

PHOTO FEATURE

Great Village Fire Brigade Auxiliary Merchandise Bingo, held March 12th at the Legion, was a huge success with a packed house and lots of exciting prizes! (Harrington Photos)



Pat Spencer was going to need assistance getting her winnings to the car after winning 5 times at bingo!



Betty MacNeil, Treasurer of the Great Village Fire Brigade Auxiliary, presents Clarissa Lindsay with her winnings in the 50/50 draw at the Merchandise Bingo.



Erin Miller shouted "BINGO" was the lucky winner of a decorated cake.



Craig Johnson accepts a \$5,000 cheque on behalf of Colchester-East Hants Hospice Society from Truro Masconic Lodge #43 members Brothers: Jeff MacDONALD, District Deputy Grand Master, Barry STONE, Master of Truro Lodge # 43, & John INCH, Past Master of Truro # 43. (Submitted)



The generosity of Truro Masonic Lodge #43 was evident when Richard Haines accepted a \$5,000 cheque for Special Olympics "Cobequid" at a recent at the Masconic Centre, 143 Pictou Road. Pictured above are: Masonic Brothers: Jeff MacDONALD, District Deputy Grand Master, Barry STONE, Master of Truro Lodge # 43, Richard Haines, Special Olympics "Cobequid" & John INCH, Past Master of Truro # 43. (Submitted)



Winter Carnival fun at Chiganois Elementary. Back (l to r): Sugar Daisy Torrens, Amyla Doyle Mentis, Connor Crossman, Owen Landry, Own Connolly; Front (l to r): Calliana Zwicker, Claire McMullan, Jordan Graham, Jay Shreve. (Harrington Photo)



Miss MacLeod/Mrs Raymond's Grade 1 Class were happy to have the chance to wear their favourite pajamas for Winter Carnival. (Harrington Photo)

Many Factors in Poor Air Quality

By *Chris Urquhart*

Air quality affects the air we breathe. There are many factors that can lead to poor air quality, but the two most common are related to elevated concentrations of ground-level ozone or particulate matter.

Ground level ozone forms when nitrogen oxides from sources like vehicle exhaust and industrial emissions react with organic compounds in the presence of heat and sunlight. Pre EPA, ozone can cause a number of health problems, including coughing, breathing difficulty, and lung damage. Exposure to ozone can make the lungs more susceptible to infection, aggravate lung diseases, increase the frequency of asthma attacks, and increase the risk of early death from heart or lung disease.

Particulate matter in the air consists of solid and liquid particles including smoke, dust and other aerosols, some of which are directly emitted and others are resulting from chemical transformations. The sources of these particles are numerous - including vehicles, factories, power plants, fires, other natural phenomena

and human activities. Particle pollution is linked to a number of health problems, including coughing, wheezing, reduced lung function, asthma attacks, heart attacks, strokes and even early death.

The weather can have a significant impact on air quality since different aspects of the weather affect the amounts of ozone and particulates that are present in a specific area. Sunshine, rain, higher temperatures, wind speed, air turbulence, and mixing depths all affect pollutant concentrations.

- A) Sunshine can cause some pollutants to undergo chemical reactions, resulting in the development of smog;
- B) Higher air temperatures can speed up chemical reactions in the air;
- C) Rain typically results in less pollution since it washes away particulate matter and can also wash our pollutants that are dissolvable and
- D) Wind speed, air turbulence, and mixing depth all affect how pollutants disperse, or spread out from an area.



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The Nova Scotia Human Rights Commission is introducing new online resources to help employers address and prevent sexual harassment in the workplace. The commission has recently seen a significant rise in the number of calls concerning sexual harassment, including from employers asking for advice and training. Through the Safe Spaces Make Great Workplaces campaign, the commission is providing a free online course for employers and their employees, along with a template for a sexual harassment policy which can be adapted by organizations. To access the online resources, visit www.safespacesns.ca

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