

# LIGHTHOUSE LOG

VOL. 32 - NO. 7 SOUTH SHORE, NOVA SCOTIA THURSDAY, FEBRUARY 20, 2014

Delivered to 39,842 readers weekly in the following communities and surrounding areas: Barrs Corner, Blockhouse, Bridgewater, Brooklyn, Caledonia, Chester Basin, Chester, Greenfield, Hubbards, Hunts Point, Italy Cross, LaHave, Liverpool, Lunenburg, Mahone Bay, Mill Village, Milton, New Germany, New Ross, Petite Riviere, Pleasantville, Port Joli, Port Mouton, Riverport, Rose Bay, South Brookfield, Springfield, Tancook Island and Western Shore

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**FROZEN IN TIME**  
Angie is standing on a frozen lake in Caledonia.

MARTINA KLUGE PHOTO

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# IN THE COMMUNITY

**TOWN OF MAHONE BAY**  
541-1343

**Men's Drop in Basketball** — 7:30-9 p.m., in progress, Tuesdays, until April 1, Bayview Community School, Mahone Bay.

**TOWN OF BRIDGEWATER**  
543-2274

**NS Tattoo Bus Trip** — July 5. Departing 12:15 p.m. Travel in coach equipped with washroom and air conditioning.

**First Aid & CPR** — Standard level with CPR C, February 19 and 20 or March 4

and 5; emergency level with CPR B, March 4 or March 29, 9 a.m.-5 p.m.

**First Aid & CPR Re-certification Clinic** — February 22, emergency level, 9 a.m.-1 p.m.; and standard level 9 a.m.-5 p.m.

**Marine Basic First Aid** — March 25 and 26, 8:30 a.m.-4:30 p.m.

**Financial Workshop Series** — Tuesdays, March 18-April 8, 6:30-8 p.m.

**Spraying Fruit Trees** — April 12, 11 a.m.

**Care & Pruning Flowering Shrubs** — April 26, 11 a.m.

**Pruning Fruit Trees** — May 3, 11 a.m.

**Learn to Graft your own Fruit Trees** — May 10, 10 a.m.-4 p.m.

**MUNICIPALITY OF LUNENBURG**  
541-1343

**Healthy Strides Walking Club** — New members welcome. Group walks

Tuesdays, 10 a.m. until March 4, HB Studios Sports Centre, Bridgewater.

**"Take the Roof Off Winter"** — 1-4 p.m., Saturdays, February, as conditions allow. Ski and snowshoe loan. Warm up room. MARC, Dayspring.

**Swing Dance** — 7-8 p.m., February 6-March 27, MARC, Dayspring.

**Zumba** — 5:15-6:15 p.m., March 3-April 7, 6 classes, MARC, Dayspring.

**Intermediate Drawing** — 6-7:30

p.m., March 6-April 17, MARC, Dayspring.

**Red Cross Babysitter Course (Ages 11-14)** — 1-5 p.m., March 10 and 11, MARC, Dayspring.

**Parent Child Clay Workshop (Ages 3+)** — 10-11:30 a.m., March 8 and 15, MARC, Dayspring.

**Youth Clay Workshop (Ages 8-12)** — 1-2:30 p.m., March 8 and 15, MARC, Dayspring.

**Seniors' Kitchen Party** — Live music, games and refresh-

ments. 1:30-3 p.m., February 19, March 19 and April 23, HB Studios Sports Centre, Bridgewater.

**Moonlight Walk** — 7:30 p.m., March 15, Miller Point Peace Park, Dayspring.

**MUNICIPALITY OF CHESTER**  
275-3490

**Fitmix Session 2** — Chester Brass Band Hall, starts March 7.

**Community Contra Dance** — FHCS, March 8 and March 29.

**Marine Navigation with Compass** — GPS, Charts and Electronic Chart Plotter, FHCS, starts March 9.

**Fusion Fitness Session 2** — Chester Brass Band Hall, starts March 10.

**60+ Fitness Session 2** — Chester Brass Band Hall, starts March 12.

**Grief and Loss with Bobbi Banks** — Forties Community Centre, March 12.

**Card Lake Owl Prowl** — Card Lake Provincial Park, March 13.

**Food Handlers Certification** — New Ross Family Resource

Centre, March 19 and 20.

**Seniors' Sexuality with John O'Keefe** — Forties Community Centre, April 9.

**Boat Maintenance at Launch** — FHCS, starts April 27.

**Chester Cut N Run** — CAMS, June 1.

**Tattoo Bus Trip** — Halifax Metro Centre, July 5.

**MUNICIPALITY OF QUEENS**  
354-5741

**Royal Nova Scotia International Tattoo Bus Trip** — July 3, departure 3 p.m., Liverpool, showtime is 7:30 p.m.

**Volunteer Income Tax Program** — Queens County residents. Appointments necessary. Call 354-5741.

**Physical Activity in a Box** — Loan program. Did you know that the recreation department has a variety of equipment for loan? We have snowshoes, GPS system and igloo-making kits. There is a refundable deposit required upon pickup. Items will be loaned to those 19 years and older.

## Order of Nova Scotia

The deadline for nominations for the 2014 Order of Nova Scotia is Friday, March 21.

The Order of Nova Scotia is the highest honour awarded by the province. It recognizes exceptional contributions made to fellow citizens and society in Nova Scotia. Nova Scotians are urged to nominate individuals who have inspired them and enriched life in the province. Re-nominations are accepted and encouraged.

Information and nomination forms are available in the following ways:

**Online:** novascotia.ca/iga/order.asp  
**E-mail:** orderofnovascotia@gov.ns.ca  
**Call:** 902-424-2467  
**Visit:** Province House, any MLA, Nova Scotia MP or municipal office.



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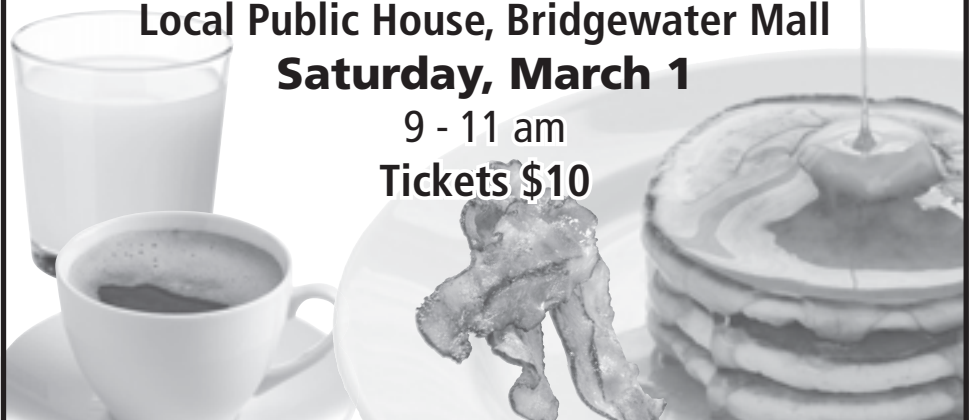
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## Pancake Breakfast Fundraiser

Local Public House, Bridgewater Mall  
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9 - 11 am  
**Tickets \$10**



Tickets available at Bridgewater Pharmasave or call 543-3665

## LIGHTHOUSE LOG

Check out [www.southshorenova.ca](http://www.southshorenova.ca)

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ISSN#1208-6088

## Reality check: I regret that I cannot ...

Last column, I suggested that one way to reduce stress is to create habits for on-going chores. Assigning a specific time to mundane activities can reduce the perception of never being caught up. Chores don't take over your life!

How is that helpful? It's so you can make room and time for what really does matter. It's your choice whether your priority is building a snow fort with your kids, learning Spanish, or volunteering in your community. The point is that we never get to our high priorities if we are swamped doing low-priority activities.

For some, a contributing factor to the "no time for what matters" issue is dealing with requests. Folks find themselves asked to do things that they really don't value or have time for, but can't figure out how to refuse.

What can follow is the feeling of being drawn into a commitment that's more time-consuming and strenuous than expected. Even when it's a good cause, you may end up resenting the activity, the people involved, and your own agreement to participate. It's a lose-lose.

Why do people agree to do things when they don't want to? There are some excellent reasons. For example, we may want to be perceived as a nice person and think we'll look unkind or selfish if we refuse. Perhaps we think that if we don't agree, no one will ever do anything for us. Perhaps we simply haven't figured out how to say "no" in a gracious way.

Choice theory concerns both relationships and personal freedom. If you are struggling with how to decline a request, it's likely because you care about

the relationship.

When the relationship doesn't matter much to you, it's easier to say "no." Ask anyone who has worked at a call center whether the people they call have any difficulty saying "No!" You'll probably learn that when people don't care about the relationship, they have no problem refusing a request.

It's more challenging when you do care about the relationship. Say your friend asks you to look after her children for the weekend. You don't want to. What to say? Here are some suggestions.

- Give an answer. It might seem easier to hem and haw and say, "Let me get back to you," but is that really kinder? She doesn't know your answer, but may think there's a possibility that

you'll agree.

- Respond simply and clearly. If your response is, "Hmm, I have to take my cat for her pedicure that weekend," your friend still doesn't know whether you will or won't babysit. More effective: "I'm sorry; I won't be able to do that." It's a clear refusal; she needs to look elsewhere.

- Stay positive. Remember that despite your refusal, you want to maintain a good relationship. "I hope you are able to find childcare for the weekend."

A simple "formula" for saying no is, "Thank you for asking. However, I'm sorry I can't ..... I hope that you find a way to get it done."

Do you find it difficult to say no? Do you end up resenting your agreement? Let me know at [choices@focusonclarity.com](mailto:choices@focusonclarity.com) or by mail c/o Lighthouse Log.

*Susanne Beck, RTC is Reality Therapy Certified by the William Glasser Institute*



**SUSANNE BECK**

*Reality Check*



PETER ZWICKER PHOTO

### WINTER ON THE FARM

A regular sight at Ross Farm Museum are horses King and Kate with their handler, Walter Larder.

If you find yourself saying  
*"There's nothing to do here!"*  
then you haven't discovered  
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## Liverpool bridge club results

The Liverpool bridge club met on February 4 with five and a half tables in play. Winners were, first, Al Moore and Gail Moore; second, David Levy and Bernie Swain; third, Fred Struve and

Louis Tousignant.

The club met again on February 11 with six and a half tables in play. Winners were, first, Gina Harlow and Frank Harlow; second, Ron Levy and Bob Chase; third, Fred Struve and Louis Tousignant.



### Time to renew your Family Pharmacare enrollment!

The new program year begins on April 01. Look for the renewal package in your mailbox soon.

To learn more about the Family Pharmacare program, or to update your information, call 1-877-330-0323 (toll free) or visit our website at [www.nspharmacare.ca](http://www.nspharmacare.ca)



## through YOUR LENS

Have a good quality photo you want to share with our Lighthouse Log readers ... an event you attended, something unusual that caught your eye or a photo depicting regular life in Lunenburg & Queens Counties?



Send it to us! e-mail to: [mail@southshorenov.ca](mailto:mail@southshorenov.ca)

Please include names of people in the photo and where and when it was taken.

### Semaine de la promotion de l'Éducation acadienne et francophone en Nouvelle-Écosse

du 3 au 7 mars 2014

from March 3-7, 2014



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#### Centre scolaire de la Rive-Sud

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★ Open house: Tuesday, March 4

★ Poetry evening: Thursday, March 6, at 6:30 p.m. (free admission)

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Projet de sept (7) organisations qui partagent les mêmes buts en éducation : Conseil scolaire acadien provincial (CSAP), Équipe d'alphabétisation – Nouvelle-Écosse; Université Sainte-Anne (USA), Fédération des parents acadiens de la Nouvelle-Écosse (FPANE), Centre provincial de ressources préscolaires (CPRPS), Conseil jeunesse provincial (CJP) et ministère de l'Éducation de la Nouvelle-Écosse.

Project of eight (7) organisations sharing the same goals in education : Conseil scolaire acadien provincial (CSAP), Équipe d'alphabétisation – Nouvelle-Écosse; Université Sainte-Anne (USA), Fédération des parents acadiens de la Nouvelle-Écosse (FPANE), Centre provincial de ressources préscolaires (CPRPS), Conseil jeunesse provincial (CJP) and Nova Scotia Department of Education.



## Seaside bridge club results

The Seaside bridge club of Liverpool met in the afternoon of February 14 with six tables in play. Winners were, North-South, first (overall), Joyce Foster and Etta Gow; second, Janet Dagley and Bea Hunt; third, Liz Hunter and Eileen Blair; East-West, first, Betty Kennedy and Marcia Clark; second, Marilyn Newell and Reg Newell; third, Dennis MacKinnon and Linda MacKinnon.

Please note: It was a day for the making of small slams! Four were made by: Joyce and Etta; Janet and Bea; Betty and Marcia; Marilyn and Reg.

For further information on this club, check out our website at <http://users.eastlink.ca/~berylhatt/> or phone 354-3381.



### MUNICIPALITY OF THE DISTRICT OF LUNENBURG BUDGETED GRANTS DEADLINE MARCH 1, 2014

The Municipality of the District of Lunenburg grants funds to community organizations from its annual operating budget. The amount will be set by Council at budget time. The deadline to submit an application is March 1, 2014. To find out if your group is eligible and to download an application, please visit our website at [www.modl.ca](http://www.modl.ca) or contact Trudy Payne, Director of Recreation Services, at [tpayne@modl.ca](mailto:tpayne@modl.ca) or 541-1333.

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## The worst place to carry a cell phone

Could smart phones be slowly killing us? Some experts feel we're living in an Alice-in-Wonderland world if we ignore radiation from these electronic devices. So today, here's an example of what can go wrong.

The Environmental Health Trust's Newsletter reports an unusual case. A young woman, with no predisposing risk factors for cancer, made a practical decision. She decided to carry her cell phone in her bra. Today with so many cell phones being snatched from people, I give her top marks for ingenuity and increased security.

Unfortunately, she developed breast cancer. But what shocked doctors was that the pattern of the cancer lined up perfectly with the shape of the cell phone. This single case does not prove that radiation caused the malignancy. But if I were a woman I would not push my luck. I'd sure choose another location to carry my cell phone.

So how serious is this problem? Experts on radiation have warned us for years about "dirty electricity" from cell phones and other electrical appliances. Our homes were originally powered by clean electricity, using a safe frequency of 60 Hertz (Hz). Now, transformers convert 60 Hz to low voltage power for electronic devices. This creates micro surges of electricity that contain up to 2,500 times the energy of a conventional 60 Hz electrical system. In effect, we are subjecting ourselves to dangerous electrical pollution.

Dr. Devra Davis, author of the book, "The Secret History of the War On Cancer," says that cell phone radiation is not only dangerous, but can be lethal. She claims that the biological impact of cell phones is not related to power, but to the erratic nature

of the signal which has an adverse affect on DNA repair.

In May 2010, the World Health Organization (WHO), released a 10 year study into cell phone use and cancer rates. WHO recognized a significant correlation between brain cancer and those who used their cell phone, wireless home phone or WIFI for more than 30 minutes daily.

Since everyone, including children, will continue to use cell phones, what can be done to decrease the risk? We can all practice what in Europe is called the "Precautionary Principle" which means using old-fashioned horse sense.

Children are at particular risk since they have thinner skull bones making it easier for cell phone radiation to penetrate deeper into the mid brain. They also face a lifetime exposure which places them at greater risk for parotid and deeper brain tumours.

Ideally, children should avoid the electromagnetic radiation of cell phones, or use them only for an emergency. Parents should also stop the dangerous habit of allowing children to sleep with cell phones under their pillows, subjecting them to radiation for hours at close quarters.

Everyone should turn off cell phones not in use and use the speaker on the phone to keep it away from their ears. Being held just a short distance away can decrease radiation exposure from 1,000 to 10,000 times. Remember that texting with a phone exposes a person to the same amount of radiation as talking on the phone.

So use cell phones like porcupines make love, very, very carefully, as it will take years to know the full extent of the danger. This means bras are for

breasts, not phones. It's also prudent not to place a cell phone in a shirt pocket over the heart. And if men want to decrease their sperm count, place it in pants pockets.

For years I've warned readers about the potential dangers of excessive exposure to X-rays and CT scans. For example, a CT scan of the abdomen produces 500 times more radiation than a single chest X-ray and 1,000 more times than a dental X-ray or bone mineral density test. This is why I've urged the government to issue radiation cards so that each person knows their total radiation exposure.

I'm also convinced we cannot ignore the danger of electromagnetic radiation from smart phones. It's the old story of "Caveat emptor" — let the buyer beware.

See the web site <http://www.docgiff.com>. For comments info @docgiff.com.



W. GIFFORD JONES, M.D.

The Doctor Game



### MUNICIPALITY OF THE DISTRICT OF LUNENBURG EXPRESSIONS OF INTEREST TO SERVE ON THE PLANNING ADVISORY COMMITTEE

The Municipality of the District of Lunenburg is seeking expressions of interest from individuals to serve as members of the Planning Advisory Committee. There are two positions available. Appointments are for a two year term.

The Planning Advisory Committee (PAC) advises Municipal Council on land use planning issues, such as land development standards, subdivision matters, zoning matters and heritage properties. If you are a resident of the Municipality and have a keen interest in planning matters, please submit a letter of interest on or before Wednesday, March 5, 2014. The letter of interest should include a brief description of your interest in the Committee's work and how you can contribute to the Committee's discussions.

The PAC normally conducts their meetings on the fourth Thursday of every month, commencing at 7:00 pm. Community members of the PAC receive an honorarium per meeting plus mileage.

Please direct any inquiries and your letter of interest to: Jeff Merrill, Director of Planning and Development Services, 210 Aberdeen Road Bridgewater, Nova Scotia, B4V 4G8 or, e-mail: [jmerrill@modl.ca](mailto:jmerrill@modl.ca).

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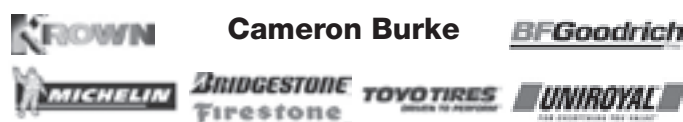
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## Bridgewater bridge club news

The Bridgewater bridge club met on February 3 with 10 tables in play. Winners were, North-South, first, Don Allan and Barb Carleton; second, Betty Demont and Malcolm Demont; third, David Wandler and Marjorie Wandler. East-West, first, Don Gray and Murray Barkhouse; second, Marilyn Newell and Reg Newell; third (tie), Amy Sarty and Nicki Campbell with Jennifer Smith and Sidney Laing.

The club met again on February 6 with six and a half tables in play. Winners were, first, Bilgin Batman and Edgar Blinn; second, Glendon Dominoe and Doris Sheppard; third, Rick Sheppard and David Wandler.

There was another game held on February 10 with eight and a half tables in play. Winners were, North-South, first, Doris Sheppard and Rick Sheppard; second, Bob Chase and Louis Tousignant; third, Charles Maginley and Ursula Hintz-Brooke. East-West, first, Fred Struve and Bunny Levy; second, Gail Moore and Al Moore; third, Frank Harlow and Gina Harlow.

There was another game held on February 12 with five tables in play. Winners were, first, Bill Davidson and Bob Chase; tied for second and third, Doris Sheppard and Louis Tousignant with Rick Sheppard and Bilgin Batman.


The club met again on February 13 with three tables in play. Winners were, first, Fred Struve and Bunny Levy; second, Bernie Swain and Don Gray; third, Phyllis Munroe and Carole Nixon.

Games are held at the Masonic hall at 216 North Street on Wednesday and Thursday evenings at 7 p.m. and Monday afternoons at 1 p.m. All new players welcome. Phone 530-6436 for more information.

## Chester bridge club results

The Chester duplicate bridge club met February 11 with three tables in play. Winners were, first, Don Gray and Fred Struve; second, Rick Sheppard and Barbara Carleton; third, Malcolm Demont and Betty Demont.

The club meets every Tuesday at the Chester Legion (lower level) in Chester. Play starts at 7 p.m.



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**NOTICE TO RESIDENTS OF THE MUNICIPALITY OF THE DISTRICT OF LUNENBURG**

**RE: REPEAL AND REPLACED - SOLID WASTE COLLECTION AND DISPOSAL BY-LAW**

Please be advised that on January 28, 2014, Municipal Council repealed and replaced the Solid Waste Collection and Disposal By-law.

This new By-law will:

- Update definitions to coincide with the language in updated legislation;
- Clarification for collection of waste material;
- Addition of guidelines for Commercial Containers, Haulers, Designated Electronic Products, Construction or Demolition Materials; Lunenburg Regional Community Recycling Centre; Legal and Illegal Disposal, General Prohibitions, and Export of Solid Waste.
- Provide for Enforcement and Penalties.
- Introduction of Administrative Ticketing Program as an enforcement tool.

**The By-law becomes effective on the publishing date of this advertisement.**

A copy of the Solid Waste Collection and Disposal By-law is available at the Municipality of the District of Lunenburg Office, 210 Aberdeen Road, Bridgewater, during normal business hours of 8:30 a.m. to 4:30 p.m. Monday to Friday (except holidays) or on line at [www.modl.ca](http://www.modl.ca), [municipal-services/administration/by-laws](http://municipal-services/administration/by-laws). Further information may be obtained by calling the Municipal Clerk at 541-1323.

South Shore Public Libraries

### Mobile Branch Schedule

**Friday, February 21:**

10:00 - 10:45 Broad Cove - Community Hall  
11:00 - 12:00 Petite Riviere - Fire Hall  
1:15 - 2:00 Crescent Beach - General Store  
2:20 - 3:00 Pentz - Westside United Church

**Saturday, February 22:**

10:00 - 12:00 Caledonia - Opposite Caledonia Pharmasave  
12:30 - 1:15 Pleasant River - Community Hall

**Tuesday, February 25:**

11:00 - 11:30 New Ross - New Ross Consolidated School  
11:30 - 1:00 New Ross - Ross Farm Museum  
3:00 - 6:00 New Germany - New Germany Freshmart

**Wednesday, February 26:**

1:00 - 4:30 Chester - Chester Legion  
5:30 - 7:00 Chester - Corner of Highway 3 and Valley Road  
7:15 - 8:30 Chester Basin - Chester Basin Legion

**Thursday, February 27:**

10:30 - 7:00 Mahone Bay - Three Churches Parking Lot  
Closed between 12:30 - 1:00 and 4:30 - 5:30



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**HONDA**

**HONDA** All offers are from Honda Canada Finance Inc., O.A.C. Offers only valid for residents of Atlantic Canada and at participating Honda dealers located in Atlantic Canada. Dealer order/trade may be required and delivery delays may be expected. In the provinces of NB/ NS/ NL/ PEI: Prices and/or payments shown do not include PPSA lien registration fee of \$63/\$70.75/\$55/\$59 respectively and lien registering agents fee of \$5/\$5/\$5/\$5 respectively which are both due at time of delivery. Based on 60 month term. \*Bi-weekly lease based on new 2014: Accord LX 6MT (CR2E3EE)/ CR-V LX 2WD (RM3H3EES) for 60 month term, OAC. Bi-weekly payments are \$139/\$139 for 60 months for a total of 130 payments with \$0 down payment and a total lease obligation of \$20,781/ \$20,781. Payments include \$1,695 freight and PDI. \$0 security deposit required. First monthly payment due at lease inception. Lease rate is 2.99%/ 1.99% APR. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. License, insurance, applicable taxes, PPSA and registration are extra. Option to purchase at lease end for \$10,316/ \$11,436, plus taxes. Special offers and conditions for a limited time only and subject to change without notice. Errors and omissions excepted. See your Honda dealer for full details.



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\*Offer ends March 31st, 2014. Offer valid for 2010 or older Honda vehicles only. Only vehicles registered prior to January 1, 2011 are eligible. Coverage limits apply to some services. Some restrictions may apply. See your Honda Dealer for full details.

**HONDA**

# Soccer

## Nova Scotia Soccer League

### Winter 2014 Regular Season Standing

#### U14 Girls Tier 1A Standings

Team	GP	W	L	T	PTS	GF	GA
Suburban FC	14	9	4	1	28	83	54
Dartmouth FC	14	7	2	5	26	40	30
Halifax Dunbrack	14	7	4	3	24	76	54
Halifax County	13	6	3	4	22	40	31
Valley United	14	6	6	2	20	33	53
Halifax City	14	2	9	3	9	38	59
South Shore	13	1	10	2	5	30	59

#### U14 Girls Tier 1B Standings

Team	GP	W	L	T	PTS	GF	GA
Suburban FC	13	13	0	0	39	85	20
Halifax City	14	8	5	1	25	51	35
Halifax County	13	6	4	3	21	45	28
Halifax Dunbrack	13	5	6	2	17	50	52
South Shore	12	5	5	2	17	46	44
Valley United	14	4	9	1	13	36	84
Dartmouth FC	13	0	12	1	1	16	66

#### U16 Girls Tier 1 Standings

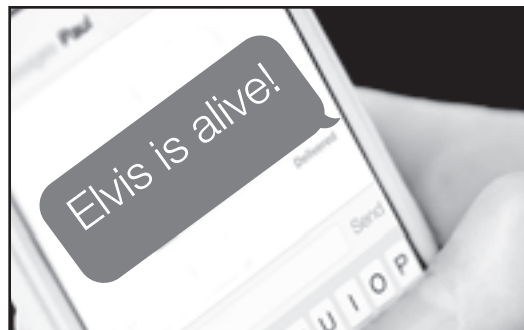
Team	GP	W	L	T	PTS	GF	GA
Suburban FC	12	11	1	0	33	97	19
Halifax County	14	10	3	1	31	78	23
Valley United	12	8	3	1	25	48	21
South Shore	13	3	9	1	10	25	78
Halifax City	13	2	10	1	7	23	79
Halifax Dunbrack	12	2	10	0	6	15	66

#### U16 Boys Tier 1 Standings

Team	GP	W	L	T	PTS	GF	GA
Halifax County	13	10	3	0	30	97	64
Halifax City	13	9	2	2	29	90	41
Dartmouth FC 2	13	8	3	2	26	75	58
Suburban FC	13	8	4	1	25	75	66
Valley United	12	6	4	2	20	61	46
Halifax Dunbrack	13	3	9	1	10	68	82
Dartmouth FC	13	3	10	0	9	50	89
South Shore	12	0	12	0	0	26	96

#### NSSL PLAYOFF DATES

Tentatively, dates for playoffs will be, February 22 and 23 for the U14's; March 1 and 2 for the U16's; and March 2 and 5 for the U18's and Seniors. Top 4 make the playoffs. 1 v 4, 2 v 3  
<http://nssoccerleague.ca/> Tuesday, February 18, 2014



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# One-on-one computer help extended

One-on-one computer help is extended! The Library's C@P (Community Access Program) Youth Interns are available for one-on-one computer and technology training from now until March 9.

If you have a question about your e-reader, smart phone or digital camera, ask the interns! The interns will be available at the Margaret Hennigar Public Library, Bridgewater (543-9222) on Thursdays and Saturdays, the Alean Freeman Library in Greenfield (685-5400) on Saturdays, the Lunenburg library (634-8008) on Fridays and Sundays and the Thomas H. Raddall Library (354-5270) in Liverpool on Thursdays and Fridays.

The interns also conduct after school programs and community computer classes, as well as individual appointments, so call ahead to book an appointment.

Ted Bulley, an income-tax volunteer through Revenue Canada, will do income tax preparation for low-income individuals at the Thomas H. Raddall Library. Call the recreation office at the Region of Queens Municipality, 354-5741, to book an appointment. Help is by appointment only, on Fridays, until April 25.

Telling My Story is an exploration of the arts specially designed for teens 13 to 19. Be a part of this unique experience at the Thomas H. Raddall Library, Liverpool! Try your hand at drama and poetry workshops. The sessions are led by accomplished local artists who have experience working with teens. The workshops are free, and all supplies and snacks are provided! Sign up for drama with Susan Lane and poetry with Pamela Ditchoff. At the end of the workshops, the artists will assist you in showcasing your work.

Theatre not only entertains, but teaches us more about who we are and develops awareness of cultural diversity. Even if one never intends to study theatre or perform on-stage, the fundamentals of theatre offer students tools that they will carry through life. During the six-week program you will practice theatrical methods that assist you in finding your voice and telling your story.

The workshop includes theatre fundamentals, improvisation, monologues and scene work. The goal is to offer a fun and informative workshop that teaches students teambuilding skills, trust, confidence, and public speaking skills, as well as the ability to laugh at themselves. The acting workshop will be held at the Thomas H. Raddall Library from 2:30 to 4 p.m., beginning on February 18 and ending March 25.

Funding for Telling My Story is generously provided by the Province of Nova Scotia through the Cultural Opportunities for Youth Program. Space is limited so call to register soon at 354-5270.

Local author L.P. Suzanne Atkinson will join us at the Margaret Hennigar Public Library, Bridgewater, on February 20, to introduce her latest novel, "Emily's Will Be Done." Through a story about executing an estate fraught with difficulties, the novel unwinds the life of a lonely woman layered with enigmas and surrounded by secrets. Suzanne writes about the challenges inherent in aging and about the unavoidable consequences of relationships. She uses her life and work experiences to weave timeless stories that cross many boundaries. The reading begins at 6:30 p.m.

Freedom to Read Week, February 23 to March 1, is an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom, which is guaranteed to them under the Charter of Rights and Freedoms. Stop by the library to find out more about our freedom to read.

Join us on the fourth Wednesday of the month for Wellness Wednesdays at the Margaret Hennigar Public Library from noon to 1 p.m. We've invited a variety of speakers to tell us about unique and innovative health practices that

are available in Lunenburg County. Bring your lunch!

On February 26, join the presenter from Personal Care Physio to find out more about physiotherapy and how it can help solve a range of conditions: everyday stresses and strains, sports injuries, motor vehicle accidents, WCB claims and chronic pain. Manual physio, cranial sacral techniques, acupuncture, postural corrections and orthotics are a few of the different approaches that they offer in their personalized approach. From everyday postural awareness to body mechanics, physiotherapists strive to promote your total health by emphasizing prevention through education.

Come to the Margaret Hennigar Public Library on March 1 and participate in Airing Our Laundry, a One Billion Rising Event hosted by the library and Second Story Women's Centre. Create a T-shirt that tells a story about your experience of violence against women and girls. Work with Support Co-ordinator and artist Sally Hutchinson of Second Story Women's Centre to explore this topic in a safe environment.

Your creation will become part of the "Airing Our Laundry" exhibit which will be on display during the

One Billion Rising events and International Women's Day celebrations. No art experience necessary! The workshop runs from 1 to 3 p.m.

Help us celebrate March Break at the Library. Belly laughter, guffaws and silliness are required at LOL @ the Library Day Camp! (oh, and don't forget the bag lunch!) Discuss and share your favourite kind of comedy and what makes you laugh. Learn the basics of standup and put together your own material for a short routine. Learn how to make balloon animals with Laura Uhlman, watch some award-winning cartoons and in the afternoon, attend a hilarious performance by National Magic Champion and comic, Patrick Drake!

The day camp will run from 10:30 a.m. to 3 p.m. and is designed for kids ages eight to 12 years old. Space is limited so registration is required to reserve your spot. LOL @ the Library is offered at the Lunenburg library, 634-8008 on March 11, at the Margaret Hennigar Public Library, Bridgewater, 543-9222, on March 12 and at the Thomas H. Raddall Library, Liverpool, 354-5270, on March 13.

National Magic Champion Patrick Drake will magically appear at the library during March Break to amaze and entertain the whole family! Patrick specializes in creating interactive, hilarious comedy and magical entertainment that can make the grumpiest, gruffest grandpa guffaw! This performance is free, and open to all, although space is limited! The magic show will be held at the Lunenburg library on March 11, the Margaret Hennigar Public Library, Bridgewater, on March 12, and the Thomas H. Raddall Library, Liverpool, on March 13, with shows beginning at 1:30 p.m. each day.

Imagine it. Create it. Animate it! Have you ever wondered how to make your own clay animation? Participants aged 10 to 14 years will learn the basics of stop-motion animation in this March Break workshop. Design your own clay characters and then produce a short animated film using multimedia tools. Create a story, use a storyboard to plan frame sequences; make clay characters and design the scene; capture pictures of the story in progress and animate still pictures using multimedia software. You will get to do it all!

The workshop is offered at the Thomas H. Raddall Library (354-5270) in Liverpool on March 12, the Lunenburg library (634-8008) on March 13 and the Margaret Hennigar Public Library (543-9222) in Bridgewater on March 14. Space is limited. Registration required. Please bring a bag lunch. All workshops are 10:30 a.m. to 3:30 p.m.



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<p><b>LUNENBURG:</b>  <b>THURSDAY, MAR. 6, 2014</b>                  at Mermaid Vision,                  11 King St., 10 am - 5 pm</p>	<p><b>CHESTER:</b>  <b>TUESDAY, MAR. 11, 2014</b>                  at Chester Family Practice,                  3785 Hwy. 3, Chester, 10 am - 5 pm</p>	<p><b>BRIDGEWATER:</b>  <b>WEDNESDAY, MAR. 26, 2014</b>                  at Bridgewater Vision Services,                  64 Dufferin St., 10 am - 5 pm</p>
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<p><b>No Name Smoked Sausages</b>                  900g</p> <p><b>\$4.88</b></p>	<p><b>Larsen Smoked Bologna</b>                  900g</p> <p><b>\$4.88</b></p>

Prices from Thurs., Feb. 20 to Wed., Feb. 26

**YOUR HOROSCOPE**

**ARIES – Mar 21/Apr 20**  
Aries, there is more to you than meets the eye. You enjoy letting others get small glimpses of your true self, but this week they will get a lot of information all at once.

**TAURUS – Apr 21/May 21**  
Feeling restless, Taurus? Spend some time with a hobby that you enjoy, whether that is cooking in the kitchen or building something out in the garage.

**GEMINI – May 22/Jun 21**  
Others may have trouble reading you this week, Gemini. That's because you are putting forth a few different faces. It is better for all involved if you remain consistent.

**CANCER – Jun 22/Jul 22**  
Cancer, now is the time to introduce your family to a special friend of yours. This person will be received graciously, so there is no need to fret about the meeting.

**LEO – Jul 23/Aug 23**  
Leo, when you want to get something done, it is probably best if you do it yourself this week. This way you can bring your own unique approach to the task at hand.

**VIRGO – Aug 24/Sept 22**  
Cash seems to be flowing out of your pockets this week, Virgo. You may want to sit down and make some adjustments to your spending habits so you can get your finances in order.

**LIBRA – Sept 23/Oct 23**  
Libra, your patience is wearing thin, but you need to keep your cool or you could

**PISCES**



end up in a sticky situation at work. Ride things out until the weekend arrives.

**SCORPIO – Oct 24/Nov 22**  
It isn't in your makeup to be meek, Scorpio. If something needs to be discussed, speak up and let others know your perspective on the situation.

**SAGITTARIUS – Nov 23/Dec 21**  
Sagittarius, a lucky streak has you excited to test your good fortune. Ride this wave, but do not go through all of your money in one fell swoop. That can spell trouble.

**CAPRICORN – Dec 22/Jan 20**  
Capricorn, you have been doing a lot of waiting around, but now your patience is bound to pay off. You just need to wait a little while longer to bear the fruits of your labors.

**AQUARIUS – Jan 21/Feb 18**  
Aquarius, a big adventure is on the horizon. The trouble is, you do not know what to expect and what to bring along for the ride. Things will come into focus soon.

**PISCES – Feb 19/Mar 20**  
You need to take a rest, Pisces. Otherwise, you will burn out very quickly. Friends are urging you to slow down this week.

**FAMOUS BIRTHDAYS**  
February 20 – Brian Littrell, Singer (39)  
February 21 – Alan Rickman, Actor (68)  
February 22 – Drew Barrymore, Actress (39)  
February 23 – Emily Blunt, Actress (31)  
February 24 – Jaymi Hensley, Singer (24)  
February 25 – Rashida Jones, Actress (38)  
February 26 – Michael Bolton, Singer (61)



ROBERT HIRTLE PHOTO

**BREAKFAST DONATION**

Organizers of the annual Lunenburg Community Christmas Dinner count up their leftover dollars each year and give a portion of them to a worthy entity in the community. This year their donation was destined to the Bluenose Academy breakfast program. Recently, Al MacIntyre, right, of the event's planning committee, presented the funds to the school, where he was joined by, from left, guidance councillor Bernadine Elliot and members of the school's Social Justice Group, Wyatt Patton, Josee Dionne and Julia Venio.

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**We're Growing & Improving For You**

The management of Bridgewater Mall would like to inform the public that due to the current stage of construction with our redevelopment the **PARKING LOT ENTRANCE/EXIT onto Old Bridge St. will be closed to traffic from February 14<sup>th</sup> until March 31<sup>st</sup>.** We apologize for any inconvenience.

**Over 8 million dollars in renovations with NEW STORES Opening Soon!**

Mall Hours: Monday & Saturday 9:30 am - 6 pm; Tuesday to Friday 9:30 am - 9 pm; Sunday 12 noon - 5 pm  
www.bridgewatermall.ca

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ph: 902.543.2457; 902.634-8863; 902-275-5143

fax: 902.543.2228 toll free: 888.543.2457

e-mail: [ads@southshorenov.ca](mailto:ads@southshorenov.ca)

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# CLASSIFIEDS



### COMMUNITY EVENTS

**WANT TO KNOW WHAT'S GOING ON?**



Find hundreds of local events on [southshorenov.ca/events](http://southshorenov.ca/events)

**Add your event! It's FREE & EASY!**

### Country Music Variety Show

**Oakhill Fire Hall**  
**Saturday, February 22**  
*Featuring Yesterday, Memory Lane, New Found Country & Kitchen Country*  
 Doors open 5:30pm  
 Music starts 7:00pm  
**Admission \$5.00**

Card Party, Pleasantville Fire Hall, Saturday, February 22, 7:30 p.m. Lunch provided. Everyone welcome.

### MEETINGS

Annual General Meeting, Navy League of Canada, Lunenburg Branch, February 25, 7 p.m. Sea Cadet headquarters, Victoria Road.

Annual Meeting, Lunenburg & District Swimming Pool Society, February 26, 7:30 p.m., Lunenburg Fire Hall. Public welcome.

BAPAS need people who love performing arts. Meeting February 20, 7 p.m. HB Studios Fieldhouse. RSVP [events@bapas.ca](mailto:events@bapas.ca) 531-2103

### MEETINGS

Basin Gardeners Association Meeting, February 24, 2 p.m. at AEnon Church, Chester Basin. Visitors welcome. 273-2000~

Brain injury monthly support meeting, SSRH, last Monday of each month, 7 p.m. Information: 624-8117

German-Canadian Cultural Association Kaffeeklatsch, Saturday, February 22, 2:30 p.m., Homeport Motel, Lunenburg.

### HALL RENTALS

Hebb's Cross Fire Hall available for rental purposes, seats 200. Contact 543-7929

### VOLUNTEERS

**The Bridgewater and Area Performing Arts Society** is currently looking for creative, dedicated board members and volunteers who are interested in bringing quality performing arts to Bridgewater and surrounding area.

Are you interested in making a lasting connection to the organization and community?

Please attend our meeting on **Thursday, February 20 7 pm at the HB Studios Fieldhouse Bridgewater**

Please RSVP [events@bapas.ca](mailto:events@bapas.ca) or call 531-2103

### DANCES

Friday, February 21. Karaoke at Mahone Bay Legion (with Rod Scott of Sound Choice Entertainment), 8 p.m.-midnight, \$5 cover charge. Everyone welcome.

### DANCES

Friday, February 28. Dance to the music of the Centurions at the Mahone Bay Legion, 8-11 p.m. Freewill offering at the door for the band. Everyone welcome.

### DANCES

Saturday, March 1, Best of Irish Music, A concert with Evans & Doherty. A lively blend of traditional, original and contemporary songs. Petite Riviere Fire Dept, 8 pm to 10 pm; \$18 per person. Cash bar, 19 and older. Tickets Petite Store, 693-2124; Cobblers Corner 543-3199.

### SUPPERS

Chinese Food Take-Out, Friday, February 28, 4-6 p.m. Wesley united Church, 22 Drews Hill Road, Petite Riviere. Egg roll, sweet & sour chicken, vegetable fried rice, stir fried vegetables and fortune cookie, \$10. To pre-order call Mariam 688-2866 or Karen 693-2130

### SUPPERS

February 26, Wednesday, Baked Ham and Sauerkraut Supper, Italy Cross, Middlewood and District fire hall, 4-6 p.m. Take-outs available, pick-up only. Adults \$10; children (5-12) \$5. Proceeds for Ladies Auxiliary.

Pancake Supper, Shrove Tuesday, Tuesday, March 4, 4-6:30 p.m., St. Mark's Anglican Church, Martin's Point. Adults \$6, children \$3, under 5 free.

Pancake Supper, March 4, 4:30-6 p.m. Petite Riviere fire hall. Pancakes, sausages, fruit kabobs, biscuits, brownie sundae. Adults \$7; children \$3.50; under 5 free.

### NOTICES



The Western Regional Housing Authority currently has vacancies in our Seniors apartments in Caledonia, Mahone Bay, Riverport, and our Assisted Living Complex (Pineview apts.) in Bridgewater. If you are looking for housing in a "rent geared to income" situation, we encourage you to apply. Applications can be picked up at our office at 99 High Street, Bridgewater or can be mailed to you by calling our office between 8:30 - 4:30 at 543-8200 or 1-888-845-7208.



Local food banks need your support!

### TENDERS

### MUNICIPALITY OF THE DISTRICT OF LUNENBURG

#### REQUEST FOR PROPOSAL

Sealed proposals will be received by the undersigned up to 2:00 p.m., local time, March 19, 14 for the following:

- #2014-01-400 Banking Services &
- #2014-01-401 Legal Land Surveying

Proposals will be publicly opened in the council chambers at 210 Aberdeen Rd., Bridgewater, N.S. at 2:00 p.m., local time on the closing date.

All proposals must be submitted in a sealed envelope clearly marked with the proposal name and number. Specifications and/or particulars may be obtained from the Purchasing Coordinator at the Municipal Administration Building, 210 Aberdeen Rd., Bridgewater, N.S. B4V 4G8

The Municipality of the District of Lunenburg reserves the right to reject any or all proposals, not necessarily accept the lowest proposal, or to accept any proposal which it may consider to be in its best interest. The Municipality also reserves the right to waive formality, informality or technicality in any proposal.

V.E. Oakley, Purchasing Coordinator, CPPB  
 Municipality of the District of Lunenburg  
 210 Aberdeen Rd.  
 Bridgewater, N.S. B4V 4G8  
 Tel: (902) 541-1324



MUNICIPAL JOINT SERVICES BOARD  
 LUNENBURG REGIONAL  
 Community Recycling Centre

### TENDER

Sealed tenders will be received by the undersigned up to 2:00 p.m., local time February 21, 2014 for the following:


#### Supply and Delivery of One (1) 2014 Model Year Skid Steer, Tender # 2013-004

Tenders are to be delivered to the Lunenburg Regional Community Recycling Centre (LRCRC), 908 Mullock Road, Whynotts Settlement, NS. The tenders will be publicly opened in the offices at the LRCRC at 2:10 p.m., local time on the closing date.

All tenders must be submitted on a Municipal Joint Services Board tender form in a sealed envelope clearly marked with the tender name and number. Tender package, specifications and/or particulars may be obtained from:

**Tamara Fraser - Administration/ Accounts Receivable**  
**Municipal Joint Services Board**  
**908 Mullock Road, Whynotts Settlement, NS B4V 5T9**  
**Phone: (902) 543-2991**

The Municipal Joint Services Board reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to not accept any tender(s) which it may consider not to be in its best interest. The Board also reserves the right to waive formality, informality or technicality in any tender.



## WAGNERS

A SERIOUS INJURY LAW FIRM

# BIOMET CLASS ACTION

Wagners Law Firm is currently investigating concerns from recipients of Biomet's metal-on-metal hip implant systems.

Recently published information has revealed that some of Biomet's metal-on-metal hip implant systems fail prematurely thereby causing bone dislocation, metallosis and the need for further surgery.

If you, or someone you know, have received a Biomet metal-on-metal hip implant system and have suffered an injury, you may contact Wagners Law Firm.

**Wagners**  
 Halifax, NS  
 Phone: 902-425-7330  
 Toll-Free: 1-800-465-8794  
 Email: [seriousinjury@wagners.co](mailto:seriousinjury@wagners.co)

Wagners is an experienced class action law firm currently involved in similar claims against Wright Medical for its Profemur Hip Implant System, DePuy for its ASR XL Acetabular Hip System and its ASR Hip Resurfacing System, and Zimmer for its NexGen CR-Flex Porous Knee Replacement System.

# HALIFAX INTERNATIONAL BOAT SHOW

BOATS START HERE

## FEBRUARY 20-23

Exhibition PARK

AMTA, Motor Promotions Ltd., Q104

[www.HalifaxBoatShow.com](http://www.HalifaxBoatShow.com)



**SUPPERS**

Pancake and Sausage Supper on Shrove Tuesday, March 4 (4:30-6:30 p.m.) at Central United Church Hall, Lunenburg. Served by St. Andrew's Presbyterian Church. Menu: Pancakes, sausages, coffee, tea and dessert (gingerbread with whipped topping). Price: Adults \$7, children (6-12) \$3; under 6 free.

**BREAKFASTS**

Breakfast at Royal Canadian Legion #23, Lunenburg, February 22, 7:30-11:30 a.m. Adults \$8; ages 5-12, \$4. Takeout available for pick-up \$8.50. 634-4215

Breakfast, Pinehurst Hall, Saturday, March 1, 7-11 a.m. Proceeds for the hall.

March 1, Saturday, Breakfast, Italy Cross, Middlewood and District fire hall, 7-11 a.m. Adults \$7; children (5-12) \$3.50.

Newfie Breakfast, Saturday, February 22, 7:30-10:30, Chester Basin Legion. Menu selections and take-out available.

**BREAKFASTS**

St. Norbert's BIG BREAKFAST Saturday, March 1, 7:30 a.m.-11:30 a.m. Central United Church Hall, Lincoln Street, Lunenburg. Adults \$8; children \$3.50.

Sunday, February 23. Breakfast/ Brunch at the Mahone Bay Legion, 9 a.m.-1 p.m. Adults \$8, children \$4, children under 5 free

**BINGOS**

**play OAKHILL FIRE DEPARTMENT BINGO**  
Every Sunday beginning at 1 pm  
Jackpot \$1500 in 50 numbers, \$1000 in 51 numbers, \$500 in 52 numbers, \$250 in 53 numbers (increases by 1 number until won) or two \$100 consolation prizes. All regular games at \$75, 2 Special \$100 games, a 70/30 split game and 2 half takes. Lucky 7 and Bonanza (currently at \$940 and increases by \$20 a week until won) Sonic Balls!!  
Oakhill Fire Hall  
2104 Rt. 325 in Oakhill

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DATING SERVICE. Long-term/short-term relationships. Free to try! 1-877-297-9883. Live intimate conversation. Call #7878 or 1-888-534-6984. Live adult 1on1 Call 1-866-311-9640 or #5015. Meet local single ladies. 1-877-804-5381. (18+).

**APTS.**

**2 & 3 BDRM APARTMENTS FOR RENT**  
Security Building Heat Incl., Elevator No pets Units avail. immed.  
**Devynshire Court 530-2053**

417, 423 King Street Bridgewater. Two apartments available immediately. First: Fridge, stove, washer, dryer, water and parking, \$600/month. Second: Fridge, stove, water and parking, \$585/month. Tenants pay utilities. No smoking, no pets. 543-3905

66 Pleasant Street, Bridgewater. Bachelor apartment, \$550. Available immediately. Heat, hot water, coin laundry, fridge and stove included. Rooftop patio. 902-830-1737

Bridgewater (Oakhill) Bachelor apartment, clean, quiet, newly painted. Country surroundings. Includes appliances, hot water, parking, coin laundry. \$465/month (no pets, non-smoker). 543-3568, 543-1025

Bridgewater, 153 North Street. Two bedroom renovated. Includes heat, hot water, fridge, stove, parking and coin-operated laundry. \$750. No pets. Available April 1st. 527-1539

Two bedroom for rent. Quiet building, good for seniors. Includes fridge, stove, water and heat. \$795. 830-9703

**APTS.**

Bridgewater, 68 Elm Street. One bedroom, \$650; two bedroom, \$725; two bedroom with den, \$775. All units have balconies and include heat, hot and cold water, parking, coin laundry. 527-1539

Bridgewater. Luxurious, 2 bedroom apartment, in LaHave View Estates at 74 Aberdeen Road. Rent \$1,095 month includes heat, hot and cold water, 5 appliances, balcony, underground parking and storage. Available immediately. 527-1539.

Bridgewater. One bedroom apartment centrally located, fridge and stove included. Available immediately. Non-smoking building. 527-0181

Dufferin Street, Bridgewater, 2 bedroom first floor apartment \$606 monthly plus utilities. No pets. Call 543-6262

**FOR RENT**  
Looking for mature, responsible tenants for a large 3 bedroom apartment at 3 Queen St., Bridgewater. Includes heat, lights, water, fridge, stove, dishwasher, washer and dryer. Serious inquiries. Please call Lisa at 902-826-1773.  
**\$995/month**

For rent: 1, 2 and 3 bedroom apt. Heat, hot and cold water, fridge, stove, coin laundry, parking, security building. Clean, well maintained building. No pets, security deposit required. 527-1843.

Lunenburg, one and two bedroom apartments with fridge, stove, coin laundry and parking. Heat and lights included. Call Carrie 634-3492.

Lunenburg. Bright clean quiet. One bedroom apartment. Walk to shopping, etc. Freshly painted, new carpet, fridge, stove, ceiling fan, laundry facilities, parking. Security 6-unit building. Looking for good tenants. \$595 monthly utilities included. Available March 1. 543-7672

One bedroom loft-style apartment centrally located in Bridgewater, quiet building. Available immediately. \$650/month plus utilities. No pets. Newly renovated. For more information 543-6026

Two bedroom apartment in Bridgewater, centrally located. Rent includes fridge, stove, water and parking, \$595 month. No pets. Available immediately. 543-6088

**HOMES/RENT**

Two bedroom at 309 Ramey Road, Barss Corner. Stove and refrigerator included. Very well-kept home with recent upgrades in wiring, paint, insulation. Non smoking. 644-3358

**HOMES FOR RENT**

**HOUSE FOR RENT**  
3 bedroom duplex, one level, 1340 sq. ft. Glen Allan Dr., Bridgewater, close to hospital/shopping. Heated single-car garage, outside deck. Fridge, stove, dishwasher, washer/dryer and microwave included.  
3 bedrooms or 2 bedrooms and a den/computer room.  
Summer & winter maintenance provided. Non-smoking. Small pets allowed. Suitable for retired or professional clientele.  
2-year old unit, available March 1.  
2'1 brand-new unit available June 15.  
\$1,300 + heat/utilities (heat/utilities approx. \$100-\$150/mth)  
Personal & credit references required.  
**Call 543-6518**

Two bedroom small house, East Chester. 275-3443

**FOR RENT**  
6 yr. old Duplex 202 Jubilee Rd., Bridgewater  
Large unit, 3 BR., 1 1/2 bath, storage, 5 appliances, freshly painted, new laminate flooring, 1,340 sq. ft. \$1,000/mo. + utilities  
Jason Cochrane  
**298-1716 212-2203**

Present- April, near Mahone Bay. Beautifully maintained two bedroom furnished seaside homes. Possible storage. 543-7193

**HOMES/SALE**

16x67 three bedroom mini home, five appliances, countertop stove, wall oven, island, deck, building. 530-5821

**COMMERCIAL**

**Office Space for Rent in Bridgewater**  
197 sq. ft. & 122 sq. ft.  
**543-8171**

Bridgewater. 599 King St., King's Court. 900 sq. ft., second floor retail or office space. \$895 plus utilities. Also 1300 sq. ft. space, \$1250 plus utilities. 527-1539

**ROOMS for RENT**

Bridgewater, room and board in private home, close to NSCC, everything included. 543-1617

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GREAT CANADIAN DOLLAR STORE franchise opportunities. With stores from coast to coast, we've been "Working Together for Success" since 1993. Call us today 506-849-4123; www.dollarstores.com.

**FOR SALE**

Micro fibre sofa, very comfortable, asking \$150; swivel rocker, good condition, asking \$40 685-3947

Set of iron cats, screen and custom made grate for fireplace. 627-2960

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SAWMILLS FROM ONLY \$4,897 - MAKE MONEY & SAVE MONEY with your own bandmill - Cut lumber any dimension. In stock ready to ship. FREE Info & DVD: www.NorwoodSawmills.com/4000T 1-800-566-6899 Ext:4000T

Shop on-line for Sons of Anarchy, or other popular t-shirts. Over 800 other designs in stock. With a retail store in downtown Truro, we have introduced an on-line store. www.TshirtsRus.ca

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2003 or 2004 Dodge 1/2 ton 1500 truck. Any condition as long as it runs. Phone 624-8827

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Paying highest prices for gold and silver coins, paper money, stamps, pocket watches, war medals, scrap gold and silver. 275-7785

WANTED. Teak/ Retro/ Funky 1950-70's Furniture/ Lamps/ Art Call (902)405-5220 or E-mail: thatsfair4sure@gmail.com

Buying pre-1970 including pre-war, sports cards, sports coins, pins, pennants, autographs, hockey marbles. Toys. 624-6251

Will pay cash for old Winchester and old ammo. Also other assorted rifles, old traps and bear traps. Wade, 902-543-9992

**ANTIQUES**

ESTATE AUCTION NOTICE. Saturday, March 1 at Conquerall Bank Fire Hall. We will be selling a good selection of Antiques and Collectibles from a Bridgewater estate. For times and listing see Lighthouse Log or my website on February 27. http://users.eastlink.ca/~judyrhodenizer 1-902-543-5194

**TENDERS**

**FREE TO THE HIGHEST BIDDER!**

The Chester Municipal Heritage Society invites interested parties to submit proposals to remove a building located at 82 Union Street, Chester.

Applicants will be responsible for obtaining all necessary permits and must complete removal by June 1, 2014. Submissions will be received up and until March 10, 2014 to:

CMHS, P.O. Box 628  
Chester, NS B0J 1J0  
or they may be emailed to:  
lordlyhousemuseum@gmail.com  
More information:  
902-275-3842 or 902-275-3826

**MUNICIPAL JOINT SERVICES BOARD LUNenburg REGIONAL Community Recycling Centre**

**TENDER**

Sealed tenders will be received by the undersigned up to 2:00 p.m., local time February 21, 2014 for the following:

**Supply and Delivery of a 2014 Model Year Screener Crusher Bucket with One (1) Set of Replacement Wear Blades, Tender # 2013-005**

Tenders are to be delivered to the Lunenburg Regional Community Recycling Centre (LRCRC), 908 Mullock Road, Whynotts Settlement, NS. The tenders will be publicly opened in the offices at the LRCRC at 2:10 p.m., local time on the closing date.

All tenders must be submitted on a Municipal Joint Services Board tender form in a sealed envelope clearly marked with the tender name and number. Tender package, specifications and/or particulars may be obtained from:

**Tamara Fraser - Administration/ Accounts Receivable  
Municipal Joint Services Board  
908 Mullock Road, Whynotts Settlement, NS B4V 5T9  
Phone: (902) 543-2991**

The Municipal Joint Services Board reserves the right to reject any or all tenders, not necessarily accept the lowest tender, or to not accept any tender(s) which it may consider not to be in its best interest. The Board also reserves the right to waive formality, informality or technicality in any tender.

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**ANTIQUES**

**Rhodenizer Antique Auctions:**  
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**Judy Rhodenizer 543-5194**

**FLEA MARKETS**

Flea Market every Sunday, Bridgewater Curling Club, 10 a.m.-2 p.m. Tables \$10 each; or 2/\$15. Admission \$1. Phone 541-1141

Flea Market, February 22, Mahone Bay fire hall (ladies auxiliary). Tables \$5. Admission 25 cents, 10-2. Canteen. 624-9695

**Guaranteed Classifieds**

We will run your 15-word private party classified and **GUARANTEE** it until it sells! \*\*

**\$46\*** tax incl.

**CALL TODAY! 902-543-2457 or email mail@southshorenw.ca**

\*Some restrictions apply. Not all classifieds are applicable to this rate. Only private party word/line ads apply to this rate.  
\*\*Maximum 52 issues each of the Lunenburg County Progress Bulletin and the Lighthouse Log.

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Top quality firewood, cut, split and delivered. 100% hardwood. Phone Vicki 543-6150.

**PETS/SUPPLIES**

Complaints of animal mistreatment should be reported to SPCA at 1-888-703-7722. For any other concerns regarding animals call 766-4787.

**FARM EQUIP.**

1951 Ferguson farm tractor with front mount snow plow, real good condition, \$3200 obo. 624-6209

**HAY**

For Sale: Quality Horse Hay. Delivery Available, 521-6096.

**CARS**

2007 VW Rabbit, white, 5 speed, heated seats, A/C, 127K, all new tires, new mvi, \$7900. 523-0066

**REC. VEHICLES**

1984 Honda 3 wheeler. 624-6209

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**CANE'S MOVING.** Professional, reliable and very careful residential and office moving service. Local and long distance. 521-8596

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Home Maintenance: Carpentry, laminate and hardwood flooring, painting, minor electrical/plumbing repairs. 521-0649, 275-2291  
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Cellular (902) 527-3705

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Drywall/Taping & Repairs

Call Now  
**543-7974/527-4544**

**CLEANING**

Looking to clean, apartments, offices, etc. Reasonable rates, 28 years experience. Will also help seniors in their homes, shopping, errands etc. References 521-0442

**CHILD CARE**

Quality child care, 17 years experience in early childhood education. Receipts, Mishelle, 530-2304

**SEWING**

All types of sewing & alterations. Bridal & Prom. Drapes, Blinds, Slipcovers. Fabric available. 25 yrs. experience. Phone 543-5678

**ELDERLY CARE**

Individual care for seniors in our Bridgewater area home. Pleasant, peaceful surroundings, exceptional references. 543-4643

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**market classified**

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TOLL FREE: 888.543.2457 FAX: 902.543.2228  
E-MAIL: ads@southshorenov.ca

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- DISPLAY ADS**
- Call our advertising dept. for competitive rates on display classifieds 543-2457.
- BOX REPLIES**
- Pick up for \$3.50\*
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- BLANKET CLASSIFIEDS**
- Reach over 650,000 readers each week. \$179.00\* — 25 words or less in 49 community newspapers throughout Atlantic Canada, additional words \$5.00 each. Display ads \$200.00 per column inch, min. 2 col. inches, maximum 8 col. inches.
- PREPAID ADS**
- Out of province ads, cards of thanks, memoriams, obituaries, weddings, happy ads / family album, anniversaries, graduations, births, blanket classified ads must be prepaid and cannot be taken over the telephone.
- MEETINGS**
- 15 words or less, one insertion per month, both papers, FREE. Non-profit. No dues, registration, free will offerings or fees being charged.
- FOUND ADS**
- 15 words or less, one insertion, both papers, FREE.
- OBITUARIES**
- 75 words or less \$15.65\*. Additional words \$.20\* each. With photo add \$20. Progress Bulletin only. Lighthouse Media Group reserves the right to typeset and lay out your copy to fit space provided. \*Plus HST See submission policy
- FAMILY ALBUM**
- Three sizes available: (1 col. X 3") \$20.00\*; (2 col. X 3") \$30.00\*; (3 col. X 3") \$40.00\*. Additional photo \$20.00. \*Plus HST Progress Bulletin only.
  - \*\*Announcements of 50th+ Anniversaries, & Birthdays over 100 — FREE. Progress Bulletin only. \*\*After the event.
- CARD OF THANKS MEMORIAMS POETRY CORNER**
- All three the same: 75 words or less \$20.00\*. Additional words \$.20\* each. \*Plus HST Progress Bulletin only. See submission policy
- WEDDINGS, ANNIVERSARIES ENGAGEMENTS**
- Photo, head and shoulders \$30.00\*. Write-up 75 words or less \$15.65\* additional words \$.20\* each; additional photo \$30.00. Progress Bulletin only. \*Plus HST See submission policy
- BIRTHS/GRADUATION IN CLASSIFIEDS**
- Announcement 75 words or less \$15.65\*; with photo \$25.00\*; additional words \$.20\* each. Additional photo \$30.00. Progress Bulletin only. \*Plus HST See submission policy
- SUBMISSION POLICY** for births, graduations, memoriams, weddings, anniversaries, obituaries, and cards of thanks, all must be typed when submitted. Lighthouse Media Group cannot be responsible for any errors or omissions for handwritten submissions. Deadline for above, Friday at 5 pm prior to publication date to allow for proofing by the customer.

**HOW TO REACH US:**

- DROP OFF** Offices are open: 353 York Street, Bridgewater 8 am - 4 pm, Monday - Friday; 108 Montague Street, Lunenburg 9 am - 1 pm, Mon. - Fri.
- PHONE** (902) 543-2457 — Bridgewater (902) 634-8863 — Lunenburg (902) 275-5143 — Chester
- FAX** (902) 543-2228
- MAIL** Lighthouse Media Group 353 York Street Bridgewater, NS B4V 3K2
- E-MAIL** mail@southshorenov.ca

**HOW TO PAY FOR ADS:**

- Invoices can be paid in person, through the mail, over the phone or online. Cash, cheques, interac and credit cards accepted.

**HOW TO WRITE YOUR AD:**

- Tell readers upfront what you are selling or looking to buy.
- Outline what is unique about your item — colour, condition, and improvements.
- Capture readers attention with **Bold, Italic, Borders**
- Include your phone numbers and the hours you're available.
- Run ads for ample time to get desired results. Remember you can cancel your ad before 10 am on Mondays for the Progress Bulletin and before 4 pm on Mondays for the Lighthouse Log.
- All prices are plus HST

**DEADLINES:**

**DISPLAY & WORD ADS:** The Lunenburg County Progress Bulletin — 10 AM MONDAY The Lighthouse Log — 4 PM MONDAY

**SPECIAL OCCASIONS:** Deadline for Family Album, Weddings, Obituaries, Anniversaries, Engagements, Births, Graduations **FRIDAY, 4 PM PRIOR TO PUBLICATION**

**BLANKET CLASSIFIEDS:** Six business days prior to publication for word ads; display ads 10 business days before publication.

**PUBLICATION POLICY:**

**ERRORS:** To ensure the best response to your ad, please take time to read your ad the first time it appears in the classifieds. If you see an error call 543-2457 for correction. Lighthouse Media Group will not be responsible for more than one incorrect insertion.

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**CARS**

**NEW! FORBES CERTIFIED PRE-OWNED™**

**BEST WARRANTY • BEST SELECTION • BEST PRICE**

<b>2008 RIO EX</b> Certified loaded, auto., 63k <b>\$7,955</b>	<b>2012 FOCUS SE</b> Loaded, sport, Auto. <b>\$9,588</b>	<b>2012 NISSAN VERSA</b> Auto., loaded, like new <b>\$11,280</b>	<b>2009 RIO EX</b> Certified loaded, auto., 78k <b>\$8,788</b>
<b>2010 RIO 5</b> Loaded, auto., 39k <b>\$9,899</b>	<b>2008 RONDO EX</b> Loaded, one owner, new MVI <b>\$7,999</b>	<b>2009 SATURN XR</b> 3.6 Premium loaded, leather, 86k <b>\$9,688</b>	<b>2010 SOUL 2U</b> Auto., loaded, factory warranty <b>\$11,965</b>
<b>2010 INSIGHT HYBRID</b> EX nav. system, loaded, only 58k <b>\$13,288</b>	<b>2010 F150 XLT SUPERCREW</b> Loaded, only 47k <b>\$21,888</b>	<b>2008 SANTA FE AWD</b> V6 well equipped, new MVI <b>\$9,998</b>	<b>2010 SPORTAGE AWD</b> Loaded, leather, sunroof, only 41k <b>\$16,992</b>
<b>2009 TUCSON LTD.</b> Loaded, leather, sunroof, only 31k <b>\$12,998</b>	<b>2008 RAV4 LTD. AWD</b> V6, leather, loaded, 95k <b>\$16,999</b>	<b>2010 IMPREZA AWD</b> Hatchback, auto., only 57k <b>\$15,988</b>	<b>2009 SPORTAGE LX AWD</b> V6, auto., loaded, one owner, 83k <b>\$12,950</b>

\*see dealer for details.

**Darren Whynot** Gen. Manager 521-1907 (Cell)

**Mary-Anne Crowell** Sales & Leasing 543-9542

**Robert Mac Arthur** Sales Mgr./F&I 527-6630 (cell)

**FORBES KIA**  
902-543-9542

**EMPLOYMENT**



**Wentzell Engineering Limited**

A progressive and diverse engineering company.

**Electrical & Mechanical Designers (Technologists/Junior Engineers)**

These positions require a working knowledge of AutoCAD. Mechanical positions require machine design experience. Preference to candidates with Solid Works 3D experience.

Electrical positions require PLC experience.

Excellent pay and benefits package.

Please send resumes in confidence to:

Operations Manager  
PO Box 392, Bridgewater, NS B4V 2X6

**EMPLOYMENT**

**SOUTH SHORE PUBLIC LIBRARIES has an opening for the position of LIBRARY PAGE**

This is a part-time position in the Margaret Hennigar Public Library, approximately 12 hours per week. Primary duties include shelving items and tidying up – some lifting is required. Apply with resume and cover letter to info@southshorepubliclibraries.ca by 4:30 p.m., February 24, 2014.

**Lunenburg Queens Volunteer Partnership (under the LQ Recreation Coordinators Association) VOLUNTEER NAVIGATOR**

This is a half-time position with flexible scheduling possibilities, well suited to a dynamic self-starter. The duties involve working directly with volunteers and organizations to:

- create awareness on the value of volunteerism
- facilitate skill development opportunities
- provide access to tools and resources
- development partnerships to further volunteerism in the community

Please forward resumes to: navigator@lqvp.ca

Deadline: March 5, 2014

A link to the full job description can be found on our facebook page: Lunenburg Queens Volunteer Partnership



*Thank you to all who apply however only those selected for an interview will be contacted*

**EMPLOYMENT**

**SUMMER EMPLOYMENT**

Lunenburg & District Swimming Pool requires creative, motivated and responsible students who enjoy working with people of all ages to fill the following 2014 summer positions:

- Pool Manager
- Assistant Pool Managers
- Water Safety Instructors/Lifeguards
- Receptionist
- Maintenance/Receptionist
- Swim Team Coach

Please submit résumé and cover letter with aquatic qualifications by **March 28, 2014**, to: Hiring Committee / LDSP PO Box 1047, Lunenburg NS B0J 2C0

Some positions may be filled by returning staff.



**EMPLOYMENT**

Live-in superintendent for apartment building in Bridgewater. Must have good people skills, cleaning and general maintenance. Free rent of 2 bedroom apartment for duties. No pets. 37 MacNeil Drive, Bridgewater, B4V 3N4

Attention: Learn to operate Mini-office Outlet from home. Free training, no selling, great income. www.freedom2shine.com

**southshorenov.ca**



Are you creative, great with kids, outgoing, organized and energetic? Then you could be one of the people we are looking for to complete our summer staff team!

**Summer Employment**

Summer Manager, Special Events Manager, PR/Office Manager, Sports/Camp Manager, Aquatic Manager, Program Leaders, Swim Instructor/Lifeguards.

Part time positions may be available. Only successful applicants will be contacted. Job descriptions available on www.modl.ca Recreation – Employment

Send résumé and copies of certifications to Lunenburg Municipal Recreation 210 Aberdeen Rd., Bridgewater, NS B4V 4G8 Email: jrand@modl.ca

For information call 541-1335

Deadline March 7, 2014 for Manager positions April 11, 2014 for Leader/Instructor positions District of Lunenburg Recreation



**WAGNERS A SERIOUS INJURY LAW FIRM**

**NUVARING Proposed Class Action Lawsuit**

Wagners Law Firm is investigating claims from women who have been diagnosed with blood clots, deep vein thrombosis, pulmonary embolisms, strokes, or a heart attack while using the contraceptive Nuvaring.

If you, or someone you know, have been diagnosed with any of the above injuries, you may contact Wagners Law Firm:

**Wagners**  
Halifax, NS  
Phone: 902-425-7330  
Toll-Free: 1-800-465-8794  
Email: seriousinjury@wagners.com

Wagners Law Firm is an experienced personal injury firm with class action litigation currently underway against the manufactures of the intrauterine device Mirena, the birth control medications Yasmin and Yaz, and the antibiotic Levaquin.

**Bluenose RV Centre**

Bluenose RV Centre is one of Atlantic Canada's largest RV dealerships offering sales & service to customers throughout Atlantic Canada. We are currently looking to add great people to our team!

**Service Advisor / Manager Position**

We are seeking an energetic, detail oriented person to assist in our service dept. in the capacity as service writer/advisor. The right candidate for the position will have previous experience in the service industry at some dealership level. Must be friendly, approachable and easily interact with customers.

The right person may have the opportunity to transition from a service advisor position to the service manager position over time.

We offer competitive wages, a great work environment as well as medical coverage.

**Office / Accounting Clerk**

Bluenose RV requires an accounting clerk. Previous knowledge with Simply Accounting is a definite asset. The right person will be very detail oriented and able to confidently post transactions, balance statements and conduct all the regular day to day accounting business in a large dealership.

The right candidate will be very efficient and able to work without a great deal of direction. A high level of computer skill will also be an asset. However, training will be provided to for the right individual to our specific system.

Please apply in confidence to:

Mike Porter  
General Manager  
Bluenose RV Centre  
mike@bluenoserv.com  
(902) 543-2209 (fax)



**Hamlet of Paulatuk P.O. Box 98 Paulatuk, NT X0E 1N0 Phone: (867) 580-3531 Fax: (867) 580-3703 Email: hopaulatuk@gmail.com**

**Heavy Duty Mechanic/Foreman**

The Hamlet of Paulatuk has an opening for a Heavy Duty Mechanic/Foreman responsible for maintaining, repairing and overhauling municipal vehicles and instructing and training apprentices. The individual must have experience in directing staff.

We are looking for a person who also has experience in asset management. Over the next 2 years we hope to have a computerized system in place.

The successful candidate must have an Interprovincial Red Seal Certification; a Class 3 Drivers License with a clean driving record; knowledge of equipment operations and maintenance.

Annual Salary, Northern Allowance, Vacation Travel Assistance & Subsidized Housing is available.

Closing date will be February 28 2014 @ 3 PM Local time.

Please address resume as follows: Senior Administrative Officer

“Mechanic/Foreman Position”  
PO Box 98  
Paulatuk NT, X0E 1N0

Resume can also be faxed to 867-580-3703

For further information please contact Greg at (867) 580-3531.



**GET THE JUMP ON GREAT DEALS**

**Shop the Classifieds!**



**LICENSED PRACTICAL NURSE**

**(1 full time position available)**  
We are seeking a Licensed Practical Nurse for permanent full time 12 hour day shifts.

**(2 part time positions available)**

We are seeking two (2) Licensed Practical Nurses for permanent part time 4 hour shifts (evenings) with some 12 hour day vacation coverage also available.

**Ridgewood – Bridgewater**

Ridgewood is built on the belief that people come first and excellence in care and service shape all our relationships. We want our residents and their families to call Ridgewood home. People choose to live at Ridgewood because they have heard of our exceptional staff, compassionate care and premium living facility. We are seeking individuals who show the true spirit of teamwork and a strong ethic of care to join our team.

**Some duties and expectations of the role would be**

- Reliable, energetic, cheerful and solid team player
- Personal care of residents including the ability to lift
- Supervision of other staff
- Effective written and verbal communication
- Must take initiative and be able to work with minimal supervision
- Provision of medication

**Training & Experience:**

- Must be currently registered with the College of Licensed Practical Nurses of Nova Scotia
- Standard First Aid or Basic Life Support – CPR / Choking - Adult
- Previous assisted living or long term care experience considered an asset

**How to apply:**

Please submit your resume via email to Human Resource Manager at: info@ridgewoodbridgewater.ca

We thank all who apply, but please note that only those selected for an interview will be contacted.

Opening a paper is surprisingly exciting.



353 York Street, Bridgewater, NS B4V 3K2  
Tel: 543-2457 Fax: 543-2228 Toll Free: 1-888-543-2457  
Lunenburg 634-8863 • Chester 275-5143  
e-mail: mail@southshorenov.ca

www.southshorenov.ca

# Caring for your pet's teeth

**W**e all know the importance of going to the dentist regularly for cleanings and check-ups. Our dentist has probably told us to floss every day and has shown us how to brush properly and likely which type of toothbrush we should use. Our pets are also in need of dental care including brushing and cleaning.

The most common disease in our pets is periodontal disease. Pets can have cavities and broken teeth. They can have abscesses and other infections which can spread harmful bacteria to other parts of the body.

You may think that your pet's teeth are fine because he is eating the same as always and doesn't exhibit outward signs of pain. You may be mistaken. Our pets are descended from wild animals whose instincts told them to hide pain. Wild animals must also eat whether their teeth or gums hurt or not. Survival depends on it.

If you've ever had a tooth ache, you know the meaning of pain and studies show that dogs and cats have approximately the same pain thresholds that we humans do. By age three, 80 per cent of dogs and 70 per cent of cats already show signs of periodontal disease.

To look after your pet's teeth, you need to start by looking in his mouth regularly. If the gums appear red; if you see any pus on the gums or broken teeth, he should see the vet right away. If you notice your pet has bad breath, is drooling more than usual or your cat isn't grooming himself like he used to, have his teeth checked out. Your vet can advise you on a treatment plan including whether or not surgery is required. Unlike us, our pets need a general anesthetic to have teeth cleaned or pulled.

Adult dogs and cats have 42 and 30 teeth, respectively. They need to be brushed — ideally every day — and the sooner you begin, the sooner your pet will get used to it. There are special toothbrushes (and finger brushes) and toothpaste for this purpose. Never use human toothpaste or baking soda for your pet.

Although it can be a seemingly arduous task getting your dog or cat to happily allow you to brush his teeth, it is worth it and you don't have to spend two minutes. As little as a few seconds on each area is enough to remove plaque and including lots of praise and a treat or walk afterwards is a great way to encourage compli-



## WINTER

Domestic Short Hair Mix ■ Senior ■ Female ■ Large

Winter is a very nice girl, she is a senior who needs a great retirement home. Winter has one small ear due to scar tissue/cauliflower ear. Visit Winter today, she is in the playpen area.

ance.

My dog now looks forward to the daily routine and sits with her head cocked for me to spread her lips and brush them. She likes both the vanilla and peanut butter flavours. There are many flavours available such as chicken and beef as well. We started with a finger brush which she really just chewed on while enjoying the taste. After a few days we moved on to a dog toothbrush.

Bad teeth can have adverse effects on the heart, kidneys, GI tract and joints. The chronic inflammation and stress caused by periodontal disease can be major fac-

tors in diabetes. Some vets believe that it is periodontal disease at the root of otherwise unexplained kidney disease in cats since the kidneys filter the bloodstream and that is where the oral bacteria ends up.

If your pet does need his teeth cleaned or dental surgery, you can expect your vet to recommend a pre-dental blood workup to check for possible risk factors. Your vet may also recommend antibiotics before surgery to reduce existing infection or inflammation and the risk of complications. You can also expect that your pet will have to fast for a number of hours before the surgery just like humans do.

Appropriate chews can help control oral disease. These include bully sticks, biscuits and dental sticks. Choose a chew that seems inappropriately large for your pet since the idea is for the pet to spend time gnawing on it and not just swallow it. Note that nylabones which don't bend (or you can't get your fingernail into), hooves and animal bones are not appropriate. These can cause teeth to break rather than assist in cleaning. Do not rely on the claims on packaging since these are not as yet regulated. Ask your vet who likely has some good products in stock. Also note that chewing on tennis balls wears down your dog's teeth.

Despite diligent preventive dental care, some cats can have tooth resorption which is a very painful condition where lesions erode the tooth enamel and eventually the tooth's blood vessels and nerves. The only treatment option for this condition is to extract the tooth. It isn't known why some cats have resorptive lesions and others do not. Cats that eat only wet food will likely have more plaque than ones who eat dry food since the act of chewing produces saliva which cleanses the mouth. Unfortunately, many of our cats are overweight and dry food is more caloric than wet creating a bit of a dilemma.

Taking your pet for regular dental checkups, brushing daily (or as often as you can) and ensuring any dental cleanings or surgeries are performed in a timely manner will ensure your pet's teeth are kept in good condition and go a long way to giving him a long and healthy life and you save money in the long run by preventing other, expensive health problems from arising.

We all know that a happy, healthy pet eats better, is more playful and is a more enjoyable companion.

SHAID's cats always need non-clumping litter and canned food and the shelter needs bleach for keeping everything clean. Please donate if you can. Visit us on our Facebook page – SHAID Animal Shelter.



Hurry! This offer ends February 24<sup>th</sup>

# Switch to FibreOP and get a 42" LG Full HDTV.

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- Fully loaded home phone for catching up.**
  - Stay inside and catch up with family and friends. FibreOP gives you FREE unlimited calling features, including Call Display, Voicemail and Call Waiting.
- A 42" LG Full HDTV just for switching.**
  - With FibreOP you get picture and sound rated #1 by customers.<sup>1</sup> Enjoy it on an amazing new 1080p Full HDTV when you sign up for 12 months.

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\*Certain conditions apply. Available to residential customers adding a new Bell Aliant service (TV, Internet or Home Phone) to a 3-product FibreOP bundle. Customers with Home Phone, Internet and Bell Aliant TV who are adding a FibreOP Bundle are not eligible. After the promotional period, the then in-market prices will apply. Cannot be combined with other offers. Taxes extra. FibreOP available where technology and availability permit. 42" LG HDTV. Non-transferable. Please allow 90 days after installation to receive your TV. 12 month commitment required. Customers cancelling services before 12 months will be required to pay \$400 + tax. While supplies last. 1. Based on online customer research conducted by MQO Research, from April 2013 to November 2013. Customers were asked questions based on their experience with their own provider. FibreOP™ is a registered trademark.