

## Kindred Soles, Exciting New Program at Chiganois



Participants in the Chiganois Elementary afterschool program Kindred Soles are: Front (l to r)-Maria Putnam, Danica McGee, Jennessa Wolfe, Katrina Altenkirk, Hailee Crossman, Lauren Mattatal, Mallori Lewellan, Sarah Swan. Back (l to r)-Teacher Leah Addison, Regan Merriam, Jillian Hill-MacMillan, Danielle Donkin, DJ Lynds, Brooke Brown, Emma Hill-MacMillan, Katherine Bentham, Kiersten Cummer, Mary-Emma Barnhill, Teacher/helper- Angela Saunders. (Harrington Photo)

**By Linda Harrington**

Smiles and excitement on the young girl's faces, as they begin their first activity says it all. Kindred Soles is a wonderful idea!

Leah McCulloch-Addison, founder and community coordinator of Kindred Soles says the program is primarily intended as a healthy lifestyle group for girls in grades 3-5, who are at a particularly vulnerable

age in terms of peer pressure, body image, and healthy (not "skinny") body image.

It is the intention of the Kindred Soles to provide for these girls the opportunity to work on personal goal-setting, self-confidence, relationship building and healthy lifestyle in terms of nutrition and active living.

Beginning March 3rd, and continuing for 8

weeks, Kindred Soles meets after school at Chiganois Elementary School. The girls have been participating in a number of group and confidence building activities as well as a basic learn to run program.

"It is my hope this program will be an important step forward in terms of health, wellness and confidence for a vulnerable age group," says Leah. "We can make a huge difference to some children who may not otherwise have the opportunity."

**For more information on the program you can contact**

**Leah at**

**kindred.soles.group@gmail.com or by phone: 902-890-9987.**



Even during the rain workers set the forms to install a wheel chair ramp to the former restaurant at Bass River Plaza. Word is the building is being converted to storage units. Owner, Al Begin, could not be reached for confirmation. The office suite formerly occupied by the Credit Union is undergoing renovations. Hubtown Contracting is doing the renovations. (Rees Photo)

## Bed Bugs Feed on Blood

**By Christine Urquhart**

Do you enjoy travelling? Did you know that bed bugs can be a problem? Bed bugs are small pests that feed on blood. They are not known to spread disease, and should not be considered a threat to public health. Bed bugs normally enter hotels, motels, workplaces or homes by "hitchhiking" on furniture, luggage, handbags, and clothing.

Once bed bugs have entered it can be difficult to eliminate them and prevent them from spreading to other locations. For most people, bed bugs do not present a serious health hazard; however, bed bug bites affect each person differently. Some people have no reaction to bites, some may have minor inflammation, and others may develop itchy welts.

For sensitive individuals, the itchiness of a bite can lead to excessive scratching and increased risk of a secondary skin infection. People who are allergic to bed bugs, or sensitive to insecticides that are sometimes used to control bed bugs, may also be affected.

Adult bed bugs are about 0.5 cm long, and they have a red-brown colour. Young bed bugs (nymphs) have a lighter colour than adults, and they are smaller. Eggs are about 1 mm long, sticky, and have a white colour. Bed bugs are wingless and have 6 legs. They tend to move slowly, cannot jump or fly, and will not burrow into your skin.

You could see just one bite, or a couple bite marks in a group or line. A bite mark is not confirmation that a bed bug is present - you would need to see a bug. Seeing multiple bugs in various stages of their life cycle is a sign of infestation.

Bed bugs can feed at any time, but tend to feed when people are sleeping or sitting quietly, often when it's dark

a professional.

The three main treatments to exterminate bed bugs include the use of chemicals, extreme heat or steam, and carbon dioxide freezing. Each method has advantages and disadvantages, and can affect the health of your family. Heat and pesticide treatments may require temporary evacuation from your home.

Washing your clothes and linens in hot water will kill any eggs or bugs on them but won't get rid of them at the source. Always check your beds in a

hotel or motel for possible signs of bed bugs and if you suspect that you have been bitten while staying there be sure to isolate your clothes until you can get them washed.

Spray down your luggage with raid or other pesticides before bringing them into the house, and don't forget where your luggage traveled, be it in the trunk or the back seat! If you suspect that you have bed bugs in your home do a thorough cleaning of all the nooks and crannies with hot, soapy water and some bleach.

## Mother's Day Basket Being Raffled

**By Christine Urquhart**

The Masstown Community Association are selling tickets on a Mother's Day Basket. Tickets are \$1.00 each or 3 for \$2.00. You can get your tickets from any association member or at the Masstown Market on May 2nd & 3rd, and May 9th & 10th from 1-3pm.

The winning ticket will be drawn at the Market at 3pm on the 10th. The basket holds lots of nice items, including gardening gloves, solar light, seeds, face products, towels, a book, chocolates and much, much more!

The "basket" is a beautiful hat box with a small garden trellis making it look like a basket. Proceeds will be used to improve our Masstown Community Park.



### Monday Night Concert Series

Catherine MacLellan	July 7
The Fourth Well	July 14
Ryan Cook	July 21
Carson Downey Band	July 28
Fiddles and Feet	August 11
Maria Osende	August 18
The Modern Grass	August 25

### Main Stage Productions

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August 6-31

Alien  
September 9-14

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## Wentworth Raffles-Off Cancer Quilt



The final draw for a raffled quilt, raising funds for cancer research, took place recently in Wentworth. Shown holding the quilt are Jean Wood, Debbi DeLong, and Cecil Caudle who waves the winning ticket belonging to Nicole Flynn of Wallace. (Hope Bridgewater Photo)

**By Hope Bridgewater**

Recently the Wentworth Unit of the Canadian Cancer Society raffled off the quilt made and donated by Georgina Patriquin and then quilted by the Wentworth United Church quilting group in order to raise funds for cancer research. The raffle draw took place during the Sunday Music Afternoon located at the Wentworth Recreation Centre. During the past year many tickets were sold for the raffle.

Betty Curry, chair of the Wentworth Unit of the Canadian Cancer Society, tossed and stirred the large number of tickets in a huge container and asked Cecil Caudle to draw out a winning ticket. The winner of this quilt raffle for cancer research was Nicole Flynn, a resident of Wallace. As Nicole Flynn was not in attendance, she was notified by telephone. Then,



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