A Relay for Life

By Alicia Silliker, Media Chair, St.FX Relay for Life

75 years ago, The Canadian Cancer Society was created in order to provide support and fund research for those who are suffering from all types of cancer. One of their many projects, the Relay for Life, began at St. Francis Xavier University 9 years ago, and is continuing this year on Friday, March 15th, 2013.

The co-chair of this event, Jane McTague, has seen the personal effects of this event, as she is a cancer survivor herself.

At the age of 12, Jane was diagnosed with acute lymphoblastic leukemia. This cancer is most common during childhood, and occurs when white blood cells multiply excessively in bone marrow.

Jane went through two and a half years of treatment and concluded with her final treatment in June of 2006. On top of this, Jane also underwent radiation when she was first diagnosed.

Now that Jane is cancer-free, she is honored to not only be able to participate in the Relay for Life here at St. FX, but to co-chair the entire event. Along with a handful of dedicated students, Jane has been planning the 2013 event, which has a goal to raise $70,000. If this goal is reached, the St. FX Relay for Life will have raised a total of over $1 million since it’s beginning 9 years ago.

For those of who are not familiar with the event, it is a 12-hour night filled with activities and celebration. Teams of around 10 people are formed prior to the event, and they each fundraise on their own. This year, St.FX has filled their capacity of 42 teams and 420 total participants.

The night of the event, we tally up the total fundraisings and celebrate the hard work and dedication that these teams have put in, as well as the volunteers that make the entire event possible.

Most importantly, we celebrate the survivors like Jane who faced cancer and beat it, and remember those who fought but were ultimately defeated by the disease.

Of course we cannot celebrate the lives of those who are survivors, without their friends and family members. If you are interested in stopping by, you are more than welcome. The event officially begins at 7pm and it will be held in the Oland Centre on campus at St.FX. We would love it if you could sit and enjoy the entertainment, as well as take part in our luminary ceremony, which is a very moving event for all of those who have lost a loved one or knows someone who has had cancer.

Not only do these events help survivors like Jane, but also they help our future generations by providing awareness and research that will become available to them as the Canadian Cancer Society continues to do their work.

If you would like to get involved in our Relay through volunteering or donating, please visit our Facebook page www.facebook.com/pages/StFX-Relay-For-Life or contact our co-chairs Donald at x2009hka@stfx.ca and Jane at x2009iyt@stfx.ca.

Together, we invite you to Celebrate, Remember, and Fight back with us!
YOUR WEEKLY HOROSCOPE

Aquarius (Jan 20-Feb 18)
The week may tempt you to try and improve on something that has worked perfectly so far. Do not tamper with perfection and resist the urge to interfere.

Pisces (Feb 19-Mar 20)
Although you may not realize it, you are surrounded by friends who are there to help if only you will admit you need them. Open your heart and let them in.

Aries (Mar 21-Apr 19)
Creativity is your strong point this week but you run the risk of being too single minded in your pursuit of it. Balance creativity and work or risk burning out.

Taurus (Apr 20-May 20)
Trying to avoid a situation that has followed you around for weeks will ultimately be fruitless. Succeed or fail, you must confront it and put it to rest.

Gemini (May 21-Jun 20)
Possessions may seem more important than ever as you struggle with work problems. Stop focusing on objects and center on tasks that you can achieve.

Cancer (Jun 21-Jul 22)
There is absolutely no benefit to hiding from a situation and hoping it resolves itself this week. Stop avoiding it and resolve it once and for all when it arises.

Leo (Jul 23-Aug 22)
It’s far too easy to fantasize on outcomes - step out of your imagination and take baby steps to achieve your goal. Some action is better than no action.

Virgo (Aug 23-Sep 22)
You may find yourself adrift this week and having trouble focusing. Try helping someone less fortunate then yourself as a catalyst for kindling your drive again.

Libra (Sep 23-Oct 22)
Situations may conspire to give you all the tools you need to excel at work but ultimately it is your drive that will make things happen.

Scorpio (Oct 23-Nov 21)
Offers may be coming your way this week - each opposed to the other. Your choice may seem overwhelming but realize that it is not as critical as you think.

Sagittarius (Nov 22-Dec 21)
Pride can be crippling, especially when it prevents you from acting on good advice from friends or family. Set it aside and do what’s best for you and your loved ones.

Capricorn (Dec 22-Jan 19)
The more motion in your life this week the better. You don’t have to travel far or wide, simply keep moving and new friends and experiences will come your way.

Your Community Paper - The Highland Heart

We’d like to thank our many supporters in the business community for advertising in The Highland Heart. As a free paper, privately owned, our only source of revenue are the many advertisers you will find in each issue. Their support makes all of this possible and we invite our readers to likewise support these outstanding businesses and organizations. Stop by and let them know where you saw their ad! Thanks - and keep reading!

Crispin Cornect - Owner/Editor
Karen Kelzer - Content Manager

Karen joined Simply Ducky and started working on the Highland Heart, as Content Manager, in June of 2012. Karen works hard with local businesses and non-profits, helping bring their message to the paper each and every week. Karen also handles social media for The Highland Heart, keeping Antigonish residents up to date on local events and stories from the community.

Crispin is the owner of Simply Ducky, an Antigonish based Web Development company. In the fall of 2011, he saw the opportunity to give something back to the community he calls home by purchasing the Highland Heart. Owning the paper allows him to support local organizations and businesses by providing them a place to be heard and an economical place to advertise their activities and services.

The Highland Heart is printed on post-consumer materials. Please pass this paper on to someone else or recycle it when you are finished.

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A Sleeping Giant

The Keppoch is deeply embedded in the collective memory of Nova Scotians from Halifax to Cape Breton for the family oriented events, the on hill barbecues, the annual Keppoch Kilted Ski Race, the Lullaby, Gulch, Rendezvous, Blotter, and Skyline trails. For more than 30 years school-children developed skills they carry with them as adults today, and today’s grandparents speak of taking toddlers up the T-bar between their skis. I remember doing just that with my kids and I remember warm spring days on the deck catching a tan while a student at St. F. X.

Economic issues, environmental warming, and changes in peoples interests led ultimately to closure as a ski facility in 1997. For 15 years it lay dormant like a sleeping giant. A volunteer group from the community has been successful in rescuing this resource from obscurity, casting it once again into the spotlight, and is currently developing more than 200 acres with 16 km of trail into a four season park, with all ages in mind, for the pursuit of all manner of outdoor active transportation activities including running, hiking, snowshoeing, x/c skiing, biking and snowboarding. Positive Action for Keppoch led by Greg Stewart of James River and a group of active locals has engaged the support of Town and County in a joint effort to get trails developed, rebuild a club-house for gathering and meeting, and is currently fund raising to advance the next major development with another 16 km of trail and enhancements to the clubhouse including meeting space, washrooms and kitchen. Nova Scotia Health and Wellness along with ACOA have provided significant funding in addition based on successful presentations outlining the Business model, strategic plan and long term vision.

The value of this development lies not only in stimulating family activity in a healthy outdoor venue, and not only in reviving and energizing our own natural resource, but it is the next important infrastructure addition to Northeastern Nova Scotia. Our vision of the project is to serve as an economic engine fueling growth in the population and the economy, and to draw further attention to the importance and value of conserving our forests and green space for today and for future generations.

Communities whose culture embodies the values of work / life balance, life-style over asset accumulation, cooperative spirit over competitive behaviors, and genuine concern for the needs of everyone, attract permanent residents whose skill sets and talents add to what already exist and enhance the ability of everyone to get the most out of life.

Economic models based on similar projects we have studied from around North America convinced us that we are on the right track and have the potential to draw a steady influx of visitors through all four seasons with summer to fall being the most valuable for cycling sports and winter into spring being a strong runner-up for snow sports. New business is already developing in our community based on the leadership demonstrated to date and the park is still under construction. New partners contact us weekly looking for opportunities to have events hosted in 2013 and it strengthens our commitment and resolve.

We see this as a compelling reason to jump on board and be a part of a strong energizing force determined to bring this hill back to life, drawing people from eastern Canada and the US to experience what we know to be highly valued by people everywhere - the need to get outside, be active, and experience life together with friends and family.

Our passion for this project is mirrored in the generous way in which people speak of our progress and have assisted us in our success to date.

We look forward to the continued support of our community to make this happen for everyone in Northeastern Nova Scotia.

Dr. John Chiasson, Vice-President, Positive Action for Keppoch

Letters To The Editor

Do you have something to say that you would like to share with the community?

Letters to the editor can be sent via email at info@thehighlandheart.ca and should be no more than 450 words in length. We are unable to print anonymous letters and your submission must include your first initial, family name and location.

Age: 56
Favourite Food: BBQ Steak
Pet Peeve: Leafs Losing
Favourite TV Show: NCIS
Hobbies: Curling and golf

Phil has been living in Guysborough with his wife Nancy since 2000. They have six children and four beautiful grandchildren. Phil retired from his career with the Department of Natural Resources after working many years in Dartmouth, Ottawa and Guysborough.

Phil loves to golf in the summer and curl and watch the Maple Leafs in the winter. He is currently the vice president of the Chedabucto Curling Club in Guysborough.

Phil O'Regan
At Naomi Society, we know that family and intimate partner violence is impacting our communities. Naomi Society is here to provide fee and confidential support for individuals who experience family and intimate partner violence.

(902) 863-3807
info@naomisociety.ca 133 Church St. Unit 2, Antigonish
Member Organization of Transition House Association of Nova Scotia

Across
1. Watch chains
5. Decorated anew
10. Prettify the Christmas gifts
14. Neutral tone
15. Dish out
16. Move, in a real estate ad
17. Prevailing influence
19. Robert of 'The Sopranos'
20. ___ Sketch: drawing toy
21. Like Mount St. Helens, now
23. Together, in a musical score
26. Jenna and Barbara, to Jeb
27. Best Supporting Actor, 1994
32. Bubbly beverage
33. Vex incessantly
34. Opinion pieces
38. Helper, in brief
42. Destroyed, as the dragon
43. Design
45. Al of the Indians
47. Record label
48. 1999 Jim Carrey film
51. Gaudy trinket
55. Mollified
58. Limerick or sonnet
62. Unmannerly person
63. Fast rhythm
66. One of the Gardeners
67. Twisty curves
68. Elec., for one
69. Poker variety with no draw
70. Coup--
71. Frisks

Down
1. Wife, legally
2. One ___ (form of baseball)
3. ___ - a - brac
4. Beach headgear
5. Alphabetic run
6. Suffix with musket or ballad
7. Three, in Dusseldorf
8. Man's name.
9. Not just ask
10. Reports
11. Survival
12. Advil competitor
13. Sweat sites
18. Hawkins of "Li'l Abner"
22. Giuseppe's good-bye
25. Matador charger
27. Address for a lady
28. By the same token
29. Musical marking
30. Burr who shot Hamilton
31. Bikini trials, briefly
35. Red 'Sesame Street' monster
36. Like some 1930s design, informally
37. Trumpeter, e.g.
39. Having trees
41. Classic pop
44. Roosevelt's dog
46. Mooie
49. Made a home in a tree
50. Join (with)
51. Newborns
52. To the left, to sailors
53. Western Samoan island
56. Celt
57. Mile or kilometer: Abbr.
59. "Lovely" meter maid
60. Struck
61. Skinny swimmers
64. Black-eyed item
65. Utah Beach vessel

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**Sudoku**

Fill in each square so the numbers one through nine appear only once in each row, column and three by three box. Solution at bottom of this page. No cheating!

```
5  7  4
2  1  5  3  9
4  2  3
6  1  7  2
9  8  4  3
6
3  2  4  9
7
8  5  2
```

**Cryptogram**

A cryptogram is a phrase or quote that has been encrypted by simple letter substitution. You solve the cryptogram with a trial and error process, guessing the letters that have been replaced. One final rule - a letter can never be substituted with itself.

```
```

**Solution to cryptogram on this page:**

```
UKPOY XJD ZFEJ  STUW  KJE.
```

— Bill Cosby

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The Blood on the Mirror
By Aevan MacDonald, Grade 8

Last week, I stayed over at my friend Susan’s house for the night. We had a good time, watching scary movies and eating popcorn. I never imagined my life would take a frightening twist and start playing out like one of those movies.

It all started with me forgetting my phone at Susan’s house. I realized only when I got home that I had forgotten it, but by then it was too late because I had hockey practice. That night, I returned to her house to get it. Susan’s mom greeted me at the door.

“Hi Aevan, did you come to get your phone?” she said, “I put it on Susan’s dresser. She’s sleeping right now but you can just go into her room to get it. Make sure you don’t wake her up!”

“Thanks Mrs. MacIsaac,” I said while walking up the stairs.

I slipped into Susan’s room while opening the door as little as possible, as only to let a sliver of light in, then I shut the door behind me. The room was pitch black; I couldn’t even make out the shapes of the furniture through the inky darkness. I felt around on her dresser until I found my phone, then I exited the room. The next morning I decided to go for a bike ride. My route took me down Susan’s street, but as I was approaching her house, I saw that there were about a dozen police cars and ambulances parked around her house. There were lights flashing, sirens wailing and police moving frantically around the scene like ants on an anthill. The whole yard was outlined with bright yellow caution tape, as not to let any unwanted bystanders onto the scene.

The next thing I saw were Susan’s parents crying on the lawn. I dropped my bike and ran towards the house. I could feel the panic welling up inside of me, becoming more defined with every step, and when I reached the house I could practically taste it.

I ran up to Susan’s parents.

“What’s wrong?” I asked Susan’s mother, but she just started crying even harder.

“Susan was murdered last night,” answered Susan’s father, and then he led his wife away towards one of the ambulances.

A police officer approached me and politely asked me to leave the crime scene.

“But I’m her friend,” I said, “I was here last night.”

He looked at me sympathetically for a minute, and then he said, “In that case, I’m going to have to show you something.”

He led me into the house and up the stairs. Every step felt like an eternity, I was dreading entering the room. When we reached the room, we walked in and he gestured to the mirror hanging above her dresser. On the mirror, written in blood were the words, “Aren’t you glad you didn’t turn on the lights?”

The Meadow
By Makaylah Farrell, Grade 7

“It will be okay, we will find our way home,” I said almost crying to my palomino horse, Cee Kay as I steered him through the dark, creepy forest.

It was raining heavily and I could hear the thunder from miles away. It all started about 5 minutes ago, when my horse and I had been trotting along the path that led to home because it was getting dark. When all of a sudden, we both heard a very loud, eerie scream that sounded like someone was dying in pain. Cee Kay got so afraid he started galloping around like a crazy maniac. I didn’t know where he was going because he had galloped off the path and now we were deep in the forest.

Suddenly he had gone into a dead halt into a meadow that was filled with nothing but long grass and the smell of gasoline filled the air. I couldn’t see anything because it was pitch black out so me and Cee Kay and just stood there with the rain pounding heavily on us. Then we heard the same noise again, this time it seemed closer to us. Cee Kay jerked for a minute and then just stood quietly in the same spot as before with his head raised as high as it could go with his ears were perked up.

“I see anyone there,” I asked shivering in fear.

5 minutes had gone by, and there wasn’t a sound to be heard but just as I decided to continue trying to find my way home we had heard the noise again but this time it was way closer then before. Suddenly, at the other end of the meadow stood a dark shadow that had a figure that looked like no ordinary person I have ever seen.

It started walking toward us then after taking a couple steps it just disappeared. I started hearing whispers in my ear and yells of fright at the other end of the meadow. Suddenly, Cee Kay let out a loud neigh of fright and started rearing and all of a sudden I was on the wet, muddy ground. I looked around and Cee Kay was nowhere to be found, He must of run off into the forest somewhere. At this point I was alone, in a meadow that was really giving me the creeps. I started to cry as hard as I could, but then I heard a noise I never heard that night, one that I couldn’t describe but the first thought I had was to get out of here. I started to get up and by the time I had gotten on my knees I noticed there was someone standing in front of me.

I looked up and I saw that this was no ordinary person... It had big, creepy, doll like eyes, a long nose that made him look like Pinocchio and a mouth that was stitched shut. I started panicking and my eyes began to fill with tears of fright then the creature had reached down in his pocket...
and putting out a long, sharp, bloody knife. At this point all I could do was stay silent and hope for the best, but then the creature bent down and whispered to me.

“Hello Makaylah, we have been waiting for you here.”

Then the last thing a saw was the sharp, metal blade being swung toward me.

**THE NEW HOUSE**

*By Hannah Bance, Grade 7*

I can’t believe we are moving again. It just seems like we moved here a couple of days ago and now I will have to start over just when I started liking this place and making friends. This is probably the seventh time we moved since the beginning of the school year because of my dad’s job, but I lost count!

I actually sort of liked this town and school for a change, but when I heard that we were moving to a place called Antigonish, Nova-Scotia; to be honest I didn’t even know it existed. I was dread- ing having to make new friends and go to a new school.

Eventually moving day came; I was not looking forward to this day. After I said goodbye to my friends, we hit the road right away with no stops along the way. The car ride seemed like days but we finally arrived in Antigonish hours later of extreme boredom with only my 4 year old sister for com-

That night I went to bed rather late after everyone else in my family. I couldn’t fall asleep. Then, I saw it! I sat up in my bad and saw a strange shadow on my wall from outside of a young lady carrying a knife. I was scared so I got up and checked in my family’s rooms to see if they were alright. My parents were still there sound asleep but my sister wasn’t! I started to panic! All of a sudden, I heard a loud screeching scream coming from the barn outside and I knew right away that was my sisters’. I hurried outside to find her strapped to a table and a lady pointing a knife at her little neck. Before I could stop myself, I yelled ‘STOP’ and the lady turned around and headed towards me.

Then, I realized my sister was wearing something around her neck that seemed like a necklace of some sort. I asked her what it was but the lady interrupted and said it was hers. I told my sister to give it to her because I knew somehow that it belonged to that young lady. I took it off my sister’s neck and placed it in the lady’s hand; surprised that it didn’t go right through. Later I discovered, the necklace was a gift from the lady’s husband. The story the boy told me at school was different. The lady ghost needed that necklace real bad. I never figured out why though. Maybe she loved her husband after all!

Boy, am I going to have a story to tell at school tomorrow.

(A Selection of Horror Stories by Students at St. Andrew’s Junior School)
Just For Kids!
(or for the kid in all of us)

Maze - Can you find your way?

Word Search - Can you find the words?

G L R R W H C A N I P S C
Z L K E T P P O T A O T
N B B B W Y I O N O I N O
H R R M F O N N H O A P C
A M O U K E L S S L T E
S N C C E O I F P R B L L
A M C U G D H G I L A C E
E S O C A A G L E L A P R
P Q L R B E I T R R U T Y
P U I I B B T P R A E A D
L A L F A U B O B E B U C
N S Q S C B T U B R S I K
J H J E R R U T A B A G A

BEET
BROCCOLI
CABBAGE
CARROT
CAULIFLOWER
CELERY
CORN
CUCUMBER
EggPLANT
KohLRABI
LETTUCE
ONION
Parsnip
PEAS
POTATO
RADISH
RUTABAGA
SPINACH
SQUASH
Preparing for the Future: Starting a RRSP

By Jamie MacDonald, Sunlife Financial

It’s a cold January day in the small northeastern community. The afternoon sun envelops the young couple as they hustle along the snow covered sidewalk. Their long shadows race ahead of them as they enter the front door of the rustic brick building. Eric Fraser and his wife Sasha have been here before and once again seek advice on investing. Yes, its RRSP season, and the time has come to meet with Wanda, their financial advisor.

Wanda greets the Frasers as they enter her office on the ground floor. Eric, 29, has been working as a highschool guidance counsellor for the last 2 yrs. Although he is contributing to a pension plan at work Eric feels he should be doing more. His wife Sasha, 26, works as a massage therapist for the last 3 yrs at a health clinic which offers no pension. As they settle into their chairs, Wanda begins by asking the couple about their plans for the future.

Eric scratches his head and with a rather perplexed look on his face and asks “Where do we start?” He looks at Sasha and with an anxious tone continues “We’ve gotten advice from our friends and family, but it’s all over the place. We want to buy a house, raise a family and start saving for the future. There’s just so much to think about...it’s confusing” Eric remarks.

“Okay, let’s take one step at a time.” the advisor intervenes. “You have some big plans and it sounds exciting. Let’s get some information first before we go any further” Wanda learns that Eric and Sasha have been married for 2 yrs and have a modest family income. Eric paid off his student loans last year and Sasha has some Canada Savings Bonds through her payroll deductions. They are renting a small apartment close to Eric’s school but they want to buy their first house before long.

“Have you considered starting a RRSP?” Wanda asks

“Maybe. Not sure...how’s that work?” Eric stumbles to answer the question.

Wanda replies “RRSP stands for Registered Retirement Savings Plan and gives you a tax deduction for every contribution you make. The idea is to let the fund grow within a tax-sheltered investment and delay the payment of taxes until retirement. This makes sense when the RRSP contributor’s marginal tax rate is lower in retirement than during their working years.”

“One that!” Sasha jumps in “...but it’s hard to know how much to invest.

“For a number of people, the hardest part about saving is getting started.” Wanda points out “Start with what you can afford, review it periodically and add to it as you get comfortable with the payments. You can start an individual RRSP through most financial institutions and have an automatic deduction setup from your bank account.”

“Okay, okay......” blurs Eric. “Let’s say we can afford $100 a month. Where does that get us? We also have about $2000 in savings that we can throw in”

To help in her explanation, Wanda creates an illustration for the couple. Based on a conservative rate of return of 5%, their investments could grow to over $40,000 by age 50 and close to $120,000 by 65.

“Now we’re talking...” Eric smiles. “but what’s the best for us? I heard that RRSPs are not right for everyone?”

“Right,” Wanda replies “RRSPs may not be the most suitable option for some individuals, especially those that receive an employer’s pension plan at retirement. As in your case, it may be advantageous to setup what is called a Spousal RRSP. This allows you, as the higher income earner, to receive the tax deductions on contribution to a spouse’s RRSP for Sasha. The idea is for Sasha, who has no pension, to draw on the RRSP in retirement under a lower tax bracket.”

“That’s good to know, but what about a down payment for a house. Is there an option to use our RRSP funds for that?” Eric enquires.

“Yes you can.” Wanda answers “The Home Buyers Plan allows first time homebuyers to withdraw up to $25,000 tax-free from your RRSP to buy or build a qualifying home. Keep in mind, Canada Revenue Agency (CRA) places certain limitations on both RRSP contributions and withdrawals, but I will go over those regulations with you later.”

“Oh boy. The government just has to get involved” Eric mumbles.

Wanda comforts Eric further by adding “Yes there are regulations, but you can make them work in your favour. Used properly, your RRSP can grow tax free; your contributions can create a tax deduction, and certain amounts of your funds can be used as a down payment towards your first home.”

“Sign me up!” Eric says. “Great, let’s get started.” Wanda concludes.

Individuals in this article are fictional. The writer, Jamie MacDonald, is an advisor located in Antigonish, Nova Scotia and has been providing financial advice to his clients for over eight years. To contact Jamie for more about the issues discussed in this article call (902) 735-3011 or visit his website www.sunlife.ca/jamie.macdonald

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Keppoch Information Session
Public meeting about updates to the sustainable infrastructure with the development / expansion of Keppoch Mountain as a year round outdoor activity venue.
Claymore Inn, February 20th 630pm

Provincial Energy Plan Session
Antigonish Chamber of Commerce & the Province of Nova Scotia will hold an Information session on the province’s energy plan Thursday, Feb 21st at 3pm, People’s Place Library. Please RSVP to:
contact@antigonishchamber.com

Pomquet Seniors Pancake Breakfast
Saturday, February 16th from 9am - 11am
At the Pomquet Seniors Building
Seniors are welcome to come down and enjoy a traditional pancake breakfast with friends old and new.

We are pleased to announce the beginning of our new real estate section in the Highland Heart. For pricing and availability please email us at info@thehighlandheart.ca.

Rob Lutes House Concert
Touring from Montreal with Rob MacDonald to play at 98 Church St.
March 2nd - 8:00pm - $15/$5 for students
Parking available in front of house
For more information, call 430-0861

Benefit Dinner & Silent Auction
Sunday, Feb 17th @ 5pm The Tall and Small Café. 18 month old Elijah Delorey, son of Shane and Andre-Anne Delorey, has been diagnosed with severe Cerebral Palsy. More details at: https://www.facebook.com/events/130468867120932

Playoffs Heatherton vs. County
This Sunday (the 17th) between 7-830am At the James Street Arena the Antigonish Rural League Playoff between Heatherton and The County! Contact Bud for more information 863-1469

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Business Focus: High Spirits Aesthetics

By Karen Keizer, The Highland Heart

The Highland Heart is delighted to bring you a look at a new or unique business located right here in Antigonish. Not only is it important to support local businesses by shopping local, it’s also very practical with so many wonderful shops and services available.

New business owner, Amanda MacIsaac, has been working as an aesthetician for thirteen years. After graduating with her diploma in 2000 she decided to move to Halifax to gain some experience before returning to this area. She has spent eleven years back in Antigonish working hard and building a clientele. She made St. Andrews her home, where she lives with her husband Ryan and their two boys.

In the fall of 2012 Amanda opened her own business offering a wide array of services including electrolysis, waxing, lash and brow tinting, hand and feet treatments, facials and make up applications.

Amanda specializes in electrolysis which is a permanent way of hair removal. When comparing it to laser treatments Amanda says electrolysis is a great alternative, and it works great on all hair types, including the more coarse dark and grey hairs.

As far as the skincare goes Amanda is proud to carry the dermatologist recommended brand, Dermalogical. This exclusive line comes from California and boasts pure ingredients, free of lanolin, mineral oils, alcohol, and artificial coloring making it perfect for all skin types. This line is not completely scent free but is very mild so it is rare for there to be issue regarding smell.

Brides can book appointments for their wedding day makeup well in advance. Amanda says she is already taking bookings for this summer. She is please to be using a mineral based makeup called Young Blood which works great to help create long lasting looks from dramatic to natural.

Amanda enjoys her profession because of her love of people and the variety it provides. She believes having clients come to you needing to relax and to be able to provide them with an hour or more completely stress free is a great gift. Amanda says, “It is just wonderful to be able to do that for someone with the busy lives we lead today.” She hopes all her clients leave her treatments in High Spirits.

October 15th, 2012
70 West Street, Suite 3 (behind the Sears building)
Amanda MacIsaac
(902) 735-3444
www.thehighspirits.com
Mon, Tues, Thurs and Fri 8:30am – 4:30pm, Wed 10am – 8pm, Sat – By Appointment
**Seafood Pasta**

- 8 oz scallops
- 1 med onion, chopped
- 1 small bell pepper, chopped
- 1 clove garlic, minced
- 2 Tbsp olive oil
- 2 16 oz cans diced tomatoes
- 1 tsp oregano
- salt and pepper to taste
- 1 lb angel hair pasta, cooked

In skillet, combine oil, onion, pepper and garlic. Sauté. Add tomatoes and oregano, salt/pepper. Boil for 1 min. Reduce heat and cook for 10 minutes.

Add scallops and simmer for 3 minutes.

Serve over pasta. Top with Parmesan cheese.

You can add lobster too!

Submitted by Frances MacEachern (via www.thehighlandheart.ca)