month of birth. The fee is \$75-\$360 depending on the size of the vehicle.

MEDICAL

HOSPITALS

The Rand Memorial hospital is the public hospital and New Sunrise Medical Centre is for private patients. Accident and emergency is located at the Rand, but stable patients can be taken to the New Sunrise Medical Centre.

Rand Memorial Hospital	East Atlantic Drive	352-6735
Lucayan Medical Centre	East Sunrise Highway	373-7400
New Sunrise Medical Centre	East Sunrise Highway	373-3333

TRANSPORTATION

AIR

The following airlines fly direct to/from Freeport.

Grand Bahama Airport		352-6020
Bahamasair – Florida and Family Islands	www.bahamasair.com	352 - 8 3 4 6 or 352-8341 or 352-8345
Continental – Miami and Fort Lauderdale	www.continental.com	800-231-0856
Western – Family Islands		351-3804

American Airlines/American Eagle – Miami and Fort Lauderdale	www.aa.com	800-433-7300
Delta – Atlanta (Saturdays only)	www.delta.com	351-4963 or 800-221-1212
US Airways – Charlotte	www.usairways.com	351-3733

SEA

Discovery departs daily from South Florida at 7:45 a.m. and returns at 10:00 p.m. Your cruise includes all the amenities of a cruise e.g. buffet meals, swimming pool, and entertainment. Prices start from \$99. You can import more items by sea than by plane. The mailboat offers transport to Nassau.

Freeport to Port Everglades Florida	www.discoverycruise.com	Book online or at a travel agent
Freeport to West Palm Beach	http://www.bahamascelebration.com/	
Freeport to Nassau	www.mailboatbahamas.com	

US VISA

For those who are not USA or Canadian citizens, it is advised to obtain a US Visa. Although citizens of EEC countries do not require a Visa to enter the USA on commercial airlines, they do need a visa if they travel on a private plane, including medical evacuation planes. The Visa can be obtained at the American Embassy in Nassau. For more information go to www.unitedstatesvisas.gov

BUS

Public buses operate from 7 a.m. to sunset. The regular route is from the downtown area to the International Bazaar and Port Lucaya Marketplace, our two main shopping areas, but there is also service to the outlying areas of West End and East End. The one-way fare is \$1.25 within the Freeport/Lucaya area; \$2.00 to Eight Mile Rock; \$5.00 to West End; \$10.00 to McLean's Town. Exact change is required. These prices may be subject to change and are approximate.

LOCAL AMENITIES

TRANSPORTATION (continued)

TAXIS

Taxis come in all shapes and sizes, from limos, minivans, cargo vans, to standard cars. The taxis are metered and the meter starts at \$3.00 and 40 cents is added for each additional mile. Additional passengers over two are \$3.00 each. There are also specific Zoned Rates for certain areas.

Freeport Taxi		352-6666/7/8
Grand Bahama Taxi Union		352-7101 or 352-7858

SHOPPING

FOOD SHOPS

Most food items are imported from the US or Europe. Tipping bag boys is not required but welcome. Fresh fruit can be bought from a fruit seller parked outside the First Caribbean bank on the Mall, also at the traffic lights on Fishing Hole Road and Queens Highway (towards Eight mile Rock).

City Markets	Lucaya, Down Town, Eight Mile Rock. Hours 07:00-21:00 Mon-Sat, 07:00-10:00 Sun	373-5500, 352-7901, 348-3644
Solomon's	Queens Highway	352-9681
Cost Right	Wholesaler, The Mall	352-4102
Butler's Food World	W AltaIntic Drive Open 7 days a week. Sundays from 7:00 AM to 4:00 PM	352-2088
Savemore	West Settlers Way Open 7 days a week. Sundays from 7:00 AM to 4:00 PM	
Italian Specialty Imports	#22 Seahorse Plaza They sell coffee and lovely bread.	374-5434
Sawyers	#28 Oak Street Open 7 days a week Sundays from 8am to 1pm; Monday to Saturday from 8am to 8pm	352-8374

NEWSPAPERS

The local newspaper The Freeport News, Bahamas Journal, and Tribune are sold at shops and petrol stations e.g. City Market. Also there are newspaper vendors at the traffic lights East Sunrise Highway and Coral Road, also at Mid Shipman and Seahorse Road. The English newspaper the Daily Mail is sold at Oasis at Port Lucaya. They arrive around 1pm. The USA Today can also be found there. News online:

www.thenewsstand.com

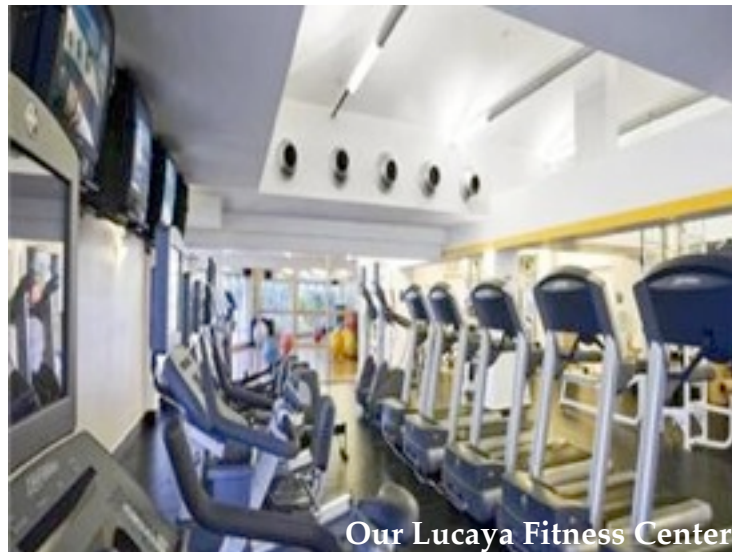


The Nassau Guardian

LOCAL ENTERTAINMENT, CLUBS AND SOCIAL ACTIVITIES

GYM/SPA/EXERCISE CLASSES

Grand Bahama Fitness Centre	East Atlantic Drive.	Gym. A schedule of classes including aerobics, step is included. Hours 05:00-21:00 Mon – Thurs 05:00-20:00 Fri, 09:00-17:00 Sat	352-7867
Step/Aerobics	Ocean Reef. Bahama Reef Boulevard Just \$5 a class.	8:30 - 9:30am Step/Aerobics Monday, Wednesday & Friday - Lawna 8:30 - 9:45am Pilates Tuesday & Thursday - Cheryl	373-4662
Lois Seiler Academy of Dance	Grand Bahama Fitness Centre, East Atlantic Drive.	Classes include yoga, tap, ballet, jazz, and ballroom.	373-4457 352-7867
Senses Spa/Our Lucaya Gym	Lighthouse Point, Our Lucaya	Gym, spa treatments and exercise classes. Annual membership \$999 single \$1399 couple. Or \$25 per class for non members. 15% service charge over and above price list. Hours 06:00-19:45 Mon – Fri, 07:00-19:45 Sat & Sun	350-5281 373-1333 350-5000
Martha's Yoga	At her home in Fortune Bay. Please call for directions and information. Or email at mpc@coralwave.com	Monday 8:30-10.00 Slow and gentle yoga Tuesday 18:00-19:45 Quiet yoga Saturday morning 9:00-10:50 Yoga /Yoga Nidra First class is complimentary. Then one class for \$10, five classes for \$45 and ten classes for \$80. There is no time limit on the use of lessons.	373-3560
Olympic Fitness Centre	Coral Beach Hotel		373-8181
Esthetics Plus Skincare Day Spa & Gym	#1 Sun Coral Plaza Email skinisin@hotmail.com	Open 8.30am-7pm Mon-Sat Gym, Spa treatments, Facials, Body Treatments, Pedicures, and Manicures and reasonable prices	373-2722



LOCAL ENTERTAINMENT, CLUBS AND SOCIAL ACTIVITIES

SPORTS

YMCA	East Atlantic Drive and Settlers Way www.ymcabahamas.com www.ymcawaverunners.com Weight room	Swimming club – Waverunners meet every day except Sunday – times dependent on child's age. Soccer season runs Sept-March for boys and girls, ages 3-17, meet Saturday mornings 10am – noon. Baseball season runs Mar-Jun for boys and girls, ages 4-17, meet midweek for training and Saturday for matches.	351-6213
Grand Bahama Sailing Club	Sir Charles Hayward Yacht Club - opposite Garden of the Groves on Midshipmen	Ages 8 and up. www.grandbahamasailingclub.com	David Valentine 727 - SAIL (7245)
Men and Youth Rugby	Freeport Rugby Football Club Settlers Way. www.rugbyfootballbahamas.com	Men Rugby including Golden Oldies – practice Monday and Thursday 6.30 to 8pm. Matches on Saturdays Boys program every Wed 17:00-20:00 in age groups with qualified coaches: 10 and under, 12 and under, 14 and under, 15 and over (15 and over also practice Mon 17:00-20:00)	352-2952
Grand Bahama Football (Soccer) League	Freeport Rugby Football Club Settlers Way.	Soccer season runs Nov-May Men practice Monday and Wednesday 6.30 to 8pm Ladies practice Tuesday and Thursday 6.00 to 7.30pm Boys Youth Football – practice Wednesday 5pm to 7pm	GBFL President Donnie Knowles 373-8705
Tennis Club	Lucayan Towers – Coaches Gully, Danny and Cooker Westin – Coach Grosvenor	Private lessons/court hire.	374-3206 (Lucaya Towers) 373-1333 (Westin)
Squash Club	East Sunrise Highway		373-4567
Cycling	Meet a group of parents for a cycle to Barbary beach! Beginners Tuesdays.	Tuesdays 8.30am LIS car park (term time)	Bev Dobinson 441-7070
Golf Lessons		Lessons cost \$65 per hour. Price remains the same if more than one person attends.	374-2604
Freeport Bridge Club	Lucayan Towers South	Holds games every Mon and Thurs 7.30pm	373-2737 373-9457 373-4773
Bahamas Chess Federation	www.bahamas-chess-federation.org	Contact Steven Stubbs in Freeport at srsfpo@yahoo.com	

LOCAL ENTERTAINMENT, CLUBS AND SOCIAL ACTIVITIES

MUSIC/THEATRE/CINEMA

Freeport Players Guild	Regency Theatre freeportplayersguild@gmail.com www.regencytheatregbi.com	Monthly meetings held on first Monday of the month at the theatre.	352-5533
Regency Singers	Part of the Freeport Players Guild.	Membership by audition only. Practice Saturday mornings. Produce two productions a year – Christmas and Spring.	352-5533
Orchestral Music School of Instrumental Studies	Suncoral Plaza, East Sunrise Highway and Coral Road	Offer piano and wind instrument lessons. See enclosure for more information.	373-8854
Freeport Film Society	Galleria Cinemas, RND Plaza www.galleriacinemas.com freeportfilmsociety@hotmail.com	Last Wednesday of every month 7pm show time	351-9190/ 351-9192

ARTS AND CRAFTS

Ceramics	Beacon School Frobisher Drive	Weekdays 5.30pm-7.30pm and Saturday 3.00pm-5.00pm You can choose how often you would like to attend. Contact Ms Hamilton.	441-1381 373-7184
Gardening Club	Rand Nature Centre, East Settlers Way	Meet once a month, every second Wednesday, between May-Sept.	352-5438
Grand Bahama Artists Association	Freeport Art Centre, RND Plaza		Leslie Duncombe 351 4601 delfoxton@batelnet.bs

GENERAL INTEREST

Grand Bahama American Women's Club	Meet 11am every second Monday from September to May. Meeting starts at 12 noon including lunch. Don't have to be American to join! Annual membership fee \$35, and one off new member fee of \$20. They are a service organization running the WANDS program – vision and hearing tests for children. Also have social activities.	Ruby Swiss	Joyce Harrison 373-3694
Grand Bahama Canadian Women's Club	Various locations.	Social luncheons. Monthly meetings held first Wednesday of the month.	Wendy Henneberry 374-2271
French Speaking Women's Lunch Lunch Francophone	Taino by the sea The person to contact is Anne Champagne : champro@coralwave.com	Every other Thursday 12.30	Anne Champagne
Playgroup (for children 0-5)	Parents take a turn to host.	Meet every Mon and Thurs 10.30am to 12 noon.	Kate Wharton 441 8865
Rotary Club	Freeport GB Sunrise Lucaya	There are three different clubs on the island: Freeport, GB Sunrise and Lucaya.	352-5568 352-2849 352-9751

LOCAL ENTERTAINMENT, CLUBS AND SOCIAL ACTIVITIES

GENERAL INTEREST (continued)

Grand Bahama Chamber of Commerce	Join the Chamber of Commerce and add credibility to your business. Network with other members. www.thegrandbahamachamberofcommerce.com	Monthly board meetings, Friends of the Chamber monthly meetings and monthly business luncheons with guest speakers. All meetings are open to the public except the AGM.	352-8329
Sir Charles Hayward Lending Library	Books, DVDs and videos for rent.	Mon-Fri 10:00-17:00 Sat 10:00-14:00 Adult membership \$15 children \$10	352-7048
Treasure Bay Casino	Residents are not allowed to gamble! There is a restaurant - The Cove.		350-2000
Churches	Too numerous to mention. See telephone directory for listings		

FREEPORT PLAYERS' GUILD PROUDLY PRESENTS

Old Mother Hubbard

THE HILARIOUS PANTOMIME DIRECTED BY ANGELA HACKMAN

**Thursday & Saturday
December 2nd & 4th,
Friday & Saturday
10th & 11th
Showtimes at 7:30pm**

**Sundays December
5th & 12th
Matinees at 4pm**

Regency Theatre

Tickets \$20 Adults | \$10 Students
Available at Seventeen Shop, Antoni's Pizzeria & Island Java

ENTERTAINING FOR THE ENTIRE FAMILY!

PLACES TO GO, THINGS TO DO WITH THE KIDS

BEACHES

Fortune Beach

Quiet beach, five miles from Port Lucaya. The beach got its name from a shipwreck worth \$2 million which was discovered there.

Gold Rock Beach

Part of the National Park and is protected by the National Trust. This beach is located east of the Island (about 25 miles from Freeport). It can be accessed by tour bus or rental car. Gold Rock Beach is secluded and spectacular at low tide. BBQ pits, picnic tables and benches are available. North of the beach, across the road are the Lucayan Caverns, the world's longest underground surveyed cave system.

Lucaya Beach

Located across from the Port Lucaya hotels this popular tourist beach has just about any water sport activity from snorkeling to parasailing. It's a nice stretch of beach for strolling. Coral Beach is a walk to the west and is less crowded.

Mather Town

About three miles from Port Lucaya. A great beach for swimming, eating, drinking and hanging out with the locals.

Paradise Cove Beach

Located at Paradise Cove (west), this is a quiet secluded beach offering snorkeling and volleyball as well as food and drink. Various tour packages provide transportation for getting there. Open from 10 am to sunset.

Smith's Point Beach

Located in Lucaya adjacent to Taino Beach, it is famous for its Wednesday night fish fry and music.

Taino Beach

Located in the Lucaya area, is ideal for families with children as it has a small playground. During holidays the beach is the host site for many local cook outs. Volleyball matches Saturday 4 pm in front of Toni Macaroni's.

William's Town Beach

Centrally located at William's Town settlement. The eastside of the beach offers water activities such as banana boat, jet skis and snorkeling.

Xanadu Beach

A popular tourist beach three miles from the International Bazaar offering water sports, straw goods and local cook outs. Food and beverage is available.

Barbary Beach

If you are looking for a more secluded beach, travel down to the Barbary Beach. You'll find beautiful seashells and in May and June there's a spectacular display of white spider lilies. Many locals believe that Barbary is the most beautiful beach in all of Grand Bahama Island.



PLACES TO GO, THINGS TO DO WITH THE KIDS

NATIONAL PARKS/NATURE CENTRE

Lucayan National Park & Gold Rock Beach	26 miles east of Freeport, nature trails, boardwalks, caves	353-4149
Peterson Cay National Park	15 miles east of Freeport and ½ mile offshore, Need boat to access.	352-5438
Rand Nature Centre	East Settler's Way \$5 for adults, \$3 for children 5-12, under 5 free. A guided tour, held Monday through Saturday at 10 a.m., combines Bahamian history and culture, wildflower and bird watching in one tour. The wildflower walk is held the second Saturday in every month at 8:00 a.m. A bird walk is offered the first Saturday of each month at 8:00 a.m. The Nature Center is open 9 a.m.-4 p.m. Mon.-Fri.; 9 a.m.-1 p.m. on Sat.; closed on Sunday	352-5438 or randnature@batelnet.bs
Garden of the Groves	Re-opened November 2008. Has a beautiful new addition in The Grand Bahama Labyrinth, which is landscaped with healing gardens, a reflection pool, and will be a delightfully natural place for walking meditations, pausing, breathing, praying, and peaceful contemplation.	info@thegardenofthegroves.com

WATER RELATED ACTIVITIES

Paradise Cove/Deadman's Reef	Snorkeling, reef is on south west side of Island.	349-2677
Diving	Unexso GB Scuba Wyndham Viva Fortuna Bell Channel Inn	373-1244
Water Ferry	Catch the water ferry outside Unexso to Taino beach. They sail on the hour and it is \$5 each way.	
Dolphin Experience	25% price reduction for residents. Unexso, Port Lucaya	373-1244

OUTDOOR SPORTS

Golf	The Lucayan Course The Reef, Our Lucaya Fortune Hills & Country Club	373-1066 Lucayan 373-2003/4 The Reef 373-4500/373-222 2 Fortune Hills
Horse back riding	Trikk Pony Adventures Pinetree Stables	374-4449 373-3600
Tennis	Our Lucaya Resort. Also at Lucaya Towers.	373-1333 (Our Lucaya) 374-3206 (Lucaya Towers)

PLACES TO GO, THINGS TO DO WITH THE KIDS


INDOOR ACTIVITIES

Sir Charles Hayward Lending Library	Books, DVDs and videos for rent. Mon-Fri 10:00-17:00 Sat 10:00-14:00 Adult membership \$15 children \$10	352-3524 Children's Library 352-7048
Galleria Cinema	RND Plaza www.galleriacinemas.com Film listings also found in local newspaper Freeport News on Thursday or Friday. Or call for recorded message of movies on show.	351-9190/ 351-9192
Regency Theatre	Regency Park, off West Sunrise Highway	352-5533
Simpson C. Penn Talent Theatre	Queen's Highway Plays/Comedy shows	352-6564



LIS Primary Students at Play

VOLUNTEER OPPORTUNITIES

Humane Society of Grand Bahama	Help care, play with and give TLC to animals. LIS students can get CAS hours. New facility just opened at Coral Road.	09:00-16:00 Mon – Fri, 09:00-12:00 Sat.	352-2477
Grand Bahama Children's Home	Helping kids with homework, playing. Children range from infant to 13 years.	16:00-18:00 Mon- Fri, 12:00-18:00 Sat & Sun	352-7852
Freeport Art Centre	Putting together custom made framing, glass and matts. Assisting customers at reception.	09:00-17:00 Mon – Fri, 09:00-12:00 Sat	351-4603
Sir Charles Hayward Library and Children's Library	Ask for Elaine. Helping customers check out books, covering books among other duties.	10:00-17:00 Mon – Fri, 10:00-14:00 Sat	352-7048 352-3524 (Children's)
LIS	Volunteers welcome for help in the following areas: library, classroom assistants, home room mums and PTA	Various hours.	373-4004
Rand Nature Centre	Help with fundraising – biggest event is Festival Noel – help needed from November onwards. Volunteers can be given training to give tours in the garden. Help with meeting and assisting guests.	09:00-16:00 Mon – Fri, 09:00-13:00 Sat.	352-5438
Salvation Army	Sorting out donated clothing, keeping racks tidy. If business is slow, volunteers not always needed. Good way for LIS students to get CAS hours.	10:00-16:00 Mon – Fri, 09:00-13:00 Sat. West Atlantic Drive	352-4863
YMCA	Anyone with sport background required to help with soccer, rugby, baseball, swimming activities. Helping with swimming lessons (not as a swim coach) at the Learn to Swim lessons, two evenings and Saturday mornings. Summer camp helper.	Various hours dependent on activity.	351-6213
Red Cross	Periodically need helpers – usually after a hurricane. Call to see if they need people.	Various hours.	352-7163
American Women's Club	WANDS program. Help with hearing and vision screening for grades 3-9 in all the schools in Grand Bahama. Training provided.	Various hours.	Contact Pat Ogryzlo 351-1635
Friends of the Chamber of Commerce	www.grandbahamachamberofcommerce.com	Meet every Monday at 17:30 at the Chamber Office (by library)	352-8329
Cancer Association of Grand Bahama	Clerical duties: answer phone, photocopying, and some computer use. Also, visit with patients.	West Atlantic Drive (next to Salvation army thrift store)	Mrs. Hedley 352-2873
Home of the Aged	Visit with residents, read to them.	Mon-Fri 10:00-11:00, Sat & Sun 14:00-16:00	352-5408
 Blood Donors	There is no blood bank on the island. Persons are requested to give as needed.	Rand Memorial Hospital	352-6735
Lucaya Rotary Club	Project Read Grand Bahamas. Tutor illiterate adults - training is given.	Volunteer sets up time and place, usually an hour at a time, how often you meet depends on both of you. Can meet in library or a place of your choice.	Anne Marie Costa - 374 7720
GB Crisis Centre	Answering telephone, offering help and support when women abused.	Rand Memorial Hospital	Contact Mrs. Gibbs or Nurse Laura Jones 352-6735

APPENDIX 1: POISONWOOD

Poisonwood, also known as Florida poison tree or hog gum, is related to poison sumac and poison oak, all members of the cashew or sumac (*Anacardiaceae*) family. This beautiful tree grows abundantly in the Keys and can also be found in various ecosystems in southern Florida. Its range in tropical America extends from Florida to the Bahamas, Honduras, and the West Indies.



Twigs and leaves

The sap contains alkaloids that cause serious skin and mucus

Irritations after skin contact. Any part of the tree may carry the sap so handling any part of the poisonwood should be avoided. If you live or work in south Florida the ability to recognize and identify poisonwood is beneficial. You can find poisonwood inhabiting hammocks, pinelands, and sandy dunes near salt water.

Prevention:

- Know what the plant looks like.
- Wear long pants, shoes, long sleeves and gloves if you must handle wood or brush or be near either on a continuous basis.

Treatment: Avoid itching or it can spread

TOPICAL –

Benadryl Gel or Cream (over the counter),

Schederma steroid/antibiotic cream (prescription)

ORAL – at the same time: **Allegra** (180 ml) and **Zantac** (150 ml) – (prescription)

APPENDIX 2: SEA LICE or SUNBATHER'S ERUPTION

Adult Thimble Jellyfish (Linuche unguiculata)

Many persons expressed confusion and fear that they had contracted a communicable disease, such as venereal disease, chickenpox, or measles. Fishermen have long been acquainted with it, affirming reports in Cuba, Puerto Rico, Mexico, and the Caribbean islands. Names such as "sea poisoning," "sea critters," and "ocean itch" have been used as descriptions of this seasonal affliction. A Bahamian old wives' tale specifically warns against ocean swimming between Mother's Day and Father's Day yearly.

Seabather's eruption is caused by "a living, microscopic organism, in the nature of nematocysts from some form of coelenterate which is free floating." Seabather's eruption should not be confused with "swimmer's itch," a dermatitis involving exposed areas of the body caused by a free swimming parasitic flatworm found in FRESH water.

The term "sea lice" apparently originated during the 1950s and was used by local U.S. residents in describing the condition. **Cnidarians are a group of marine animals that contain stinging structures known as nematocysts**, and include jellyfish, corals, sea anemones, hydroids, and Portuguese Man o'War.

The suspected organism, barely visible except under excellent lighting, appears like a speck of finely ground pepper. Its size is approximately that of a pinhead floating on the surface layers of the water. The bathing suits worn by swimmers apparently trap variable numbers of larvae, with the fabric acting in a similar fashion to a net.

The surface area of a bathing suit may increase the area over which stings can occur. It is not unusual to see evidence of 200 or more stings under a person's bathing suit. A bather's individual activities may also increase the amount of firing, such as contact with a surfboard, lying on the beach, or sitting on a car seat in the wet bathing suit during the trip home.

SYMPTOMS

Probably because of the **intense itching**, many persons report **difficulty in sleeping**. Other symptoms include **nausea, vomiting, diarrhea, headache, weakness, muscle spasms, arthralgias**, and a **sense of malaise**.

Symptoms are most intense in the first few days and could last up to five days.

APPENDIX 2: SEA LICE or SUNBATHER'S ERUPTION (continued)

Adult Thimble Jellyfish (Linuche unguiculata)

TREATMENT

Topical: **Benadryl Lotion** (over the counter),
Schederma steroid/antibiotic Cream
(prescription)

Oral: take at the same time: **Allegra** (180 ml) and **Zantac** (150 ml) – (prescription)

It is recommended to **clip fingernails short, to avoid scratching of lesions. Good personal hygiene** will help patients **avoid secondary bacterial infections.** Should a secondary infection occur, as evidenced by purulent lesions that are not resolving, follow-up care with a dermatologist is recommended.

PREVENTION: Outbreaks of seabather's eruption occur intermittently between March and August, but they appear to peak during early April through early July. There have been many days when no infestations

have occurred. The following recommendations may also help in minimizing the number of stings:

1. Each beach-goer needs to **assess his or her individual risk of an immune response.** Persons with a history of a severe reaction should limit their beach activities, or use pool facilities instead, during outbreaks.
2. **Avoid swimming with a T-shirts** while in the ocean.
3. **Use of a topical sunscreen and limiting sun exposure protects against solar injury.**
4. There is some evidence that **greasing up with Vaseline or a thick waterproof sunscreen**

before entering the ocean may actually protect skin from penetration.

5. **Women should consider two-piece instead of one-piece bathing suits,** to reduce the surface area of swimwear that could trap larvae.
6. **After ocean exposure, swimmers need to change out of their bathing suits** as soon as possible after exiting from the water, **followed by a shower (without the affected swimsuit) to rinse off** loose larvae, as this should limit the number of stings.
7. **Bathing suits should be thoroughly washed with detergent and heat-dried after use.** Some have experienced a recurrence of symptoms when wearing suits that had only been air-dried. Air-dried nematocysts still have the potential to fire. A person who has had a severe reaction may be wise to discard the infested suit.

MARINE CONSIDERATIONS

Persons who must be in the water on a daily basis should **keep pharmaceutical ammonia on hand as well as vinegar.** On first contact (you will feel a burn or biting) you should immediately douse your skin area with ammonia and/or vinegar, remove bathing clothes and shower. If done immediately this will kill the lice, but if you remain in the water longer they will penetrate the skin. It is suggested that a full bodysuit be worn in infested waters and exposed areas be generously covered with Vaseline or a thick waterproof sunscreen.

Please note: an area may have sea lice one day and not the next, depending on the tide.

APPENDIX 3: HURRICANE CHECKLIST

FOOD SUPPLIES

Get enough nonperishable foods now for two weeks. Then put them in a box and leave them alone. Don't buy foods that are salty or dry or high in fat or protein; they'll make you thirsty.

- Water: 2 quarts to 1 gallon per person (get a week's supply)
- Ice
- Shelf-package juice and milk boxes
- Canned and powdered milk
- Beverages (powdered or canned, fruit juices, instant coffee, tea)
- Prepared foods (canned soups, beef, spaghetti, tuna, chicken, ham, corned beef hash, packaged pudding)
- Canned vegetables and fruits
- Dried fruits
- Snacks (crackers, cookies, hard candy, nuts)
- Snack spreads (peanut butter, cheese spreads, jelly)
- Cereals
- Raw vegetables
- Sugar, salt, pepper
- Bread
- Dry and canned pet food
- If you are not breastfeeding, extra formula. Baby food

HURRICANE KIT

Assemble this now. Put aside in a special box in garage. Keep heat-sensitive items inside home and rotate stock throughout season. Batteries can go in refrigerator.

- Flashlights and extra bulbs
- Battery-operated TV or Radio**
- Fully charged battery-operated lanterns. Don't get candles and kerosene lanterns. They are fire hazards.
- Extra batteries
- Matches
- Clock (wind-up or battery-operated)
- Plastic garbage bags
- Working fire extinguishers
- Scissors
- Toilet paper
- Clean change of clothes, rain gear, sturdy swamp boots you won't mind throwing away later
- An inexpensive rabbit-ears television antenna to use when cable goes out**
- Map of the area
- List of phone numbers
- Copy of insurance policy

KITCHEN SUPPLIES

- Manual can opener
- Bottle opener
- Matches in a plastic bag
- Pocket knife - preferably Swiss Army-style
- Camp stove or other cooking device and plenty of fuel. Use canned fuel, not charcoal or gas
- Ice chests or coolers
- Paper plates, napkins
- Plastic cups, knives, forks, spoons