

"Living the Life" – Now a Published Book



Some of the students who participated in the student project which resulted in publishing a book, "Living the Life", are Jake McDonald, Josie Johnson, Brianna, Nicole and guest Patrocinia Andrew. (Submitted)

What is Lyme disease?

By Christine Urquhart

With the warmer weather we often find ourselves out walking among the trees. In the past few years we have heard more and more about Lyme disease. What is Lyme disease? Well, Lyme disease is caused by bacteria called *Borrelia burgdorferi*. This bacterium is carried by certain ticks, and spreads to the host when the tick bites.

The bacterium is normally found in small animals such as mice, squirrels, chipmunks, shrews, etc. Lyme disease in humans can have a range of effects from rashes and flu-like symptoms to more serious symptoms including arthritic, cardiac and neurological effects. It can often be effectively treated, especially if detected in the early stages.

Lyme disease is an occupational concern for people who work outdoors. Any person who spends time outdoors is also at risk. In the United States, Lyme disease is the most common "vector borne" disease. (Vector is the term for any insect or arthropod that carries and transmits a disease pathogen (virus, bacteria, etc.).)

Ticks usually live in woods or tall grasslands in Canada, the United States, Europe and Asia. Ticks infected with *Borrelia burgdorferi* spread the disease when they feed on blood from the host. Ticks cannot fly – they hang onto small bushes or tall grasses and are usually found close to the ground. They wait for an animal or person to pass near them and when the animals or person make contact, the ticks attach themselves to the skin to feed.

In North America, Lyme disease is transmitted (spread) mainly by two species of ticks: A0 the blacklegged tick (sometimes called the deer tick), *Ixodes scapularis*, found primarily in southern and eastern Ontario, southeastern Manitoba and Nova Scotia, and eastern United States, and B) the western blacklegged tick, *Ixodes pacificus* in the western pacific regions such as southern British Columbia.

Tick bites are usually painless and most people do not know they have been bitten. Signs and symptoms of Lyme disease vary greatly from person to person.

In the first stage, one of the first signs of infection is a circular rash, often referred to as a "bull's eye" rash because it will have rings spreading from the bite site (known as erythema migrans). Other rashes may occur. Rashes do not appear in every case of Lyme disease infection.

Reports of rashes appearing range from 70-80% of infected people to as low as 30-50% in adults and less than 10% of children. The rash may appear three

days to a month after infection. Images of rashes are available from the Centre for Disease Control and Prevention (CDC). Additional symptoms include: fatigue, chills, fever, headache, muscle and joint pain, and swollen lymph nodes.

As the disease progresses, it can enter a "second stage" which can last several months. Symptoms at this stage include: migraines, weakness, multiple skin rashes, painful or stiff joints, similar to arthritis, abnormal heart beat and extreme fatigue.

Stage three includes chronic arthritis and neurological symptoms including headaches, dizziness, numbness and paralysis. Deaths from Lyme disease are rare but may occur. Lyme disease can be difficult to recognize, and it has been confused with other diseases. It is important for people to consult with their doctor if they feel it is possible that they have Lyme disease.

In most cases, most of the people will experience a mild illness that is sometimes accompanied by a peculiar skin rash. In some cases, however, the bacteria can spread to the joints, heart, and brain and cause serious health problems. Pregnant women should seek medical help immediately as Lyme disease can be a health risk to the baby including still births.

This makes us wonder, can Lyme disease be treated? In most cases, yes. Antibiotics can effectively treat Lyme disease, especially when treatment begins early. Cases that reach the later stages of the disease, however, can be difficult to treat and may develop into a chronic illness. Many people who develop the disease do not remember seeing ticks or being bitten.

Tick bites commonly occur from May to September in North America, although this varies from year to year and from region to region. Ticks sometimes move around on the body but they usually attach themselves to the skin and stay in one place. Before feeding, ticks look like small, brown scabs or freckles. After feeding, ticks may swell considerably and could be as big as a raisin or a small grape.

In Nova Scotia the areas for higher risk of infection include Lunenburg and the Bedford areas. However, it is important to note that ticks (including those that are infected) can be spread by birds, in particular songbirds that feed off the forest floor. Because these birds are migratory, there is the potential for new populations of the bacteria to spread across the country. This fact means that you do not have to be in an endemic or high-risk area to be at risk of contracting ticks and the disease.

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notes together in a more formal fashion. Once the biography was written, the grade 6 class used their technology skills to compile the biographies into book form.

The grade 2/3 class composed specific questions which prompted their conversations with the person they were interviewing. The grade 6 class recorded the responses and other interesting information that came from the conversation.

The church hall was alive with laughter, stories, memorabilia and students gathering data. Following a treat of cake and ice cream the church members headed home and the students began their writing process. Each class had good background knowledge about the elements of writing a biography and began to put their

Colchester North Liberal Association ANNUAL GENERAL MEETING NOTICE

**Meeting will be held on Sunday, Jun 22nd, 2014 at 3 pm
At the Debert Hospitality Centre 130 Ventura Drive Debert NS**

Refreshments will be served.

IMPORTANT AGENDA ITEMS

- Election of Board Members
- Voting on Revised Bylaws

NOTICE OF MOTION

The Colchester North Liberal Association hereby gives notice that they will make a motion to adopt the following changes to the bylaws:

1. Removal of Registry of Joint Stock – the association is no longer needed to be registered.
2. Change in Board of Directors – Delete positions of Vice President of Property, Vice President Communications and Vice President of Organization – these positions are deemed to only be needed during an election and form part of the campaign team.
3. Change in Board of Directors – Delete four positions - Vice President Districts North, Central, East & West. Change to one position Vice President Districts.
4. Add – any member who misses three consecutive meetings without excuse will be removed from the board of directors and replaced with an acting member until the new elections.
5. Eligibility to serve on the Board of Directors change from 3 years in good standing to 1 year in good standing.
6. General Executive Committee – delete responsible to raise all funds on behalf of the association and change quorum for a General Executive meeting from eight to seven
7. Addition of Terms of Reference for Executive at large – to assist the executive committee with the duties as outlined in para 4.2 or the by-laws
8. Addition of Terms of Reference of Youth Representative – to advise the board of issues pertaining to youth and to help with the recruitment of new youth members to the association
9. Miscellaneous – delete para 16.1 – requirement to file with the registry of joint stock. Delete para 16.3 – duplicate of para 16.2. Delete para(s) 16.4 to 16.7 these are duplicates of Executive Committee responsibilities under para 4.0 and 6.0

If you wish a copy of the original and revised bylaws sent by email please contact the Secretary at: taylor_sl@live.com

Belmont Notes

By Debbie Weatherby,
662-2425

The store in Belmont will be reopening under new management under the name of A&N Variety. They are hoping for the end of May and have been working every day to get things ready for it. Here is hoping the community steps up and helps to keep her running by going to the store like we all used to over the years. Good luck Rodney and Rhonda on your new venture.

It is so hard to believe almost another month has flown by, heavens to betsy, where on earth is the time going?!? We had not a bad Victoria Day weekend at all. Wee bit cool on Victoria Day but still nice until after supper with a bit of a shower.

Still seeing lots and lots of wild life on my travels and some days not as many but love seeing them.

As you all know, Belmont Mud Bog &

Raceway being organized by Matt Priest, on his land, which is not suitable for his Christmas Tree operation. For more information contact Matt at 902-8431.

Unfortunately I won't be able to attend this event as that is our full day of Mindfulness but I imagine a person will certainly hear it if not attending.

Regular Sunday service at 10:00 a.m. Services are held every Sunday at the Trinity United Church in Onslow at 10:00 a.m. Trinity is at the corner of Meeting House Road and Onslow Road. All are welcome to attend and we hope to see you there.

Belmont Baptist Church services are held every Sunday at 11:00 a.m. Sunday School begins at 10:00. Prayer meeting is held Wednesday evenings at 7:00 p.m.

Help keep me up to date. I need your news for each monthly column.