



May 7-11, 2018

A COOPERATIVE PROJECT OF
BIBLE HILL, COLCHESTER,
AND TRURO

Schedule	Monday,	May 7, 2018
9 a.m.	Scrabble	B.H. Village Hall
1 p.m.	Washer Toss	MacMillan Center
6 p.m.-8 p.m.	Casual Walking	RECC
Schedule	Tuesday,	May 8, 2018
9 a.m.	Skip-Bo	B.H. Village Hall
9:30 a.m.	Darts	Truro Horseman's Club
1 p.m.	Social Bridge	B.H. Village Hall
1 p.m. (Rain date May 11 at 1 p.m.)	Lawn Bowling	Douglas St. Rec. Centre
Schedule	Wednesday,	May 9, 2018
9 a.m.	Crokinole	B.H. Village Hall
12:45 p.m.	Duplicate Bridge	Lion's Club
1 p.m.	Cribbage	B.H. Village Hall
3:30 pm.	Disk Golf Trial	B.H. Junior High
Schedule	Thursday,	May 10, 2018
9 a.m.	Euchre	B.H. Village Hall
10 a.m.-12p.m.	Casual Walking	RECC
1:00 p.m.	Auction 45's	B.H. Village Hall
6:30 p.m.	Pickleball	Harmony Heights School
Schedule	Friday,	May 11, 2018
9 a.m.	Bowling	B.H. Bowlcade
5:30 p.m.	Closing Banquet	B.H. Village Hall
Schedule	Wednesday,	May 23, 2018
9:30 a.m. (Rain date, May 25)	Golf 18 holes	Mountain Golf Course

**DEADLINE FOR REGISTRATION IS
MONDAY, APRIL 30, 2018**

RETURN REGISTRATION FORM WITH CASH OR
CHEQUE (IF BY MAIL) MADE PAYABLE TO:

Local Senior Games
c/o Tina Leger
68 Barry Avenue
Truro, Nova Scotia B2N 4Y3
Telephone: (902) 895-9524
tel@eastlink.ca

Zoomers On The Go

4 Foods You Can Feel Good About Eating Again
By Kim Langille

Contrary to popular belief, here are four foods you can feel good about eating again. Ironic and sometimes sad, we occasionally receive information to stay away from certain foods for a variety of reasons. Might it have been in a new book, someone published and wanted to make a fortune on the first printing? Subsequently, a decade or so later, we are informed we should include that food to our diet again as it is healthy for us. Here are four such instances:

Egg yolks...The yolk is, hands down, the most nutritious part of the egg. Sure, egg whites house the protein, BUT yolks contain vitamins A, D, E K2 and omega-3 fats. Yolks are also our main source of the brain-critical nutrient choline. Yolks even contain a smidgen of vitamin B12. The yolk and white are the eggs yin and yang. Enjoy both.

Butter...Decades ago considered inferior to the synthetic alternative - margarine, butter has made a triumphant comeback. Turns out the hydrogenated fats in margarine were far worse for our health, because the body does not know what to do with them! At the same time, despite what we were told, no substantive evidence ever showed old-fashioned butter endangered heart health. Feel free to get back on the butter bandwagon. Nothing else does as good a job of making a sauce velvety!

Lard...Ah! Praise the lard! Yes, you read that right. Of all the foods that got persecuted in the saturated-fat witch hunts of the 1980s and 1990s, lard, inexplicably, got the worst rap. Lard has never been any

less healthy than butter, yet somehow it became the four-letter word of the nutrition world - and it's been slower than butter to be re-embraced. Pork lard naturally contains about 50% monosaturated fat, the same fat that makes olive oil so sought after. If you've embraced olive oil, coconut oil, and eggs, there's no rationale to continue barring your kitchen door against lard. Pork lard offers several advantages in cooking too. Its high-smoke point makes it excellent for frying. Not just any lard will do, it pays to find the highest quality stuff that comes from farmers who feed their animals well.

Cooked food...Although few people ever converted to a completely raw diet, the raw food movement encouraged many of us to make a greater effort to eat our fruit & veggies uncooked. Well, raw foodism is based on the largely erroneous notion that cooking destroys nutrients. In fact, with the exception of vitamin C, the absorption of most nutrients from plant based foods is generally enhanced by lightly cooking them. Indeed, some important phytochemicals can't be liberated from plant cell walls without some cooking. Lycopene is a good example. This red plant pigment is naturally found in tomatoes. The amounts of lycopene become higher and more readily available to the body when tomatoes are cooked.

Feeling confused??? Try using our Grandparents - or Great-Grandparents Rule! If it's a food that our ancestors ate or could have eaten, then it probably stands the test of time and fits well into a healthy diet. If it's something newly created by the food industry, you might be right to be skeptical.

Recommended reading Eat Fat, Get Thin or The Big Fat Surprise.

Stay well

Kim Langille owns and operates OHealthy Foods on Prince Street, Truro.

A Record 2.4-Million Visitors in 2017

By Maurice Rees

Tourism operators are hoping the 2018 season will be another banner season. The 2017 recorded the best year in history and its fourth consecutive year of growth. In all, a record 2.4 million visitors came to the province in 2017 and tourism revenue is estimated at \$2.7 billion.

For comparison, 2017 saw about 195,000 more visitors than 2016 - an increase of nine per cent.

Tourism revenue increased by over \$100 million - seven per cent more than the year before. 2017 highlights include: highest visitation growth came from Ontario, up 16 per cent, or 84,000 more visitors, compared to 2016; visitation from Western Canada was up 19 per cent, or 32,000 more visitors; visitation by air, which on average brings higher-spending travellers, rose by 13 per cent; visitation by road increased seven per cent and licensed room nights sold increased by two per cent to 2.8 million.

For a complete breakdown of results visit:
<https://tourismns.ca/research/visitor-statistics/tourism-performance>

Attention Graduating Students

Bursary for students will be available through the Andrew Yorke Memorial Fund. Students who will be graduating from high school this year and continuing onto post secondary school are encouraged to submit a letter on "What education means to you!"

The students eligible to apply must live in the Five Islands to Bass River area. Please state what program you have been accepted for and what school you will be attending. We also require your full name, mailing address and phone number. It is the student's responsibility to submit your letter not the schools.

Submit your letter directly to Carole Fisher, 2896 Hwy # 4 Glenholme NS B0M 1G0 no later than May 28, 2018.

Curtis Millen: "We need new money to make things better"

By Linda Harrington

Getting ready for the spring workload, having his migrant workers starting to arrive makes Curtis Millen a hard man to catch up with, but he did manage to take a few minutes to provide some observations for the upcoming season.

Curtis Millen of Millen Farms Ltd., Little Dyke says he doesn't believe the lack of snow cover did any damage to his crops this year. He has just started work on his strawberry fields and so far, everything is pointing toward a normal spring.

"We expect our high value strawberries, grown under black plastic, to be ready by the 11th or 12th of June," says Curtis.

Some of the migrant workers have already started their season back at Millen Farms and Curtis expects the normal number of workers involved on his farm again this year.

People travelling along Hwy 4 in Glenholme may have noticed some new grain bins being constructed along the highway. Curtis says his boys have been busy with this project, hoping to be self sufficient in providing feed for their livestock.

Millen Farms wild blueberry crop won't be harvested for several months but Curtis

is hoping for better news from the industry, after a few years of low prices.

As far as improving the rural economy in general, Curtis feels there needs to be a focus of new money into communities to make it better for agriculture and forestry resources. "Government money just goes round and round, we need new money to make things better," he says.

Ohealthy
MARKET

EVERYONE SAVES!
SAVE 15% Last Thursday Every Month!
805 Prince St, Downtown Truro
902-895-1660

Scotia Metal Products Ltd

Metal Roofing & Siding

Made in Nova Scotia

Many Colours to choose from

Visit our showroom at

188 Joseph Zatzman Drive Dartmouth

902-468-7217

www.scotiametal.ca

MacQUARRIES
PHARMASAVE
The HOME
HEALTH
CARE
CENTRE



Suffer from **FOOT PAIN?**

CUSTOM ORTHOTICS

... your path to happy feet

A visit to our Orthotic Clinic can provide effective options toward treating a variety of foot conditions as well as back, knee and hip pain.

922 PRINCE STREET

DOWNTOWN TRURO

902-897-4144

