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LOCAL NEWS & VIEWS

Promoting Local Business & People in Our Surrounding Communities.

May Issue, 2014
Volume 5 #1.
MONTHLY BULLETIN

Two Hometown Girls Compete for International Pageant Titles.

Miss Janna Lounsbury (23) and Miss Brianna Keith (17) will be representing Petitcodiac in their respective pageants. Janna is a delegate in the 2014 Miss Maritime International Pageant being held on May 18, 2014 in Moncton, NB. Brianna representative of New Brunswick in this year's Miss Teenage Canada pageant being held on July 24,2014 in Toronto, Ontario

Meet Miss Janna Lounsbury

First off let me introduce myself. My name is Janna Lounsbury and I am a delegate representing the Village of Petitcodiac in the Provincial and Miss (Teen) Maritime International 2014 Pageant held in the City of Moncton, New Brunswick. I am the 23 year old daughter of Vernon and Corinne Lounsbury (Intervale) and have been a resident of Petitcodiac all my life. I am a 2008 Graduate of Petitcodiac Regional School where I was actively involved in many extracurricular activities, such as yearbook, fundraising, basketball and slideshow committee. During the summer of 2008, I competed in the Westmorland County Agricultural Fair's Queen Pageant where I won the title of Miss Talent.

I am now a part time photographer with my own small business, capturing moments for many people over the past three years. I am also a sales associate at Future shop in Moncton. NB. During the one and half years of working for this company, I have excelled as an Elite winner for top sales in Canada. I am an active volunteer for St. John Ambulance Division 676 Petitcodiac, a Moncton S.P.C.A member and also a newly joined Petitcodiac Volunteer Firefighter. I am now doing academic upgrading in hopes of pursuing a career as a paramedic in the future.

A lot of people have asked why I decided to try out for Miss Maritime. I seen a post on Facebook that registration had just began for the 2014 pageant. Upon reading this, the first thing that came to my mind was "Do they accept Plus Sized Girls?" Instead of letting the fear of rejection play in my mind, I had a "Why Not" moment and decided to go ahead and submit my application. I never thought in a million years I would have been chosen. When I got the call that I was accepted, I was excited but nervous. Not only is this a huge opportunity for my future as it is a chance to win a scholarship to go towards furthering my education. If I become Miss Maritime International 2014, I will take on my duties with passion and heart. I hope to help younger girls boost their confidence and help them realize they're beautiful no matter what society says. I want to be a role model for woman and help them in any way I can.

I would like to take the time to thank my sponsors who have helped me on my journey.

Clear Choice Auto Body & Towing
Village of Petiticodiac
Kings County Computer Repair
Head To Toe Hair And Esthetics
Dr Julie Clowater
St. John Ambulance Division 676

Story continued on pg 6

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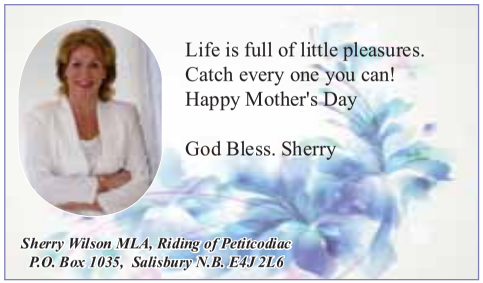
My but it has been nice to have some nice weather after our very long winter.
The Easter long weekend was lovely.
May is the month for all the racing to get started, check the schedule for the dates at the different tracks.
The motor sports show here at the Maritime Motorsports Hall is Sunday, June 1, the Petty AutoFest. Really looking forward to seeing all the shinny vehicles.
Our Hall has been busy with many different functions: cooking classes, games day, meetings of different organizations and church services.
We are always in need of volunteers to help with the actives.
We are still looking for editorial information form the different organizations for the Local News & Views. It is free and will let people know what is going on in the community.
Wishing all the "MOTHERS" a Very Happy Mother's Day.
Why is the time of day with the slowest traffic called "Rush Hour"?

From your Editor
Winona McLean


Life is full of little pleasures.
Catch every one you can!
Happy Mother's Day

God Bless. Sherry

Sherry Wilson MLA, Riding of Petitcodiac
P.O. Box 1035, Salisbury N.B. E4J 2L6

In the April issue, on page 11 we featured a story of pull tabs being saved to help buy a wheelchair for a young lady in Beresford, NB. She was released from the hospital in late March and is paralyzed. She has a folding wheelchair for the time being but will eventually require an electric one. I thank those people who brought me tabs they had saved up in the past and will accept all you can gather to help this person in a time of need.

Laurie Blanchard
Salisbury
ph 372-5353

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LOCAL NEWS & VIEWS

MONTHLY BULLETIN

• Local News & Views Monthly Bulletin is published once a month by the Maritime Motorsports Hall of Fame Inc.
• The purpose of the Local News & Views is to inform the general public what is happening in the Hall of Fame, as well as what is coming up with in each community.
• It is also a venue for business to advertise their products and services each month.
• It is intended to assist all the local Service Clubs in their endeavor to support their communities.
• Local News & Views will tell the stories of Local people as they go about their day to day activities making a positive difference in their communities.

The office is in the Maritime Motorsports Hall of Fame located at :
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Editor.....Winona McLean
Layout/Ad Design.....Jennifer Hebert
Sales.....Angela Nicholson

June Deadlines:
Editorial.....May 21
Advertising.....May 23

Winners of the KVMHA spring Finale April 4-6th in Quispamsis. They won the tournament making it their 3 tournament win out of 4 they have entered. Special thanks to Coaches Kent Coffin, Scott Gordon, Jason Constantine for all their patience and understanding with the kids. Thank you

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Mother's Day Tea in Elgin

On Saturday, May 10th from 2 to 4 p.m. the Elgin Seniors' Club will host a Mother's Day Tea at the Seniors' Centre, 1866 Pollett River Road. The afternoon will feature light refreshments, entertainment, door prize draws and more. The admission cost of $6.00 includes a ticket on a gift basket full of goodies to delight any mom! Bring a friend, a mother, a neighbour... and join us as we celebrate this special day for mothers.

Elgin News

Submitted by Elsie Steeves

Elgin W.I. Elects Officers For 2014-2015

The April meeting of the Elgin W.I. was held at the Laurie Bishop Senior's Hall with the president Hazelanna Carter presiding. Meeting opened up in usual manner. 12 members were present and 3 guests. Roll-call answered with"How do you rejuvenate yourself?" Bonnie Price and Pauline Rassel joined the group. Hazelanna Carter gave an update on the hall repairs. On May 30th, 2014 at 7pm the Annual Auction,Silent Auction and Indoor sale table will be held. Anyone wishing to donate articles for this call 756-2531 or 756-8260. Live music and canteen available. MLA Wayne Steeves will be the auctioneer. May 7th hall spring cleaning will start at 9:30am. June 12th a special presentation will take place at the Elgin W.I. Hall. For the President's Address, a very fitting letter was read by Hazelanna Carter regarding an area directors report taken from the latest Home and Country Magazine. Following the officers elected for 2014-2015.

President- Hazelanna Carter
1st Vice- Zaheera Denath
2nd Vice- Evelyn Beaman
Secretary- Elsie Steeves
Treasure- Pauline Whittle
Directors- Evelyn Beaman and Alice Crandall
Auditors- Karen Davidson

Other committees and conveners were appointed.

May 15th, 2014 meeting will be held at the W.I. Hall at 7pm

Music and Auction Night – May 30, 2014

The Elgin Women's Institute will be holding their annual Music and Auction Night on Friday, May 30, 2014 at 7 p.m. at The Hall, Elgin, N. B. Admission will be $5. MLA Wayne Steeves will be the auctioneer for the evening. This fun event offers something for everyone – Regular auction – Silent auction – and Flea market. A canteen will be offering refreshments throughout the evening.

Items included in the auction will be antiques, farm goods, handcrafted items, home baking, and much more.

Entertainment will be provided by The Carters and Friends.

Proceeds go toward continuing renovations for The Hall.

(If you are interested in donating items to the auction please call 756-2531 for information about the event and drop off time.)

THANK YOU!

Hope to see you there!

The Elgin Eco Association.

We finally are seeing signs of spring. It makes everybody feel excited about new opportunities ,possibilities that the summer might bring.

We need to have expectations and set goals .As soon as a decision is made to pursue a goal we start working on that goal to become a reality.

The Elgin Eco Association's humble beginnings brings us back to a bare field in the middle of Elgin. Now we see a beautiful flower garden a paved space for skating, summer basketball and various other sports .A pergola that adds to the scenery, the gazebo to be enjoyed by those that come to the park for the day.

This year's goal is to finish the last part of the back field. It will be leveled and seeded.

A water well will be drilled. This will help with the garden and grassed fields in time of drought and probably for kids to play on a hot day. If possible some soccer nets will be created.

Registration Kids Summer program MAY 22 from 7 till 8 p.m in Elgin Seniors Hall.

Most excitement is currently created by our upcoming Summer Program. This program will take children in to the great outdoors. Where they will learn survival skills and a new appreciation for nature.

On May 22 at 7 O'clock in the Elgin Seniors Hall we will hold our Annual General Meeting of the Elgin Eco Association .We will give a presentation on what to expect for the summer program. Activities that are being planned are hiking, canoeing, fishing, wilderness survival skills, First aid, birdhouse building, cooking and much more. We hope to answer any questions you might have. The program will run one day a week for eight weeks .The cost for members will be $40 and non members $85 per person. For more information e-mail elgineco@hotmail.com or 756 2518

We are also pursuing the possibility of aquiring the Gibson Falls property for the Community together with the Nature Trust and the Petitcodiac Watershed.

The Elgin Eco Association is a community organization that can only succeed due to the fine work of volunteers. No participation no organization. We are always hoping for volunteers that are willing to help in any capacity. With summer coming weeding the garden is the first thing on our mind but also helping out with the summer kids program would be great .If you like to support The Elgin Eco Association please contact us via email elgineco@hotmail.com or call 756 2518.Our website www.elgineco.com

Petitcodiac Community Calendar 2014

May	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		War Museum - Tours by Appointment. See back for details. **Maritime Motorsports Hall of Fame** Open Monday-Saturday 10am-5pm.			1 -Drop-in Play Group -Kickboxing -Yoga -Legion Branch Meeting	2 -Farmers Market 	3 -Free Comic Book Day @ Library -Farmers Market -A.K.A Dance Studio -Corn Hill Nursery Seminar -Kiwanis Dinner @ Legion
	4 -Church Services	5 -Air Cadets -Pilates -Taking Time for Me -Seniors Club	6 -Kickboxing -Geri-fitness -Youth Group -Kids Cove -Kiwanis -Badminton & Volleyball @ PRS	7 -Library Storytime -Pilates -SJA Junior &Youth -Legion Noon Meal -Cubs & Scouts -Summer Athletic Programs Registration	8 -Book Club @ Library -Drop-in Play Group -Kickboxing -Yoga -Legion Ladies Aux.	9 -Farmers Market -Jam Session -Crib Banquet @ Legion	10 -Welcome to Kindergarten @ Library -Farmers Market -A.K.A Dance Studio -Summer Athletic Programs Registration -Faith in Motion Mother's Day Party
	11 -Church Services	12 -Air Cadets -Pilates -Taking Time for Me -Merry Makers 2	13 -Kickboxing -Geri-fitness -Foot Clinic -Women's Institute -Kids Cove -Youth Group -Badminton & Volleyball @ PRS	14 -Library Storytime -Pilates -SJA Junior &Youth -Legion Noon Meal -Cubs & Scouts -Village Council	15 -Drop-in Play Group -Kickboxing -Foot Clinic -Yoga -Petitcodiac Sportsman Club	16 -Farmers Market -Jam Session 	17 -Movie @ Library -Farmers Market -A.K.A Dance Studio -Music Night @ Kiwanis -Corn Hill Nursery Seminar
	18 -Church Services -SJA Adult Meeting	19 -Air Cadets -Pilates -Taking Time for Me	20 -Kickboxing -Geri-fitness -Kids Cove -Youth Group -Kiwanis -Badminton & Volleyball @ PRS	21 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -ATV Club	22 -Drop-in Play Group -Kickboxing -Yoga -Spring Clean Up	23 -Farmers Market -Petitcodiac Sportsman Draw	24 -Farmers Market -A.K.A Dance Studio
	25 -Church Services 	26 -Air Cadets -Pilates -Taking Time for Me -Codiac Classics -Merry Makers 2	27 -Geri-fitness -Kids Cove -Kickboxing -Youth Group -Badminton & Volleyball @ PRS	28 -Library Storytime -Pilates -SJA Junior &Youth -Legion Noon Meal -Cubs & Scouts -Village Council	29 -Creative Writing Corner @ Library -Drop-in Play Group -Kickboxing -Yoga	30 -Farmers Market	31 -LEGO Club @ Library -Farmers Market -A.K.A Dance Studio

Air Cadets 639 F.P.MacLaren Squadron Air Cadets meet every Monday at 6 pm at Legion. New members welcome.

A.K.A. Dance Studio - Kodiac Room. Tap, Jazz, and Hip Hop. Ages 3 - 6 (Saturdays from 12:15 - 1:15 pm). Ages 7 - 12 (Saturdays 1:30 pm - 2:30 pm). Contact Alanna for more info: 233-3052

Badminton & Volleyball - PRS Gym from 7:30-9:00 pm on Tuesdays. $2.

Church Services
•Petitcodiac Baptist - Sunday school at 9:30 am, morning worship 10:50 am.
•Petitcodiac Mennonite - Sunday School 9:45 am and Worship Service 11:00 am.
•St. Andrew's Anglican - Sunday Service at 9:00 am
•St. James United - Sunday School & service at 11 am.

Codiac Classics
Car enthusiasts meet last Monday of the month at Kiwanis building @7 pm. New members welcome.

Community Garden - Plots available. Please call Village Office 756-3140 for more information and to reserve a plot

Corn Hill Nursery and Cedar Café
Seminars: May 3 –The Art and Science of Pruning. May 17 - Choosing Perennials for all seasons. Seminars are from 10 am - 12. Free. Call 756-3635 to register.

Cubs, & Scouts - Wednesdays, 6:30 pm at Anglican Church

Drop-in Play Group - Thurs. at St. Andrew's Anglican church from 9:30 - 11:30, preschool children & parent/caregiver. No charge. Call Christine 756-2296 for info.

Faith in Motion (Relay for Life)
• Mother's Day Tea and Treasures Pink Party. May 10 from 2 - 4:30 pm. Lunch and sweets. Tea, coffee, mimosas. Jockey clothing fashion show Treasure Auction. $5.00. Lots of prizes. 50/50. $10.00 per person. Contact Karen MacKillop at 756-0276 for more information.

Foot Clinic: Petitcodiac Drugmart from 9:00 to 4:15. May 13 and 15. By appt. (756-3391). $35.

Geri -Fitness - (50 +) Tuesday mornings from 10:00 - 11:00 am at the Kiwanis building. All welcome. Please call Tanya at 756-2198 for details.

Jam Session - Fri., May 9 & 16 at Kiwanis from 7-10 pm.

Kick Boxing - Boys & Girls Club on Tues & Thurs at 7:30 pm. a combination of kickboxing workouts and circuit training, exercise videos. Cardio, strength training and kickboxing technique $10/month or $2/evening. More info at 534-2250.

Kids Cove - Baptist Church. Tues., 6:15 pm. Children K-5. Games, crafts, and drama.

Kiwanis
•Tues., May 6 & 20, 6:30pm. New members welcome. Call Clinton at 372-4144 for more information.
•Kiwanis Club requesting donation of $80.00 per day for use of room in centre. $20.00 extra for use of kitchen. Call Donna at 756-9085 for details.

Legion - 18 Kay St, Petitcodiac. 756-3383
•Walking Club is finished for the season. Thanks to all who attended.
•Thurs., May 1 - General Meeting at 8:00 pm.
•Sat., May 3 - Kiwanis Dinner
•Thurs., May 8 - Auxiliary Meeting at 8:00 pm.
• Fri., May 9 - Crib Banquet at 6:00 pm.
•Mon., May 12 & 26 - Merry Makers 2
•Fri., May 23 - Petitcodiac Sportsman Draw
•Legion noon meals - Price $8. Local take-out available.
May 7 - Meat Loaf
May 14 - Roast Pork

Petitcodiac Continued on pg 7

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Continued from Front pg

Two Hometown Girls Compete for International Pageant Titles.

I want to wish the best of luck to my fellow contestants. I would also like to wish the best of luck to Brianna on her journey to Miss Teenage Canada, I know you can do it. xo

Follow my fan page on facebook- https://www.facebook.com/Misspetitcodiacinternational2014

Meet Miss Brianna Keith

Hello! My name is Brianna Keith, current title holder of Miss Maritime International and representative of New Brunswick in this year's Miss Teenage Canada.

Looking back at my younger teenage years, I would have never imagined I would be chosen to participate in the caliber of an event such as this one! One of the main reasons growing up I never would have pictured myself here is because I was a victim to severe bullying which resulted in me being very self reserved and shy. Over the years I have overcome many obstacles with my self esteem and I am not ashamed of them because they have shaped me to become the confident individual I am today. Sharing my struggles with bullying and intimidation is very important to me. If I can accomplish one thing with this amazing experience it would be to show young individuals in similar situation as myself that you can do anything you set your mind to. The reason I started competition in pageants is kind of a funny story. It was June, school was wrapping up and the meetings for the annual pageant in my community, Miss Westmorland County, were just beginning.

To be perfectly honest, the pageant wasn't something I was overly enthused about because I'd always seen pageants as being degrading. A few short years ago my opinion of pageants was created solemnly by the stereotype of superficial girls fighting for the title of who can look the best in their swimsuit bikini. I hadn't really had much exposure to these types of events, so I had no way of knowing what they were about. My peers and my mom pushed me to participate because I've always loved performing as a singer. So I decided I would try it out, if nothing else it would give me singing practice and the chance to volunteer more in my community. Right? But was I ever wrong. I was out running one evening and my phone buzzed so I stopped to answer it. It was one of my classmates, screaming through the phone hysterically, telling me if I didn't arrive to practice in 15 minutes I wouldn't be able to participate in the event. I knew how much my mother wanted me to get involved, so I ran back across the village filled with uncertainty and arrive at my first practice. Drenched in sweat and completely out of breath I had no idea how much that little decision would change everything. Performing had always been something that came naturally to me but it was natural in a sense of singing, not public speaking. With every practice I found the stereotype of pageantry I'd held begin to fade. The girls I was competing with started becoming a little family and I found myself becoming more confident. Pulling away the layers I had hid behind for years and showing everyone my true outgoing personality. I had never felt more at home in my entire life on stage and I must have done something right because I took the honorable title of Miss Westmorland County that year.

After the pageant, I realized that I may have found something I could excel at and wanted to continue my journey. I applied for Miss Teen Maritime International and was accepted on the spot. I looked at this event as a growing experience. I never in a million years imagined I'd take on the title of Miss Teen Maritime International, but I did and it still astonishes me. My mother's reaction to my winning was by far the most rewarding. I brought her to tears that evening because she couldn't believe her daughter that used to be overweight and shy had become a role model for the entire East Coast. The point I'm trying to put across is that I had never imagined this for myself. When I was younger I had no self worth because of years of bullying; pageantry helped rebuild the self confidence I'd lost. Sometimes, when I reflect on the past few years, and the events that have happened I wonder if that day, I hadn't gone for a run, hadn't picked up my phone, if I would be who I am, and where I am today. It's the small decisions we make on a daily basis that determine our fate. Stepping out of your element can help you determine who you are.

I would like to thank my sponsors thus far The Village of Petitcodiac

If you would like to follow my journey, check out my facebook page-https://www.facebook.com/missteangernb2014

7 Ways to Avoid Basement Flooding This Spring

1: Gutters & Downspouts
Keep gutters free of debris and position downspouts away from the foundation. The goal is to drain storm water at least three feet away, so if necessary, consider running extensions or troughs.

2: Foundation Cracks
Inspect the exterior foundation and your basement's walls and floors. Use epoxy to fill any foundation cracks and if warning signs are detected, apply masonry sealer indoors. For more serious problems, call a pro.

3: Window Well Covers
If you have below-grade basement windows, install window well covers that will fasten securely to your home's foundation. Clear acrylic covers allow light to enter, even as they keep out rain, leaves, and pests.

4: Sump Pumps
If you have a below-grade sump pump, check to make sure its well is free of debris. If you have a portable pump, position it in the lowest part of the basement and be sure it's connected to a power source.

5: Sewers & Septics
If you haven't had your sewer inspected or your septic tank cleaned, spring is a good time to address these concerns. During periods of prolonged, heavy rainfall, clogged sewers and over-taxed septics are disasters waiting to happen.

6: Generators
Remember a sump pump only works if you have power. If you live in an area plagued with frequent storms and power outages, a generator may be a long-term investment worth considering.

7: Insurance
Review your property insurance policy and consider additional coverage, especially if you have a finished basement. Usually, homeowners' insurance does not cover flooding or sewer backups. Undecided? Check out The Case for Flood Insurance.

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Petitcodiac Continued from pg 4

May 21 - Roast Beef
May 28 - Cod Fish
Hall Rental: No charge for fundraiser.
Other function: $141.50

Library (756-3144)
Hours: Tues, Wed, Fri, Sat 10-1 & 2-5, Thurs 1-5 & 6-8
• Storytime (Ages 2-5) Wednesdays from 10:30-11 am
• Free Comic Book Day - Sat., May 3. All Day. Come get a free comic at the library.
• Adult Book Club - Thurs., May 8. 6:30-8 pm.
• Welcome to Kindergarten - Sat., May 10 from 10:30 am to 12 pm. A special celebration for pre-kindergarten children and families! Stories, games, crafts, and exploration of the library. Bring your Welcome to Kindergarten bag you received from your school to the library for a special family program.
• Movie Afternoon (Ages 5-12) - Sat., May 17. 2:30-4:30 pm. Movie will be The Smurfs 2.
• Creative Writing Corner - Thurs., May 29. 6:30-8:00 pm.
• LEGO Construction Club - Sat., May 31. 2:30-4 pm.

Monday Morning Merry-Makers 2 - @ the Legion from 10-2. Soup & Salad lunch $6. Games/Bingo.

Music Night - May 17 at Kiwanis Building. 8:00 pm. Music by Dale Stiles, Colleen Bannister, Vance McNeil and more.

Petitcodiac Farmers Market - 31 Main Street.
Open Fridays from 10 am - 6 pm and Sat. 9 am - 4 pm.

Petitcodiac Sportsman Club - Meets on 3rd Thurs. of the month at 7:30 pm. New members welcome. Club house is located at 1030 Sanatorium Road. www.sportsmanclub.ca

Petty Trailblazers ATV Club
-Meets 3rd Wednesday @ the Legion building at 7:00 pm.

Pilates - Mon. at 5:30 pm, Wed. at 6 pm at 800 Route 885 (Havelock Rd.). Private consultations available Mon. Wed. and Fri. Call Lee at 756-9008 for details.

Saint John Ambulance (at Kiwanis)
•SJA Junior group meets every Wed. at 6:30-7:30
•SJA Youth group meets every Wed. at 6:30-8:30 pm
•Adult meetings 3rd Sunday of the month at 1:30 pm

Seniors Club - 2 pm. 1st Monday of the month @ Kiwanis.

Spring Clean Up - Thurs., May 22nd. Have your garbage at the curb early. Hazardous waste can be dropped off on May 22nd at the parking lot across from Howatt's from 3-7 pm.

Summer Athletic Programs Registration - Kodiac Room. Wed., May 7 from 7-9 pm. Sat., May 10 from 9-11 am.

Taking Time for Me Weight Group meets every Monday night at the Petitcodiac Baptist Church with weigh in at 6:00 and meeting at 6:30. Please use side door off parking lot. For more info call Shirley Murphy at 756-2894.

Village Council - Meetings are open to public. If you wish to address council, you must make a formal written request to the office 48 hours prior. This Month: May 14 at noon and May 28 at 7:00 pm.

War Museum - Tours by appointment. Please call Cathy at 756-2068 for more info. Free admission.

Women's Institute - Meets second Tuesday of the month at 1:00 pm. Call Jean at 756-2985 for more info.

Yoga - Thursdays from 7 to 8:30 pm in the basement of United Church. Contact Heather Mann, 756-3385 for more information.

Youth Group - Tuesdays, 7:30 pm @ Baptist Church.

The Doctor Game
W. Gifford-Jones M.D.

Natural Ways To Prevent And Treat Bone Loss

A reader asks, "Is it necessary to take drugs to prevent broken bones, or are there natural ways to treat this problem? A test shows I have osteopenia and I'm afraid this will lead to osteoporosis (brittle bones)".

Today, with doctors ordering more tests to determine bone mineral density (BMD), it's prudent to know what it means when a doctor says, "You have osteopenia."

One wise sage remarked, "Getting older is invariably fatal". But before this happens you also get gray hair, wrinkles, fatigue, varicose veins, difficulty reading fine print and, just as night follows day, some bone loss.

But there's no need to go into a major funk if a BMD test shows this diagnosis. This x-ray procedure measures the amount of calcium and other mineral in bones. The result is known as the "T-score" which compares the patient's score with that of a healthy 30 year old. The lower the T-score, the less dense the bone.

The big question is whether this aging bone needs prescription medication such as Fosamax, Actonel, Boniva and Reclast, drugs known as bisphosphonates. Or is it more prudent to try natural measures first to strengthen bone?

Today doctors are so focussed on BMD numbers that even if they're only a bit low many patients are given prescription drugs. But these drugs come with a price. One rarely gets anything for nothing.

For instance, bisphosphonates have been associated with irritation and ulceration of the lower end of the esophagus (food tube), muscle pain, eye inflammation, irregular heart rhythm and, on rare occasions, osteonecrosis of the jaw, a serious, debilitating, irreversible problem.

Dr. John Abramson, author of the book, "Overdosed America", reports that

Doctor column continued on page 19

What's Cooking? In Winona's Kitchen

OATMEAL CHOCOLATE CHIP COOKIES
Mix together
1 cup shortening
¾ cup brown sugar
¼ cup white sugar
1-teaspoon vanilla
Next dissolve
1-teaspoon soda in
¼ cup boiling water
and add to sugar mixture
Add
1 cup chocolate chips
In another bowl mix
1 ½ cups flour
½ teaspoon salt
1 ½ cups oatmeal
Stir into first mixture
Drop by teaspoon onto cookie sheet.
Bake at 350 degrees F. about 10 minutes.
Cookies will be soft, let set to firm
With spatula remove from pan.

St. John Ambulance Youth Group
The SJA (St. John Ambulance) Youth & Junior Groups meet EVERY Wednesday evening in the Kiwanis Community Centre on Railway Avenue in Petitcodiac. The Youth (ages 11+) meet from 6:30 pm to 8:30 pm and the Juniors (ages 6 – 10 years) meet from 6:30 pm to 7:30 pm. If you have any questions or would like more information please contact Diane Wilson, 372-5639. Please note there is NO fee to join SJA Youth but we do charge $3.00 for the Junior Programme Sash.

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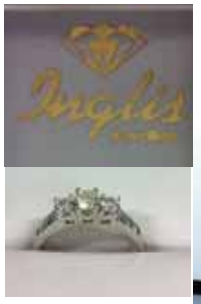

Winner of the Diamond ring from Inglis Jewellers was Becky Nicholson
Check out next month issue of the Local News and Views for a special thank you and list of the sponsors

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Salisbury Happenings

NO SCHOOL: 2nd , 16th and 19th
roughly 30 days till school vacation

Place your Orders !

St. Jude's Annual Lobster/ Ham Supper (Salisbury)
Saturday May 31st, 4:30 - 6:30 PM
"Advance Tickets Only"
1 ½ cracked Lobster or a generous portion of Ham,
potato salad, coleslaw, rolls, desert, tea & coffee
Lobster $18 or Ham $9
Children under 5 eat ham free
Eat in or Take out
NEW this year - Free Delivery in the Salisbury area
from 2:00PM - 3:00PM
NEW ground level entrance
For tickets call before May 30th
Dave 856-8604, Doris 372-5357 or
Carm 372-9151

St. John's Anglican Church, Salisbury holds services every Sunday at 11am with Sunday School offered at the same time. Bible study takes place on Tuesdays at 7pm at the Church and ACW is held on the second Tuesday of each month at 8pm from Sept. to May. Our Parish of Salisbury and Havelock is currently planning a **takeout lunch for Friday June 6 at noon** consisting of turkey salad, potato salad, roll, coleslaw and dessert. Tickets will be available **soon - you may call 372-4498 to order.**

Colpitts United Church, 4846 Route 895 in Colpitts Settlement on **Saturday May 3**, from 11 a. m. to 2 p.m. **UCW has a lunch and bake table** planned **All welcome**

Salisbury Baptist
Junior Choir Musical Saturday May 10 @ 6pm and Sunday May 11 @ 11:00 am
Community Seniors Group "Momma's and Pappa's Tea Party" Thursday May 8th @ 10:00 am with special guest Eleanor Goggin on **Geneaology.** Bring photos, poems, jokes, stories, lessons about or from your parents (the way things were).

Salisbury Fire Department
Open house at the fire hall, come on down and see what we do. Ask questions, tour the hall. We plan to have a BBQ going with Hot Dogs and Hamburgers. Also, Salisbury Fire Dept. is **now selling** household **911 Civic Numbers,** these will be for sale at the hall. Cost is $15 a piece.
The date for the open house is **May 4th from 11:30am till 3:00pm**
There is also an Event Page on facebook, Search "Salisbury Fire/ Rescue Open House"

The Salisbury Home and School Association News!
The Salisbury Home and School Association is looking for volunteers to help out with our various activities and fund raisers.. If you can spare an hour or so give Lucille a call at 372-9156.
We are looking for donations of gently used items for our upcoming spring yard sale. If you have anything to donate please call Lucille at the above number or Lori at 372-9883. We depend on our fund raisers to help support school activities
We also have lots of school clothing available for all three of our Salisbury schools at great prices. To purchase clothing contact Lucille or Lori.

Please Circle May 31 on your calendar.

The **Salisbury Elementary School** (SES) is undergoing gym improvements. The gym floor is going to be refinished, a floor covering purchased, a winch installed for the BB net, fresh paint, and a new sound system installed. The total cost for this project is about $ 20,000.
The next fund raiser that we are going to undertake **will cost you NO money** it will only cost about 20 minutes of your time. We are partnering with **Cory Stevenson at Taylor Ford in Moncton** for a Drive 4 UR School Campaign on Saturday, May 31st from 9:00am- 1:00pm. So we are in need of 200 people over the age of 18 to come to SES to test drive one of 15 vehicles that will be on site supplied by Ford. For each test drive , $20 will be donated to our school. So please come out and support us at SES. If you have any questions please contact the school at 372-3207.
COME ON OUT AND TAKE A DRIVE

Salisbury Golden Age
Club meets on the 1st and 3rd Thursdays of each month at the Salisbury Lions Club. Activities begin at 12:00 pm with a potluck meal, followed by meeting and games. For more information, contact Harry Hopper 372.1093.

Feed Hummers

4 cups boiled water
1 cup white sugar

Salisbury Parks and Leisure Department would like to thank everyone who came out to our Spring Fling event on April 6 at Highland Park. A great time was had by all! There was snowshoeing, sliding, cross country skiing, snow sculpting, snow art, and more! Thanks to all of our volunteers and local businesses who made donations for this to happen!!! Our first registration dates for spring/ summer programs were on April 11, 12 for a spring basketball skills development session, soccer, and baseball! We are **still accepting volunteer applications and coaching applications. There will be another registration at the Salisbury Parks and Leisure building at 62 Douglas Street, Salisbury on May 9 (6:30-8:30) and May 10 (10am-1pm).** We are also hosting a Baseball Canada NCCP Initiation Clinic on May 23, 2014 at 62 Douglas St. Go online to **http://nccp.baseball.ca/** to register. Lily Adams, a member of our Action Committee organized a "technology information session for seniors" at the Salisbury Public Library on April 29. Also in the works for June 1st "in motion Parks and Trails Day" event is "A Day in the Park" at Highland Park. You can follow us on FaceBook Salisbury Parks & Leisure Department or on the village website http://www.salisburynb.ca/ and follow the links to Parks and Leisure. For more information on the Salisbury Parks and Leisure Dept and it's programs please contact:Holly McNeil 372-3280 **parks.leisure@salisburynb.ca http://www.salisburynb.ca/**

News from the Village Office

STUDENTS
The Village of Salisbury is accepting resumes for summer student positions with the Works Department, Parks & Leisure Department, and Village Office. Please submit your resume to yilsalisbury@nb.aibn.com or bring it to the Village Office before April 30, 2014.

SPRING & FALL SPECIAL PICK UP
Spring special pick up day is scheduled for **Monday, May 12, 2014.**
Any items residents wish to have picked up must be placed at roadside. Please be sure to have items at the curb early, as pick up can commence any time after 5:00 a.m.
- Appliances/Furniture,
- Lumber and yard waste must be bundled and tied in 4ft. lengths,
- Tires (Limit of 2 per household),

NOT ACCEPTED - Batteries, paint products, chemicals, propane tanks, and other hazardous materials.

HOUSEHOLD HAZARDOUS WASTE
The Mobile Household Hazardous Waste Recovery Unit will be at the Salisbury Municipal Building, 56 Douglas Street on: **Thursday, May 15, 2014 from 2:00 p.m. to 7:00 p.m.**
Bring your household hazardous wastes for safe disposal. These are products such as solvents, pesticides, and chemicals.

LIGHTING OF DRY GRASS AND OPEN FIRES
By-Law 40 states:
- The lighting of any open fire to dispose of dry grass, brush, hay, straw, leaves, buildings, construction materials, automobile or garbage in the municipality is prohibited.
- Other than in a properly constructed incinerator approved by the Department of Environment and Local Government and its successors, no person shall light a fire outside a building for the purpose of disposing of any refuse or waste material.

DID YOU KNOW ? Northumberland Dairy is the only New Brunswick Dairy left !!! Baxters is a product of Quebec.

Salisbury Caring Centre is looking for youth ages 6-12 volunteers to help twice a week in the community gardens. Those interested call 372-9787.

Salisbury United Church
Sun	10;00AM Church and Sunday School service
Mon	7:00PM Mens Choir Practise 8:00PM AA Group
Tue	Tae Kwon Do Group 9:00 AM Quilters 6:30 PM Girl Guides
Thurs	Tae Kwon Do Group
Sat	8:30AM - 12:00 noon Community Farmers Market
Sat May 3	11AM -2 PM Lunch and Bake Table at Colpitts Church
Sun May 4	2PM UCW meeting at Salisbury Church
Fri May 9	10:30 Regular monthly service at Jordan Life Care

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For 34 years we have strived to be New Brunswick's premier grower of hardy nursery stock. With 150,000 hours of staff experience, we grow and sell the Maritime's largest selection of winter hardy plants. Discover our store, café and gardens at 2700 Route 890 Corn Hill, NB, 28 kms from Sussex Four Corners or 14kms from Petitcodiac.
Tel 506-756-3635 Fax 506-756-1087
For directions or more information visit us at cornhillnursery.com
Visit us on Facebook
Nursery Hours
Open every day 8am-7pm

Cedar Café
While basking in the glow of the gardens drift into our licensed café where you will find a tempting selection of freshly made hot and cold sandwiches, soups, salads, desserts and weekend specials. We offer vegetarian and gluten free items. Our wine and beer list is second to none in the area and there are always featured wines. Stay tuned for summer tastings.
NOW OPEN ON FRIDAY, SATURDAY AND SUNDAY EVENINGS TILL 7:00PM
CAFÉ HOURS
Monday-Thursday 10:00am-4:00pm
Friday,Saturday,Sunday 10:00am-7:00pm

'or mulling over the insanely vast choice of plants,'

Landscaping
Thinking of a landscape project? We offer a complete line of landscaping services from design to installation. We specialize in quality stone work. Visit our website to see a portfolio of our work.

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Happy Mother's Day

51 MAIN ST. - 756-2918

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EAT IN, TAKE OUT & DELIVERY

Please visit our website www.killamspizzeria.com and check out our monthly and weekend specials! Please click the feedback link on the website and give us your ideas and suggestions!

Happy Mother's Day
Make sure to like our facebook page
Where you will find our Monthly special

Deliveries on Thursday Friday and Saturdays
(Extra charge for delivery)

Abandoned Cat Rescue

Abandoned Cat Rescue is a newly formed, not-for-profit organization whose immediate goal is to assist the community and local organizations with the problem of cat abandonment, overpopulation and needless euthanasia. The organization was originally founded by volunteers who have had previous experience in animal rescue work and share a like minded interest in cat welfare; many of our members have a wealth of knowledge gained over years of rescue work! All of our members are unpaid volunteers and our activities are dependent on the skills of our hard working fundraising team and donations from the community. Please follow us on Facebook (https://www.facebook.com/AbandonedCatRescue) or contact us with questions at 388-1150 and welcome to Abandoned Cat Rescue!

To raise much needed funds we are holding a big yard sale in Moncton at the Royal Canadian Legion Branch #6. The legion is located at 100 War Veterans Ave, in the vicinity of the YMCA. The sale is on Saturday, May 10th and the doors are open from 8:30am until 1:00pm. Come pick a bargain and help support the work of Abandoned Cat Rescue. For any further inquiries, contact our fundraising team at 386-7630.

Mama Cass came into foster care before Christmas. She had been living on the streets and was being feed by some caring men at a garage, which is no life for a lovely, friendly cat. She is approximately 2 + years old and is great with kids, dogs and other cats. All of our cats come spayed/neutered, revolutionized and have received their first vaccines at the low donation fee of $90. If interested in adopting Mama Cass or for further info on any of our cats, please contact Fostering and Adoptions at 215-0059.

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we believe that when you need us you shouldn't need to worry about the details.

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- Transportation arranged for repatriation
- Always available to you, 24 hours a day
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...we do that.

Armstrong's
Funeral Home

33 Russell Street, Petitcodiac, NB 506-756-3361

Great Canadian DOLLAR STORE
27 Main St. Petitcodiac

Remember Mom this Mother's Day...

- Earring, Lapel Pins or Broaches $3.50ea
- Encouraging Words for Mother's Book $3.50
- Floral Foam $1.50ea
- Silk Flower Brushes $1.25ea

10pk Allen's Apple Cocktail
WOW $1.00 + deposit WOW
(Why Pay Up To $3.89?)

- Flower and Vegetable Seeds 3/$1.00
- Garden Essentials Ladies Garden Gloves $1.25pr
- Tombstone Saddles $3.50ea

"Drop By Stu's Barber Shop For A Trim! Same Location!

Gift Certificates Available

Store Hours
Mon-Fri 9am-8pm, Sat 9am-6pm, Sun12-5pm.

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Let the classifieds help you list apt for rent, sell your items, or announce your special occasions.

Cost: $5 for 20 words or less & $15 for over 20 words.

Please drop off information at 5 Hooper Lane, Petitcodiac (the Maritime Motorsports Hall Of Fame building) during our business hours: Monday to Friday 10 a.m. to 5 p.m. For more information please call 756-2110

ADULT EDUCATION

Salisbury Adult Learning Center
372-5025
or
South East Regional
Adult Learning Board
857-9912
FREE GED & PRE-GED PROGRAM

Do not have your High School diploma and need it for work or college? Then contact the Salisbury Adult Learning Center as we offer full and part time GED training (continuous intake). There is no cost to attend, and the program is Employment Insurance, Social Development and Post Secondary Education Training and Labour approved and funded.

BIRTHDAYS

COME CELEBRATE

65th Birthday
of Shirley Douthwright on May 3, 2014
at Elgin Fire Hall from 2pm-5pm
Best Wishes only - everyone welcome!

Recycling Bin

Free ... for pick up
Upright Piano & Recliner Sofa
Call 534-2226

UP COMING EVENTS

"Washer Toss"
Registration for Maple Street
Washer Toss League
Thursday, May 15th at 6:30pm
10 Maple St. Petitcodiac, NB
(Former Driving Range)
Everyone Welcomed
756-8551
756-0856

Kiwanis Pancake Breakfast
May 3, 2014
Canadian Legion Building Petitcodiac, NB
Adults $7.00 Children $4.00
Pancakes-sausage-eggs-maple syrup

"St Andrew's ACW Petitcodiac will be holding a yard sale in their Hall (Plants,Fudge, Baking etc.) May 24th 6 to 12 Noon."

Petty International Raceway first race.
Season Opener
May 17th, 2014
May 31st Parts for Trucks Pro Stock

UP COMING EVENTS

The Havelock WI are holding their annual SPRING RUMMAGE SALE Apr. 28- May 3. New bargains can be found daily Mon. - Fri. from 12-4 and 7-9 pm. Sat. May 3 is "fill a bag for a toonie " day from 9 am -12 noon.

UCW Sale at Colpitts United Church
Colpitts United UCW annual Luncheon & Bake Sale will be held Saturday May 3th from 11 am until 2 pm. We are located at 4896 Route 895 Colpitts Settlement, NB. Come and enjoy a bowl of fish chowder or a salad plate, rolls, desert, tea and coffee. There are delicious items available at our bake tables too. We hope to see you there!

TOPS River Glade
Are you looking to lose that winter weight? Why not let TOPS River Glade be your support? We offer weekly weigh ins, helpful advice, programs and much more. For more info you can visit the Tops website at Tops.org. Also, for anyone who joins by the end of April, we will be offering a special bonus so why not check us out! Contact Angela Steeves at 372-3334 or 874-8667 or email at steevesa@xplornet.ca for more info.

Second Elgin United Baptist Church
986 Prosser Brook Road,
Prosser Brook, NB
Community Homecoming Celebration!
Sunday, May 25th @ 3:00PM
Special Music by Shelby Murray and Gilbert Wilson
Refreshments to follow.
Contact # 506-372-8801

C - Company
Country Jamboree
Hillsborough Kiwanis Center
May 3, at 7pm
Admission $10.00 at door
Come and sing a song for a draw to win $50.00

St. Jude's Annual Lobster/Ham Supper (Salisbury)
Saturday May 31st, 4:30 – 6:30 PM
"Advance Tickets Only"
1 ½ cracked Lobster or a generous portion of Ham, Potato salad, coleslaw, rolls, dessert, tea & coffee Lobster $18 or Ham $9
Children under 5 eat ham free
Eat in or Take out
NEW this year:
Free Delivery in the Salisbury area from 2:00PM - 3:00PM for Seniors & Shut ins
NEW ground level entrance
For tickets call before May 30th
Dave 856-8604, Doris 372-5357
or Carm 372-5963

FOR Sale

2 Large cementary lots Fairhaven Memorial Garden, Salisbury Rd.
Call 756-8223 for details

UP COMING EVENTS

ROOT & BULB AUCTION Havelock Women's Institute is holding the Auction at the Lion's Den, Main St. Havelock, May 13th at 7pm. Come early to get a seat.

Thank You

The family of the late Stephen Crosthwaite wishes to thank everyone for the words of comfort, flowers, visits, phone calls, cards, donations to the living memorials, and food.

Special thanks to Cathy & Karen for preparing supper on visitation day.

Thanks to Armstrongs funeral home for their professional & compassionate care.

Thanks also for the great care he received from the staff of the burn unit of the Saint John Regional Hospital.

From the Family

Alvedia Ellen Bannister
October5, 1921 - March 5, 2014
The funeral service for the late Alvedia Bannister was held March 8, 2014 at the First Elgin Baptist Church officiated by Rev. Delbert Bannister and Pastor David Hawkesworth.
The family would like to thank grandsons; Craig Martin, Aaron Martin, Adam Alward, Devin Bannister and Zelotes Steeves for serving as pallbearers. A special thank you to granddaughters Carla Ayles and Courtney Steeves for Family Remembrances and to Yolanda Bannister and Alyssa Martin for the beautiful ministry of music.
It is with heartfelt gratitude that what we acknowledge the Social Committee and each one of you for prayers, kind words of comfort, visits, memorials, flowers and food.
The professional care and guidance of Terry and Tina Rogers and staff at Armstrong's Funeral Home is very much appreciated.
We are blessed to have the kindness and support of family and friends that help ease us through these difficult days.
Carol, Louise, Eugene, Wendy, Darla & families.

OBITUARIES

Eurilla Elizabeth (nee Smith) Lounsbury, 78, of Petitcodiac, passed away at the Moncton Hospital on March 21, 2014. Born on July 9, 1935, Eurilla was a daughter of the late George and Merle (nee Keirstead) Smith. She was a member of the Hillgrove Baptist Church, and a past member of the Eastern Star. Eurilla is survived by her sisters: Phyllis Hom (Dirk) of Moncton, Mildred Richards (John) of Glenvale, Kaye Gourley of Moncton, Mabel Leaman of Moncton, Myrna White of Salisbury, Dora May Lainey Robichaud (Leonce) of Shediac, and Mary Collette of Notre Dame; her brother George Smith; her nieces and nephews: Nancy (Trent), Debra (Tom), Jacqueline (Christopher), Kristine (Dwight), Arlene, Cheryl, Tracey, Stephanie, Corrine, Janna, Darla, Gregory, Stephen, Richard (Deborah), Kenneth, Robert (Betty), Christopher, Andrew (Kim), Patrick, Michael, Douglas (Rhonda), James (Patricia), Jason (Patricia), Heather (Alvin), Kimberly, and David; great-nieces & great-nephews: Rylan, Braden, Alicia, and Jodi. Besides her parents, Eurilla was predeceased by her husbands: Robert Taylor and Ernest Lounsbury; her sisters: Shirley Geldart and Florence Carll; her infant brothers: Leslie Smith and Kenneth Smith; and her nephew Michael Richards. Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitcodiac, from where visitation was held on Tuesday March 25, 2014 from 2-4 & 7-9 pm; the funeral service was held on Wednesday March 26, 2014 at 2:00 pm in the Hillgrove Baptist Church with Pastor Derek Geldart presiding. Interment will be held in the Maplewood Cemetery at a later date. Donations to the Canadian Cancer Society would be appreciated by the family. On-line condolences are available at: www.armstrongsfh.com

Rogers, Aubrey Elmer, 61, of Petitcodiac, passed away at the Moncton Hospital on April 3, 2014. Born in Harewood, he was a son of the late Tillman and "Sadie" Sarah Rita (nee Arsenault) Rogers. Aubrey is survived by his sister, Bessie Rogers of Brookville, ON; his brother, David Rogers (Greta) of Harewood, NB; his close friends: Kim Murphy and Colin Thompson; as well as by his nieces and nephews, and many other extended family members and friends. Besides his parents, Aubrey was predeceased by his half-brothers: Stanley Rogers and Gordon Rogers. Arrangements have been entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitcodiac. There will be no visitation by request. A graveside service will be held in the Our Lady of Mercy Cemetery on Leaman Hill at a later date. On-line condolences are available at: www.armstrongsfh.com

OBITUARIES

The death of **Reta Mae Perry**, 94, wife of the late Ronald Perry of Havelock, occurred on Thursday, April 10, 2014 at Serenacare, Moncton.

Born in Apohaqui in 1920, she was the daughter of the late George and Harriet (Armstrong) McEwen. After completing her early education at Apohaqui, Sussex, she attended Provincial Normal School in Fredericton and taught for forty-five years in New Brunswick schools. She was a member of the St. Paul's Anglican Church in Havelock, and an honorary member of St. Paul's A.C.W. She was a member of the NB Retired Teachers' Association and a life member of the Kings County Museum and Archival Society. She was for many years a member of the Havelock Seniors Federations.

She is survived by one sister Marion Mapplebeck of Saint John; six nieces Caroline Atkins (Fred) of BC, Elizabeth Randall (Ray) of BC, Joyce McCartan (Jim) of Campbellford, ON, Joan Young (Peter) of Murray Harbour, PEI, Margo Mapplebeck of Saint John and Patricia Steeves (Claude) of Havelock. Also survived by two nephews, Ralph Mapplebeck (Candace) of Fredericton and Ronald Perry of Tennessee. Besides her parents and her husband she was predeceased two sisters Annie Elliott (Albert) and Marguerite Boudreau (Paul) and two brothers, Ralph and Gordon McEwen, brother-in-law Paul Mapplebeck and nephew George Boudreau

Resting at Salisbury Funeral Home, 3350 Salisbury Road (372-4800) where visitation will be held Sunday, April 13 from 2 - 5 pm and from where the funeral will be held in the chapel Monday, April 14 at 11 am with Rev. Chris Hayes officiating. Interment will take place at Greenhill Cemetery, Havelock.

If desired, donations may be made in Reta's memory to the Parkinson Society of Canada or a charity of choice.
www.keirsteads.ca

David Kenneth Crandall (48), of Salisbury and Saint John, passed away March 24, 2014 at the Moncton City Hospital after a courageous battle with cancer. He was the son of Anna Carty and Bryan (Gail) Crandall of Elgin. Besides his parents David is survived by one daughter: Catherine Lowe of Saint John; brother: Danny (Shelly, Chelsey and Wyatt) of Parkindale; as well as several aunts, uncles and cousins. David was predeceased by his brother Kevin, grandparents Norman and Margaret Carty of Elgin and Nanny "Maddy" of Salisbury. In keeping with David's wishes there will be no visitation or funeral service. A special thanks to the doctors and nursing staff (Unit 3600) at the Moncton Hospital and the Extra Mural for their care and compassion. Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitcodiac. Donations to the Canadian Cancer Society or to a charity of the donor's choice would be appreciated by the family. On-line condolences are available at: www.armstrongsfh.com

OBITUARIES

The funeral for **Arnold (Peanut) William Trites** was held Monday, March 24, 2014 at the Salisbury Funeral Home officiated by Rev. Carol Smith. Special music was "Where the Roses Never Fade" and "Amazing Grace" by Clayton Magee and Vesta Goddard, and "There is a Redeemer" and "What a Day That Will Be" by Men in Black accompanied by Becky Mawhinney. The congregational hymn was "How Great Thou Art". Pallbearers were Stan Russell, Sterling Trites, Lawrence Trites, Wayne Wagner, Gordon (Doc) Colpitts, Ivan Foster and Fenwick Burnham. A reception followed in the parlour and interment will be at Pine Hill Cemetery at a later date.

May we send our heartfelt thanks to all who gave so generously of their kindness and sympathy in the death of a loved and respected father and grandfather. We especially want to thank Sylvia Sleeper, Rhonda Langelaan, Dr. Hiltz, Dr. Phalen and the nurses on 5100 Unit at the Moncton Hospital. Thank you for taking such excellent care of dad. Thank you also to those who visited us at the funeral home.
The Trites Family

It is with great sadness the family of **Christopher John Garland,** announce his passing on April 4, 2014. Born in Moncton on June 17, 1976, he was a son of Ronald and Pauline (nee Vacheresse) Garland of Ferndale.

Christopher had a love for keeping track of sports statistics and was a big fan of the Toronto Maple Leafs. He enjoyed playing video games and watching wrestling. He had a love for all animals, but most of all he loved spending time with his niece and nephew.

Besides his parents, Christopher is survived by his brother, Joey (Kristy) Garland of Moncton; his niece Vera Garland; his nephew Liam Garland; uncles: Edward (Elaine) of Pickering, ON, Gerald (Mary) of Sussex, Richard (Marilyn) of Havelock, Austin of Delta, BC, Robert (Kim) of Elgin and Ralph (Brenda) of Salisbury; aunts: Elsie Steeves of Elgin, Anna Linkletter (Don) of Ferndale, Eileen of Colpitts Settlement, Aleta Sabean (Curly) of Barnesville and Kathy Smith of Churchill; as well as several cousins, extended family members and friends.

Christopher was predeceased by his uncles Curtis, David and James Garland and Clyde Vacheresse.

Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitcodiac, (506)756-3361. Visitation was held on Tuesday, April 8, 2014 from 1-3pm with a funeral service to follow at 3:00pm at the Petitcodiac Baptist Church in Petitcodiac. Interment will be held in the Hillside Cemetery at a later date. Donations to a Living Memorial would be appreciated by the family. On-line condolences are available at www.armstrongsfh.com

OBITUARIES

Stephen "Poobie" Samuel Crosthwaite, 49, of Hillside, passed away at the Saint John Regional Hospital on March 20, 2014. Born in Charlottetown, PEI, he was a son of Beulah Crosthwaite (nee Garland) of Hillside, and the late Paul Crosthwaite who passed away in 2010.

Stephen worked as a truck driver, and lived and worked in Alberta for several years. His one big hope this winter was to get well enough to be able to go sledding with his friend Big Al, just a short ride. For the last 8 months, lymphedema has taken a toll on his body and has caused much suffering. He enjoyed travelling with his friends to the CAT 250 Pro Stock races each year in Geary. His girls meant everything to him, and he loved them dearly. Family gatherings were important to him. Stephen is survived by his companion of 25 years, Michele Letain of Hillside, his girls: Meaghan and Emily; his mother, Beulah Crosthwaite of Hillside; his sister, Lisa Gillies (Brent) of Anagance; his brother, Russell "Rusty" Bennett of Riverside Albert; his step-mother, Joan Crosthwaite of Moncton; his step-sisters: Valerie Colpitts (Rob) and Krista Stuart (Leroy), all of Riverview; his step-brother, Rick Stuart (Carol) of Colpitts Settlement; as well as by many nieces, nephews, and extended family members and friends. Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitcodiac, from where visitation was held on Sunday, March 23, 2014 from 2-4 & 7-9 pm; the funeral service was held on Monday, March 24, 2014 at 2:00 pm at the First Elgin Baptist Church with Rev. Keith Adams presiding. Interment will be held in Hillside Cemetery at a later date. In lieu of flowers, donations to a Living Memorial for his girls would be appreciated by the family. On-line condolences are available at: www.armstrongsfh.com

The death of **Annie M. Babcock**, 93, occurred at the Moncton City Hospital on April 19, 2014. She has been a resident of "Country Care" Special Care Home for the past eight years.

Annie was a daughter of the late David and Mary Jane (nee Joudrey) Shea of Tatamagouche, NS. Besides her parents, Annie was predeceased by her husband William "Bill" Babcock; her sisters: Myrtle Tattrie and Agnes Mattatall; and by her brother Aubrey Shea.

Annie is survived by her only daughter, Deanna Lynn Babcock; as well as several nieces and nephews.

Arrangements have been entrusted to Armstrong's Funeral Home, 33 Russell Street, Petitcodiac. Visitation was held on Tuesday, April 22, from 7-9pm. The funeral service was held on Wednesday, April 23 at 1:00pm all in Armstrong's Funeral Home. Interment will take place in the First North River Cemetery at a later date. Donations to Spina Bifida Association would be appreciated by the family. On-line condolences are available at www.armstrongsfh.com.

OBITUARIES

It is with great sadness that the family announces the sudden passing of **Keith Bruce Peterson**, 35, in Toronto, ON, on March 19, 2014. Born in Winnipeg, Manitoba and raised in Corn Hill, NB, he was the son of Darrell Peterson and the late Julia Peterson. Keith graduated from Petitcodiac Regional High School in 1996 and was the Valedictorian of his graduating class. He then went on to further his education at the George Brown College of Culinary Arts. Keith could light up any room with his amazing smile. He was a pleasure to be around and his laughter and kind heart was enjoyed by all who knew him. Being the oldest sibling to his four younger sisters, Keith was more than a brother. He was their biggest supporter and always pushed them to do their best and help them through their most difficult times. He was the one to teach them to climb trees and swim as well as be by their side through the most memorable times of their lives.

"A sister is more than family, she's a special friend for life"

Besides his father, Keith is survived by his sisters: Angela Boudreau, Jessica Peterson, Leana Peterson and Gloria Peterson; his nieces and nephews: Kendis and Brodie LaFrance, Elysia, Tristan and, Sebastien Boudreau, Austin, Conner and Travis Melvin and Sylvia Henderson; as well as several aunts, uncles, cousins, extended family members and friends. Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitcodiac. A Celebration of Keith's Life was held on Thursday, April 10, 2014 at 8:00pm at Sussex Select Community Funeral Home. Donations to a living memorial would be appreciated by the family. On-line condolences are available at: www.armstrongsfh.com

It is with great sadness that we announce the death of **Bernice Eileen Coleman.** Bernice passed away April 02, 2014 at the Moncton City Hospital. Born October 04, 1927. She was the daughter of the late Warren and Menota Floyd and wife of the late Roy Coleman. Bernice leaves behind her daughter Linda Coleman of Calgary. Sisters; Grace Robinson of Hampton, Jean Thompson of Head of Millstream, Mable Black of Mississauga, Ontario, Doris Robinson and husband George of Garnett Settlement. Brothers; Clifford Floyd and wife Carol of Apohaqui, and Arnold Floyd of Erb Settlement. One sister-in-law Elizabeth Coleman of Oromocto and many nieces and nephews. Bernice was predeceased by two brothers Winsor and Elmer Floyd.

Bernice,was a long-time resident of Petitcodiac and being one of Jehovah's Witnesses, she encouraged reading and understanding the true message of the Bible as she preached the good news of God's kingdom to her neighbours.

A memorial service was held at 2:00 PM on Saturday April 12, 2014 at the Kingdom Hall of Jehovah's Witnesses at 2708 Old Fredericton Rd in Salisbury, NB.

News From The Maritime Motorsports Hall Of Fame

Dave Gorveatt
Competitor Stockcar Racing

Dave Gorveat started racing on the dirt track at Raceway Park in Oyster Bed Bridge, Prince Edward Island back in 1986. He and Marvin Dyer co-owners of the Duke Class car that won the Shell Canada points at Raceway Park in '86.
In Modified action Dave won the feature on May 20, 1989

He made his move to the MASCAR Tour in 1991.

Headline- "Gorveatt top Island rider at Grand Prix". Dave, making his first appearance on a street course, the Moosehead Grand Prix, in September of '91 brought his LeBarron Stockcar through to a 5th place finish.

Headline –"Gorveatt snares first MASCAR flag"
Saturday June 28th, 1997 Dave grabbed his first career win with the MASCAR tour at Scotia Speedworld in the Atlantic CAT 100. He lead 99 of the 100 laps. In the 250 at Riverside Speedway on August 23rd he finished 3rd.

Dave went on to win the 1997 Maritime GM Goodwrench Dealers MASCAR Points Championship, only 3 points ahead of Maritime Motorsports Hall Of Famer Scott Kelly. Dave became the first and only Prince Edward Islander to win the MASCAR championship.

Headline – "Gorveatt runs third at raceway – City driver shines in Oyster Bed Bridge". Dave had his Pontiac Grand Prix at the front of the 23-car field for the first 135 laps before giving up the lead to eventual winner Wayne Smith.

June 17, 2000 Dave had luck on his side when he slipped through a pile-up in the Forbes Chev Olds 150 International Pro Stock Challenge race at Scotia Speedworld to claim the $5000.00 for the win.

The opportunity to compete against the likes of NASCAR drivers Matt Kenseth and Kurt Busch doesn't present itself very often so Dave was going to make the most of it at the Oxford Plains Speedway 250. He finished seven spots ahead of Busch and three spots behind Kenseth. At one point, on lap 123, he was as high as third. Making the starting field was an accomplishment in its self as more than 40 cars didn't make the race.

In 2001 Dave decided to go south of the Border to compete in the New England PASS SLM tour.

In the 2001 Scotia Speedworld Atlantic CAT 250 PASS race Dave took the Sunoco Race Fuels fast time award with a lap of 13.871 seconds. He then finished 3rd in the race.

He succeded to win a feature with them in 2002.

Headline – October 2003, "GORVEATT meets challenge of racing with Big Dawgs".
At Wiscasset Raceway in Maine Dave came within five car lengths of winning the 400-lap Big Dawg Challenge to place second.

Dave could have easily been nicknamed the "Travelin' Man" as he and his dedicated crew made the long haul from Prince Edward Island to every PASS event. He earned a PASS victory in 2002 at Montmagny.

He raced with the PASS tour through 2006.

Daves racing career was shortened due to an on the job work accident.

It is my pleasure to ask David Gorveatt to come forward at this time and except his induction into the Maritime Motorsports Hall Of Fame.

Award presented by Prince Edward Island Director Scott Sinclair.

MOTOR SPORTS SCHEDULE

GREENFIELD DRAGWAY, NS
May 24 & 25 1st Points Meet
MIRAMICHI DRAGWAY PARK, NB
May 17, 18 High School Challenge
May 31 June 1 – 1st Points Meet
RACEWAY PARK, PEI
May 17, 18 1st Points Meet
CERTRE FOR SPEED
June 1 – Car Wars, Days of Destruction
OYSTER BED SPEEDWAY, PEI
May 19 – Full Card
May 25 – Rain date
June 1 – Full Card
PARTS FOR TRUCKS PRO STOCK
May 24 – Scotia Speedworld
PETTY INTERNATIONAL RACEWAY, NB
May 17 – Season Opener
May 31 - Parts For Trucks Pro Stock
SCOTIA SPEEDWORLD, NS
May 18 – Test 'n Tune
May 24 – Pro Stock Tour Opener
May 25 – Weekly Racing Series
SPEEDWAY 660, NB
May 10 – Pre-Tech & Practice
May 11 – Riverview Lincoln Opening Day
May 18 – Regular Points Racing
May 24 – Kids Day
May 31 – Regular Points Racing
MOTOCROSS
May 3 – Riverglade, NB
May 18 – Mill Hill, NS
May 31 – Riverglade, NB

MARITIME CLASSIC CAR SHOW & EVENTS
New Brunswick
May 24 – CrossRoads Military Heritage Collectors Show, Moncton
May 24, 25 – Valley Cruisers Car Show, Hampton
June 1 – Petty AutoFest Car Show , Petitcodiac

Nova Scotia
May 10 – Eastern Lodge Car Show, Eastern Passage
May 24 – British Car Swap Meet , Nine Mile River
May 31, June 1 – Golden Age Auto Club Annual Show & Shine, Truro

Prince Edward Island
May 18 – PEI Dream Machine Show N Shine , Charlottetown
May 25 – Vintage Vehicle and Farm Equipment Show, Charlottetown

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For more information call 756-2110

OBITUARIES

Sadie MacPherson, 92, of Petitcodiac, passed away peacefully on March 29, 2014. Born in Dobson's Corner, NB, on March 23, 1922, she was a daughter to the late Talbert and Jemima (nee Read) Constantine and the wife of the late Avard MacPherson.
Sadie was a faithful member of the Petitcodiac Baptist Church from where she was the organist for many years. She was a member and PM of the Eastern Star Regina Chapter #39. She worked most of her life in retail, working at T. Eaton Co., My Favorite Things, as well as Village Shoes & Sports.
Sadie will be lovingly remembered by her daughters: Janet MacPherson of Petitcodiac, Judy (Peter) Taylor of Petitcodiac and Bethany Joy MacPherson of Moncton; her son Michael (Judi) MacPherson of Penobsquis; her grandchildren: Jennifer Cromwell (Adam), Jayme Cromwell, Jill Dunfield (Ricky), Caroline Wilson (Jason), Scott MacPherson (Candy) and Morgan MacPherson (Nigel); her great grandchildren: Laine Dunham, Katelyn and Alivia Dunfield and Brett Wilson; as well as many nieces, nephews, extended family members and friends.
Sadie was the last surviving member of her immediate family. Besides her husband, she was pre-deceased by her sisters: Nellie, Ethel, Jennie, Emma and Greta; and by her brothers: Joe, Bill, Fred, Burt, Ross and Ottie.
Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell St., Petitcodiac, from where visitation was held on Monday, March 31, from 2-4 and 6-8 pm. A funeral service was held on Tuesday, April 1, at 2:00pm at the Petitcodiac Baptist Church. Interment will take place at the Maplewood Cemetery at a later date. Donations to the Lewis Mountain Baptist Church Cemetery Fund would be appreciated by the family. On-line condolences are available at www.armstrongsfh.com.

OBITUARIES

Vera Viola (nee Keith) Kierstead, 84, of Havelock, passed away peacefully at home on March 30, 2014 with her family by her side. Born on April 16, 1929 in Canaan Forks, NB, she was a daughter to the late Harold Bliss and Dorothy Mae (nee Kierstead) Keith, and the wife of the late Murray Wallace Kierstead.
Vera is survived by her children: Paul Murray of Havelock, NB, Lance Dale (Linda) of Fort Saskatchewan, AB, Danny Lynn (Wayne) of Halifax, NS and Shawna Lisa Sheri (Quentin) Bannister of Moncton, NB; grandchildren: Jeremy (Laurie) Kierstead of Seattle, WA, Joshua (Stephanie) Kierstead of Edmonton, AB, Robert (Stephanie) Bannister of Vancouver, BC, Alyssa Bannister (Adam) of Salisbury, NB, and Rily and Murray Kierstead of Havelock, NB; great-grandchildren: Luke Kierstead, Hailey Bannister and Layla Bannister; sisters: Ruby Hicks and Hattie Perry; brothers: Fred, Leon, Gene, Jim and Harold Keith; her daughter-in-law Sharon Kierstead; as well as several nieces, nephews extended family and friends. Besides her parents and husband, Vera was predeceased by her daughter Misty Leigh; her sons: Kevin Clay and Michael Todd; her sister Eva Corey; and by her brother Vening Keith.
Vera was a stay at home Mom until she returned to school to obtain the NB Community College home makers course from which she graduated in 1985. She and our Dad worked side by side helping seniors until his death in 1996. Vera was a very kind hearted woman and she opened her heart and home to anyone in need. Our Mom loved to travel, loved her gardens, but most of all loved having her family around her. She was an amazing lady and will be sadly missed.
Our family would like to thank all those who have supported us during this time, including the Sussex Extra Mural, Canadian Red Cross, Susan Alward, Dr. Morton and Tina & Terry Rogers of Armstrong's Funeral Home.
Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitcodiac, from where a celebration of Vera's life was held on Wednesday, April 2, 2014 from 5-8pm.A time of tribute and sharing was held at 7:00pm. Donations to Sussex Extra Mural or Hospice would be appreciated by the family. On line condolences are available at www.armstrongsfh.com.

Comedy at Large
by Laurie Blanchard Salisbury, NB

As we all know, everything is bigger and better in Texas. Sitting in the window seat of a passenger jet out of Houston, Texas, was a 7 foot 2 inch tall professional basketball player wearing a white stetson cowboy hat. Sitting next to him was a much shorter man, approximately 5 foot 8 inches tall. The Texan decided to introduce himself. Howdy he says, My name is Brown, B-R-O-W-N and I'm from Texas. My mom and dad's name is Brown, B-R-O-W-N and they're from Texas too. I'm a star basketball player from the top of my head right to the tip of my toes and my name is Brown, B-R-O-W-N ! Not to be outdone, the shorter fella replied, my name is Nelson, N-E-L-S-O-N and I'm from New Jersey. My mom and dad's name is Nelson, N-E-L-S-O-N and they're from Jersey too. Just like you, I'm a basketball player from the top of my head right to the tip of my toes, all except around my backside, and that's brown, B-R-O-W-N !!

Thought for the day--
Never iron a four leaf clover. You don't want to press your luck.

Two things are inevitable in life, death and taxes, however, you have to add shipping and handling.

I went on a shopping trip to buy camouflage pants but couldn't find any !

Why do they sterilize the needles for lethal injections?

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From Our Family To Yours

David Keirstead
Funeral Director

Salisbury Happenings
Continued from page 9

The Salisbury Helping Hands Inc. board would like to say THANK YOU! To the following for making the first fund raiser for the Salisbury Caring Centre/Food Bank a big success. It was a great time had by all. To Ben and Ed - da boys for the idea and recruiting a fantastic volunteer committee. Jessie (Jay) Goulding, Florence Goddard, Margaret Harriman, Mary Sommers,Valerie Skeffington, Mary Browns - Moncton, Sobeys - Vaughan Harvey Blvd, Moncton, Save Easy - Salisbury, Great Canadian Dollar Store - Salisbury, Wright's Bakery - Salisbury Silver Fox Restaurant/ Bakery - Salisbury, Norma Wilson, David Steeves, Barbara Brown-Hayter, Gambo, NL, Gary & Rosalind Anderson, Salisbury, Ossekeag Publishing - Sussex Herald, Hampton; Store Manager and Staff - CUPE Local # 963 ANBL Liquor Store - Salisbury, Joanne Nayak, Students at Salisbury Elementary School, Salisbury, Royal Canadian Legion - Salisbury, DJ Gordon, Gladys Morris, Charlie Bungay - Bungay Sales & Marketing, Riverview, Pizza Mill - Salisbury, Marjorie Bentley, Candars Art By Fire - Salisbury Salisbury Home Hardware, Salisbury, Salisbury Electronics, Salisbury , New 2U Quality Used Clothing, Salisbury, NB If we have forgotten someone, PLEASE accept our deepest apologies. We THANK YOU ALL for your support and encouragement, SEE YOU NEXT YEAR

Salisbury Boys & Girls Club

May 5 Outdoor games Ages 5-7 6:30-7:30
May 6 Outdoor games Ages 12-15 6:30- 8:00
May 7 Outdoor games Ages 8-11 6,30-7:30
May 12 Outdoor games Ages 5-7 6:30-7:30
May 13 Outdoor games Ages 12-15 6:30- 8:00
May 14 Outdoor games Ages 8-11 6;30-7:30
May 19 Closed
May 20 Outdoor games Ages 12-15 6:30- 8:00
*May 21 Outdoor games Ages 5-11 6:30-7:30
*May 26 Camp Fire Ages 5-11 6:30-8:00
May 27 Camp Fire Ages 12-15 6:30-8:30
Weather Permitting
If it is raining on any of these nights we will be indoors.
There is a $25.00 Yearly Membership fee.
Please call Krista @ 372-5873 to register.

SALISBURY PUBLIC LIBRARY EVENTS

Afternoon Movie - Friday May 2nd2:00 - 3:45 pm. Free popcorn! Contact the library for the movie title. Free Comic Book Day - Saturday May 3rd- Visit the library to choose from our selection of free comics. All ages welcome. LEGO at the Library - Saturday May 3rdbetween 2:00-3:00 p.m. Ages 6 and up. Bring your friends and family to build with LEGO and put your creations on display in the library. Welcome To Kindergarten Bag Day - Saturday May 10th10:30-11:30 a.m. Children starting kindergarten in the fall are invited to bring their Welcome to Kindergarten Bag to the library for a special event. There will be stories, games and crafts that are fun for the whole family. Younger and older children are welcome to join in as well. We'll have extra supplies if your bag if missing a few items. The Booklovers Reading Club for adults will discuss We Need To Talk About Kevin by Lionel Shriver on May 14that 6:15 pm. Crafting Circle - Wednesday May 21stfrom 6:30 -8:00 p.m. Bring your current craft project and join fellow knitters and crafters for inspiration and tips. All skill levels are welcome. Children's Author Philippa Dowding will visit the library on Thursday May 29that 10:30 am as part of the Hackmatack Author Tour. Story Time - Fridays at 10am. A 30-minute program of stories, songs, and literacy-building activities for ages 2-5.
These programs are offered free of charge. For more information call the library at 372-3240. The library is located at 3215 Main Street in Salisbury. Library Hours: Tuesdays, Thursdays, Fridays, Saturdays 10am-12pm & 1-5pm, and Wednesdays 1-5pm & 6-8pm

Taekwondo students from around the Maritimes joined in a friendship tournament at JMA Armstrong High School. The tournament hosts were Master Shelly Colpitts (Salisbury) and Master Burton Murray (Petitcodiac/Sussex) along with their students. They would like to thank all those that participated and volunteered to make the event the success it was. Above picture is the Salisbury club taken by Gary Ward

Doctor column continued from page 7

these drugs increase the density of the hard outer cortical bone, but do little to strengthen the internal trabecular bone of the spine, hips and wrist. So I believe it makes good sense to first try natural remedies to treat osteopenia.

Abraham Lincoln remarked that God gave us our two best doctors, "our left leg and right leg". Walking is one of the best and safest forms of exercise, putting pressure on bones and increasing their strength. Proof that it works is the fact that anyone who loses an arm develops larger, stronger bones in the other arm.

It's important to obtain a sufficient amount of calcium in the diet or by calcium supplements. But most people only get 600 milligrams (mg) daily when they need 1,000 to 1,500 mg. Vitamin D is also required for the efficient absorption of calcium and it's penetration into bones. Most people receive 600 international units (IU) of D when they need 3,000 IU.

Vitamin K2 has been linked to osteoblasts which produce a protein called osteocalcin, a protein like glue that incorporates calcium into bone, decreasing the risk of osteopenia.

Professor T.D. Spector, a noted English researcher, reports that low dose choline-stabilized orthosilic acid (ch-OSA) plays a major role in building strong bones by depositing calcium and phosphate into bone. It also triggers collagen formation that strengthens brittle nails and reduces hair loss. Collagen, like the mortar between bricks, binds cells together giving skin increased strength, more elasticity and fewer wrinkles.

BioSil is a natural dietary supplement that contains choline-stabilized orthosilic acid, the only form of silicon that is biologically active and absorbed by the body. BioSil is so potent that one bottle of it equals the amount of orthosilic acid in 600 liters of mineral water.

BioSil can be taken as either drops or capsules. The usual dose for bone strength is 6 drops per day either in juice or water or one capsule daily. For brittle nails and hair loss an additional 6 drops a day or 2 capsules daily. BioSil is available at most health food stores, but should not be used by pregnant or nursing mothers.

Since osteoporosis affects so many people, I don't propose that they toss prescription drugs that treat this disease into the garbage can. Rather, I emphasize that doctors may be reaching for medication too often, when natural means might suffice just as well, without side effects.

See the web site www.docgiff.com For comments info@docgiff.com

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