



Kenny Gillis has been recognized as the latest Juanita Heffler Award recipient presented by the chair of the Parrsboro Radio Society, Frank Hartman. The award is named in loving memory of one of the original founders of Parrsboro Community Radio and it is presented to an individual for his or her hard work, commitment and dedication to the operations of Parrsboro Community Radio. Only two other individuals have received this prestigious award; Sandra Spence and Ross Robinson. (Submitted)

## WCCS Students Looking Forward To Exciting Trip

By Linda Harrington

Excitement is building as the trip departure date gets closer! Forty students from West Colchester Consolidated School will be heading to Boston on May 19th. Principal Gail Smith has been busy planning and organizing this fantastic trip for her Grade 7, 8 and 9 students since early in the school year.

All Grade 7, 8 and 9 WCCS students were given the opportunity to participate in the Boston trip, with plans in place for students to fundraise the cost of the entire trip if required. The cost per student is \$500, with a recommended \$125 extra in spending money.

The school has done really well off their fund raising events, which have included a ticket draw, Christmas Carnival, New Year's Eve Dance and a recent Chicken Burger Sale. Martha Brown says they are really pleased with the community support that has been shown; helping students meet their fund raising goals.

Students and their five

chaperones will leave the school by tour bus on May 19th at 7:30PM. The trip itinerary has been arranged by Jumpstreet Educational Tours.

The bus is expected to arrive in Boston at 7:30AM on Friday, May 20th and after breakfast students will head out on a tour of the Historic North End. Later in the day they will take a cruise and visit the USS Constitution, tour the Freedom trail and many other famous landmarks.



Along the Shore Health Board chairperson, Sarah Gatti-Yorke presents a \$3000.00 cheque to Gail Smith, WCCS principal, to cover the cost of lunches for students who are unable to or forget to bring a lunch to school. (Submitted)



The Maritime Center for African Dance conducted a drumming workshop at WCCS. Students from grade Primary to Grade 9 participated in the drumming and dancing. As you can see the students were interested and participating. (Submitted)

Saturday will be spent learning about 17th Century America, with tours of the Plymouth Plantation and a visit to the Mayflower II. In the afternoon, students will tour the Afro-American History Museum and attend a performance at the Charles Playhouse in the evening.

On Sunday, there will be fun times at the Museum of Science and New England Aquarium, as well as some time spent on Newbury Street and the MIT and Harvard Campuses.

The bus will leave for home on Monday, May 23rd at 8:00AM and arrive back at the school at 8:00PM, with some very tired travellers on board.

Some students may include an optional Red Sox game in their travel plans. It sounds like a trip of a life time for these young students!

## Sedentary Behavior Guidelines - Who Knew?

By Robin Norrie

It has come to light that Canadians (adults and children) spend an alarming amount of time on "sedentary activities" or being inactive - like sitting for long periods at work, at a computer, in a car or just watching television.

Sedentary activities coupled with the conveniences of a modern lifestyle make it easy for Canadians to be increasingly inactive. In our day to day lives, people drive more and sit more and they walk less and move less.

You may have heard that in January 2011 the Canadian Society for Exercise Physiology (CSEP) released new Canadian Physical Activity Guidelines. The new guidelines state children (5-11 years) and youth (12-17 years) require at least 60 minutes of moderate-to-vigorous-intensity activity per day while adults (18-64 years) and older adults (65 years and older) must get at least 150 minutes of moderate-to-vigorous-intensity physical activity per week.

What you may NOT have heard is that in February 2011, CSEP also released for the FIRST time ever sedentary behavior guidelines. Guidelines to tell us NOT to be inactive for long periods!

Sedentary behaviors include things like sitting for long periods of time, using computers, playing passive video games, motorized transportation and watching television. The new guidelines suggest that Canadians should limit sedentary behavior in order to reduce health risks because scientific evidence has shown a direct connection between increased sedentary time and decreased fitness, poor self-esteem, weak academic performance, less productivity at work, obesity and increased aggression. Apparently sitting for long periods can be as

bad for your health as a poor diet or smoking!

As noted above the new Physical Activity Guidelines recommend at least 60 minutes of moderate-to-vigorous-intensity physical activity per day. The Canadian Sedentary Behavior Guidelines highlight what we should be doing the other 23 hours of the day.

There are simple steps you can take to introduce more physical activity into your and your family's daily life. Start by incorporating movement into your current activity or doing things that will help you and your family increase physical activity levels. For example:

Limit and reduce sedentary behaviors like watching television and computer use every day for yourself and your kids;

Replace watching television with a family activity such as walking, dancing, skating, cycling, swimming, gardening, household chores, stretching etc.;

When watching television, get up, move around and stretch during commercials;

As a family write up an activity plan for the week. Set aside at least half an hour per day to do something on the list;

Incorporate more physical activity into your work day. Do

things like taking the stairs, parking in the furthest parking spot and walking the rest of the way, take a walk break instead of a coffee break;

Look for small openings in your schedule and fill them with something active. Even 15 minutes of activity is worthwhile;

Combine physical activity with running errands or doing chores. Taking an extra lap in the grocery store or mall when you're doing your shopping; and

Walk or bike to work or school or to visit friends or run errands.

The Canadian Sedentary Behavior Guidelines are complementary to the Canadian Physical Activity Guidelines. The two guidelines together can be thought of as a recipe for families to get the best possible chance to gain health and social benefits. There are plenty of small choices that you can make every day that add up to a healthy, active lifestyle. Whatever you do, just sit less during your day and move more. Make physical activity part of your family's everyday routine.

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