

PHOTO FEATURE

2018 Village Follies- the annual dinner theatre was a sell out success for all 6 nights. Guests were treated to the hilarious presentation of "I Fought the Law", written by Shannon Fielding and a delicious meal prepared by Debert Legion Branch 106 volunteers. (Harrington Photos)



Yolanda (Lisa Gamble) and Marylou (Lynn Macpherson) visit Jake (Malcolm Macpherson) and Kevin (Paul Gamble) for the first time in prison under the watchful eye of prison guard (Shannon Fielding).



Kevin (Malcolm MacPherson) and Wally (Laurence Tuttle) in their western attire for "I Fought the Law".



Cast and Crew of "I Fought the Law": Front- Chris Turner; Middle (l to r)- Shannon Fielding, Lynn Macpherson, Sandra Allaby, Lisa Gamble; Back Row (l to r)- Laurence Tuttle, Andre Myette, John Harrington, Linda Harrington, Paul Gamble and Malcolm Macpherson.



The cast ensemble preformed "Jailhouse Rock" as the opening number.



The guys singing "Working on the Chain Gang". Left to right- Bruno (John Harrington), Kevin (Paul Gamble), Wally (Laurence Tuttle), Jake (Malcolm MacPherson) and Chainsaw Andre Myette).



Jake (Malcolm Macpherson) and Kevin (Paul Gamble) had a prison escape all planned, thanks to Bruno. But things did not go as they hoped!



The girls performing "Our Lips are Sealed". Left to right- Andrea (Linda Harrington), Yolanda (Lisa Gamble), Marylou (Lynn Macpherson) and Rosanne (Shannon Fielding).



Prison Guard Rosanne is giving fellow guard Wally (Laurence Tuttle) a hard time as Chainsaw (Andre Myette) looks on.

Slow Down in Construction Zones

With road construction season underway, the province and the Nova Scotia Road Builders Association are urging people to drive carefully in highway work zones.

"We need to be mindful of workers when traveling through work zones by slowing down, paying attention and driving safely," said Transportation and Infrastructure Renewal Minister Lloyd Hines. "We're asking drivers to stay alert because even the smallest mistake can be deadly."

"The road building contractors and their employees see speeding in work zones as one of, if not the most dangerous activity the driving public can do," said Grant Feltmate, executive director with the Nova Scotia Road Builders Association. "We strongly urge drivers to precisely obey speed reductions in these areas."

Fines are doubled and demerit points are assigned to drivers' records for speeding in work zones. Fines start at \$348.95 and can rise to more than \$2,000 depending on other factors.

In addition to slowing down, drivers can help ensure the safety of road workers by: staying alert and minimizing distractions; keeping a safe distance from workers and equipment; respecting work zone signs, warnings and flaggers; expecting the unexpected and keeping a safe distance from other vehicles

For more information on road safety, visit <https://novascotia.ca/tran/roadsafety/roadsafety.asp>.



Eating Nuts = Good Heart

By Chris Urquhart

Eating nuts as part of a healthy diet can be good for your heart. They may lower low-density lipoprotein (LDL, or "bad") cholesterol levels. Eating nuts may reduce the risk of developing blood clots that can lead to a heart attack.

Try consuming a small handful of nuts every day. Walnuts are rich in omega-3 fatty acids. Almonds, macadamia nuts, hazelnuts and pecans also are very heart healthy. Even peanuts, which

are technically not nuts, but legumes, can be good for you.

Of course, choosing nuts coated in chocolate, sugar or salt may cancel out their heart-healthy benefits. That's a shame! Who doesn't prefer their nuts covered in chocolate? Ah well, if we wish to eat healthy we must forget that chocolate exists (except for dark chocolate on occasion!).



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