



Abby Watson had fun on Crazy Hair + PJs Day. (Hope Bridgewater Photo)



Brody Kouwenberg gets arrested by Constable Boadway as his camp-mates await their turn. (Hope Bridgewater Photo)



Students get ready to set off volcano explosions after creating them during March Break Camp in Wentworth. (Hope Bridgewater Photo)

Successful March Break Camp in Wentworth

By Hope Bridgewater

A special time happened at the Wentworth Learning Centre with an exciting March Break for 30 children aged 5 to 12 registering for four days. The fifth day featured an intergenerational program between the children and seniors aged 50+. Many volunteer teenage and adult workers helped make the March Break Camp a success.

From Monday to Thursday the following activities took place: Monday: children made slime, play dough, other wacky experiments, and cardboard cards; Tuesday: children made and exploded volcanoes and had an afternoon of crafting (sewing, knitting, crocheting, etc.).

On Wednesday children had sports activities with former football player (Edmonton Eskimos) Mike Law, science experiments (Elephant Toothpaste, Coke + Mentos explosion, Zumba and Yoga; Thursday: Heroes Day when children made superhero identities, capes, ID badges, met real-life heroes (RCMP officers and Firefighters), got to explore their vehicles and equipment, and then each child got handcuffed by the police.

Featured on Friday was an intergenerational theme with both the children and seniors aged 50+ participating. Participants were asked to meet a bus at the Learning Centre to go a free a movie in a theatre located at the Millbrook Mi'k-maw Power Centre. Once everyone was seated on the bus, they were given green beads to place around our necks in celebration of St.

Patrick's Day coming up the following day. The green colour on the beads symbolized St. Patrick, a British priest and missionary, converting the pagan Irish to Christianity, which was our history lesson.

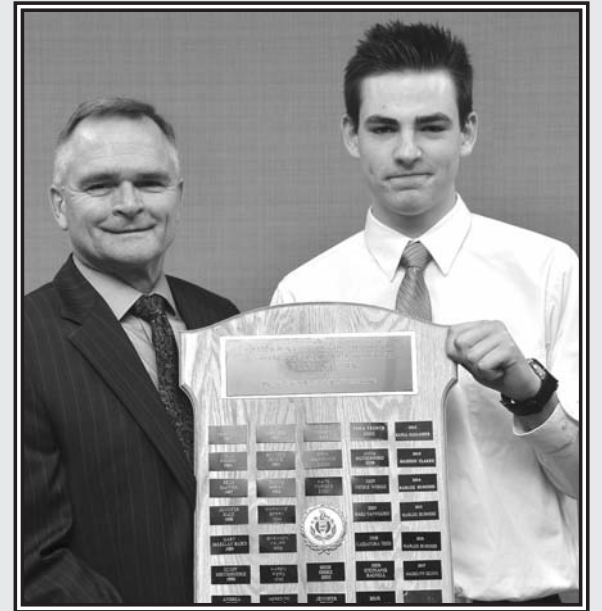
The movie, "Wonder," was released in 2017, based on a book by Stephen Chbosky, grossed worldwide \$298 million on a \$20 million budget, in 2018 nominated for Best Intergenerational Film, in 2017 nominated for Best Youth Performance by Jacob Tremblay, and in 2017 nominated for Best Family Film.

The movie was successful in creating empathy and understanding by featuring bullying about physical appearance, fitting in with group of friends, acceptance of diversity of race, problems when growing up, and the importance of adults being understanding and supportive. As a sensitive, yet realistic, film, in about two hours it could teach both children and adults to be more caring and helpful to others.

In the movie two actors have an interracial relationship which results in others showing acceptance to their friendship. Another message from the movie is the importance of being against bullying and accepting racial diversity. Superb acting displayed sensitive and realistic themes, and its theory of how to be kind to each other. Following the bus ride back to Wentworth the group enjoyed lunch and a variety of games for the rest of the afternoon at the Learning Centre.

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.



Mike Worsley, representing Cat County and Big Dog radio presented Alex Amero with Madelyn Quinn's outstanding 16 and over female athlete award.

Outstanding Female Athlete 16-20 Madelyn Quinn

Maddie knew at a young age that she wanted to be involved in athletics and to compete nationally. This past year she travelled to Brandon, MB for the National Legion Track and Field Championships where she brought home a silver medal in javelin. She also competed in the Canada Games in Winnipeg as a 17 year old in a U23 javelin competition and finished a solid fifth place. With Athletics Nova Scotia, Maddie's accomplishments also included first place at Provincials and third at Atlantics (U23 competition).

Locally with the CEC Track & Field team Maddie finished in first place at all three levels - districts, regionals and provincials.

Maddie proves that when you have a dream, you need to go for it! Congratulations Maddie and we wish you great success in the future!

Exercise Shouldn't Hurt

By Chris Urquhart

When it comes to exercise, the "No pain, no gain" mantra is bad advice. Exercise shouldn't hurt. At most, you may feel a little muscle soreness when you do a new workout or activity.

If you feel pain, dizziness, nausea or shortness of breath during exercise, stop. You may be pushing yourself too hard. Usually we start exercising to lose weight.

Remember you didn't put all those pounds on at once so don't expect to remove them quickly either! Starting with a short regime at first, then working up to more as time goes on is good advice. It is often easier to do this with a "buddy".

Walking is great exercise

but will go faster if you are walking and talking to a friend. Remember not to go too far on the first few times walking. Enjoy the gain, leave out the pain!

Step it up with an activity tracker! For about \$10 to \$50, you can buy a basic pedometer and begin counting your steps. An activity tracker may cost two to three times that amount.

To get started, wear your activity tracker throughout the day for about a week. Add up the total number of steps and divide by seven. This is your baseline.

From there, you can start setting short-term goals, such as adding 1,000 steps a day. A long-term goal may be walking 10,000 steps a day.

When To Have an Eye Exam

By Chris Urquhart

Had an eye exam lately? Regular eye exams are an important part of preventive health care, even if you don't wear glasses. Consult your eye care professional for periodic eye exams.

In general, if you're healthy and have no vision problems,

have your vision checked every five to 10 years in your 20s and 30s. From ages 40 to 54, have your vision checked every two to four years.

From ages 55 to 64, have your vision checked every one to three years. After age 65, get your eyes checked every one to two years.



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GOOD LUCK TO ALL PARTICIPANTS

