

Celebrate your child's **BirthDay!** with us! **BOWLARAMA.ca**

BOWLARAMA HALIFAX • 3459 DESMOND AVE. | BOWLARAMA SPRYFIELD • 16 DENTITH RD. | BOWLARAMA DARTMOUTH • 31 ATLANTIC ST.

Parent-Child Guide

FREE December 2018/January 2019 Vol. 24 - No. 5 Est. 1995 **FREE**

BRIGHTER FUTURES BEGIN HERE

All Ages. All Grades. All Subjects. Enrol Today!



Bedford 902.700.6489 Halifax 902.701.9254 oxfordlearning.com



Why Yoga?

Too young for Braces?

211 is here to help you help others this holiday season

Image: iStock Photo

See Senior Living Care pg 12-13 & Health & Wellness pg 15-17

MacPhee Ford – HRM's Longest Certified Partner



FORD CERTIFIED PRE-OWNED
Authorized Ford Motor Company

BENEFITS OF BUYING FORD CERTIFIED PRE-OWNED VEHICLES

- Interest rates as low as 2.9%
- 172 Point Inspection
- Extended warranty coverage
- Roadside Assistance
- Full tank of fuel, fresh oil and filter, new wiper blades at delivery



MacPhee Ford

www.macpheeford.com

902-434-7700

580 Portland St. Dartmouth

THE REDESIGNED 2018 JEEP COMPASS 4X4



Stock# 18CP9317

STARTING FROM
***\$29,997**

OR CHOOSE 0% FINANCING FOR 48 MONTHS

2018 JEEP COMPASS SPORT 4x4

EQUIPPED WITH

- 5.0" Touch Screen
- Back Up Camera
- Heated Seats
- Heated Wheel
- Remote Start
- 16" Alum. Wheels
- Bluetooth Wireless
- Sirius Sat. Radio



61 ATHORPE DRIVE, DARTMOUTH, NS
(902) 469-9050 ddodge.com

*Price excludes freight, taxes and fees OAC. All rebates to dealer. Vehicle displayed stock #18CP9317.





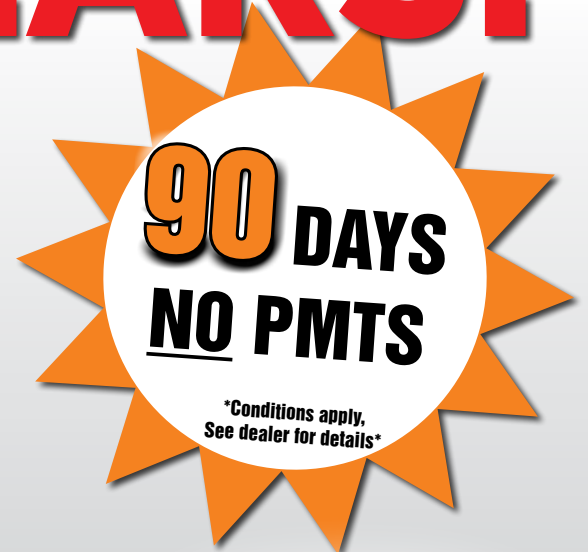
YOU WON'T BELIEVE
THE CITY MAZDA
YOU CAN AFFORD

2672 Robie St. Halifax NS - B3K4N8
902-453-4115 | Citymazda.com

Family Owned & Operated for **OVER 30 YEARS!**



Do you know someone who is in the market for a new vehicle? Send them our way, if they purchase, we will give you \$100!



2018 Mazda6



2019 CX-5



2019 CX-9

Standard Features on All Models:

- **5** Year Unlimited Mileage Warranty
- Smart City Braking

- Skyactiv - Engine
- G-Vectoring Control
- Bluetooth

- Cruise Control
- Rear View Back Up Camera

COMING SOON!
THE NEW ERA MAZDA3



Home of the 5 Year Unlimited Mileage Warranty!



Independently Owned & Operated

2672 Robie Street, Halifax (902) 453-4115

www.citymazda.com

INSIDE

4 **Why Yoga?**
By Ginny Sweet, Yoga teacher at Enigma

9-11 **Fun Places To Go**

12-13 **Senior Living Care**

14 **Christmas Around The World**
Submitted by The Growing Place

14 **Deck the Halls with Ease**
By Holly Gouthro, Interior Consultant,
DWD Interiors

15-17 **Health & Wellness**

15 **Too young for Braces?**
By Dr. Sarah Davidson DDS, MSc (Ortho)
FRCD (C), Halifax Orthodontic Specialist
Group

15 **Latest dietary recommendation for
infant, children, adolescents**
Submitted by Pinnacle Dental Specialists

17-21 **Education**

17 **Why You Should Consider A
Multi-level Classroom?**
by Pamela Streeter, Executive Director at
Birch Hills Academy

18 **Set a Goal to Eliminate Bad School
Habits**
Submitted by Oxford Learning

19 **Success Traits and Learning
Disabilities**

By Angela E. Rudderham, Bridgeway
Academy

20 **The Benefits Of The Early French
Immersion Program**

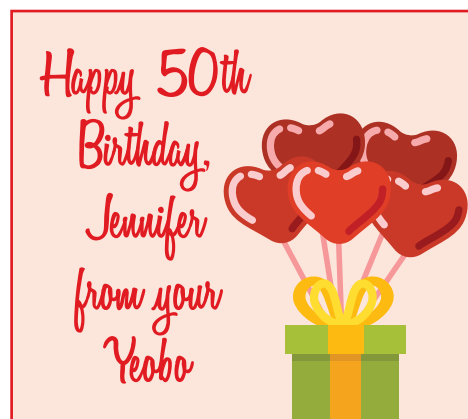
Submitted by Canadian Parents for French,
Nova Scotia

22 **Craft Corner - Art of Embroidery**

By Jenny Joan Larisey, Craft Consultant for
Maritime Hobbies & Crafts

22 **211 is here to help you help others
this holiday season**

Suzy Teubner - Director of
Communications & Outreach for
211 Nova Scotia



Parent-Child GUIDE

94 Bayview Rd., Halifax, N.S. B3M 1N9 Business Line: 902-209-4461
The Parent-Child Guide newspaper is published by Rockwell Publishing Incorporated, Halifax

We are Metro's Oldest Free Family Newspaper established in 1995.
parentchild@ns.sympatico.ca

NEXT PARENT-CHILD GUIDE Will Be Our SPRING EDITION,
with **HRM's MARCH BREAK & SUMMER CAMP Guide**
also including Fun Places to Go, Health and Wellness, Seniors' Living Care, and More!

Printing on February 15, 2019, running to April 16, 2019

Advertising Deadline February 1, 2019

ROBERT ROCKWELL Owner/Publisher Cell 902-209-4461

Jennifer Park, General Manager 902-209-4461

Peter Coleman, Senior Account Executive

Design & layout: TC Transcontinental Printing Halifax

www.parentchildguide.ca

Why Yoga?

By Ginny Sweet, Yoga teacher at Enigma

We have all heard the benefits about yoga and how it can improve our lives but what does that really look like? And are these claims real? I am going to share with you the power yoga has to help you on your journey.

Yoga is a practice as old as time dating back to the dawn of civilization. Yoga's origin date back to before the time of religions or beliefs systems. The word yoga is derived from the Sanskrit root *Yuj* meaning to join or unite. The overall history of yoga has been told by many different sources with conflicting information the main theme I would like you to take away from this is that yoga is a practice that is accessible to everyone and can offer some very positive health benefits both for your physical health and mental health.

1. Increased flexibility - In developing a yoga practice one of the first things people notice is increased flexibility. This doesn't mean you can flip over backwards this is more talking about overall movements in your body. You will begin to notice that when practicing yoga your poses will become less challenging and you will be able to hold the pose longer. This also leads to stretching your muscle's in all areas of your body lowering your risk of injury.

2. Improved respiration and heart health - Practicing yoga helps build cardiovascular health by increasing lung capacity and can help with overall heart health. By becoming aware of our breath which is a common practice in yoga we increase our oxygen saturation in our blood, this leads to greater endurance and

improved energy levels.

3. Maintain a balanced Metabolism - Yoga is a great way to increase your metabolism no matter the acidity increasing movement will increase the metabolic rate by improving digestion and circulation. Yoga is an all-encompassing practice that helps to improve and maintain your metabolism.

4. Emotional health benefits - Yoga increases body awareness. One of the biggest parts of yoga is being aware of your body and how a pose feels. In classes teachers draw your attention to your body. This is to help you notice sensations both good and challenging in your body. It also allows you to see how a pose feels for you. By practicing yoga on a weekly basis you are also practicing self-care allowing yourself to have time to just be in the moment. These skills also begin to show up in other ar-

reas of our lives as well. By becoming more centered in the moment we are more prepared to deal with challenging situations.

With all the health benefits we all still find it hard to get to the studio it can be scary and intimidation to start something new. First start by finding a class that fits your needs do research into both the location and teacher to find out if they will meet your needs. You want to begin this journey in a location you're comfortable with. If you have concerns call and chat with the teacher get to know what the classes are like and talk to former students. Yoga is for everyone and can be done by anyone with a desire to learn it's just finding the right fit.

For more information go to www.carolshirley.ca or phone 902-495-3181, and we are located at 255 Lacewood Drive, Suite 301, Halifax.



Physical, Emotional & Mental Health Studio Inc.

Carol M. Shirley

Principle / Registered Psychologist
info@carolshirley.ca
www.carolshirley.ca

301-255 Lacewood Drive
Halifax NS B3M 4G2
p: (902) 495-3181
f: (902) 495-3182

The Keating
Group of Companies



GREGORY JOHN KEATING
CHAIRMAN

190 Victoria Road, Suite 201,
Dartmouth, Nova Scotia, Canada B3A 1W2
T: 902.469.9587
F: 902.482.3763

Proud Supporter of
the Parent-Child Guide

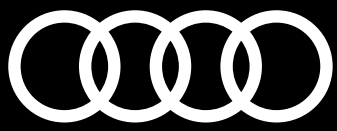
DUGGERS

BE PREPARED THIS WINTER, NO MATTER THE OCCASION

HAPPY HOLIDAYS
&
HAPPY NEW YEAR



FROM ALL OF
US AT
DUGGERS



Don't just evolve, lead.

Experience the Audi Q7 with innovative safety features, like available Traffic Jam Assist.



Audi Canada
2017 President's Club
Winner

AudiHalifax

6077 Columbus Street, Halifax, NS B3K 0E9
Tel. (902) 982 3038 www.audihalifax.com

Audi Vorsprung durch Technik

To All Our Constituents & Friends Seasons Greetings & Best Wishes For The New Year

An Update from Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

It seems like just a couple of weeks ago that we were visiting the beaches across the riding in scorching temperatures. Yet, December is here, and we've already had our first snowfall of the season. As we wrap up the last weeks in Ottawa for the year, I've been reflecting on some of the great times we experienced together throughout 2018. From participating in Canada Day festivities and other local events, to hosting community barbecues and showing off our famous hospitality to cabinet ministers when they visit the riding. And of course, my favourite memories are of meeting as many of you as I could on these occasions and when visiting local businesses. There are so many great moments to choose from. I'm looking forward to seeing you again in 2019!

CHRISTMAS MESSAGE

With the turning of the last page on the calendar, most of us will be gearing up in preparation for the holiday season. It's a time when we can easily get lost in the hustle and bustle, buying and wrapping gifts, decorating and baking, etc. We might not be as aware of those in our community who are struggling with the season and could use a friendly hand. Maybe it's a family dealing with financial hardship (and too proud to ask for help) that could use an anonymous donation or be surprised with new toys or clothes for their children.

Also, let's not forget that some of our neighbours may be struggling with what seems like unbearable stress. If you know of someone in need of help—or if you ever need help—please jot down this information so it is right at hand:

Mental Health Crisis Line
1-888-429-8167 (toll free)

Available 24 hours
a day, seven days a
week.

After a year of sitting in the House of Commons listening to politicians bickering, I look forward to the Christmas break and more pleasant exchanges of peaceful wishes between people. It doesn't matter what the seasonal greeting is, there is one reply that suits them all.

If someone wishes you, "Merry Christmas!" and you're not Christian— "Joyeux Noël!" and you're not Francophone— "Happy Hanukkah!" and you're not Jewish— "Happy Kwanzaa!" and you're not African-Canadian—or "Happy Holidays!" and you are religious; the reply that works for me is, "Thanks! Same to you!" Let's all look past the words used by person so we can appreciate the good intention of the seasonal wish.

My wife and I are looking forward to the first Christmas for our new grand-daughter, Emma Ruth, who will be just over one month old (and yes, she is adorable!), as well as spending time with friends and family. From my family to yours, and on behalf of all Members of Parliament, we wish you a happy and healthy holiday season, and look forward to seeing you in the New Year!



Visit me online at:
Website: dsamson.liberal.ca
Facebook: www.facebook.com/darrellsamsonliberal
Twitter: @darrellsamson
Email: darrell.samson@parl.gc.ca



FREE Will Planning Seminar

- Why should everyone have a *will*?
- What is *probate* and how can I avoid it?
- What are the *duties* and *risks* for an executor?
- What *taxes* are owed by an estate?
- What is a *living* trust?



with
Ron MacQuarrie

39 years in the Financial Services industry and in past worked in Estate Administration for a major Bank and Trust Company

For dates, times and locations of upcoming
Free Will Planning Seminars, please call me at

902-444-3199

The seminar will include free information booklets, and will be conducted in less than an hour. You are more than welcome to bring a friend along with you. I look forward to seeing you there! *It is a general-information seminar only. No products or services are being sold.*



DARREN FISHER
Member of Parliament for Dartmouth-Cole Harbour

**We wish you a warm
and bright holiday season!**

82 Tacoma Dr, Suite 200 Tel: 902-462-6453
Dartmouth NS B2W3E5 Darren.Fisher@parl.gc.ca

Tim Halman
Member of the Legislative Assembly | Dartmouth East

902.469.7353 | timhalmanmla@gmail.com

73 Tacoma Drive, Suite 204
Dartmouth, NS B2W 3E7

Tony Ince
MLA Cole Harbour-Portland Valley

The gift of love, the gift of peace, the gift of happiness... May these be yours this Holiday Season.

1081 Cole Harbour Rd. #6, Dartmouth, NS B2V1E8
tonyince@tonyincemla.ca

902-406-3288
mlatonyince.ca

To All Our Constituents & Friends Seasons Greetings & Best Wishes For The New Year

A Message from Hon. Patricia Arab MLA, Fairview-Clayton Park

"Fairview-Clayton Park is the most diverse community east of Montreal; a fact we should all take great pride in. As your MLA, I see our diversity as a catalyst for growth and development in our flourishing community. During the holiday season, it is even more apparent with so many different traditions, foods, and celebrations happening in every corner of our amazing community.

This year, please take the time to enjoy the strength of our diversi-

ty by celebrating with neighbours of different cultures and traditions. So, this holiday season invite those unfamiliar with your traditions to experience your joy and take a moment to experience theirs. Every time I am fortunate enough to attend a new cultural celebration I arrive to welcoming smiles and open arms and I'm sure you will too.

We often hear "Diversity is our strength" from both Premier McNeil and Prime Minister Trudeau and leaders across Can-

ada. Never forget that here in Fairview-Clayton Park we live this truth every day."

*Hon. Patricia Arab MLA
Fairview-Clayton Park
Constituency Office
3845 Joseph Howe Drive,
Suite 203 Halifax, Nova
Scotia B3L 4H9
T: (902) 329-8683
E: info@patriciaarab.ca*

Hon. Patricia ARAB
MLA FAIRVIEW-CLAYTON PARK
3845 Joseph Howe Drive
Suite 203 Halifax NS, B3L 4H9
(902) 329-8683
info@patriciaarab.ca
www.patriciaarab.ca
@patriciaarab
@patriciaarabfcp

SUSAN LEBLANC
MLA Dartmouth North
Get in touch! 902.463.6670 susanleblancMLA@bellaliant.com
260 Wyse Road, Suite 102, Dartmouth, NS, B3A 1N3



Bill HORNE MLA
WAVERLEY
FALL RIVER
BEAVER BANK
Constituency Office
1265 Fall River Rd., Suite 101
Fall River, NS B2T 1E6
902-576-3411
BillHorneMLA@gmail.com
www.billhorne.ca

ANDY FILLMORE
Halifax MP
@andyfillmorehfx / 902.426.8691 / andy.fillmore@parl.gc.ca

Labi Kousoulis
MLA, Halifax Citadel-Sable Island
Constituency Office
Halifax Professional Centre
5991 Spring Garden Rd. Suite 365
Halifax NS B3H 1Y6
t.902.444.8200 | f.902.444.8222
www.labimla.ca | labi@labimla.ca

A Message from Rafah Di Costanzo MLA, Clayton Park West

Season's Greetings, Clayton Park West. As we kick-off holiday festivities, I would like to invite you and your family to my last MLA event of 2018.

I would like to wish you and your loved ones a happy and safe holiday season. This is our time to reflect on the year past and look onward to our aspirations for the future. I wish you nothing but great health and success in 2019.

Please join me for an Open House at my new constituency office location:

Date: Friday, December 14th
Time: 3 p.m. to 5 p.m.
Location: 397 Bedford Highway, Suite 201.

Come mix and mingle with fellow community members and enjoy the complimentary tea and sweets.

As you know, my door is always open. If you have any questions or con-

Seasons Greetings and Happy New Year
Rafah Di Costanzo
MLA - CLAYTON PARK WEST
397 Bedford Hwy. Suite 201
Halifax, NS B3M 2L3
(902) 443-8318
Rafah@RafahDiCostanzo.com
@RafahDiCostanzo

cerns, please do not hesitate to contact my office at 902-443-8318 or Rafah@RafahDiCostanzo.com.

Warmest Wishes,
Rafah Di Costanzo
MLA Clayton Park West





The Management & Staff of
KAISER'S SUB & SANDWICH SHOPPES
extend their sincerest wishes for a

*Merry and Joyous Christmas and a
Happy & Prosperous New Year*

to all their customers in
HRM and Nova Scotia.
Thank You for Your Continued Patronage.
It is Very Much Appreciated.

KAISER'S (902) 865-6389
799 Sackville Drive
Lower Sackville, NS

NOTHING ELSE IS SWISS



1866-439-0-439
swisschalet.com

358 Lacewood Dr. Halifax (902) 443-5198
3434 Kempt Rd., Halifax (902) 454-4226
Bedford Place Mall, Bedford (902) 835-7974
16 Foulis Row, Dartmouth Crossing (902) 468-0125



CHATER MEAT MARKET

Serving Halifax and Dartmouth since 1969
We specialize in Freezer Orders

Monday, Tuesday, Wednesday 8:30am-6:00pm
Thursday 8:30am-7:00pm
Friday 8:30am-7:30pm
Saturday 8:30am-6:00pm
Sunday - CLOSED -

250 Wyse Road
Dartmouth, NS B3A 1N2
902-464-4777

SPECIAL OFFER

Fresh Chicken Wing
Only \$2.99 lb.

Fresh Chicken Leg Quarter
Only \$1.39 lb.

Fresh Medium Ground Beef
Only \$2.79 lb.

Sirloin Steak
Only \$6.99 lb.

Special Offer expires February 15th, 2019. * While Supplies Last

www.chatermeatmarket.com



CHATER MEAT MARKET

**Double and Triple
Grade A Beef Only**

MARCH BREAK CAMP

Artech Camps – keeping creative and inquisitive minds active all year long!

Did you know that keeping a child's brain fit is just as important as keeping physically fit?

Specialty camps like technology, art and music camps interspersed with traditional or sports camps can give your child the optimal balance for nurturing a healthy, active mind and body.

Artech campers get a chance to explore and create with technology. Artistic expression takes on new

forms with computer animation, 3D modeling and designing video games. They gain new perspectives and skills, all the while learning new ways to express themselves.

Campers get a backstage view of animation productions, as they take ideas from concept to script to the big screen! It is the same with creating and designing video games. They design and draw original characters and monsters and strategize game play!

Unique to Artech Camps is the infusion of art activities with STEM learning: inspiring creative problem solving and promoting digital literacy. Kids 7 through teen years benefit from our one-to-seven instructor to camper ratio—each child receives quality instruction time.

During March Break three different camp programs will be offered at the NSCC Institute of Technology on Leeds Street. Register before the



Mariana Mejia animating on the computer

end of January 2019 for a March Break or summer camp and save \$25 off of each camp! Limited space available!

More information and registration is available on the Artech website at www.artechcamps.com. Or call at 902-579-3317—we are always happy to answer any questions you may have!

"Inquiring young minds don't take a break!"



Oscar Arab Drawing Characters for a Space themed film

Inquiring young minds don't take a break!

Game Design

Character Design
3d Modelling
Animation
Unity3d
Minecraft
Roblox

WWW.ARTEHCAMPS.COM 902-579-3317

artech camps

FUN

Places To Go!

CENTENNIAL ARENA
27 Vimy Ave., Halifax

- Ice Rental 24 Hrs. a Day
- After 5 pm to 8 am, **Call 430-8221**
- Multi Purpose Room Available to Rent for Your Functions
- Senior Skating Tuesday to Friday 10 am to 12 noon
Monday 12 Noon to 1:30 pm

For Further Information, Please Call 490-4926
Book Ice Online centennialarena.ca

A LIVE ESCAPE ROOM EXPERIENCE
60 minutes and the clock is ticking...

MIND HACK ROOM ESCAPE
2 LOCATIONS
Dartmouth | Hammonds Plains

Book Your Holiday Staff Event Now!

BOOK YOUR ADVENTURE MINDHACKESCAPE.COM OR CALL 902-809-4225

Open Year Round **ROSS FARM**
A LIVING HERITAGE FARM
A PART OF THE NOVA SCOTIA MUSEUM
Every Day a New Experience

Winter Wed to Sun 9:30 to 4:30
Google Ross Farm Museum
Join us During our March Break Program March 16th to 24th

NOVA SCOTIA




Explore. Discover. Learn.



naturalhistory.novascotia.ca

1747 Summer Street, Halifax, Nova Scotia

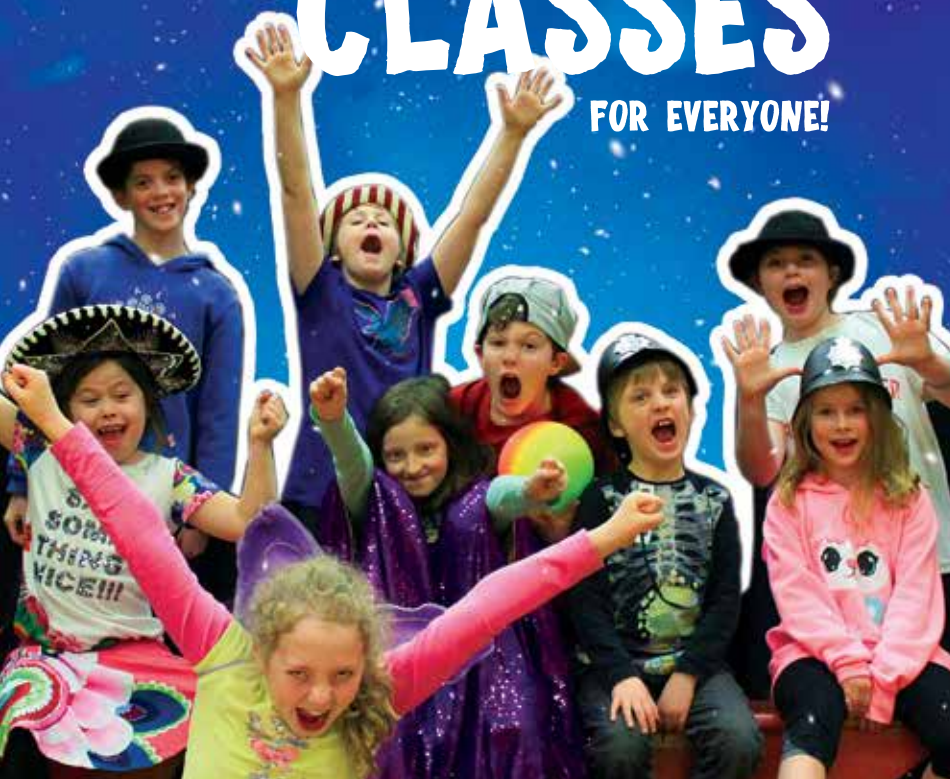




REGISTER TODAY AT
NEPTUNETHEATRE.COM/HAVEFUN

CAMPS & CLASSES

FOR EVERYONE!




Sackville Sports Stadium
now has online registration.



It's as easy as R-E-C!




halifax.ca/myREC
902.490.6666









GOLFZON

World No.1 Golf Simulator!

Regular Rate	Early Bird Rate
\$35/hr (Tax Included)	\$25/hr (Tax Included)
10 Hour Pack \$299 (Tax Included)	

Group Rates *Minimum booking of 4 hours required

8 people (2 Rooms, \$30/hr)	Total \$240	SAVE \$40
12 people (3 Rooms, \$27/hr)	Total \$330	SAVE \$90
16 people (4 Rooms, \$25/hr)	Total \$400	SAVE \$160

PRIVATE GOLF TOURNAMENTS
PRIVATE LESSONS
PRIVATE PARTY BOOKINGS
Starting from \$500 for renting the entire store for up to 4 ~ 5 hours on weekday evenings.

HEAT UP YOUR GAME WHEN IT'S COLD OUTSIDE!

- MENS NIGHT
- FOOD & BEVERAGE SERVICE
- PARTY AND GROUP FUNCTION
- BOOK A TEE TIME

   <p>GOLFZON HALIFAX 3200 Kempt Road, Halifax Tel: (902) 455-0044</p>	<p>GOLFZON SACKVILLE 512 Sackville Dr, Lower Sackville Tel: (902) 869-3031</p>
--	---

Senior Living Care

Why Parkland at the Lakes ...the lifestyle you deserve with the care you may need

Submitted by SHANNEX Parkland At The Lakes

When it comes to making the transition to a retirement living facility, it's important to make an informed decision based on your needs of today as well as make a plan for future needs as they may arise. **Parkland at the Lakes on Baker Drive in Dartmouth** offers a **Continuum of Service** that can address all of your current personal needs while offering additional support at your doorstep should you require it over time. All of this can be

enjoyed in an environment that's comfortable, welcoming and full of possibilities.

The **Hospitality & Wellness** service line, is designed to free up more time for busy lifestyles. In this tier of service, Parkland's staff will take care of common household tasks such as laundry and linen service, housekeeping as well as healthy meal options in beautiful dining rooms. This also includes support with Parkland's Wellness Coaches, who are on-site

to help you stay active and get the most out of daily living. 24-hour emergency response is available as well.

Assisted Living services are ideal for people who need a little extra help with life's day-to-day demands. Residents have access to personal care and medication management, a recreational program and three meals a day prepared by on site chefs. With 24-hour access to health care professionals, Parkland residents are free to pursue an active life.

The **Memory Care** program has been specially designed for people living with Alzheimer's or other forms of dementia. Residents who make their home in Memory Care will have 24-hour staff support to help with daily activities, as well as three healthy meals a day and a recreational calendar that can address any specialized needs. All of these services can be enjoyed from the privacy and comfort of your own fully-appointed suite.

For those needing around-the-clock nursing care, the **Enriched Care** services are ideal. With an emergency response system in every fully-furnished suite and easy access to transfers and lifts, the Enriched Care service is all about peace of mind. Enriched Care also includes three daily meals customized to your unique dietary needs as well as a recreational program geared towards your interests and ability.

For more information on Parkland at the Lakes in Dartmouth contact Lifestyle Consultants:

Mary Ann Bunker
902 407 0778
mbunker@shannex.com

Jane Beeton
902 404 4161
jbeeton@shannex.com

Come and enjoy a complimentary lunch and tour to explore exactly what Parkland at the Lakes has to offer.

The Upside of Change and a New Lease on Life

Submitted by The Berkeley

Without question, change can be difficult and overwhelming. It is a transition that includes modifications to present circumstances and, as creatures of habit, most of us like familiarity and regular routines. We like to know where we belong, what role we play and how we fit in. But, what if change was for the best and it would improve health, happiness and overall satisfaction with life?

It is no surprise that moving from a family home of many years is not a simple task. After decades in the same home, seniors are often left with a house full of

belongings and memories. The task of cleaning out a full house and downsizing can be daunting. As for memories, they are portable, and you can never have too many. It is the recounting and sharing of your history that keeps those memories alive. They live on in those who remember and share them, not in the homes or places where they happened.

Change is part of life and, as some might say, a change is as good as a rest. Despite a general resistance to change, it is often necessary and can bring with it positive energy and revitalization. In the case of seniors



who are living at home alone, this change from their home to a retirement residence - better known

as their new home - is also a new lease on life. Retirement living enhances one's ability to be independent,

enjoying life in the company of others who share the same interests. It allows for opportunities to make new friends and possibly reconnect with old ones, while enjoying an array of activities and programs. It is a place where new memories can be made while old ones are shared.

Being at home alone does not offer seniors opportunities for regular social engagement and isolation can lead to mental, emotional and physical health issues. Seniors who move to a retirement residence enjoy a multitude of social activities giving them a greater sense of satisfac-

tion and happiness. Eating nutritious meals leads to improved health, especially when coupled with having access to onsite health care professionals and nursing services. Ultimately, these benefits of retirement living, along with the absence of household maintenance and chores, eliminate stress, providing peace of mind for residents and their families. Seniors who have made the move will tell you the benefits far outweigh the drawbacks of change.

For more information and to book a tour, please visit theberkeley.com or call (902) 802-0346.

Happy Holidays!

Wishing everyone the very best this holiday season!

The Berkeley believes in enjoying life to the fullest! Visit our website to see all the wonderful seasonal activities we have planned. We offer everything from holiday craft and bake sales to festive entertainment by community groups, school bands and choirs, not to mention our special holiday meals and teas. Come for a tour and get in the holiday spirit with us!

For more information and to book a tour, check out our website at theberkeley.com.



The Berkeley

[/TheBerkeleyNS](https://www.facebook.com/TheBerkeleyNS)
www.theberkeley.com



AON
BEST EMPLOYER
2018-2019



Stay close to home and the warmth of family this winter.

This winter, escape to the exceptional warmth of Parkland, from our friendly staff to your own cozy and modern suite. Leave the work and worry of winter behind. Ask about our TRIAL STAYS.



Experience Parkland

See what Parkland Retirement Living has to offer.

Book your **COMPLIMENTARY** Lunch and Tour today!



Living
your best
life.



Parkland at the Lakes • 82 Baker Drive, Dartmouth
Contact Jane Beeton at 902.404.4161 or jbeeton@shannex.com



Parkland at the Lakes - Phase 2 • 122 Baker Drive, Dartmouth
Contact Mary Ann Bunker at 902.407.0778 or mbunker@shannex.com

ParklandRetirementLiving.com



Christmas Around The World

Submitted by The Growing Place

Christmas is a tradition that is celebrated all around the world. With the holiday season, all traditions are different. In Canada, we celebrate Christmas in various ways as there are many different cultural backgrounds that live here.

Many Canadians open their gifts on Christmas Eve, while some will only open one present or just their stocking. We celebrate by having a Santa Claus parade, baking Christmas goodies, spending time with loved ones, and sending our biggest fir tree to Boston which is decorated and lit during a ceremony, and much, much more.

In Hong Kong, Chinese Christians celebrate by having church services. They buy and send Christmas cards, or they make them themselves to send to loved ones. They also have a tradition called Winterfest, which is a party that involves shops, theme parks and other various attractions.

Christmas in Nigeria is a family event where lots of their family members gather to celebrate

and have fun. Many families will throw a party which will last all night on Christmas Eve. Presents are exchanged between family members and some families will dress their children in their new clothes to visit Santa Claus.

Christmas in Greece is celebrated by children, especially the boys by going out to sing Christmas Carols. Instead of the traditional turkey for dinner, they will have either pork or lamb with spinach and cheese pie. People in Greece will go to a midnight mass, after the mass they will end their advent quickly.

With all the traditions around the world that come with Christmas, the most important part is spending time with your loved ones. Have a great time baking the goodies with your children. Enjoy a church service with your family, have an amazing meal, and have a wonderful holiday.

For more information please visit our website at www.thegrowingplace.ca

The Growing Place
Early Education Centre

thegrowingplace.ca

902-433-0727



HOME *Decor*


Deck the Halls with Ease

By Holly Gouthro, Interior Consultant, DWD Interiors

We're already into the holiday season, but don't worry if you haven't got your house decked out yet in festive fun, I have some tips to get through this crazy time of year with ease.

When starting to get organized for your holiday décor, I find it best to choose what type of décor you want to have, whether it is traditional red and green or go for something more fun and modern like blush and navy decorations. With this in mind it makes it a lot easier when buying decorations to know what you're looking for.

When placing decoration, you want to have people gravitate to-

 dwd DOUCET-WATTS & DAVIS INTERIORS	2018 - CELEBRATING 25 YEARS
	1203 Hollis Street The Westin Building Halifax, Nova Scotia B3H 2P6 Tel 422-0963
www.dwdinteriors.com	

towards the finer details of your home, like a grand staircase or fireplace mantel. Keeping your décor to the areas you want people to focus on also helps to refrain you from over doing it, there's nothing worse than when there's too much going on and no one can focus on the details.

Use your family decorations in a new way to change things up,

display ornaments in a bowl or on a tray, that way you can breathe new life into them. Also don't be shy about using everyday item such as a beautiful vase that can become festive with a little something red or sparkling to adorn it.

When all else fails and you don't know where to start, keep it simple with fresh greenery with pops of silver



photo: pexels.com

and gold, nothing says Christmas more than that.

holly@dwdinteriors.com
www.dwdinteriors.com

1203 Hollis St
Halifax, NS
B3H 2P6
902-422-0963

"A child care centre specializing in maximizing children's abilities"



5217 Young Street, Halifax
Tel: 455-1081
Fax: 455-1081

weecare@ns.aliantzinc.ca

Health & Wellness

Latest dietary recommendation for infant, children, adolescents

Submitted by *Pinnacle Dental Specialists*



Dr. Negin Ghiabi

The causes of dental caries involve a combination of factors and include diet, bacteria, fluoride exposure and susceptible teeth.

Healthy eating pattern in-

clude a variety of vegetables, fruits, grain, fat free or low fat dairy, protein foods, oil with limited trans fat & saturated, low salt & sugar.

Human milk and cow milk less cariogenic. Children expose to breastfeeding up to age 12 months had reduced risk of caries. Children had breastfeeding more than 12 months had increase risk of caries. Breastfeeding more frequently and at night have increased caries risk.

100% juice have no es-

sential role in healthy diet for children and contribute to excessive calorie intake and increase the risk of dental caries. Recommended Juice should not introduce to infant before age one. From age 1-3 years old limited to 4 ounce per day; from 4-6 year old 4-6 ounce per day and from 7-18 year old 8 ounce per day. Not having juice at bedtime and no juice in containers that foster easy consumption such as sippy cup.

Frequent taking medication for chronic disease

and multivitamin as jelly or gummy associate with dental caries.

Reduce sugar to less than 10% of total energy per day; Sugar intake should be less than 5% for children 4-8 years old.

Large quantities of drinking soft drink such as soda and pop, fruit drink, sport drink energy drink, sweetened milk associate with increase dental caries. The Acids presented in carbonated beverages can have greater effect on erosion teeth.



Specialized
Dentistry for
Infants, Children
and Adolescents

NEW PATIENTS WELCOME

Low Dose Digital X-ray,
Sedation, Laughing Gas,
Modern Facilities, White Fillings



255 Lacewood Drive, Suite 307, Halifax
407-7377
www.pdsns.ca

*Did you know the first dental visit
for a child begins at age 1?*

Dr. Negin Ghiabi is a Board certified Pediatric Dentist. Her private practice, Pinnacle Dental Specialists, in Halifax limited to dentistry for infants, children and

adolescents. We welcome new patients as young as 1 year old. No referral is needed. For more information please call 902-407-7377.

Too young for Braces?

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C),
Halifax Orthodontic Specialist Group



Does it seem to you that children are wearing braces at a younger age than ever before? Are you concerned that if your child has braces too soon things will shift?

If these thoughts are in your head, you are not alone. Parents often have questions about the timing of treatment. Furthermore, today's parents remember a time when braces were typically at age 14-16 years. So why are braces now being recommended for younger children?

The simple reason is that children today are reaching puberty at earlier ages than they were even a decade ago. Early onset of puberty is well-documented in pediatric medical literature but it has its impact in dentistry as well. The reason that braces are often associated with the teen years, is that significant changes can occur during orthodontic treatment when it happens during the teenage growth spurt. Often, cases that would have been headed for a surgical correction can be re-directed so that they are treated with braces alone. For this reason, timing of treatment is critical as starting too late and missing the growth spurt can mean the difference of surgery versus no surgery.

So what about the long term stability of these early treatments? Universally, retainers are used to maintain a post-orthodontic result. The fact of the matter is that teeth that can be moved once can move again. Retainers are now often clear and long-term retention is at night only, so they are a very unobtrusive way to maintain the perfect smile that orthodontics achieves. In most cases, retainers are all that are needed to keep the bite just as is while the patient finishes growing through their teenage years. In special cases, growth patterns are atypical and parents will be educated on the fact that early treatment may not be enough to counteract the force of growth.

DIAMOND
INVISALIGN
PROVIDER
2018

KNOW THE FACTS?

- children should be seen by an Orthodontist by the age of 8 *
- no referral needed
- no interest/flexible payment plans
- free consultations for all ages

*as recommended by the Canadian Association of Orthodontists

Patient of The Brace Space

DR. SARAH DAVIDSON & DR. DAN STUART
902-455-7222

orthodontists
ORTHODONTIC SPECIALIST GROUP
DR. DAN STUART & DR. SARAH DAVIDSON
902-435-3723

Having an early orthodontic screening at age 8 and being followed by an Orthodontist is the best way to identify and monitor atypical growth patterns. It enables the Orthodontist to better predict timing of treatment and to minimize the chance that extractions of permanent teeth or surgery will be needed.

Although some dentists perform limited orthodontic work, an Orthodontist is a certified specialist who is a dentist first, who then completes a 3 year residency in Orthodontics following their dental training. The easiest way to verify if a dentist is an orthodontist is to ask if they are a member of the Canadian Association of Orthodontists.

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck) and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 902-455-7222.

ATLANTIC FUNERAL HOMES

771 Main St., Dartmouth
462-1434

6552 Bayers Rd., Halifax
453-1434

125 Sackville Dr., Lr. Sackville,
864-1434

atlanticdartmouthfh@arbormemorial.com

Health & Wellness

WALK IN MEDICAL CLINICS
with 6 locations



420-6060
One number for ALL 6 LOCATIONS

<i>Above Lawtons</i> 667 Sackville Dr. Lower Sackville	<i>Above Lawtons</i> 240 Baker Dr. Dartmouth
<i>Atlantic Superstore</i> 3601 Joseph Howe Dr. Halifax	4 Forest Hills Parkway Cole Harbour
<i>Professional Centre</i> 5991 Spring Garden Rd. Halifax	<i>Above Lawtons</i> 27 Peakview Way Bedford South

www.thefamilyfocus.ca



CARE TO JOIN US?
NOW HIRING

Home Support Workers • Continuing Care Assistants • Nurses

SERVICES WE OFFER
Pre/Post-Surgical Care • Physiotherapy
Personal and Respite Care • Meal Preparation

Contact us today at:
www.cbi.ca or Atlantic-HR@cbi.ca

1595 Bedford Highway, Suite 403
Bedford, NS, B4A 3Y4
902.454.2571







Offering In-Home Care Assistance such as Housekeeping, Meal Preparation, Companionship and Personal Care carried out by the caring staff of a locally owned company.



902-405-8331
homecare@scotiacaare.com www.scotiacaare.com

HOME WHERE HEALING BEGINS

Our fall prevention solutions will provide improvements to make you and your loved ones safe and secure. Harding Medical will help set up your home with the right equipment to help you avoid falls and maintain safe, independent living.

NEW!
Shop online with us
shop.hardingmedical.com







Viva Lift power recliners breakthrough technology. Power Lumbar for personalized ergonomic comfort. Full Width Power Headrest to lift head, neck and shoulders. Lithium Battery Back Up.

Standard fabric or leather upholstery with several colours to choose from.

Save \$50⁰⁰
when you purchase a Viva Lift power recliner

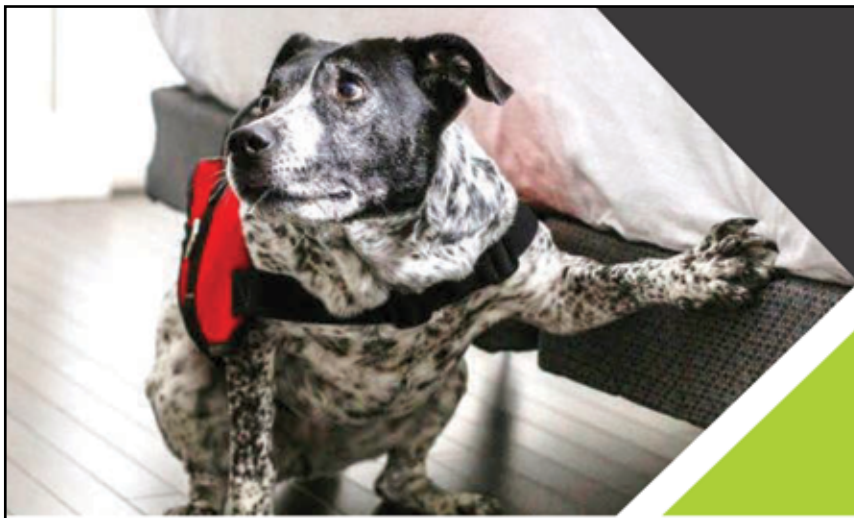
Bring this coupon to save \$50.00 on your purchase of any Viva Lift Power Recline chair. Coupon valid from December 14, 2018 to February 15, 2019.

Come visit us at
99 Susie Lake Crescent, Bayers Lake, Halifax
Phone 902.453.6900 or Toll Free at 1-800-565-1680
Hours of operation are Monday to Friday, 8:30 am to 5 pm
www.hardingmedical.com

Follow us:
Facebook/hardingmedical
Instagram/hardingmedical



SALES RENTALS SERVICE
FREE IN-HOME ASSESSMENT
Manual & Power Wheelchairs
Hospital Beds & Commodes
Walkers, Scooters, Stair Lifts
Porch Lifts, Lift Chairs, Accessible Vans
Home and Commercial Elevators



ATLANTIC CANADA'S BED BUG EXPERTS

GUARANTEED SOLUTIONS WHEN YOU NEED RESULTS.


BBD Thermal Remediation (Bed Bug Detectives) is a family owned and operated pest control business specializing in bed bug detection and thermal remediation services.

BED BUG DETECTIVES PIONEERED CANINE BED BUG DETECTION IN ATLANTIC CANADA IN 2009.

In addition to our canine detection and eco-friendly treatment options, we offer Thermal Remediation services (the use of heat to kill bed bugs). When eliminating bed bugs, Thermal Remediation is the safest, most effective, environmentally-friendly treatment method in the pest control industry.

THERMAL REMEDIATION HAS PROVEN TO BE IN THE ULTIMATE WEAPON IN THE WAR AGAINST BED BUGS!

Our services are 24 hours a day, 7 days a week - Contact us today for a free consultation!

 WWW.BEDBUGDETECTIVES.CA
 902-233-2848
  BEDBUGTHERMAL
  BBDTHERMAL



IDENTIFY | ERADICATE | EDUCATE

Education

Why You Should Consider A Multi-level Classroom?

by Pamela Streeter, Executive Director
at Birch Hills Academy

The purposeful multi-level classroom is founded on the precept that learning is a continuum rather than a series of steps. Students can learn at their own pace whether that be accelerated or not. A multi-level classroom is an approach and may or may not consist of a class of multi-aged students. In a multi-level classroom teachers support each individual learner based on their learning styles and place on the learning continuum.

The multi-level/age classroom allows for flexibility in grouping students according to need, ability, or interest, and not just by age. Older chil-

dren develop quality leadership and responsibility skills while younger children are stimulated intellectually by older children. Multi-level/age classes over a two year span allow students to experience both older and younger roles in the classroom. Students have a broader social experience with increased opportunities to lead and follow, to collaborate and to make stable peer relationships. A multi-aged classroom more realistically reflects groupings of people across the life span, from sports and leisure activities to work place environments. Researchers, such as Gaustad 1992a, have

found that, given the opportunity, children will select friends and group mates of a wide age range and interact with them more successfully than they do with peers in same age groups.

While research notes that the academic gains are not statistically significant between multi-age and single graded classrooms, it does reflect that multi-age students are more likely to have pos-

itive self-concepts, high self-esteem and good attitudes towards school (F. H. Eames; B. E. Ford). Research also notes that when older children teach information and skills to younger class-

mates, their academic performance and even IQ scores, dramatically improve.

In most schools today, by third grade, most class-

cont. on page 19



Every child is one of a kind.

Every child should have an education as unique as they are.

We understand that every child is unique with their own way of exploring and learning. We have been helping children unlock their potential for more than 25 years. We teach children according to their individual strengths and interests. And that is what creates true masterpieces.

For more information, please call our Founder, Pam Streeter at 832-6700. Visit our website at birchhillsacademy.com

Birch Hills Academy
The Power of Effective Learning

Open House
Saturday,
February 23,
2019,
2-4pm

Birch Hills Academy is an innovative, independent day school that emphasizes individualized teaching, from preschool to Grade 9.

Education

Set a Goal to Eliminate Bad School Habits

Submitted by Oxford Learning

Setting resolutions is a common way to begin the New Year. From healthier eating to exercising more, the New Year presents an opportunity for students of all ages to hit the re-start button in life, both in and out of school.

The New Year is a chance for students to evaluate their academics and get any needed help. This is the time for students to renew their school motivation and set academic goals to get back on track.

When setting goals we recommend that students follow the CAM rules: keep goals Clear, Achievable, and Measurable. Students should keep goals concrete, with milestones to mark improvement. For instance, a C-minus student shouldn't

set a goal of winning a math scholarship, but instead, set a goal of getting a C-plus by the next test and a B by the test after that.

Another great way that students can ensure they start the New Year off on the right foot is by eliminating bad school habits. We suggest that students resolve to include one or more of these habits in their New Year's resolutions:

1. Rise and Shine. By setting alarm clocks 10 minutes earlier, students can reduce the morning rush and alleviate stress.

2. Tune Out. By simply eliminating one half-hour of TV or computer screen time, students have more time to focus on schoolwork.

3. Be Prepared. Stu-

dents can check items off their to-do list by preparing for school the night before. Choose clothing, re-pack book bags, and prepare lunches at night to reduce the morning rush.

4. Get Organized. Agendas help students stay on track so that homework and assignments are not forgotten.

5. Stick to a Schedule. Hang wall calendars in a visible spot and be sure to write down all school assignments, extra curricular activities, and social engagements.

6. Hit the Sheets. A better night's sleep ensures that students are less sluggish more mentally alert during the school day.

7. Hit the Books. Extra curricular reading is

cont. on page 19

FOR BETTER FRENCH GRADES



YOU NEED OXFORD LEARNING

- ✓ Reading, Writing, and Grammar
- ✓ A Second Language Improves Possibilities
- ✓ Give Your Child a Competitive Edge
- ✓ Better Grades
- ✓ Catch Up and Stay Ahead

NOW ENROLLING!

OXFORD Since 1984
LEARNING

Pre-Prim to Grade 12 Reading Math Study Skills French ESL SAT/ACT Prep

oxfordlearning.com

Join the conversation!

Halifax 902.701.9254
6270 Quinpool Road
Halifax, NS B3L 1A3
halifax@oxfordlearning.com

Bedford 902.700.6489
203-540 Southgate Drive
Bedford, NS B4A 0B9
bedford@oxfordlearning.com

Learn French in Halifax

PART-TIME DAY AND EVENING CLASSES

Whether you are a beginner or an advanced learner, come to our Barrington street campus to learn French.

Classes run all year long.



10 weeks, 22.5 hours
\$200!

Free registration for health care professionals

FOR MORE INFORMATION
fls@usainteanne.ca
902-424-4344

Université
Sainte Anne
Campus de Halifax

Education

Success Traits and Learning Disabilities

By Angela E. Rudderham

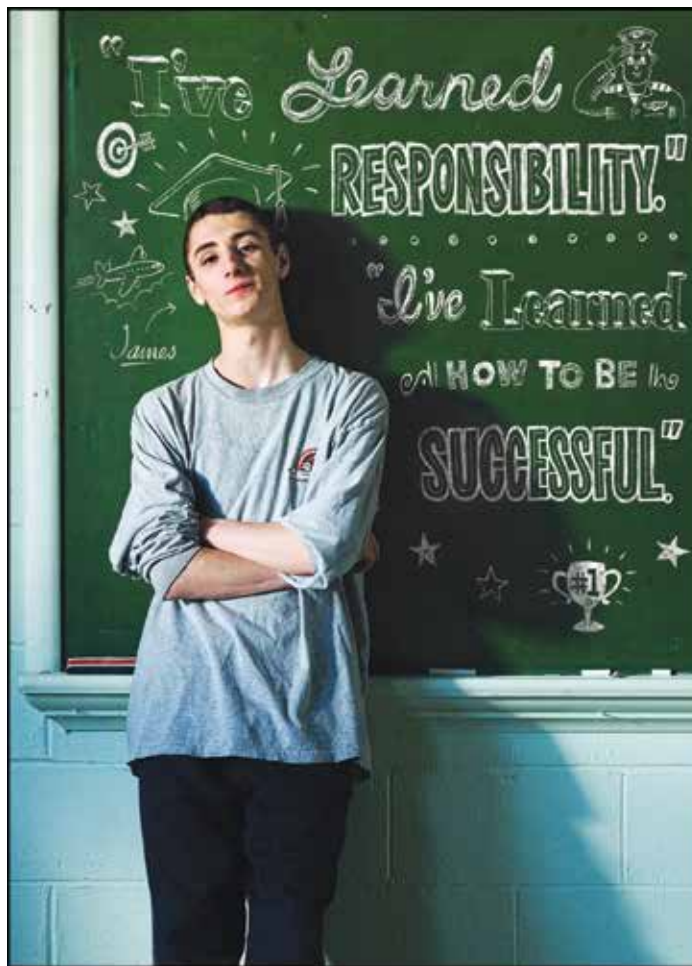
"Emotional intelligence and social skills may be a better predictor of future success than academics."—Goleman

Most children with learning disabilities will receive some support for their academic areas of need, however, most social skill deficits are seen as a disrespectful attitude or behaviours the child is choosing to present. Sadly this is not the case; social deficits are very real as many children with a learning disability or ADHD struggle to understand social rules, non-verbal cues, figurative language, perspective taking, emotional control, problem solving, self awareness and awareness of others. A typically developing child may learn these skills through others who model the correct behaviour. For a child with a learning disability more direct teaching of these skills may be required. If we ignore the need for teaching social skills and only focus on academics we are not teaching our children the skills they need to be truly successful.

There is a lot of research recently popping up that confirms common sense, we need social skills. This is a must in

order to be successful in our relationships, in higher education and in our careers. Having straight A's will not get you very far in life if you cannot handle stress or remain in control of your emotions, it will not help if you do not have enough self-awareness or awareness of others to be able to pass a job interview. If you work with others you need to problem solve and understand social rules. Even if someone found you a tiny space in a dimly lit basement to work with no other people around, what pleasure would life bring if you had no one to share it with or couldn't cope with everyday stress?

Robin Stern, Ph.D., from the NYU Child study center, is quoted saying... "A growing number of educators recognize that students who receive an exclusively academic education may be ill-equipped for future challenges, both as individuals and members of society -it's just not enough to feed only the mind. The field of social and emotional learning (SEL) has emerged from these new



understandings of the nature of biology, emotions and intelligence and their relation to success and happiness. Through social and emotional learning children's emotional intelligence (EQ) is bolstered, giving them an enormous edge in their personal and professional futures."

Over 20 years of research conducted by the Frostig Center in Pasadena, California and coordinated with studies by Dr. Marshall H. Raskind and Dr. Roberta J. Goldberg studied personal attributes and behavior as well as de-

mographic data to determine the best predictors of success at years 10 and 20. The results indicated what the researchers termed "success attributes" of self-awareness, pro-activity (decision-making, empowerment), perseverance (faces difficulties), goal setting, effective support systems, and emotional stability were more accurate predictors of success than background variables such as IQ and academic achievement.

Where does this leave the child with social deficits? We know childhood is a

struggle for those who have social deficits; we must address these deficits before it impedes their future success as well. It is not typical that these deficits will simply get better or improve on their own without intervention so it is time to get proactive. We need to start teaching the success attributes at home and at school. Look for social skill groups in your area; seek professional guidance on how to teach these skills. Books at your local bookstore that can provide excellent resources and direction for teaching

these important skills. An online search will reveal numerous websites on the topic as well. The information is out there for those who want to take an active role in helping to adequately prepare our children for future success.

To find out more about Bridgeway Academy's social skill evening, march break and summer programs go to www.bridgeway-academy.com or contact Angela at 902 465 4801.



TEACHING STUDENTS WITH LEARNING DISABILITIES THE WAY THEY LEARN.

DAY SCHOOL PROGRAM

Full-time grades P-12 for students with learning disabilities and/or ADHD

COMMUNITY OUTREACH PROGRAMS

Professional development workshops for educators and parents

Social skills programs

Tutoring

Locations in Dartmouth, Truro, Stellarton and Yarmouth

Bridgeway is a provincially designated school for students with learning disabilities. Students may be eligible for tuition support funding.

www.bridgeway-academy.com

Call 902-465-4800 for more information.

Set a Goal to Eliminate Bad School Habits
cont. from page 18

one of the best-known ways for students to build vocabulary and develop strong language skills.

8. Eat Right. Healthy eating habits keep the brain active all day. Avoid sugary treats and heavy meals, which can cause attention levels to crash.

9. Get Outside. Take in some fresh air and get the blood pumping with some exercise. Exercise has been shown to increase circulation to the brain.

When students start the New Year off by setting academic resolutions, and by eliminating bad habits, they set the tone

for success for the rest of the school year

For over 25 years, Oxford Learning has been helping students of all ages develop better school habits. Whether it is goal setting, reading comprehension, math skills, or homework help, Oxford Learning's programs helps students start the year off on the right foot.

For more information about goal setting or any of Oxford Learning's programs, contact Oxford Learning in Halifax at halifax@oxfordlearning.com or 902-701-9254 or in Bedford at bedford@oxfordlearning.com or 902-700-6489

Why You Should Consider A Multi-level Classroom?
cont. from page 17

room rosters will reveal a spread of 3 academic years not 12 months. Multi-age classes are not split classes—in a split class two grades are taught with no interaction between the two.

At Birch Hills Academy our differentiated instructional approach forms the framework for our multi-level classroom environments.

In an age where relevance is key to motivating students this differentiated approach is critical for academic engagement and success across students.

For more information call 832-6700.

Parent-Child Guide



DON'T MISS OUT
on our next edition featuring

MARCH BREAK/SUMMER CAMP GUIDE

also included: Fun Places To Go, Senior Living Care, Health & Wellness, Education and More!
Printing on February 15, 2019, running to April 16, 2019; Advertising Deadline February 1, 2019

For More Information Please Contact:
Robert Rockwell • 902-209-4461
parentchild@ns.sympatico.ca

Education

The Benefits of the Early French Immersion Program

Submitted by Canadian Parents for French, Nova Scotia



**CANADIAN
PARENTS
FOR FRENCH
NOVA SCOTIA**

Give your child the advantages that come with being bilingual

French Immersion registration in the HRCE opens on February 1, 2019

For more information on French-second-language programs, contact CPF Nova Scotia

8 Flamingo Drive, Halifax, Nova Scotia B3M 4N8
T 902-453-2048 | TF 1-877-CPF-5233
E cpf@ns.cpf.ca | W ns.cpf.ca



f cpf.ns | @CPFNovaScotia | [cpfnovascotia](https://www.youtube.com/channel/UCpfnovascotia) | [CPF Nova Scotia](https://www.youtube.com/channel/UCpfnovascotia) | #iSupportCPFNS

Give your child the advantages that come with being bilingual. Enrol your child in French Immersion.

Why not offer your child the advantages of Canada's world-renowned French Immersion programs? The advantages go beyond learning both of Canada's official languages. Being bilingual opens doors and produces excellent students and creative thinkers.

French Immersion Is Easy and for Everyone

Immersion students master French in the same way that they learned English. The process is natural because French is used as the language of instruction and as a means of communication in the classroom.

Students learning in French immersion are being taught the same curriculum as if they were in an English program. No special skills are required. Children with all types of academic ability can succeed in French immersion.

French Immersion Improves Your English

Learning subjects in French does not interfere with English language development. In fact, it improves it!

Research shows that learning a second language has a positive effect on first language achievement. Immersion students match and often exceed the English skills of other students by grade 4 or 5, even through they usually start reading and writing in French first.

French Fosters Excellent Students... Excellent Communicators

Students with two languages can focus more on meaning and pick out the most relevant points from information provided. They are better able to communicate their thoughts and express themselves and can answer open-ended questions more easily than those with only one language.

French Immersion Offers an Edge

Thousands of businesses and organizations in Canada operate in more than one language and the numbers are growing. In today's global economy, those

who are bilingual can choose from a wider range of national and international jobs that require employees with second language skills.

How You Can Help

The French Immersion program is designed for children of non-French speaking parents. Even if you don't speak French, you can still make your child's French language experience positive.

Be supportive and enthusiastic. Research shows that students whose parents have positive attitudes toward French do better in Immersion programs.

Help your child to use French outside of the classroom! Watch French TV and DVDs, borrow or buy French books, and choose activities in French like plays, courses and sport activities.

For more information on French Language programs, contact Canadian Parents for French! Canadian Parents for French founded forty years ago by parents for parents.



**Conseil scolaire
acadien provincial**



22 écoles à votre service

Le Conseil scolaire acadien provincial offre une éducation de qualité en français langue première de la maternelle à la 12e année. Inscrivez votre enfant dès aujourd'hui!

Renseignements : 1-888-533-2727 • www.csap.ca

Forty Years and Counting: Nimbus Publishing's Best Books of 2018

This year, Nimbus Publishing celebrated forty years as Atlantic Canada's largest and most celebrated independent publisher. Looking back it's been an incredible year, and we're so happy to have shared it with readers of all ages.

In spring, we travelled from 1950s Halifax (*A Halifax Time-Travelling Tune*) to the modern city streets (*Be A City Nature Detective*), journeyed across the sea with Cape Breton's first Scottish settlers (*Piper*) and found ourselves on nineteenth-century Sable Island (*Secrets of Sable Island*). We're thankful that reviewers and juries enjoyed these stories as much as we do. We are thrilled to congratulate White Pine Award nominee *Catching the Light* by Susan Sinnott, a lyrical novel that artfully explores what Lisa Moore called "two of the most vivid, richly realized characters you're likely to come across in a long while"; Moonbeam Award-winner *Be Prepared!: The Frankie MacDonald Guide to Life, the Weather, and Everything*; and the critically acclaimed *Everybody's Different on Everybody Street*, Sheree Fitch's rollicking, heartfelt poem about mental health awareness with bold and bright illustrations by Emma FitzGerald, which *Canadian*

Children's Book News called "a beautiful, important book with a message that will never cease to be relevant."

This fall has seen even more new adventures! So far, we've visited an Indigenous spiritual gathering (*The Gathering*) and learned to count in the Mi'kmaw language (*Counting in Mi'kmaw*), followed a famous Cape Breton giant as he travelled the world (*A Giant Man from a Tiny Town*), lived inside a Belgian convent (*Finding Grace*), helped grow a community garden and raise a community (*Hope Blooms*), and got to know our feathered friends, from blue jays to Atlantic puffins (*My First Book of Canadian Birds*). And this holiday season, we've got our fingers crossed that our letters to Santa, wishing for that most special gift, will be answered (*Santa Never Brings Me A Banjo*).

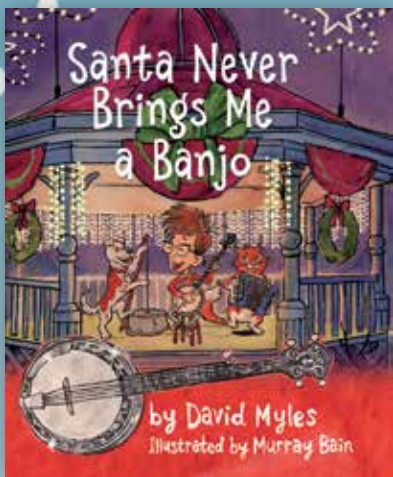
We hope you'll join us on our journey as we explore what the next forty years—and beyond—has in store. Thank you for your support, now and always.

Happy holidays,

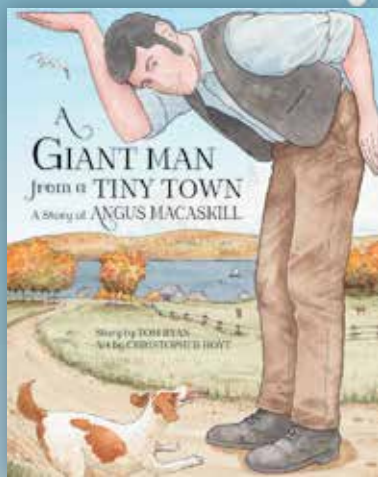
*Whitney Moran,
managing editor, Nimbus Publishing*

The Best of the Season from Nimbus

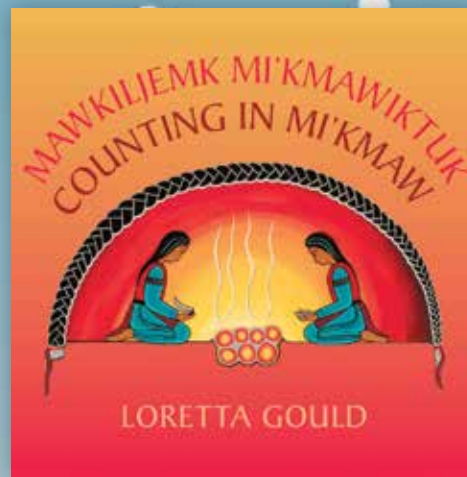
"This lovely illustrated hardcover book is the perfect way to introduce a child to birds."
- Birds Canada



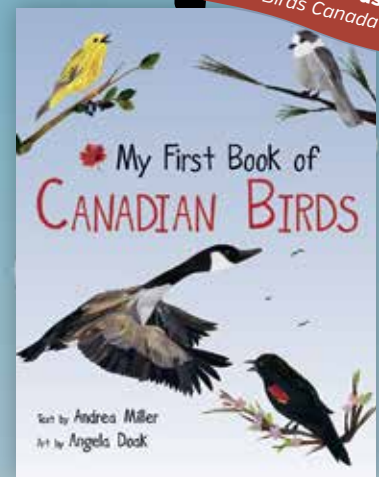
SANTA NEVER BRINGS ME A BANJO
BY DAVID MYLES
ART BY MURRAY BAIN
Picture book | 978-1-77108-627-1 | \$22.95



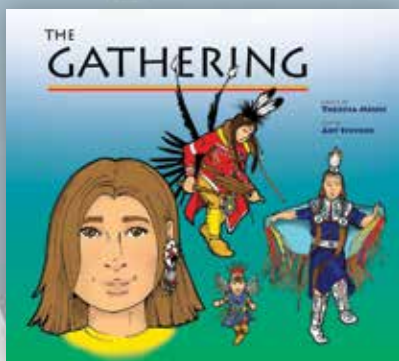
A GIANT MAN FROM A TINY TOWN
BY TOM RYAN
ART BY CHRISTOPHER HOYT
Picture Book | 978-1-77108-654-7 | \$22.95



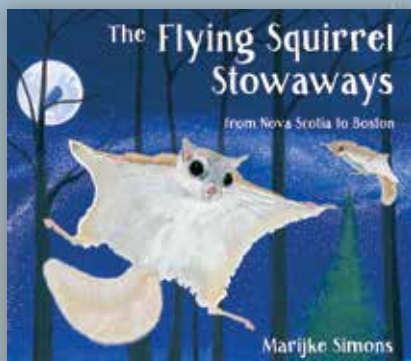
COUNTING IN MI'KMAW | MAWKILJEMK MI'KMAWIKTUK
BY LORETTA GOULD
Board Book | 978-1-77108-662-2 | \$14.95



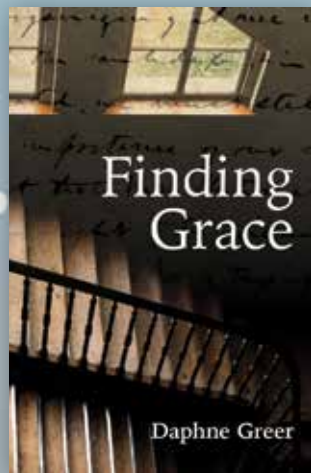
MY FIRST BOOK OF CANADIAN BIRDS
BY ANDREA MILLER
ART BY ANGELA DOAK
Picture book | 978-1-77108-653-0 | \$22.95



THE GATHERING
BY THERESA MEUSE
ART BY ARTHUR STEVENS
Picture Book | 978-1-7710-8466-6 | \$22.95



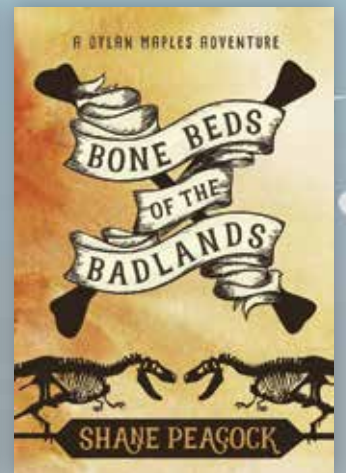
FLYING SQUIRREL STOWAWAYS
BY MARIJKE SIMONS
Picture book | 978-1-77108-550-2 | \$22.95



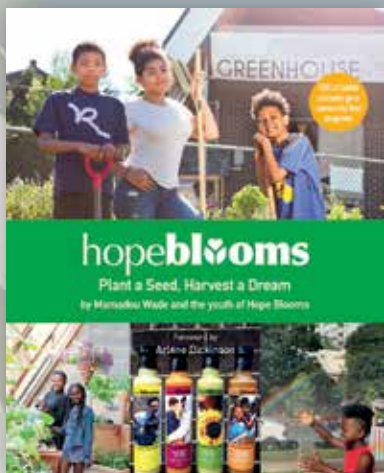
FINDING GRACE
BY DAPHNE GREER
YA Fiction | 978-1-77108-691-2 | \$14.95



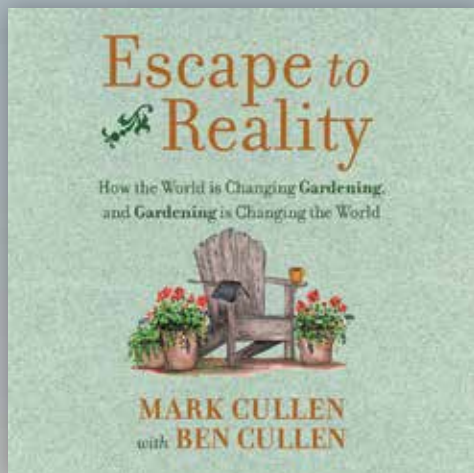
SECRET OF THE SILVER MINE
BY SHANE PEACOCK
Middle-grade Fiction
978-1-77108-703-2 | \$12.95



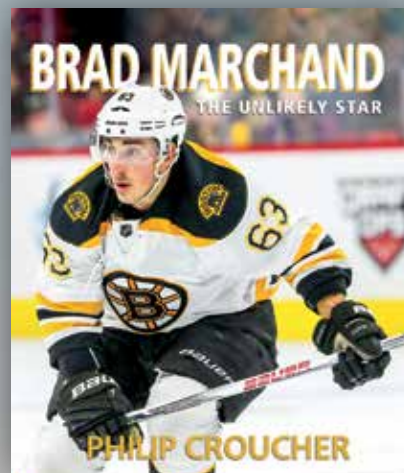
BONE BEDS OF THE BADLANDS
BY SHANE PEACOCK
Middle-grade Fiction
978-1-77108-658-5 | \$12.95



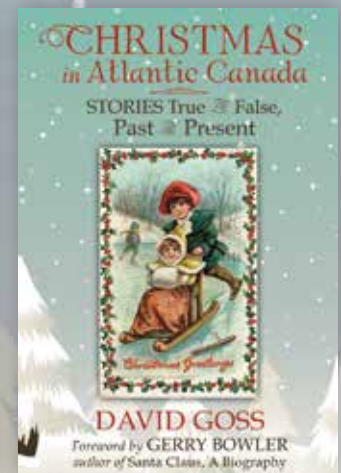
HOPE BLOOMS
BY MAMADOU WADE
AND THE YOUTH OF HOPE BLOOMS
Community & Culture | 978-1-77108-695-0 | \$24.95



ESCAPE TO REALITY
BY MARK CULLEN WITH BEN CULLEN
Gardening | 978-1-77108-693-6 | \$25.95



BRAD MARCHAND: THE UNLIKELY STAR
BY PHILIP CROUCHER
Sports | 978-1-77108-685-1 | \$17.95



CHRISTMAS IN ATLANTIC CANADA
BY DAVID GOSS
Holiday | 978-1-77108-687-5 | \$19.95

CRAFT CORNER

Art of Embroidery

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts



The art of embroidery has been found in cultures world wide for about as long as human beings have existed. Sewing techniques were developed as part of a process to create cloth for warmth and shelter. As cloth became worn it required mending and reinforcement leading to the art of embroidery.

There are hundreds of embroidery stitches to learn but with just a handful of basic stitches and a few simple tools you can create so much.

TOOLS & SUPPLIES:

Fabric - whatever you like, most cotton and linens work well.

Floss - I like to use DMC, it

is inexpensive and comes in hundreds of colours.

Embroidery needles - they have a bigger eye to accommodate the thickness of floss.

Embroidery Hoop - this is a ring consisting of two parts, you put the fabric between the hoops to keep the fabric taut.

Scissors - small sharp scissors are nice to have on hand but any scissor will do.

Marking tool - this allows you to transfer your design and also serves as a guide for the stitches, I like to use water soluble fabric markers.

STITCH LIBRARY:

Running stitch - the foundation of other stitching techniques and a good place to start.

Back stitch - also a foundation stitch and an integral part of many embroidery techniques.

Chain stitch - another founda-



tion stitch that can be used for lines and fillings.

Detached chain stitch - (aka; Lazy Daisy Stitch) the ideal stitch for petals and leaves.

Satin stitch - the queen of solid filling stitches, this should be in every embroiderers repertoire.

French knot - is the ideal stitch for dots.

Stem stitch - its versatility is great for creating fine or heavy lines as well as a good filler.

Buttonhole stitch - useful for fillings, decorative lines and edging.



This Christmas think Lionel Classic Model Trains to bring back memories

Available at Maritime Hobbies & Crafts
Your local Lionel Trains Dealer

**MARITIME
HOBBIES
& CRAFTS
LTD.**

Est. 1946

Stop in and see our selection. Our friendly and knowledgeable staff is ready to help.

STORE HOURS

Mon. to Sat. 9:30 to 6:00

1521 Grafton St., Halifax 423-8870

www.maritimehobbies.com

Cross stitch - a simple x, this was the first stitch I learned as a child.

Herringbone stitch - a classic and decorative stitch with many variations.

Start with a base of stitches and keep your pattern simple. For instance, try starting with a series of snowflakes, stars or flowers. New stitches can be added to your project later for accent or to create a new pattern. Once comfortable with the stitches embellish your project even more with beads, sequins, shells and shisha mirrors.

Stay creative and get cozy this winter. Visit Maritime Hobbies & Crafts for the full line of DMC floss and embroidery supplies.

Drop in to Maritime Hobbies & Crafts to see our craft corner and for many holiday craft ideas. 1521 Grafton Street, Halifax, 423-8870

Fredericks Insurance Ltd.

For All Your Insurance Needs



- Home & Auto
- Condo
- Tenants
- Commercial
- Marine
- Life & Disability

Office Hours
Weekdays 8:30 -4:30pm
Thursday 8:30 -7:00pm
1356 Bedford Highway
835-3321
Fax: 835-7998
www.fredericksinsurance.ca

211 is here to help you help others this holiday season

By Suzy Teubner -
Director of Communications & Outreach
for 211 Nova Scotia

Parents are all familiar with Santa Claus. The plump, white-bearded jolly fellow dressed in a bright red suit is synonymous with the giving of presents (and as most parents will attest to, early morning wake-ups!). But the true story of Santa Claus actually begins in the ancient Greek city of Myra in Asian Minor (modern-day Turkey) and a man named Nicholas who was made a Saint because of his kindness.

St. Nicholas was a Bishop during the time of the Roman Empire. He was left a substantial inheritance when his parents died while he was still young however the importance of giving to others had been instilled in him from a young age and he used his wealth to help the sick and those in need. St. Nicholas became known for his generosity along with his love for children, and his concern for sailors and ships. There are many stories that he also gave secret gifts to those who needed help.

While most of us aren't striving for Sainthood, many of us in the position to give during the holiday season want to play Santa and help make a difference in other people's lives in our own community. When you want to help, but don't know where to start, 211 is here to help.

There are programs to donate food or toys or provide a food hamper to a family in need. You can sponsor a low-income family, older adult or a person with a disability through an "adopt-a-family" program or you can buy a present for someone liv-

cont. on page 25

AT THIS TIME OF YEAR

Comfort & Joy

Trouble & Sadness



To Give Help or Get Help

please call 211

Call anytime, we're here 24/7.

We communicate in over 100 languages.
It's a free, province-wide service.

GIVE HELP, GET HELP.



Parent-Child Guide

DON'T MISS OUT
 on our next edition featuring
MARCH BREAK/SUMMER CAMP GUIDE
 also included: **Fun Places To Go, Senior Living Care, Health & Wellness, Education and More!**

Printing on February 15, 2019, running to April 16, 2019
 Advertising Deadline February 1, 2019

BOOK NOW!

For More Information Please Contact Robert Rockwell • 902-209-4461
 parentchild@ns.sympatico.ca

NOW DELIVERING WITH SKIP the DISHES



Order at SkipTheDishes.com

© 2018 Quality Is Our Recipe, LLC



Wendy's

- HALIFAX**
- 3580 Kempt Road
 - 6169 Quinpool Road
 - Bayers Lake Industrial Park
- DARTMOUTH**
- 583 Portland Street
 - 138 Wyse Road
- BURNSIDE**
- 106 Ilsley Avenue

- COLE HARBOUR**
- 4 Forest Hills Drive
- SACKVILLE**
- 720 Sackville Drive

CARNEGY ANIMAL HOSPITAL

Dr. Eric Carnegy (Halifax Veterinarian Since 1977)

Dr. Shannon Lindsay, Dr. Kyla Wuhr, Dr. Tamara Hollinger, Dr. Kevin Hodgson



"The Groom Room"

Michelle McDonald
 Anne Marie Rasmussen
 By Appointment

VISIT

The Re-Designed BOUTIQUE!
 Veterinary Diets and Pet Supplies

- Excellence in Quality of Care and Service
- Experienced, Friendly Staff
- Ultrasound Diagnostics
- Laser Surgery And Laser Therapy
- Digital Radiology
- Acupuncture Therapy
- Full Service Veterinary Hospital



TM Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Carnegy Animal Hospital

Royal Canin Veterinary and Rayne Clinical Nutrition
 BY APPOINTMENT, NEW CLIENTS WELCOME

www.carnegyanimalhospital.com email:
info@carnegyanimalhospital.com
 7 Langbrae Drive, Suite 5, Halifax
 Tel: 457-1575, Fax: 445-1202



Massive Charity Thrift Store Now Open!

Eight years ago Ken and Michelle Porter arrived in Halifax with enthusiasm and dreams and not a lot else. Over those eight years they have seen more and more of those dreams become reality. Souls Harbour Rescue Mission now serves 190 daily at their Halifax Drop In Centre. Renovations are underway for a Life Recovery Shelter. There is a thriving Drop In Centre in Bridgewater and one opening soon in Truro is underway. But there has always been one dream that has never had the opportunity to move forward. Until now.

Souls Harbour Rescue Mission is thrilled to announce the opening of Mission Mart! Located in the new development in Bayers Lake, this thrift store will not only help to support the work that Souls Harbour is doing in Nova Scotia, but also provide valuable job training for our guests and adults dealing with disabilities. "We sacrificed some floor space so that we can engage in job training for our guests and other adults with disabilities. Through Mission Mart, we can train people on stockrooms, janitorial, greeting, merchandising, cash, and we are even

offering an in-store cafe, so we can train in food services and serving," says Michelle Porter, CEO.

Obviously one of the first questions asked, is, "What about the free clothing and household items that have always been handed out for free?" This isn't going to change. "We will always give away free clothing to the needy. Food. Clothing. Shelter. At its core, that is what Souls Harbour is all about," clarifies Porter.

100% of the profits will stay in Nova Scotia, and 100% of the profits will be used for the work of Souls Harbour in helping the hungry, homeless, addicted and abused. Now that's a purchase you can feel good about.

Mission Mart is located at 265 Susie Lake Crescent and is open Monday to Saturday, 8:00 am to 9:00 pm, and Sundays 10:00 - 5:00. It is 99% volunteer driven. Apply at <http://bit.ly/volunteerhalifax>.

Now Open!

Mission Mart

265 Susie Lake Crescent

Bayers Lake Business Park
 Behind Second Cup

- > 100% to local charity <
- > 17,000 square feet <
- > Thrift Store <
- > No tax on most items <

Hours:
 Mon to Sat 9-9
 Sunday 10-5

PRIVATE MORTGAGES

First And Second Mortgages
 Appraisals Not Usually Required
 Fast And Friendly Assessment
 mimacnutt@gmail.com

902-456-4465



To All Our Customers & Friends Seasons Greetings & Best Wishes For The New Year



Mayor Mike Savage

'Season's Greetings and Warm Winter Wishes.'

Twitter: @MikeSavageHFX
Email: mayor@halifax.ca
Website: www.halifax.ca/mayor
Phone: 902.490.4010

HALIFAX

halifax.ca 311



PIZZAIOLO TRATTORIA

THE HYDROSTONE MARKET
902 455 1133

www.salvatorespizza.ca

Season's Greetings and all the best in 2019!

Clyde A Paul



Associates

Barristers & Solicitors

Specializing in Real Estate, Family Law, Wills & Probate

103-531 Herring Cove Road, Halifax, NS B3R 1X3
Tel: 902-477-2518 Fax: 902-479-1482



BEELER SECURITY SERVICE

We Provide a Complete Line of:

- Locksmith Services
- Lock Sales and Repairs
- Safe and Vault Repairs

Come visit our bright, new showroom featuring many new products.

Beeler Security Service
A Division of S&P Enterprises Ltd. Phone: 422-1996
7037 Mumford Rd., Suite 2, Fax: 422-1965
Halifax, B3L 2J1



The Engine Builder

15 Waddell Avenue, Dartmouth

COMPLETE AUTOMOTIVE SERVICES

Parts & Service

Tel: (902) 468-1686 Fax: (902) 468-4031

Season's Greetings and
Best Wishes for the New Year

A. G. Brown & Sons Ltd.

"A Complete Sales and Merchandising Team"

Jim Brown MCFB
President

email: jbrown@agbrown.ca

Bus. (902) 453-0350

Windshield Repair & Replacement,
Window Tinting, Plate Glass & Mirrors,
Auto Upholstery, Car & Truck Accessories



3200 Kempt Rd., Halifax
Tel: 455-0494

Monday to Friday
7AM to 5PM
Saturday 8AM to Noon



TD Canada Trust
Clayton Park Shopping Centre
278 Lacewood Drive
Halifax, Nova Scotia B3M 3N8
T: 902 420 8500 F: 902 457 0175

Season's Greetings and
Best Wishes for the New Year
from the Staff of Fairley & Stevens Ford



580 Windmill Rd.
Burnside, Dartmouth
902-463-1220
Fairleystevensford.com

Paula's Place Tailor Shop Ltd.

In Business For Over 30 Years
Thank You for Patronage Over The Years
Remodeling, Alterations, Dry Cleaning,
Shoe Repair, Key Cutting, Sharpening, etc...

Merry Christmas and God Bless You!
30 Farnham Gate Road, Rockingham Ridge Plaza,
Halifax Tel: 443-5333

LAURIE'S COMPLETE AUTOMOTIVE

Where Service & Honesty Come First.
We Use "WAGNER" Brake Products.

219 Wyse Rd, Dartmouth
Tel: 902-466-1444



COUNCILLOR RUSSELL WALKER
DISTRICT 10
Halifax - Bedford Basin West

PO Box 1749, Halifax, NS B3J 3A5
Phone: 902.443.8010
Cell: 902.497.7215
Fax: 902.443.6513
russell.walker@halifax.ca
www.halifax.ca

HALIFAX

halifax.ca 311

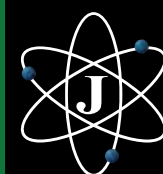
CHÂTEAU BEDFORD HOTEL & SUITES

Experience Halifax's finest hospitality!

We offer:

- Breakfast Bar, featuring Hot Items
- Complimentary High-Speed Wireless Internet
- Complimentary Local Calls
- Complimentary Parking

133 Kearney Lake Road, Halifax Tel: 902-445-1100
Fax: 902-445-1101, Meetings: 902-445-MEET (6338)
Toll Free: 1-800-565-3086 www.chateaubedford.ca



JENTRONICS
Electronic Components & Industrial Controls

Product, Solutions, Support

- Automation • Controls • Electrical • Electronics • Machine Safeguarding
- Sensors • Test & Measurement • Vision Systems

15 Weston Court, Dartmouth 902-468-7987
info@jentronics.ca www.jentronics.ca

To All Our Customers & Friends Seasons Greetings & Best Wishes For The New Year

TOM McDONNELL'S SERVICE CENTRE

(Dyno-Tech Ltd.)

2703 Clifton Street
Halifax, NS B3K 4V4

Tel: (902) 455-0431

Complete Automotive Service



DARTMOUTH METALS & BOTTLE LIMITED

Dealers in Ferrous & Non Ferrous Metals

PETER GIBERSON 14 DAWN DRIVE
Bus: (902) 468-1995 (Across from Coast Tires)
Fax: (902) 468-2242 Windmill Road
Cellular: (902) 456-1994 Dartmouth, N.S.

Season's Greetings and
all the best in 2019 from all of us at
Parent-Child Guide



BURNSIDE WINDOWS & DOORS LTD.

Retail & Contractors, Sales of Windows, Doors,
Skylights & Patio Doors

75 Akerley Blvd., Unit G, Dartmouth
Tel: 468-7114 Fax: 468-7108

VAN GO DELIVERY LTD.

The Small Company that's BIG on Service!

Metro Delivery and Trucking Services
49 Pettipas Drive, Burnside
Tel: (902) 471-6421



Azar Bitar
Branch Manager
TD Canada Trust

6 Forest Hills Parkway,
Dartmouth, NS

Open 7 days a week!
902-420-8186 ext. 250



How To Prevent Prostate Problems And Diseases?

The prostate is central to the part of a male's reproductive system. It secretes fluids that assisted in the transportation and activation of sperm.



The prostate related can be found just while watching rectum, below the bladder and all around the urethra. When there is prostate problem, it is almost always really really irritating and inconvenient for your patient as his urinary system is directly affected.

The common prostate medical problems are prostate infection, enlarged prostate and prostate cancer.

Prostate infection, also called prostatitis, is among the most common prostate-related condition in men younger than 55 yrs old. Infections of the men's prostate are classified into four types—acute bacterial prostatitis, chronic bacterial prostatitis, chronic abacterial prostatitis and prostaticodynia.

Acute bacterial prostatitis could be the least common of types of prostate infection. It is a result of bacteria perfectly located at the large intestines or urinary tract. Patients can experience fever, chills, body aches, back pains and urination problems. This condition is treated by utilizing antibiotics or non-steroid anti-inflammatory drugs (NSAIDs) to help remedy the swelling.

Chronic bacterial prostatitis is really a condition of the particular defect in the gland along with the persistence presence of bacteria within the urinary tract. It can be caused by trauma towards the urinary tract or by infections from other parts from the body. A patient may feel

testicular pain, small of the back pains and urination problems. Although it is uncommon, it can be treated by removal in the prostate defect as well as the use antibiotics and NSAIDs to help remedy the soreness.

Non-bacterial prostatitis makes up about approximately 90% of most prostatitis cases; however, researchers have not to create what causes these conditions. Some researchers think that chronic non-bacterial prostatitis occur as a result of unknown infectious agents while other believe intensive exercise and high lifting could cause these infections.

Maintaining a Healthy Prostate

To prevent prostate diseases, an appropriate weight loss program is important. These are some of the steps you can take to maintain your prostate healthy.

1. Drink sufficient water. Proper hydration is critical for general health and will also also keep the urinary track clean.
2. Eat red meat moderately. It has been shown that consuming greater than four meals of beef a week will heighten the likelihood of prostate diseases and cancer.
3. Maintain a proper diet with cereals, vegetable and fruits to ensure sufficient intake of nutrients essential for prostate health.

The most crucial measure to consider to ensure a normal prostate would be to go for regular prostate health screening. If you are forty years of age and above, you need to go for prostate examination at least once per year.

211 is here to help you help others this holiday season
cont. from page 22

ing in a care facility. However you want to help, 211 can navigate you to local organizations where you can practice kindness and help others who may be struggling during what should be a cheerful time of the year.

If you happen to find yourself in the position of needing assistance this holiday season, 211 is also here to help you find a program in your community that can help. Whether it is a food hamper, gift card, holiday meal or other things, 211 can let you know about availability, eligibility and how to register for a holiday program in your community.

Whatever the situation your family faces, 211 is here 24/7 to connect you to thousands of programs and services offered by community groups, non-profits and government departments province-wide for everyone in your family, no matter what season or time of the year. While we receive calls for food support or for toys during the holiday season, we also receive calls from people who want information about senior support services for an aging parent, homecare, newcomer support and many other needs. 211 is here for everyone, any time of the year, when someone needs help.

This festive season, let the story of St. Nicholas inspire you in your own giving and remember, some of the best gifts aren't "things". Offering to look after a friend's child for the afternoon so they can do some shopping or visiting a neighbour or family member who lives alone may just be the best gift they could receive.

To give or get help or ask about holiday programs in your community, simply dial 2-1-1, visit ns.211.ca or text 21167. 211 is free, confidential and offers over the phone translation services in over 100 languages.



Solid Wood Furniture

Custom Built Options

Locally Made with Heart



**LakeCity
Woodworkers**

LakeCity Woodworkers has been providing work experience to people with mental illness for over 35 years.

Our purpose is to empower people to be themselves and thrive.

386 Windmill Rd, Dartmouth . 902-465-5000 . www.lakecitywoodworkers.com



SEASON OF PERFORMANCE EVENT

FOR A LIMITED TIME
RECEIVE AN ADDITIONAL
\$1,500[^] HOLIDAY BONUS
on all 2019 MDX models



MDX

2019 MDX A-SPEC SHOWN

LEASE THE
2019 MDX FROM

\$258[†] / **1.9%**
bi-weekly for 36 months
\$6,050 down

OR

RECEIVE A
CASH REBATE OF UP TO

\$4,000[‡]
on other select
2019 MDX models.



†Limited time lease offer based on a new and previously unregistered 2019 Acura MDX Base (YD4H2KJNX) // model shown, a 2019 MDX A-SPEC (YD4H0KK) available through Acura Financial Services on approved credit. Representative lease example: 1.9% // 1.9% (3.46% effective APR) lease rate for 36 months (78 payments). Bi-weekly payment is \$258 // \$303 with \$6,050 // \$6,050 down payment. 16,000 km allowance/year; charge of \$0.15/km for excess kilometres. Total lease obligation is \$26,174 // \$29,684. Lease payment includes \$2,075 freight, PDI and air conditioning fee (\$100) included. Licence, insurance, registration, options and taxes are extra. ‡\$4,000 cash rebate available only on the cash purchase of new and previously unregistered 2019 Acura MDX Tech (YD4H4KKNX), MDX A-SPEC (YD4H0KK), MDX Elite (YD4H8KKN), MDX Elite 6P (YD4H0KKN) models from Atlantic Acura when registered and delivered before January 2, 2019. Total incentives consist of: (i) \$2,000 that cannot be combined with lease/finance offers; and (ii) \$2,000 that can be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. [^]Holiday Bonus of \$1,500 available on new and previously unregistered 2019 MDX models when registered and delivered between December 1, 2018 and January 2, 2019. Holiday Bonus can be combined with lease/finance offers and will be deducted from the negotiated selling price after taxes. Holiday Bonus cannot be applied to past transactions. Some terms/conditions apply. Model shown for illustration purposes only. Offers end January 2, 2019 and are subject to change or cancellation without notice and are only valid at Atlantic Acura. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit atlanticacura.com or Atlantic Acura for details. © 2018 Acura, a division of Honda Canada Inc.



2018
CLEAROUT
EVENT

O'Regan's **TOYOTA.**
People you'll **LOVE**, quality you'll **TRUST.**



Toyota
Safety
Sense

The All-New 2019
Corolla Hatchback



**TOYOTA
DARTMOUTH**

60 Baker Dr., Unit A,
902-464-9550
oreganstoyotadartmouth.com

aeroplan

*See dealer for details.

