



NS Provincial TOPS Queen - Nancy Latimer
BEFORE



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AFTER

Nancy Latimer – TOPS 2024 Nova Scotia Queen

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eat this, or you can't eat that, I don't think I could stick with it. I know this worked for me, though it may not work for you. I have three meals a day, no snacking between meals, and no snacking after supper. I consume a lot of water throughout the day. Once again, this worked for me.

We all need to find that certain something that works in our lives and stick with it. I can honestly say if I

weren't going to TOPS, I know the weight would come back on. My chapter 5261, Great Village, is a great group of people. They are encouraging and there to listen when someone needs to be heard. They are there when we need to laugh.

It isn't all about the scale when we attend our weekly meeting and weigh-in. It shows did we gain or have a loss. I find the scale holds me accountable and keeps me on track. As individuals, it's

up to us to make a difference. Remember, our attitude plays a big part in our lives.



In our darkest hours, the light of Christ still shines brightest. Merry Christmas to you all.

The
Shoreline
Journal

Canadian Navigable Waters Act

Nova Scotia Department of Public Works (NSDPW) hereby gives notice that an application has been made to the Minister of Transport, pursuant to the *Canadian Navigable Waters Act* for approval of the following work described herein and its site and plans.

Pursuant to paragraph 7(2) of the said *Act*, NSDPW has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>), under Registry # 14081, a description of the following work, its site location and plans for the:

- Newcombe Bridge (CUN 245) Replacement Project, where Trunk 2 (Eastern Avenue/Glooscap Trail) crosses the Farrell's River in Parrsboro, Cumberland County, Nova Scotia at approximately 45°24'51"N and 64°19'40"W.

Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or if you do not have access to the internet, by sending your comments directly to:

Navigation Protection Program – Transport Canada
95 Foundry Street, 6th Floor
P.O. Box 42
Moncton NB
E1C 8K6

Transport Canada (TC) will not make your comments on a project available to the public on the online public registry. However, any information related to a work is considered as unclassified public record and could be accessible upon legal request. As such, the information and records provided should not contain confidential or sensitive information. If you want to provide confidential or sensitive information that you think should not be made public, please contact TC before submitting it.

Comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Posted at Halifax, on this XXth day of XX 2025.

Michelle Anderson, P.Eng
Nova Scotia Department of Public Works

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May the joys of Christmas warm you & the New Year bring all the best!

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Thank you to all our customers.
May your holidays be merry & bright.
We hope you enjoy special moments with friends and family.

HOLIDAY HOURS

Masstown Market
Masstown Butcher & Creamery
Masstown Creamery Cafe
Dec. 24th - CLOSING AT 5PM
Dec. 25th, 26th, 27th - CLOSED
Dec. 31st - CLOSING at 5PM
Jan 1st, 2nd - CLOSED
WINTER HOURS- Closing at 7PM

Masstown Petro Canada
Dec. 24th - CLOSING AT 5PM
Dec. 25th - CLOSED
Dec. 31st - CLOSING at 5PM
Jan 1st - CLOSED

MEMBER OF PARLIAMENT

ALANA HIRTLE

YOUR VOICE IN OTTAWA!

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