In Nassau, Bahamas, royal pomp and ceremony lives on, despite the country's independence from England nearly four years ago. Here, the Chief Justice of the Bahamas Supreme Court inspects an honor guard of the Royal Bahamas Police Force.

DAWN Travel Notes

Although three years have passed since the Bahamas gained its independence, British traditions and pageantry still provides a fascinating window on the past for more than a million visitors who come here annually to Nassau.

The ceremonial opening of the Bahamas Parliament is one of the most prestigious rituals in island social and political life — and a colorful attraction for tourists.

A Royal Bahamas Police Force Honor Guard in starched white tunics and gold-spiked helmets is drawn up in Parliament Square for inspection by the Governor-General, the Queen's official representative, who serves as the ceremonial head of state.

The Governor-General then retires to the Senate Chamber where, before an audience of Senators, Members of Parliament, prominent citizens and clergy, he reads the speech from the Throne outlining the Government's legislative program for the coming session.

The ritual parallels that practiced in the British Parliament at Westminster, where the Sovereign herself reads the Throne Speech.

Another attraction for camera-toting tourists is the twice-monthly Changing of the Guard at Government House. This is patterned after the ceremony performed regularly at Buckingham Palace.

Another important ritual on the social agenda is the quarterly opening of the Supreme Court Assizes in Nassau. Assizes in British judicial history date back to 1215 when the Magna Carta enabled cases to be heard in each country of the realm rather than having to await trial at Westminster.

In Nassau today, the Assizes are opened by the Chief Justice, accompanied by the Provost Marshal and a bailiff bearing the judicial scepter of mace. A Police Honor Guard is inspected outside the Supreme Court while the 36-man Police Force Band plays stirring music.

The Chief Justice then retires to his chambers before calling the new court session to order.

Supreme Court Justices in the Bahamas wear flowing wigs like their English counterparts and scarlet robes patterned after the dress of 14th century clerics. Lawyers dare not appear before a judge in the Supreme Court without their black gown and wig.

On entering a court to hear a criminal case, justices are preceded by a baliff who calls out these time-honored phrases: "Oyez, Oyez, all manner of persons having anything to do before Her Majesty's Supreme Court of the Bahama Islands draw near and give your attendance and you will be heard. God Save the Queen."

Teen Tips

By Paul Steiner

The more your fingers are active, the faster your nails will grow.

The first few times you walk on skis it helps to begin without poles. After a few steps you'll find the pole action will come automatically. (Always practice walking on skis on flat terrain.)

If you dream about a ladder, it means you're concerned about success, dream experts say.

If you use lining when sewing double knits of polyester, attach only at neckline, armholes and waistline seam to benefit from stretch and recovery characteristics of the fabric.

You don't have to invest much cash to make a prize-winning flick. A winner in Kodak's teen movie contest spent only $3.62. And the youngest winner was only six years old. So get your kid brother or sister started early.

You can create striking things for your room by strip heating acrylic sheets, such as making a magaine rack, book easel, photo frame, wine rack by heating and bending single sheets of Plexiglass into the desired shapes.

When buying a pair of beginner's skis that are expensive and you want them to last a couple of years, buy them your own height, plus three or four inches to grow on.

Never give potted plants to someone in a hospital. The suggestion is too strong you expect them to be there for a prolonged stay.

When buying a coat, if you're very short, keep the collar small. If you want a cape, make sure it's short—full length is too much for you.

Clear mustache wax or vaseline put on with a mascara brush will give very long, sparse eyebrows the illusion of thickness, give them form.

Does a lamp turn up in your dreams? You're trying to solve a troublesome problem, are anxious to "shed light" on something bothering you.

Jumping rope develops first rate hand-eye-feet coordination for would-be skiers.

Coming In DAWN 'Blacks on Broadway' Next Month

Charlie West

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tunities as well as their tremendous achievements."

That's a champion for you.

Officials at Washington and Jefferson are working diligently to have West, one of its greatest all around athletes and football star — enshrined in the College Football Hall of Fame. It would be a belated honor for an unsung black hero for a performance unequalled in Rose Bowl history. Charles West earned that recognition.

Dr. West now is retired and residing in Washington, D.C. Last summer, he and his wffe, were among a group of Washingtonians who were spectators at the Olympic Games in Montreal, Canada.

Dr. West twice served as coach of the Howard University football team, taking over the gridiron tutoring post at Howard shortly after graduation at W and J and serving until 1928.

He returned to the Bison campus in 1934 and left several years later.

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