

## PHOTO FEATURE

West Colchester Consolidated School presented songs, poems and the story 'Twas the Night Before Christmas on Tuesday, Dec. 16<sup>TH</sup>. Photos were taken at the dress rehearsal, held in the afternoon.

(Harrington Photos)



Primary - Grade 1 students.



Primary to Grade 6 classes plus some dedicated junior high students assisting.



Grade 2 - 5 Chorus.



Grade 2, 3 and 4 classes.



Grade 5 students.

## Harley-Davidson and Sturgis, South Dakota to Ink 75 Year Agreement

By Maurice Rees

It is anticipated more Harley-Davidson owners, than normal, will attend the Sturgis Motorcycle Rally in Sturgis, South Dakota when festivities begin on August 1st. In the spirit of this year's 75th Sturgis Motorcycle Rally, Harley-Davidson and city officials are finalizing an agreement making Harley-Davidson the official motorcycle of the Sturgis Motorcycle Rally for the next 75 years.

As part of the agreement, a permanent plaza will be built on Main Street in Sturgis that will include a stage for events, concerts, and even weddings. The year-round location, which will be completed in time for this year's 75<sup>TH</sup> Rally, which begins on August 1st.

To commemorate the 75 year deal Harley-Davidson removed a brick from the historic front entrance using a 2015 Harley-Davidson® Street™ 750 motorcycle. That



brick, alongside one from the Harley-Davidson Museum™, and 73 bricks from the headquarters' famous motorcycle-only parking area will be delivered to Sturgis on Harley-Davidson® motorcycles

## Have You Had Your Blood Pressure Checked?

By Christine Urquhart

Do you get your blood pressure checked on a regular basis? Many of us only see our family Doctor once a year and that is really not enough as far as getting our blood pressure checked is concerned. Did you know that almost 30 per cent of adults have hypertension in Nova Scotia?

Higher rates of hypertension are found in older Canadians, persons with diabetes, and persons of First Nations/Aboriginal, African, Hispanic and South Asian descent. Did you know that high blood pressure hurts your brain (risk of stroke), heart (risk of heart attack) and your kidneys (risk of kidney failure)? Because there are often no warning signs or symptoms, high blood pressure is called the Silent Killer.

Many people do not know they have a

blood pressure problem. I am sure this makes you wonder; what is high blood pressure? Well, blood pressure is the force that pushes blood through your blood vessels. This force is necessary to make blood flow, delivering oxygen and nutrients to the body. Hypertension is blood pressure that is above the normal range. Over time, high blood pressure damages the blood vessels.

Once hypertension develops, it usually lasts for life. Making lifestyle changes is an important part of prevention and management of hypertension. It is important, therefore, to have your blood pressure measured on a regular basis. Knowing your blood pressure numbers and how they compare to your blood pressure target will help you when you talk to your doctor or health care provider.

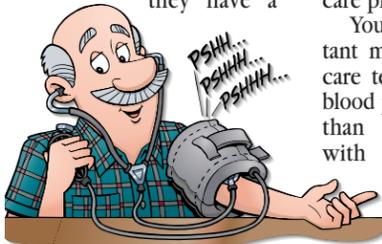
You are the most important member of your health care team! For most people, blood pressure should be less than 140/90. Most people with Diabetes or Kidney Disease should be less than 130/80. Go

see your doctor or a health care provider to get advice on what your target blood pressure should be.

The only way you will know if you have high blood pressure is to check it regularly. Ask your doctor or health care professional for a My Blood Pressure card to record your readings. You can reduce your risk of high blood pressure by: being more active.

Get 30 to 60 minutes of physical activity most days of the week. Eat more fresh vegetables and fruit. Use low fat milk products. Eat whole grain breads and cereals and lean meats, fish, and poultry. If you are overweight, losing as little as 10 to 20 pounds will make a big difference. If you smoke, quit. Always take your medications as directed by your doctor.

Manage or reduce stress in your life. Limit your use of alcohol to no more than 1 to 2 drinks a day. Use less salt (sodium) on foods, and avoid foods high in sodium by reading labels. A daily value of less than 5% is best. And...go see your doctor and get your blood pressure checked!



## DFO Requires Letter of Credit

By Maurice Rees

At the January 15th council meeting, in an information item brought forward from staff, councillors were advised Federal Department of Fisheries and Oceans, due to changes in legislation in 2014, now requires a Letter of Credit from the Municipality before it will give permits to do flood remediation work on watercourses.

In July 2014 council applied to Department of Environment for permits to complete Phase 2 of the Murray Siding work estimated to cost \$83,400.00. Since the Murray Siding work was deemed to have an impact of fish habitat, Nova Scotia

Department of Environment forwarded the Municipality's application to DFO.

In new regulations brought forward by DFO only the Federal and Provincial Governments are exempt from having to provide a letter of credit. DFO wants a letter of credit to the value of \$41,500.00. Council is concerned a letter of credit will be requested every time they need to do flood protection work or other work around watercourses.

On October 9th and November 10th letters were sent to DFO Minister Shea and to local MP, Scott Armstrong concerning the matter. However, as of

January 15th replies had not been received. Councillor Gibbs mentioned he would be meeting with Minister Shea in Amherst the week of January 20th and would raise the matter again.

Some time ago, the province provided \$1-Million in assistance to help with flood remediation and prevention. The money for the Murray Siding remediation is coming from that fund. One councillor suggested to colleagues, since the province had provided funding to the municipality to carry out flood remediation work, perhaps the province should make application to do the work and use the monies from what they would be giving the municipality.

School is  
in session...  
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**CAREFULLY**

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