



Once you have enough coloured bricks, assemble them around a frame to form an entrance to the igloo. See more igloo images on pages 14 and 15 of the Shoreline Journal. (Crystal Ferdinand Photo)



Create coloured ice bricks using 2 litre juice containers and a bit of food colouring. (Crystal Ferdinand Photo)



This year has been a fantastic year to create outdoor ice sculptures. (Crystal Ferdinand Photo)

## Do you suffer from headaches?

By Chris Urquhart

Take headache relief into your own hands. Nearly everyone experiences occasional tension headaches. But frequent tension headaches can interfere with your daily life. Aside from medication, do you wonder what you can do to stop the pain? The answer may be as simple as taking good care of yourself: 1. Eat healthy foods. 2. Exercise regularly. 3. Get enough sleep.

4. Cut back on caffeine. 5. Reduce stress. 6. Massage tense muscles. 7. Take a break when you feel overwhelmed.

Stress relief from laughter? It's no joke. When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. From boosting your immune system to easing pain, laughter is powerful medicine. Learn how to fire up your sense of humour.



Since November 15th, this temporary mobile workplace has been used for municipal staff in Parrsboro. (Submitted)

## Repair the Town Hall

By Debbie Yorke

Repair the town hall, don't replace was the majority opinion of Parrsboro residents at a public meeting on January 29th. As an outcome from the meeting the municipality realized it needed to further clarify the intent of the Parrsboro Community Facilities Review Project.

Parrsboro residents have until March 7th to be considered as a citizen's representative on the assessment committee to determine the outcome of the future of Parrsboro's former town hall.

An inspection of the former town hall, in fall of 2018, determined the building was unsafe for staff and public use due to mold and structural issues. The building was closed on November 1th and staff relocated to a smaller temporary mobile workplace. The 160 year old building has been home to the community's municipal office since 1952.

The lack of maintenance over the years has resulted in extensive structural damage and mold, although from the outside none of the problems

are visible.

The municipality's facilities review project suggested demolition of the heritage building and replacing it with a new structure to include the service centre, library, tourist-oriented information centre, plus accommodate shared space for numerous community stakeholders.

Most residents at the public meeting felt the building should be repaired instead of tearing down a heritage building and replace with a new structure. Those wishing to be a community representative should let a letter to: tlewis@cumberlandcounty.ns.ca by March 7th.

## 50 Oppose CIBC Closure

By Debbie Yorke

The CIBC Branch in Parrsboro will close at 5:00 pm on June 6th. In the fall 2018 CIBC advised their clients they have decided to relocate the branch and merge it with the Springhill Banking Centre. The decision to close the branch is not sitting well with area residents.

Customers in Parrsboro and area who have been loyal to the bank for over 50 years will have to travel to Springhill or Amherst to do their banking. Parrsboro's population is around 40% seniors who mostly do not drive.

There was a meeting February 21 with CIBC representatives and about 50 people in attendance. A snow-

storm that evening kept the attendance low, as many seniors were not able to attend to voice their opinion. Those in attendance let it be known the level of difficulty for them to go out of town each month to do their banking.

The CIBC representative admitted they should have done a survey prior to making the decision. Apparently CIBC looked at the area's low population coming to a decision the area didn't need a CIBC branch.

CIBC officials did not realize clients from outlying areas as far away as Advocate and Five Islands travel to Parrsboro to do their banking. During the meeting, clients said traveling to Springhill

requires additional travel.

Councillor Norm Rafuse stated, "Parrsboro is starting to look up and this is a sort of a slap in the face from the big companies". Five people work at the branch and their future is uncertain, although CIBC said it will work with them on options available.

Even with CIBC's closure, the community will not be without a bank. RBC Royal Bank has had a branch in the town for years, which would force existing customers to switch, or use the RBC branch even though they do not have an established history and have been local to CIBC for years.

## Nova Scotia Employment at Record High

Employment in Nova Scotia reached an all-time high in January, while unemployment reached an all-time low. "We are pleased to see that Nova Scotia's economic outlook continues to be positive," said Finance and Treasury Board Minister Karen Casey. "Government is working to create the right conditions for economic growth so that the private sector can create jobs and opportunities for Nova Scotians."

The monthly Labour Force Survey recently released by Statistics Canada showed that Nova Scotia's labour force increased by 5,400 in January. Nova Scotia's employment was up by 6,100 to 465,100, the highest level of employment on record for the province, beating the previous record set in December 2011 at 461,700.

The monthly gain included 3,600 full-time jobs and 2,400 part-time jobs. Compared with January 2018, Nova Scotia employment is up by 11,600, which included full-time employment increases of 10,100 and part-time gains of 1,400.

Unemployment was also

the lowest on record. The unemployment rate fell from 7.1 per cent in December to 6.9 per cent in January. Since January of last year, the unemployment rate has fallen from 8.2 per cent to 6.9 per cent.

For more information visit <https://novascotia.ca/finance/statistics/default.asp>



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is March 19