



Team Colours Day for Winter Carnival at Debert Elementary School. Back row (l to r)- Winter Weatherby, Gabe Mason, Brooklyn Muise, Shawnn Alexander, Cassidy Quade, Whyatt Rushton, Caleb Quade, Jesse Totten; Front row (l to r)- Sebastien Leblanc, Trent Lewis-Fisher, Callum MacPherson, Sam Oxner. (Harrington Photo)



It was Debert Elementary School's Winter Carnival recently and on Team Colors Day Mrs. Brownell and Cassidy Quade, who take their Montreal Canadians team support very seriously, had to let Toronto Maple Leafs fans Brooklyn Muise and Caleb Quade know where they stood! They were all good sports to pose Great Village Elementary students enjoyed skating at the West Colchester United Arena, Debert in early March. (Harrington Photos)

PHOTO FEATURE

The 34th Truro Sport Heritage Awards were presented in a gala event held at the Best Western Glengarry. Host Bruce Rainnie, Executive Director of the Nova Scotia Sport Hall of Fame and former host of the CBC News emceed the event, Sunday, March 4th, 2018. (Photos by Sheryl Deuville)



The Pro Cresting 21-50 outstanding male athlete award to track and field star, Peter Millman, was presented by Duane Rath, to Iain LaPointe, who accepted the award on behalf of Peter Millman.

Male Athlete - 21-50 years Peter Millman

Peter Millman had a spectacular year in track and field. That statement in itself is a bit of understatement. In 2017, he won the U-Sport Canadian championship in shot put, finished third in weight throw, was the Canada West shot put champion, and the Canada West weight throw champion. At the 2017 World University championships, he finished in the top two in his age category in qualifying. His Athletics Canada rankings had him at #2 in indoor shot in Canada, #3 in outdoor shot, and #6 in indoor weight throw.

Peter set a provincial record in outdoor shot at 17.82 metres in Arizona. It was his personal best. He also set a NS provincial record in indoor shot at 17.54 metres - also his personal best. His 2017 personal awards include U-Sport Field Athlete of the year; U of Lethbridge Male Athlete of the year; 2017 Track and Field MVP at Lethbridge; and 2017 Academic All-Canadian. Clearly Peter dominated the university championships, claiming his third straight shot put title. He was named to Team Canada for the fourth time and represented Canada in Taiwan at the World University Championships.

In addition to his numerous feats on the pitch, Peter was named the fifth greatest Pronghorn of all time. He is involved in numerous community services and volunteers extensively. Well done, Peter. You are a most deserving nominee.

Casey's Budget Projects \$29.4-Million Surplus

Communities in northern Nova Scotia will benefit from investments in health care, education, early years, communities and the economy as part of Budget 2018-19 which was introduced in the Legislature by Karen Casey, Deputy Premier, Minister of Finance and Treasury Board and MLA for Colchester North. Budget 2018-19 estimates a surplus of \$29.4 million with revenue of \$10.81 billion and expenses of \$10.78 billion.

"With Budget 2018-19, we will recruit more doctors and improve access to health care, invest in classrooms and pre-primary, and support more Nova Scotians to participate fully in their communities and in the economy," said Karen Casey, Minister of Finance and Treasury Board. "We want all Nova Scotians to have opportunities to grow and succeed. This budget supports that goal."

- Highlights in Budget 2018-19 for northern Nova Scotia include:
- road improvements projects including, twinning of Highway 104 from Sutherlands River to Antigonish,
 - improvements to Highway 104 Taylor Road to Monastery Paq'tnek Interchange and bridge rehabilitation to Tittle Bridge and Sutherland River Bridge
 - funding for new skilled trades centre at Amherst High School
 - renovations to Frank H. MacDonald Elementary School
 - pharmacy redevelopment in Aberdeen Hospital in New Glasgow
 - funding for new child-care centres in Colchester and Pictou county.
- Northern Nova Scotia will also benefit from provincewide investments including:
- \$19.6 million in additional funding, as part of government's multi-year plan to recruit, retain and train more doctors
 - \$8 million more for new and expanded collaborative-care teams across the province
 - \$8.8 million to provide 350 more hip and knee surgeries by hiring more surgeons and creating a central booking system
 - increased funding for community-based, mental health supports
 - \$1.2 million increase in the Take Home Cancer Therapies program to help pay for medications

- \$5.5 million more to help seniors stay in their homes longer, including more home care support and expanding the caregiver benefit program
 - \$15.5 million to add new child-care spaces and to offer more subsidies to make child care more accessible and affordable
 - \$17.6 million to add about 130 new pre-primary classes as part of a plan to have it available across the province
 - \$10 million increase to implement new recommendations from the Council to Improve Classroom Conditions
 - \$15 million to begin implementing recommendations from the Commission on Inclusive Education
 - \$1.6 million more to expand SchoolsPlus into 54 more schools for a total of \$9.8 million
 - \$3.3 million increase to expand Reading Recovery to cover 96 per cent of schools this year, with every school having programming in 2019
 - \$16.2 million increase in Disability Support Program to help more people move into the community, to improve respite care, and to fund more complex client cases
 - \$3 million to double the poverty reduction credit to \$500
 - \$3.4 million to fully exempt child-support payments from income assistance calculations
 - \$1.7 million to further expand Graduate to Opportunity to connect new university graduates to employers, with added incentives for hiring from underrepresented groups
 - \$500,000 more for incubators and accelerators, which support startup companies
 - \$2.5 million more for the Innovation Rebate Program to encourage private sector investment in capital projects
 - \$3 million for the new Building Tomorrow Fund to support innovation in agriculture, fisheries, and aquaculture sectors
 - \$5.8 million added to the Atlantic Fisheries Fund
- Budget 2018-19 also includes the Capital Plan, which invests \$605 million in roads, schools, health care and public infrastructure. For more information about the 2018-2019 provincial budget, visit <http://www.novascotia.ca/budget>

Weather Predictions Twice Daily

By Chris Urquhart

The National Weather Service provides model forecast guidance for ozone, dust and fine particulate matter twice daily and smoke predictions once daily for the next 48 hours. Local agencies use NWS model guidance to issue air quality forecasts that weather forecast offices (WFO's) help disseminate. Air quality forecasts of unhealthy (code orange) or worse air quality that are shared with

WFO's get displayed on NWS warning maps as air quality alerts.

When Air Quality Alerts are in effect, there are many actions you can take to stay safe and protect your health. (A) Stay informed about air quality conditions in your area. Information is provided by EPA, NWS and the media. (B) Choose a less-strenuous activity, (C) Shorten and take more breaks during outdoor activity, (D) Reschedule activ-

ities to the morning or to another day, (E) Move your activity inside where ozone levels are usually lower and (F) Spend less time near busy roads.

If you would like to help reduce air pollution, you can take the following measures: Eliminate tobacco smoke: Reduce your use of wood stoves and fireplaces: Don't burn candles, leaves, garbage, plastic or rubber. Use HEPA air filters and air cleaners de-

signed to reduce particles; Drive less; carpool, use public transportation, bike or walk.

Keep car, boat and other engines tuned. Inflate tires to the recommended pressure. When refueling: stop when the pump shuts off, avoid spilling fuel, and tighten your gas cap. Use low-VOC paint and cleaning products and seal and store them so they can't evaporate. Choose energy saving appliances. Set thermostats higher in summer and lower in winter. Turn off lights you are not using.

Maritime UCW – April 27-29

By Chris Urquhart

This is the year of Maritime Conference United Church Women's Biennial Meeting. This year it is being held in Summerside PEI!

Dates are April 27-29 and if you are interested in attending contact Chris Urquhart for an application form.

Cost is \$50.00 plus your hotel and travel unless you are a delegate.

Delegates were chosen at our recent Truro Presbyterian UCW Annual Meeting.

I will give you a run down on how this event went in May. Meanwhile, MCUCW have put together a Cook Book of cheap, easy to make

recipes that will be passed out to each Presbyterian in Maritime Conference with the hopes that they will be copied and given to places that can use them, such as the Food Bank.

You can also purchase your own copy for the cost of a donation.



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Saturday 8am – 1pm. Sunday closed.