

Are you a multi-tasker?

By Christine Urquhart

Do you think of yourself as a multitasker? Are you capable of doing two or three things at once? This may be true in some areas but not while driving your car! Current to popular belief, the human brain can't multitask.

Driving and talking on the cell

phone are two thinking tasks that involve many areas of the brain, instead of processing both simultaneously, the brain rapidly switches between two cognitive activities. Take the classic example of the act of walking and chewing gum. There is a common misconception that because people appear to simulta-

neously do both that they can just as easily talk on their cell phones and drive safely at the same time.

The truth is that walking and chewing gum involve a thinking task and a non-thinking task. Conversation and driving are both thinking tasks. Some people believe that talking to someone on a cell phone is no different than talking to someone in the car.

In a 2008 study it was found that drivers distracted by cell phones are more oblivious to changing traffic conditions because they are the only ones in the conversation who are aware of the road. In contrast, drivers with adult passengers in their cars have an extra set of eyes and ears to help keep the drivers alert of oncoming traffic problems.

Adult passengers also tend to adjust their talking when traffic is challenging. People on the other end of a driver's cell phone cannot do that. Hand free devices do not eliminate the danger of cell phone use during driving. Whether hand-held or hands-free, cell phone conversations while driving are risky because the distraction to the brain remains.

Activity in the parietal lobe, the

area of the brain that processes movement of visual images and is important for safe driving, decreases by as much as 37% when listening to language. Drivers talking on cell phones can miss seeing up to 50% of their driving environments, including pedestrians and red lights. They look but they don't see. This phenomenon is also known as "inattention blindness." Believe it or not, drivers talking on cell phones have a slower reaction time than those who have had too much to drink.

A controlled driving simulator study found that drivers using cell phones had slower reaction times than drivers with a .08 blood alcohol content, the legal intoxication limit. There is a simple solution - drivers talking on cell phones can immediately eliminate their risk by hanging up the phone, while drunk drivers remain at risk until they sober up.

Unfortunately many drivers talk on their cell phones. It is estimated people talking on cell phones while driving are involved in 21% of all traffic crashes. So - pull over to talk on your phone if you must talk on it while driving, or shut it off until you reach your destination.



For the 8th year, the Debert Jam Sessions are being held twice a month at the King George Lodge on Plains Rd., Debert. The next sessions will be Oct. 4th and 18th, everyone welcome. Proceeds to the Hospice Society and Boys & Girls Club. Left to right: Andrew Hann, Fred Creelman and Wayne Elliott. (Harrington Photo)

Anti-Bullying 2014



CCJHS students proudly wore their CCRSB Stand Up. Speak Out bracelets and pink t-shirts on Thursday, Sept. 18th. Left to right- Heidi MacKay, Jenna Bruce, Ross Shepherd, Sam Rogers, Daniel Boudreau, Brayden McGee. (Harrington Photo)



Anna Fullerton and Allison Richardson welcome CCJHS students to the first Respect Ed assembly of the year. (Harrington Photo)



The 2014/15 CCJHS Respect Ed Team Leaders include (l to r): Anna Fullerton, Ashton Wood, Allison Richardson, Danielle Chater, Emily Smith, Emma Toole, Melanie Scott, Hannah Rushton and Victoria Smith. (Harrington Photo)



Chiganois Elementary students made special post cards with anti-bullying messages during CCRSB Stand Up. Speak Out, day of action!, held on Thursday, Sept. 18th. Front (l to r)- Alex McCully, Melissa Cloud, Cassidy Quaide, Zachary Davidson, Kyle Martin Pratt, Cage Mancini, Ryan Merriam, Cameron Myatt; Back (l to r)- Emily Crosby, Nicole Higgins, Jake McDonald, Tyler, Doucette, Danielle Donkin, Jillian MacMillan, Madeline Wagner. (Harrington Photo)

UCW Fall Rally - October 7th

By Chris Urquhart

Truro Presbyterian UCW will be holding their Fall Rally on Tuesday October 7th with registration from 9:30 - 10am. Guest speakers will include: Catherine MacLean our Maritime Conference UCW President, Harry Bentham and Pam Harrison.

There will also be some "fun" time and some worship time. Bring a bag lunch, lug a mug and come out to St. Andrew's United Church in Truro for this fun filled event. Everyone is welcome!

Antibacterial or regular soap?

By Chris Urquhart

Despite its soaring popularity, antibacterial soap is no more effective at killing germs than is regular soap. Using antibacterial soap may lead to the development of bacteria that are resistant to the product's antimicrobial agents, making it even harder to kill these germs in the future.

The important thing is to wash your hands in warm, soapy water after every trip to the bathroom, any time you have touched raw meat or gotten dirty. If you change the garbage, wash your hands. If you clean out the kitty litter, wash your hands. If you wiped your little one's nose, wash your hands.

If you find that your hands dry out from frequent washing, use hand cream after you have

washed and dried your hands. Make sure your hands are dry before heading outside in the cold or you will end up with chapped hands - Ouch! This goes for your children as well. Be sure to teach your children about washing their hands, as clean hands keep the germs from spreading.

Just think of all the items in your home that you touch each day - door knobs, phone, toilet, sink, key board on your computer, table, purse, wallet, cell phone - and many other things. If each turned red each time you touched them with dirty hands how many would be red?

It is very important to always wash your hands and why spend the money on expensive antibacterial soap when regular soap works just as well.

Continuing Care Month 2014

...your home, our passion

September is Continuing Care Month in Nova Scotia -- a time to recognize the dedication of the thousands of Nova Scotians who have chosen this caring field as a career option and what that means for the adults and seniors who require their support.

Visit www.continuingcaremonth.ca to learn more. You will also find inspiring stories about people who work and volunteer in continuing care and their commitment to improving the lives of Nova Scotians who access these important services.



Proud sponsor of the 11th Annual Continuing Care Month campaign.

My Favourite Pet

Hayden White, 7, lives in Salmon River with her dog Shady, who is a 6 year old lovable mix. Shady goes everywhere with her girl. Hayden and Shady will receive a \$20.00 Gift Certificate from The Shoreline Journal and Clarence Farm Services.



"Your Pet Nutrition Centre"
65 Industrial Ave, Truro
Phone 895-6366



CCJHS students Cayne Slack and Bailey Faulkner reenact the CCRSB anti-bullying message of Stand Up. Speak Out! (Harrington Photo)

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