

Credit Union Awards \$12,000 in Bursaries



Prem Dhir, member Board of Directors of the Community Credit Union and Chair of its Bursary Committee; Brian Millard Luke Ells and Pat Spicer, Vice Principal, Advocate District High School.

The Community Credit Union awarded \$12,000 worth of Bursaries to graduating students this year. Receiving a bursary from Prem Dhir, member Board of Directors of the Community Credit Union and Chair of its Bursary Committee is Brian Millard Luke Ells Advocate District High School.

Other bursary recipients were: Sarah Jenesta Hunt, North Colchester High; Emily Colpitts, CEC, Truro; Sarah

Densmore, South Colchester Academy; Jordan Bokma, Colchester Christian Academy; Michelle Alkema, Pugwash District High; Michaila Hoeg, River Hebert District High; Carly Sue Rious, Parrsboro Regional High; Ryan Oulton, Tantramar Regional High; Megan Graves, Oxford Regional High; Mary Jean Colwell, Springhill High; and Amber MacKenzie of Amherst Regional High School.

Welcome Sun

Sun, it's wonderful, after the rain. Like the healing touch that eases pain.
The rainy days so long and drear. Are a memory now that the sun is here.
So much rain for so many days, make all unhappy in different ways.
The change brings joy to everyone. As vacation welcomes the summer sun.

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The Obesity Epidemic and Physical Activity

By Matt Pryde

According to the PACY, 2006 study (www.gov.ns.ca/hpp/physicalactivity/akhkr research.asp), only 60% of boys in Nova Scotia have a healthy weight. This is down from 64% in 2001. As far as girls are concerned, 66% are a healthy weight. The strange thing about these numbers is that as the youth grows older, they tend to have a healthier weight, which directly disputes the idea that physical activity is the best way to control your weight considering physical activity levels drop dramatically as children get older.

To put this into perspective, less than one percent of girls in grade 11 get enough exercise to achieve health

benefits, yet only 10% of them are overweight. What's up with that? Well, upon closer inspection, the data shows that girls are far more likely to eat less to lose weight. They are also far more unlikely to be concerned that their weight is too low. That being said, 24% of girls are actually dieting in grade 11! That number is astounding! Why would a 16 year old girl need to diet?

Now, I know all about the demands concerning body image, peer pressure and so on, but it seems to me that it is frightening to think that dieting is so implanted in a person's mind when all they needed to do was live a healthy lifestyle to begin with.

People come in all shapes and sizes, but it's important that the concept of overall well-being be planted in our children's minds from a young age rather than letting 'Fashion Television' teach them when they are older that being the size of a twig is the way to be.

Physical activity does not need to be an organized program, but one of the top excuses for being inactive is that there is nowhere to go and nobody to go with. Children and girls especially, need to be encouraged to participate. Offer to drive your daughter and her friends to a 'Girls Only' program. They exist in nearly every Municipality, so contact your

Recreation Department.

Remember, dieting is not the way to a healthy lifestyle, especially for our children. Lifestyle changes, a good diet, regular physical activity and health education will help your children live longer and accomplish more. This generation of kids is in risk of being the first generation in recorded history that may not live as long as their parents did. Don't let your child fall into this category.

If you have any questions, comments or article suggestions, please feel free to contact me.

Matt Pryde is Fundy Active Communities Coordinator and can be reached at: Matthew.pryde@gov.ns.ca

July 2009

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Tide Times

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Times based on tides at Bass River & Burncoat Head

DATE	TIME HIGH TIDE	HEIGHT HIGH TIDE	TIME LOW TIDE	HEIGHT LOW TIDE	DATE	TIME HIGH TIDE	HEIGHT HIGH TIDE	TIME LOW TIDE	HEIGHT LOW TIDE	DATE	TIME HIGH TIDE	HEIGHT HIGH TIDE	TIME LOW TIDE	HEIGHT LOW TIDE
Jul 29	-	-	1:01	1.7	Aug 9	15:49	13.6	22:08	1.8	Aug 21	1:52	15.3	8:18	0
Jul 29	7:01	13.5	13:24	2	Aug 10	4:07	13.8	10:28	1.8	Aug 21	14:17	15.2	20:40	0.2
Jul 29	19:29	13.6	-	-	Aug 10	16:26	13.7	22:46	1.8	Aug 22	2:40	15.5	9:04	-0.1
Jul 30	-	-	1:56	2.1	Aug 11	4:46	13.7	11:06	1.9	Aug 22	15:03	15.4	21:27	0.1
Jul 30	7:57	12.9	14:20	2.5	Aug 11	17:07	13.7	23:27	1.8	Aug 23	3:26	15.4	9:49	0.1
Jul 30	20:27	13.3	-	-	Aug 12	5:28	13.5	11:48	2	Aug 23	15:48	15.3	22:12	0.3
Jul 31	-	-	2:56	2.5	Aug 12	17:53	13.7	-	-	Aug 24	4:10	15	10:32	0.5
Jul 31	8:59	12.5	15:20	2.9	Aug 13	-	-	0:13	2.1	Aug 24	16:33	15	22:56	0.7
Jul 31	21:28	13	-	-	Aug 13	6:15	13.2	12:36	2.2	Aug 25	4:55	14.5	11:16	1
Aug 1	-	-	3:58	2.6	Aug 13	18:43	13.5	-	-	Aug 25	17:18	14.5	23:42	1.2
Aug 1	10:03	12.3	16:21	3	Aug 14	-	-	1:06	2.3	Aug 26	5:41	13.9	12:01	1.7
Aug 1	22:30	13	-	-	Aug 14	7:08	12.9	13:31	2.5	Aug 26	18:04	14	-	-
Aug 2	-	-	4:58	2.6	Aug 14	19:40	13.4	-	-	Aug 27	-	-	0:30	1.8
Aug 2	11:04	12.4	17:19	2.9	Aug 15	-	-	2:07	2.5	Aug 27	6:30	13.2	12:50	2.4
Aug 2	23:27	13	-	-	Aug 15	8:10	12.7	14:34	2.7	Aug 27	18:55	13.4	-	-
Aug 3	-	-	5:52	2.5	Aug 15	20:43	13.3	-	-	Aug 28	-	-	1:22	2.4
Aug 3	11:57	12.6	18:12	2.7	Aug 16	-	-	3:16	2.5	Aug 28	7:23	12.6	13:45	2.9
Aug 4	0:18	13.2	6:41	2.3	Aug 16	9:19	12.6	15:43	2.7	Aug 28	19:51	12.9	-	-
Aug 4	12:44	12.9	18:59	2.5	Aug 16	21:51	13.4	-	-	Aug 29	-	-	2:20	2.8
Aug 5	1:03	13.3	7:25	2	Aug 17	-	-	4:27	2.2	Aug 29	8:23	12.1	14:44	3.3
Aug 5	13:26	13.1	19:41	2.3	Aug 17	10:30	12.9	16:53	2.4	Aug 29	20:51	12.6	-	-
Aug 6	1:43	13.5	8:05	1.8	Aug 17	22:58	13.8	-	-	Aug 30	-	-	3:22	3.1
Aug 6	14:03	13.2	20:19	2.2	Aug 18	-	-	5:33	1.6	Aug 30	9:26	12	15:45	3.4
Aug 7	2:19	13.6	8:42	1.7	Aug 18	11:36	13.4	17:58	1.8	Aug 30	21:54	12.4	-	-
Aug 7	14:38	13.4	20:55	2.1	Aug 19	0:02	14.4	6:33	1	Aug 31	-	-	4:22	3.1
Aug 8	2:54	13.7	9:17	1.7	Aug 19	12:35	14.1	18:57	1.1	Aug 31	10:28	12.1	16:45	3.2
Aug 8	15:13	13.5	21:31	1.9	Aug 20	0:59	14.9	7:28	0.4	Aug 31	22:53	12.6	-	-
Aug 9	3:30	13.8	9:52	1.7	Aug 20	13:28	14.8	19:51	0.5					

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