

**Dinner Theatre "If The Shoe Fits", written by Shannon Fielding and presented by Village Follies, entertained capacity crowds for six nights at the Debert Hospitality Centre.**

(Harrington Photos)



Detective Fred (Paul Gamble) tells Rhonda (Lynn Macpherson) how she was knocked on the head with a frying pan.



Rhonda (Lynn Macpherson), Heidi (Lisa McBurnie) and Joan Robins (Angela Saunders) arrive at the diner where Ray (John Harrington) spends a lot of time while visiting his camp.



Cast & Crew of "If the Shoe Fits": Front Row (l to r) Lisa Jennings (Piano Accompaniment), Shannon Fielding (Playwright, Miranda), Lynn Macpherson (Rhonda), Angela Saunders (Joan, Shelley), Linda Harrington (Tiffany), Lisa McBurnie (Heidi), Sandra Allaby (Stage Manager, Sound, Hair & Makeup); Back Row (l to r)- André Myette (Ben), John Harrington (Ray), Paul Gamble (Director, Detective Fred), Malcolm MacPherson (Michael), Laurence Tuttle (Trevor).



Trevor (Laurence Tuttle) (left) and Michael (Malcolm Macpherson) (right) help dazed bus driver Ben (André Myette).

**TimmyMe App Announced by Tim Hortons**

Grabbing a quick coffee and tasty meal at Tim Hortons just got easier as the company has announced the launch of mobile barcode payments at restaurants across Canada and the United States. The barcode technology provides a secure, quick and easy scan-to-pay option at participating Tim Hortons once a pre-paid Tim Card is registered on the company's popular TimmyMe™ App.



Additionally, Tim Hortons has added industry-leading security features to this quick and easy payment alternative for consumers. The new technology, available on iOS, Android and BlackBerry 10, is designed to improve speed of service and enhance the guest experience as part of the company's ongoing commitment to operational excellence and customer satisfaction - via mobile, online and in-restaurant.

The TimmyMe App also offers guests a number of other exciting features to help

stay connected with their beloved brand. From finding the closest Tim Hortons locations anywhere you are, to securing nutritional information for your favourite Tim Hortons menu item, to reloading your Tim Card on your mobile device, the TimmyMe App is the right tool for all Tims lovers.

TimmyMe is a free download available from the App Store, the Google Play Store and BlackBerry App World.

For more information visit [TimHortons.com/MobilePay](http://TimHortons.com/MobilePay) in Canada.

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**Take Precautions to Prevent Lyme Disease**

By *Christine Urquhart*

Lyme disease can be prevented. In areas where ticks are found, people should know about the risk of Lyme disease and should take precautions to protect themselves. Be aware of the signs and symptoms of Lyme disease so it can be detected and treated promptly.

Here are things you can do:

- 1) Find out from your local public health office if there are ticks in your area, especially Ixodes ticks.
- 2) Wear protective clothing to prevent ticks from attaching to your skin. Wear long sleeve shirts that fit tightly around the wrist, and long-legged pants tucked into your socks or boots.
- 3) Use insect repellents containing DEET to repel ticks. Apply to both clothes and skin. Always read the label and follow instructions for use.
- 4) If possible, avoid contact with low bushes and long grasses. For example, if hiking or walking, walk in the centre of the trail.
- 5) Wear light coloured clothing to help you to find

the ticks more easily.

6) Check for ticks on and under clothing, especially after being in areas where ticks may live.

7) A daily skin inspection greatly reduces the risk of infection as ticks may take several hours to two days to attach to the skin and feed. Check areas including armpits, in and around hair, navel, groin, and behind the ears and knees. Also check children and pets.

8) Wash clothes promptly and put them in the dryer with heat to help kill any ticks that may remain.

9) Carefully remove ticks found attached to the skin. Gently use fine pointed (needle-nose) tweezers to grasp

head and mouth parts of the tick as close to the skin as possible. Pull slowly to remove the whole tick. Try not to squash or crush the tick since this can help bacteria to get into the body. (keep the tick for testing by placing it in a small sealed container or double zip lock bags. Place a moist paper towel or tissue with the tick to help keep it alive. Dead ticks can be tightly sealed in rubbing alcohol. Bring the tick to your doctor).

10) Wash affected area with soap and water or disinfect (with alcohol or household antiseptic) after removing ticks.

11) Know how to identify ticks, and know the signs and symptoms of Lyme disease.



12) Contact a doctor immediately if you have an illness that resembles Lyme disease. **ALSO SEE PAGE 7**

*(Editor's Note: When I lived in Yarmouth in the 70's, we always did a daily tick check, when camping in May, June and early July. If a tick has penetrated the skin, be careful not to break off the head. A heat source as it will cause them to back out removing all parts from the body).*



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