

## PHOTO FEATURE

The Annual Great Village Garden Club Plant Sale took place on May 26th at the Great Village Elementary gymnasium. (Harrington Photos)



All lined up and ready to run! Boxes in hand, buyers run to find their favourite plants and in minutes the tables are cleared.



Garden Club member Sybil Flemming answers questions about the different plants.



Lawrence Schofield provides some gardening information to a buyer at the sale.



There was a wonderful assortment of perennials at the Great Village Plant Sale.

## Will Councillors Pay More Tax?

By Maurice Rees

Municipal elected officials across the country have been able to decide to use a 1/3 tax exemption in lieu of claiming expenses related to their duties. The Federal Government Budget in 2017 contained a legislative change to eliminate the tax exemption for elected officials effective starting in 2019.

If remuneration changes are not made, using the Canada Revenue Agency's tax calculator indicates the change in taxation would result in a Colchester Councillor paying an additional \$2,200 in taxes. This is the result of taxes being calculated on the full amount of income rather than on 2/3 of the income.

FCM is currently addressing this issue with the Federal Government. UNSM has also been working on the issue. They will continue to consult with municipal units to see how this will be addressed. Colchester staff reached out to other municipalities and didn't receive a great deal of feedback on the issue. Halifax Regional Municipality did respond and advised that in 2004 as part of the remuneration study it was decided to abolish the 2/3 taxation rule. Council remuneration was adjusted and became fully taxable at the same time.

How the matter will be handled will be decided in due course, prior to 2019.

## July Church Services

By Christine Urquhart

Church services for the month of July will all be at 10:00 am in Debert United Church. Rev. Carolyn Rushton is back from vacation and will be leading the services.

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## Getting More Sleep May Be Harder Than You Think

By Kim Langille

Research is now confirming that sleep gets worse with age. Middle-aged and older adults either sleep less deeply and wake up frequently during the night, or they awaken too early. There are questions as to whether or not these sleep problems are related to cognitive decline or Alzheimer's. Brain activity induced by poor sleep may influence Alzheimer's-related brain changes, which can begin years before memory

loss and other disease symptoms appear.

Some studies suggest poor sleep contributes to abnormal levels of beta-amyloid protein in the brain. In the alternative wellness circle, it is thought the protein in conventional wheat product may contribute to amyloid plaque accumulation in the brain! Certain types of poor sleep, such as chronic hypoxia (a feature of sleep apnea) and short sleep duration are also associated with the risk of cognitive impair-

ment.

What is not known is whether improving sleep will reduce an individual's likelihood of developing the disease. However, researchers do believe sleep benefits the brain by removing the metabolic waste which accumulates during wakefulness.

Improving sleep can easily begin with adding beneficial bacteria to the gastrointestinal tract. It suggests consume a form of lactic acid bacteria like fermented foods in cultured

vegetables, fermented kefir, or the convenience of a probiotic supplement in a pill. Having sufficient beneficial bacteria in the gastrointestinal tract insures serotonin levels are maintained to act as a neurotransmitter.

Any questions, contact us and we will try to direct to appropriate information.

Think well. Stay well  
**Kim Langille operates Ohealthy Market, Prince Street, Truro**

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