



There's one day of the year that is more enjoyable than others for several young students. That's when Wilson's Fuels, bring them together to publicly announce recipients of the annual Wilson's Scholarship Awards. Shown in Truro immediately after the award presentation are: (L-R): Conor McLellan, Nicole Smith, Stacy Montgomery, Kelsey Gallant, Grace Starkey, Ashton Muttart, Kathleen Lorenzen and Thane Hebb. Missing: Brittany Corkum. (Submitted)

Preventing Heat Illnesses Most Important

By *Christine Urquhart*

Summer is here and it's time to think about an added safety hazard in the workplace or even at home, or working in your yard. High temperatures and humidity can cause heat illness. While most people adjust to hot weather when given enough time, this illness can range from mild to deadly.

The human body has many ways of coping with excessive heat and maintaining normal body temperature. For instance, when sweat evaporates into the air, the body is cooled. Illness occurs when too much heat overloads the coping mechanisms. The balance of water and minerals in the body may be out of kilter. Sweating may be halted. The body's core temperature may rise to dangerous levels. If this process continues unattended, brain damage and death can occur.

Here are some ways to prevent heat illness: Get accustomed to the heat gradually. If possible, take it easy for a few

days until the body can adjust to hot weather. Work at a steady pace, avoiding over-exertion. Be sure to take breaks to cool off and rest.

Wear light, layered clothing to allow for maximum ventilation. Cotton is generally cooler than synthetic fabrics. Wear a hat and a sunscreen in the sun. Drink fluids often. Dehydration is a major contributor to heat illness. Preferred beverages are cool water and special drinks that replace minerals as well as fluids. Eat cool, light meals that are nutritious.

Save the hot, heavy meals until you are done for the day. Lightly salting foods may help maintain the balance of minerals in the body, replacing salt lost through sweating. However, consult a doctor if you must restrict salt intake for any reason such as heart problems or high blood pressure. Salt tablets are not recommended. In some hot work environments, cooled suits are used to keep the body temperature at a safe level.

Clothing may be cooled by ice, water or air. Reflective clothing is also available to keep the heat off the skin.

Here are the three stages of heat illness, and their symptoms:

Heat cramps. This condition occurs when the body has lost too much mineral content through sweating. The cramps typically occur in the legs or abdomen, often after the person has stopped work. For treatment, drink fluids and take it easy.

Heat exhaustion. This is a more serious condition. The victim may display either a pale or flushed look, as well as weakness, sweating and clammy skin, a headache, dizziness or nausea. If heat exhaustion occurs, call for help (911) right away. Cool off the person by fanning, and applying cool compresses. Have the person drink fluids slowly. The victim should lie down with the feet elevated slightly.

Heat stroke. This is the most serious form of heat illness, and it can quickly lead to death.

New Sign Adorns Masstown Community Park

By *Christine Urquhart*

Canada Day at The Park was very well attended this year! Lots of fun was had by all those there, especially the children. The Masstown Community Association would like to thank The Onslow Belmont Fire Brigade for not only sending a fire truck but some junior members who kindly passed out fire hats and bags of fire safety information to the children; to the RCMP and Constable Carothers; to Castle Hardware for the tent and the bottled water; to the Masstown Market for the Canada Day Cake; to Paula Weatherbie for her face painting; to Sally Jennings and friends who provided such lovely music; to Alice Andrews who was the Teddy Bear Nurse and brought some adoptable bears along; to Tracy Carrigan and Lynda Stevenson

for their children's games; to Bill and Shirley Leeming for manning the BBQ; and to each and every one of you who came! This event was sponsored by the Masstown Community Association. If you are interested in joining our association we would love to have you! You can contact me at 902-662-3550 for more information.

There is a new sign at our Masstown Community Park! We are very pleased with it and hope it makes it easier to find our little park. Slow down as you drive past just to get a really good look at it, I am sure you'll think it's great, too! We also would love to find you using our park for a picnic or a ball game. Thanks to Jonathan DeBay who mows the Park and keeps it looking very attractive.

Peacekeepers Day to be Observed

By *Christine Urquhart*

August 9th is to be known as "Peacekeepers Day" in Nova Scotia. August 9th was chosen by UN peacekeeping officials in recognition of the nine peacekeepers who were killed by a surface-to-air missile over Syria on August 9th, 1974.

Five former UN military peacekeepers were on hand May 14, 2003 to hear Premier John Hamm put forward the resolution on behalf of the Standing Committee on Veterans Affairs, heard by Colchester-North MLA Bill Langille. Attending from the Truro Area were Richard Ron and Robert Smith, members of Cobeguid, Legion Branch #72, Great Village.

Richard Ron was instrumental in promoting the idea that a day be set aside to remember fallen UN peacekeepers and those still serving around the world.

Signs are chills, confusion, dry, hot, flushed skin and a rapid pulse. Call for a doctor immediately.

Cool the person down as quickly as possible, using a water hose or ice packs, or placing the person in a cool bath. Apply rescue breathing or cardiopulmonary resuscitation (CPR) if necessary. Do not give fluids by mouth to a person who is unconscious because this can cause him or her to choke to death.

It is important to prevent heat illness and to be alert to its symptoms. Even the early stages of heat illness should be taken seriously, because they are the warning signs of a dangerous condition that can lead to death.

Debert Military Museum, 35 Acadia Ave., Debert will be celebrating this event again this year. Peacekeepers Flag will be raised at 1p.m.

"Refreshments to follow".

Mr. Ron served with the Royal Canadian Electoral and Mechanical Engineers in the Middle East in the 1960's.



Everyone goes all out with period costumes, antique cars and infectious smiles to make Canada Day celebration at the Ottawa House Museum and enjoyable event. (Lawrence R. Nicoll Photo)



Annual Canada Day celebrations at Ottawa House attracted a large crowd. (Lawrence R. Nicoll Photo)



David Towns leads the citizens choir at Ottawa House celebrations on Canada Day. (Lawrence R. Nicoll Photo)

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