



Halifax 902.423.4484
Bedford 902.405.4116

oxfordlearning.com



It's Always a Good Time
to Go Bowling!

BOWLARAMA.ca

Parent - Child Guide

December 2016/January 2017 Vol. 22 No. 5 Est.1995

FREE

**Parent Coaching:
Involving Parents
in the Treatment
of Children with
Autism Spectrum
Disorder (ASD)**

**Cultivating
Balance In
Children**

**Fostering
an Attitude
of Gratitude
in Your Child**



Photo istock.com



**FAMILY
VISION CLINIC**
DOCTORS OF OPTOMETRY

LOCALLY OWNED AND OPERATED
SINCE THE EARLY 1960'S

**Quality Eyecare
& Eyewear by Doctors
& Staff Who Care**

Dr. Miriam Debly, Dr. Michael Oulahan, Dr. Jody Killoran, Dr. Stephanie Blackmore,
Dr. Marni Denman, Dr. Rhett MacDonald, Dr. Jenna Snow & Associates

Nine Mile Circle
620 Nine Mile Dr.
Bedford
407-7174
NOW OPEN

Park West Centre
Clayton Park, 287
Lacewood Dr. Halifax
457-2224

Tacoma Plaza
50 Tacoma Dr.
Dartmouth
434-1231

Superstore Mall
650 Portland St.
Dartmouth
462-4600

Queen Square
45 Alderney Dr.
Dartmouth
469-8230

- Five Convenient Locations
- Day, Evening, & Weekend Appointments Available
- [New Patients Welcome](#)
- www.familyvisionclinic.ca

ITS THAT TIME OF YEAR!



**Save an additional
\$500 PLUS**

**PLUS
Subvented
Financing**

UNDER \$20,000 - YOUR CHOICE...



4 Left!

2016 DODGE CARAVAN CVP



3 Left!

2016 DODGE JOURNEY CVP



3 Left!

2016 CHRYSLER 200 LX

**PLUS
Subvented
Financing**

UNDER \$30,000 - YOUR CHOICE...



8 Left!

2016 JEEP CHEROKEE 4X4



5 Left!

2016 RAM 1500 REG CAB 4X4



2 Left!

2016 JEEP RENEGADE 4X4

**PLUS
Subvented
Financing**

UNDER \$40,000 - YOUR CHOICE...



1 Left!

2016 RAM 1500 QUAD CAB SLT 4X4



1 Left!

2016 RAM 1500 CREW CAB SXT 4X4



2 Left!

2016 RAM 1500 SPORT QUAD CAB 4X4

DARTMOUTH
CHRYSLER JEEP DODGE RAM
Where Nova Scotia Comes to Save!

61 ATHORPE DRIVE, DARTMOUTH, NS

(902) 469-9050 ddodge.com



All prices exclude freight, taxes and fees. Any additional options extra. OAC. See dealer for details.

City MAZDA
CITY MAZDA
Christmas SALES
EVENT

2016 MAZDA 3

ONLY **\$52.10/wk***



CAR-DRIVER
EDITOR'S
CHOICE

2016 MAZDA 3 SPORT

ONLY **\$55.55/wk***



0% PURCHASE FINANCING[†]

ON SELECT MAZDA MODELS

+

YOUR CHOICE OF
BOSE



SOUNDTOUCH 20⁺
WIRELESS SYSTEM



QUIETCOMFORT 35⁺
WIRELESS HEADPHONES

ON ALL NEW MAZDA MODELS

ASK ABOUT OUR LOYALTY, GRAD REBATE AND FIRST TIME BUYERS PROGRAMS!

SHORT ON CHRISTMAS CASH?
GET YOURS TODAY!

ENTER TO WIN 5000
REWARD MILES



You Can't Believe the City Mazda You Can Afford!



City
MAZDA

Independently Owned & Operated

2672 Robie Street, Halifax (902) 453-4115

www.citymazda.com

[†] See dealer for details. [‡] Bose, OC, and SoundTouch are trademarks of Bose Corporation, registered in the U.S. and other countries.
^{*}Taxes extra. TM trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and City Mazda.

INSIDE

- 4 **Parent Coaching: Involving Parents in the Treatment of Children with Autism Spectrum Disorder (ASD)**
- 6 **Fostering an Attitude of Gratitude in Your Child** Anita Sablone, M.A., R.Psych.
Carleen Hall Psychological Services, Spirit Psychological
- 7 **Cultivating Balance In Children** By Jane E. Boutilier, Register Holistic Nutritional consultant/Reiki Master, with ENIGMA
- 9 **Dental Development on Primary and Permanent Teeth** By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists
- 9 **Is your tire alignment off? What about your teeth?** By Dr. Sarah Davidson DDS, MSc (Ortho) FRCDC (C), Halifax Orthodontic Specialist Group
- 10 **Using Music to Promote Development of your Baby's Brain and Parent-Infant Attachment**
- 10 **The Holiday Season is here! Does it make you feel as good as we do!**
- 12-13 **Tara MacDonald Fit Club**
- 14-16 **Fun Places To Go**
- 17 **Winter Programs**
- 18-19 **Education**
- 20 **Craft Corner - Seasonal Syrups** By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts

Parent Coaching: Involving Parents in the Treatment of Children with Autism Spectrum Disorder (ASD)

For decades research has documented the effectiveness of applied behaviour analysis (ABA) to help children with ASD learn and develop new skills. Historically, trained therapists most often worked one-one with the child but more recently, parents and caregivers are taking an increasingly active role in the child's treatment. Parent coaching is an intervention strategy in which parents receive direct feedback on how to help their child learn new skills. This is an important addition to the treatment of a child with ASD and results in an overall improvement to the child's outcomes.

Who Are Coaches? What Is Their Role?

Coaches are individuals working in the field of ASD intervention who have specialized training and experience in ABA. Initially, they help families identify specific goals for their child with the intent to promote long lasting improvements in the child's behaviours. Goals are based on both the family's priorities and the child's most significant needs. Coaches then work directly with parents and the child to give specific feedback on their interactions, and to provide additional evidenced-based strategies to best support their child's learning.

What Are The Benefits Of Coaching?

One of the most obvious benefits of parent coaching is that it capitalizes on the close relationship that exists between a parent and a child. Parents typically know their

children best and spend the most time with them. Thus, it makes sense to teach evidenced based strategies to parents to help their children with ASD learn new skills. Parent coaching also increases the amount of treatment time a child receives, and helps the child to generalize and maintain new skills. Finally, parent coaching can improve child-parent interactions, and provides parents with the opportunity to gain new ways of interacting and relating to their child.

What Are The Main Areas Targeted By Coaching?

Using the principles of ABA, parent coaching focuses on the most significant goal areas for a child. Areas most often prioritized are: teaching social communication and improving challenging behaviour.


Social Communication – Children with ASD typically demonstrate delays in their social communication. Coaches work one-one with parents and their child during play to provide feedback and strategies which support existing social communication and help teach new language. Coaching during play is paramount

as is it taps into a child's motivation, and increases the likelihood for their overall engagement.

Challenging Behaviours – Children with ASD often demonstrate challenging behaviours. Parent coaching focuses on the fundamentals of using positive behavioural strategies to teach children new skills. Parents learn to understand why their child is demonstrating challenging behaviours and are given specific strategies to teach their child new skills that

serve the same purpose as the challenging behaviour and will ultimately replace it.

Katie Carroll and Caitlin Neily are psychologists working at Erica Baker Psychological Services. Erica Baker Psychological Services offers a wide range of psychological services across the lifespan. For more information, visit www.ericabaker.ca or call 902-445-3851.



erica baker
PSYCHOLOGICAL SERVICES LIMITED

OUR AREAS OF SPECIALTY:

- Learning Disabilities
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Traumatic Brain Injury/Concussion
- Educational and Career Planning

OUR SERVICES:


- Psychoeducational Assessments (English and French)
- ADHD Assessments and Coaching
- ASD Assessments, Treatment, Consultation and Coaching
- Developmental and School Readiness Assessments
- Neuropsychological and Neurovocational Assessments
- Transitional Vocational Assessments and Vocational Coaching

SERVICES PROVIDED FOR:
Children, youth, adults,
and their families. Ages 2 and up.

1331 Brenton Street, 3rd floor
Halifax, NS B3J 2K5

phone: 902.445.3851
fax: 902.405.2894
admin@ericabaker.ca

ericabaker.ca



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



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

902-406-3288

tonyince@tonyincemla.ca

  mlatonyince.ca

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 Only, Oldest & Largest Free Family Newspaper established in 1995.

parentchild@ns.sympatico.ca

NEXT PARENT-CHILD GUIDE

SPRING / MARCH BREAK CAMP GUIDE EDITION!

Printing on February 17, 2017
Advertising Deadline January 31, 2017

ROBERT ROCKWELL Owner/ Publisher
Cell 902-209-4461

Jennifer Park, General Manager 902-209-4461
Cynthia MacIver, Art Director

www.parentchildguide.ca



QUALITY SHOES AT

DUGGERS

Generations of the styled man


Allen Edmonds
AN AMERICAN ORIGINAL


COLE HAAN

DONALD J PLINER


ecco

MEZLAN
19 68


BOSS
HUGO BOSS

duggersfashion.com

HAPPY HOLIDAYS!

'Tis The Season to juggle holiday schedules

By Michelle Axworthy, lawyer with the Family Law Team at Blois, Nickerson & Bryson LLP

The holidays are a busy time of family gatherings, parties, and celebrations. Some families have the added question of scheduling children's time between two homes.

To avoid added holiday stress, it is prudent for parents to include a holiday schedule in Parenting Plans. These are typically part of Separation Agreements or Court Orders. Parenting Plans can explain how December, March, and summer breaks from school will be shared; as well as Mother's/Father's Day, birthdays, long weekends, and any other personally or culturally important dates.

There is no right or wrong holiday schedule. Parents should consider

each family's specific needs: Does either parent travel during the holidays? What are the family traditions and schedules of extended family, new partners, other children? How old are the children, and what are their particular needs?

During the December holidays, some families treat the entire school break as an exception to the typical parenting schedule. Others treat only the religious and civic holiday time as an exception (e.g. Christmas Eve/Day; Hanukkah; New Year's Eve/Day).

Parents can rely on family lawyers and mental health practitioners (psychologists, social workers, and parenting coordinators) to help them discuss, and document a holiday schedule agreement.

Where parents are unable to agree to a holiday schedule, they can turn to the Court for a determination of the issue. Among other things, the Court considers how previous holidays were shared, the parents' attempts to come to an agreement, and the best interests of the children. It can be difficult to schedule a hearing in the month of December due to limited Court time. For that reason, it is best to confirm the holiday schedule well in advance.

This article provides legal information and not legal advice. For more information on our family law team and legal services, including assistance with holiday parenting time, call us at (902) 425-6000 or visit www.bloisnickerson.com.

**B
N
&
B
LLP**

Blois Nickerson & Bryson LLP

BNB's Family Law Team

Providing advice and legal services for all aspects of family law, including:

- Parenting, custody
- Adoptions
- Child/spousal support
- Property division
- Mediation, agreements



Located in downtown Halifax with satellite office in Sackville.
Tel: (902) 425-6000
Web: www.bloisnickerson.com
Facebook: <https://www.facebook.com/BloisNickersonBryson/>

Barristers and Solicitors Since 1864



CLEARVIEW

INTEGRATED WINDOW SERVICES

Your Window Cleaning & Caulking Specialists

Residential • Commercial • Highrise • Industrial

Over 30 Years Experience • Serving All of HRM

- Window Cleaning
- Pressure Washing
- Graffiti Removal
- Eavestrough Cleaning & Repair

- Caulking
- Window Glazing
- Bird Control

FULLY INSURED

Tel **457.4700** Fax 832-9807

sales@clearwindows.ca

FREE on-site quotes & consultations



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



COUNCILLOR STEVE CRAIG
DISTRICT 15
Lower Sackville

PO Box 1749, Halifax, NS B3J 3A5
Cell: (902) 240-0441
steve.craig@halifax.ca
www.halifax.ca

HALIFAX
halifax.ca
311

NOVA SCOTIA
Liberal
CAUCUS



5151 George St., Suite 1402
P.O. Box 741
Halifax, NS B3J 2T3

www.nsliberalcaucus.ca
info@nsliberalcaucus.ca
902-424-8637 or 1-877-778-1917



SINCE 1987

Call 902-252-3113 or email us at service@carsrus.ns.ca

183 Sackville Drive, Lower Sackville



EXTERIOR RUST PROTECTION **\$599**

- UP TO A 10 YEAR GUARANTEE
- NO ANNUAL INSPECTIONS
- ONE TIME APPLICATION

PLATINUM SHIELD PAINT PROTECTION **\$199**

- GUARANTEES AGAINST FADING, DISCOLOURATION OR OXIDATION CAUSED BY SUN AND ROAD SALT
- LONG-LASTING SEALANT THAT ENHANCES THE PAINTS CLEAR COATING

PLATINUM SHIELD FABRIC PROTECTION **\$199**

- GUARANTEES AGAINST SEAT STAINS DUE TO SPILLS
- PROTECTS CRACKS & HARDENING (LEATHER SEATS)

COMPLETE PROTECTION PACKAGE ~~\$1099~~ **\$799**

Fostering an Attitude of Gratitude in Your Child

Anita Sablone, M.A., R.Psych.
Carleen Hall Psychological Services, Spirit Psychological

As I am writing this, I am keenly aware of how many shopping days there are until Christmas. Aware of all the must-do things on my list. Aware of all the expectations of the season itself, which can easily detract from the joy and meaningful celebration of Christmas itself.

What is the number one thing, you say, that makes me cringe about Christmas? It is my children's Christmas lists.

Eternally long and ever-changing for the next best thing, my children's Christmas lists reflect a longing for many, many items that will be used for a brief time, some for longer, and then tossed in the corner for, well... the next best thing. This has always bothered me about Christmas, the excess and the strong desire of my children to have a little bit of everything, that sense of entitlement. I have always struggled with how to change this, to arrest it, to slow it down, even. It seems like I am trying to stop a high-speed train.

Gratitude is an easy concept to grasp but it is often seen by many as unattainable. What is *gratitude*? Simply put, gratitude is being thankful for the things you DO have, and not being bitter about what you do not have. It is something that can be learned, practiced and honed - leading to a stronger sense of well-being, optimism and happiness. Research has shown that reflecting on the abundances that we have in our lives affects our health, psychological well-being and ability to handle adversity throughout our lifetime. And children who grow up being thankful reap all of these benefits.

But where do you start with your child? And what is a true 'attitude of gratitude', what does it look like, in myself... in my children? And can you, as a parent, create something that is felt not only at Christmas, but all year long?

There are many ways to foster gratitude. One of the easiest is to

create a daily gratitude circle - normally a time each day when, as a family, you literally 'count your blessings'. It will feel odd at first, unnatural, even a bit forced - but before long, it will become easier. The

gratitude circle time can be around a meal or a family down time - where a few minutes are taken to say what each person is thankful or grateful for. Soon, your children will sit down for dinner and automatically start sharing about good things in their day, and what they found themselves feeling grateful for. To initially help things along, you can play the **alphabet thanks** game, where children pick out a letter from a pile of alphabet letters. Ask them to come up with one thing that they are thankful for that begins with that letter.

There are many other ways to foster gratitude in your children's everyday lives. Here are a few more ideas:

Keep a gratitude jar, somewhere in the main area of your home. Each day, every member of the family can write (or draw, for smaller children) something they are grateful for. This can then be opened on the weekend, or during a day in the week when everyone can take part in reading the contents.

Make a gratitude tree - an especially wonderful practice during Christmas. Secure a few short tree branches in a jar of rocks or ornaments. Decorate the bottle or holder with festive stickers, drawings, etc. Make blank paper 'ornaments' and leave them in a basket beside the tree with a pencil. Place the tree in a prominent area of your home, as you would a treasured Christmas decoration. As they think of it, each person in the family can write or draw what they are thankful for - and hang that piece of gratitude on the branch for everyone to see. Or alternatively, you could make a gratitude paper chain. To do this, leave out strips of paper that can be drawn or written on. Staple the strip into a ring, after threading it through the last gratitude on the chain around the tree.

Help your children to write a brief 'gratitude' note to people that they rely on every day. This can be your post man, the grocery clerk, a teacher, a kind friend... anyone who makes you or your child's day a little brighter. Include your child's gratitude-centered artwork about that person on or in the card, if they feel comfortable doing so. Deliver the notes to the recipients before Christmas, with your child present.

So... there is no quick fix to the want of children at Christmastime. You may be, like me, still obliged to hunt down those most-wanted items on each child's list. Fostering gratitude is not a once-in-a-while thing to do - to reap its full benefits, one must make it part of your family's philosophy of living. And then - it will have far-reaching benefits for everyone - all year round.

Merry Christmas, and a Happy New Year, everyone.

Anita Sablone is an experienced, fully-registered psychologist from Carleen Hall Psychological Services and Spirit Psychological, Inc., She specializes in supporting children, teens, young adults and their families through assessment, counseling and consultation services (e.g., working with a child's teacher or school). You will find a gratitude tree in her house this Christmas.

Twas The Countdown before Christmas

By Jo-Anne Bayers - Director, The Growing Place


Christmas is coming, and the countdown has begun! Doors on advent calendars everywhere are being ripped open by children eager to gobble up the sweet treat hidden within. With visions of sugar plums, and new toys dancing around in their heads children, (and those of us still young at heart!) can scarcely wait for Santa to come. As the excitement, and anticipation grow closer to Christmas it can be difficult to keep young children's natural exuberance at bay without dampening their holiday spirit. Typical advent calendars are an easy way for children to countdown the days, but leave children with lots of time on their hands. With a little imagination, and the help of the suggestions below you can add to a typical advent calendar, or create one tailored to your family's schedule that will keep your child entertained and engaged in a little family fun, and who knows you may just create a few new family traditions, and memories along the way! However you celebrate the season I wish you the merriest of memories to cherish in the years ahead.

- Baking cookies is a classic Christmas activity that is always a big hit with children, and can be simplified for an evening activity by using premade cookie mixes.
- Making paper chains may seem like an old-fashioned activity, but children love how quickly they see the results of their efforts, and it

can be simplified by precutting the strips so they only need to add a dab of glue or a staple.

- With a few basic supplies your little one can spend an afternoon creating their own cards for friends, and family or simply add their own art to the inside of premade cards for an easier evening activity.
- A trip to the library for Christmas stories is a great way to spend a chilly December day that has the added benefit of additional snuggle time reading at home.
- Have a snowman themed night with simple round snowman sandwiches on snowman paper plates while watching frosty the snowman.
- Christmas Eve can feel like the longest day of the year so planning a special family activity like skating or sledding maybe the ideal distraction.

Jo-Anne is currently the Director at The Growing Place, and has over thirty years of experience. She has previously served as Resource Coordinator where she specialized in supporting children with special needs as well as offering support, and advice to parents on a variety of child, and family related issues. For more information please visit our website at www.thegrowingplace.ca



Carleen Hall Psychological Services

We are a team of psychologists that provide a confidential, supportive environment in which we help you work through and overcome life's challenges. We offer services for children, teens, families and adults.

Personal Growth and Well Being
250 Baker Drive, Suite 235 | Dartmouth, NS
ph: 902-406-7413 | fax: 902-406-7414
www.carleenhall.ca | carleenhall@eastlink.ca



Remote Car Starter

iDataStart HC115

- Two 5 - button transmitters
- Offers reliable long-range control up to 3,000 feet/900m! whether from the driveway or blocks away
- Includes keyless entry (if equipped from factory)

\$429.95

Includes installation * most vehicles

**26 Lakecrest Dr.
Dartmouth
Tel. 435-0600
www.atlanticcar.ca**



DARREN FISHER

Member of Parliament for Dartmouth-Cole Harbour

I hope to see you and your family at one of our events!

Visit: www.DarrenFisher.ca for details.

Dartmouth-Cole Harbour Constituency Office

82 Tacoma Dr, Suite 200
Dartmouth, NS B2W3E5
902-462-6453

The Growing Place

Early Education Centre


thegrowingplace.ca

902-433-0727



Cultivating Balance In Children

By Jane E. Boutilier, Register Holistic Nutritional
consultant/Reiki Master, with ENIGMA



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

Cultivating wellness in body, mind and spirit can help children become present, create calmness and encourage a much needed balance in their young, precious lives. Many children are becoming sensitive to a growing number of external stresses and chaotic lifestyles, making it difficult for them to know how to relax and understand their emotions.

Schools across Canada and around the world have recognized these growing challenges and are beginning to incorporate the practice of mindfulness in their curricula. Recent research in Canada on mindfulness suggests that being mindful helps reduce stress and depression, fosters connectivity with others, improves cognitive abilities and focus, enhances a sense of well-being and peace, enhances and promotes less emotional reactivity.

Breath

Ask your child how it feels when they take a breath. As they breathe deeper and experience the feelings throughout their body, ask them to explain how it feels as the breath enters and exits the body. Do they feel any sensations, is it cool or warm? Encourage the freedom of undirected creativity and notice how this affects them. This can help them relax, quiet their mind and become meditative.

Mindful Movement

Have kids swing their arms, side to side, or let them go where they may, reach high for the stars, or ask them to create their own visualizations and movements. This helps reduce tension, lifting their mood and is a joyful shared process. Keep it fun.

A Place of Their Own

Helping your child create a peaceful, quiet corner of their own away from noise and distraction can also help foster mindfulness. Placing a pillow or two will ensure they are comfortable in their sanctuary. The

room or space you both create should be used solely for practice, and viewed as a special sanctuary, just for the child.

Mindful Eating

Introduce a favorite fruit, vegetable or dried fruit. Ask your child to touch smell and examine their choice of food closely. Ask them to lay it on their tongue and feel the texture without biting it. Now ask them to chew the food for as long as they can before swallowing. This teaches how often we chew our food too quickly and without experiencing the taste, texture and noticing when we are full. While using all of their senses in this exercise, children are fully engaged with the pleasurable process of eating!

Optimal Nutrition

Avoiding junk food and relying on wholesome natural foods is a good foundation for optimal nutrition. My recommendations for school aged children for optimal nutrition, unless allergies are present, is as follows; whole grains (at least 6 servings), 3-5 servings of fresh, (organic if possible) vegetables per day, 2-4 servings of fresh, organic fruit as well as good oils, such as nuts and seeds, olive oil, flax oil or coconut oil. Children also require 2-3 servings of protein (meat, poultry, fish, eggs or legumes) 2-3 servings of dairy –live culture yogurt or kefir or non-dairy sources of calcium. Supplementing with fatty acids, also recommended for optimal nutrition, are essential, but not made by the body. Essential fatty acids are however, critical for the developing brain.

Jane Boutilier is a Registered Holistic Nutritional Consultant & Reiki Master, Presently working at Enigma Physiccal, Emotional & Mental Health Studio,

For more information go to RHN-ReikiMaster@carolshirley.ca or phone 902-495-3181

255 Lacewood Drive Suite 301

If you don't make enough money, you could always become an ENTREPRENEUR!!!



There was nothing more disheartening than living on a disability pension at the age of 37. A diagnosis of Retinitis Pigmentosa (tunnel vision) didn't just take away my driver's license; it took away my purpose in life. Barriers to employment and inability to find meaningful employment impacted my mental health – dealing with an acquired disability was very stressful.

I started doing Income Tax to make ends meet and along the way I ran into business people who were facing challenges in business. A passion for teaching and advocacy led me to take a Certificate in Adult Education so that I could design my own

programs. I also completed the Professional Tax Certification specializing in Sole Proprietors. I opened PeopleCan Training in Lr. Sackville in Sep 2015. The number one focus is on practical business skills to help people become profitable sooner and keep more of their hard earned money in their pocket.

Besides income tax services and business courses, we also provide courses in communication, self publishing and online marketing. We have coached business owners who represent themselves at Small Claims Court and prepared financial projections when they need to go to the bank to borrow money. We're a grass roots organization and our course offerings evolve to meet the needs of the community. I teach what I have had to learn.

Several times a year, we run our signature program called **Fast Track 6 Pack** where you learn the fundamentals needed to start a business. This program is designed for folks who need to make a good living quickly but like me, can't find a job. It's

meant to fast track a person into business so that they can become profitable sooner. The next program begins on January 9th, 2017. Contact me for details.

The disability is no longer an issue as I see it now as the blessing that brought me to this place.

Debbie Adams, BA, Cert. Ad. Ed is the owner of PeopleCan Training in Lr. Sackville. She is also the author of *Money Mindset: How Changing My Mind About Money Helped Me to Become a Better Entrepreneur*. In 2016 she won the Entrepreneur of the Year Award from Entrepreneurs with Disabilities Network and in 2015 she was a RBC Female Entrepreneur Award Nominee. Originally from Newfoundland, she now resides in Lr. Sackville with her daughter Alyssa.

Contact Debbie at:
(902) 448-6376
debbie.adams08@gmail.com
www.peoplecan.ca

Programs for New Entrepreneurs.

Skills for a Lifetime of Success.



Classes Starting in January

Monday to Thursday 10:00am – 4:00pm and Evening Classes

PeopleCan
TRAINING & DEVELOPMENT

Tax Services and Advocacy.

Call 902-448-6376 or debbie.adams08@gmail.com
622 Sackville Drive, Lower Sackville, Nova Scotia

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

Canada Trust

TD Canada Trust
7071 Bayers Road
Halifax, Nova Scotia B3L 2C2
T: 902 496 6767 F: 902 455 2811

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

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



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

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

Paula's Place Tailor Shop Ltd.

In Business For 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

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

Clyde A Paul

**&
Associates**
Barristers & Solicitors

Specializing in Real Estate, Family Law, Wills & Probate

349 Herring Cove Road, Halifax, NS B3R 1V9
Tel: 477-2518 Fax: 479-1482



NA NOVA NA AUTOMOTIVE

The Engine Builder

15 Waddell Avenue, Dartmouth

COMPLETE AUTOMOTIVE SERVICES

Parts & Service

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

Cosy Snack Bar

FRESH
HADDOCK
DAILY



SPECIAL
OF THE
DAY

EST. 1986

Celebrating Our 30th Anniversary

Breakfast Served All Day – Every Day
Tuesday to Saturday, 7 am to 3 pm
Sunday, 8:30 to 2:30

6411 Liverpool St.
(on the corner Oxford and Liverpool)
Halifax, 902-455-5119

All Taxes are Included in the Price
Eat in or Take out

Honourable
Lena M. Diab
MLA Halifax Armdale

From My Family To Yours,

Merry Christmas

Wishing You
Peace And Happiness This
Holiday Season

902-455-1610
info@lenadiab.ca • www.lenadiab.ca
f lenadiabmla @LenaDiabMLA



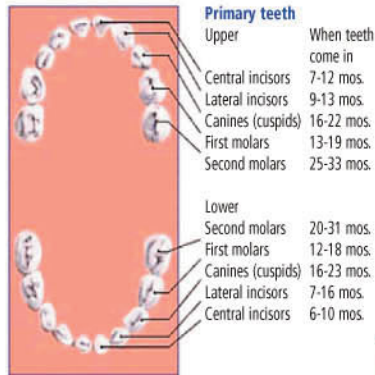
Health & Wellness

Dental Development on Primary and Permanent Teeth

By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists



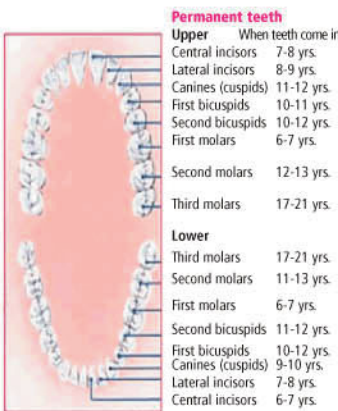
Dr. Negin Ghiabi



biscuits. They may have sugar added or contain hidden sugars.

- Do not ignore a fever. Getting new teeth does not make babies sick or give them a fever. If your child has a fever, check with your doctor.

Permanent Teeth
At age six or seven, the first adult (or permanent) teeth come in. They are known as the "first molars," or the "six-year molars." They come in at the back of the mouth, behind the last baby (or primary) teeth. They do not replace any primary teeth.



Also at around age six, children start to lose their primary teeth. The roots slowly get weak, and the tooth falls out. Children lose primary teeth until they are about 12 years old. It's okay for children to wiggle their primary teeth if they are loose. But it's not okay to use force to pull out a tooth that's not ready to come out. When a tooth comes out at the right time,

there will be very little bleeding. Permanent teeth often look more yellow than primary teeth. This is normal. But it could also be caused by medicine your child took, by an accident that hurt a primary tooth, or by too much fluoride. Ask your pediatric dentist about this when you take your child for a dental exam.

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.

Primary Teeth

All twenty baby (or primary) teeth come in by the time your child is two or three years old. The following chart tells you when baby teeth come in (or erupt) in most children.

If your child is getting his or her teeth and seems to be in pain, you can:

- rub the gums with a clean finger, or
- rub the gums with the back of a

small, cool spoon.

- If your child is still unhappy, your dentist, pharmacist or doctor can suggest an over-the-counter medicine to ease the pain.

Here's what you should not do:

- Do not use the kind of painkiller that can be rubbed on your child's gums. Your child may swallow it.
- Do not give your child teething

Is your tire alignment off? What about your teeth?

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



of an underlying issue with your bite. Regardless of the knowledge you have when you enter your orthodontist's office; you are looking to have your questions answered and therefore become more educated on your teeth, bite and your overall health.

Your occlusion (or how your teeth bite together) and the way your jaw works is complicated. Before investing in something such as orthodontic work it is imperative that you understand why you must maintain a healthy and functioning occlusion. Comparing this complex system to something we relate to can be helpful. As it turns out, teeth and tires have a fair bit in common. Like tires, when teeth are out of alignment, the ride will be bumpy. Chewing and normal jaw function can be compromised and the bite may not feel even or smooth. Many patients report chewing on or favoring one side or the other because of poor alignment. This uneven functioning can lead to problems with the underlying supporting structures such as the temporomandibular joints.

Furthermore, teeth can wear down, just like tires do, if they are not in proper alignment. We don't have the benefit of being able to "rotate our teeth" and your adult teeth are the only set of "tires" you'll get so it is critical to prevent damage such as wear that is irreversible. We want to avoid "replacement" with root canals and crowns if at all possible.

So make it your New Year's resolution to have your alignment checked! Your local Orthodontic specialist would be happy to answer any questions you have and you may just leave smiling!

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 455-7222.

As we transition from fall into winter, we all scramble to get our cars outfitted with winter tires. We tend to be diligent when it comes to our tires. When our car develops a shake while driving, the diagnosis is often poor alignment and we book an appointment to get our tires aligned. We know that otherwise our driving quality will be compromised. Similarly, when we don't rotate our tires, any one tire may get overused and the tread may wear. A very neglected tire may in fact go flat and require replacement.

So why is an orthodontist writing about tires? Well let me explain. An Orthodontist is foremost, an educator. When you seek the advice of an Orthodontist you are looking to gather information on your teeth and bite from a specialist. Sometimes you might know there is a problem and be interested solely in the solutions. Other times you may be referred by your general dentist and be unaware

pretty special.

FREE consultations

[So have him seen by a Specialist.]

The Canadian Orthodontists Association recommends all children have an orthodontic screening by age 7.

CONSUMER CHOICE AWARD 2017 HALIFAX

INVISALIGN 2016 TOP 1% PROVIDER

PINNACLE DENTAL SPECIALISTS

Specialized Dentistry for Infants, Children and Adolescents

NEW PATIENTS WELCOME

Soft Tissue Laser
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?

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

thebracespace
ORTHODONTIC SPECIALIST GROUP

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

620 Nine Mile Drive, Suite 201
Bedford (Larry Uteck), B4B 0H7
www.thebracespace.com

orthodontists
ORTHODONTIC SPECIALIST GROUP

DR. DAN STUART & DR. SARAH DAVIDSON
902-435-3723

599 Portland Street
Dartmouth, B2W 2M5
www.stuartdavidson.com

Health & Wellness

Using Music to Promote Development of your Baby's Brain and Parent-Infant Attachment

Studies have shown that early exposure to music, and music-based learning benefits the growth of all areas of a baby's brain.

Music therapy uses music in a fun and engaging setting to promote positive change. It plays a crucial role in the developing brain and can help guide your child through infancy and childhood. Incorporating music therapy into your child's life can help with the healthy development of skills such as executive functioning, body/spatial awareness, and social, language, and pre-academic skills.

Music therapy supports healthy parent-infant attachment whether your circumstances include a premature birth, disabilities,

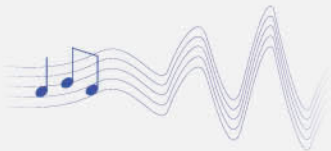
post-partum depression, or just the normal stresses of being a new mom or dad. Musical play is used to facilitate bonding between you and your baby.

North Music Therapy provides the services of a certified music therapist for babies and children from newborn up to the early teenage years. Private and group programs available.

Kimberley North, MTA, NMT
Kimberley is the founder and sole proprietor of North Music Therapy, a practice based in Halifax that specializes in post-partum and early childhood music therapy.
For more information: call 902.209.6100, email northmusictherapy@gmail.com or visit www.northmusictherapy.ca

NORTH MUSIC THERAPY

Kimberley North MTA, NMT



902.209.6100
www.northmusictherapy.ca
northmusictherapy@gmail.com

When Santa can't help this holiday season, dial 211 to give or get help

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

As a parent, you probably know the names of all of Santa's reindeer - especially Rudolph - but do you know who to call to get help, or give it, during the holidays?

The season of mistletoe and candy canes, decorated trees and festive lights is fast approaching. During the holidays people can experience a wide range of emotions. For many, the holidays revolve around fond memories of their own childhood and creating new memories and traditions with their own families. For others, the strain and worry of buying gifts and planning a family meal, all while managing dwindling bank accounts, can be overwhelming, confusing or even depressing.

Fortunately there are many people and organizations who want to help. Or maybe you want to give back to your community by volunteering or helping a family in need. Whether you need help or want to help others, be sure to put 211 on your "go to" list this season.

"The 211 database has a wealth of information on programs that can assist families during the holiday season," says Sarah Digdon, coordinator of data services at 211. "From food programs to hampers, toy and adopt-a-family programs, we compile a list every year of organizations offering much needed help during what can be a difficult

time for some people."

Outside of the holidays, 211 is there 24/7 to help with other needs that may arise. "It's not always easy to ask for help," says Digdon. "But it's important for everyone to know that help is just a phone call away, whether they're trying to find a specific government office or program, services to help

them in their home over the longer term, funding for programs for their children, or just something to help them over the holidays."

211 also can assist people who want to give help. The choices are endless - from helping out at food banks to donating blood, organizing a winter coat drive to

making a donation to any number of organizations across the province. Helping others is really the best gift anyone can give and 211 is here to connect Nova Scotians to the causes that matter most to them.

For more information about the 211 service, dial 211, text 211NS (21167) or visit the 211 website at www.ns.211.ca.

Who said caring for children is easy?

When you need help, when questions need answers, when problems arise —call 211.



Call 211 and speak directly with a kind, highly-trained resource specialist who knows the programs and services that are available to children, youth and their caregivers throughout Nova Scotia.



When you don't know where to turn.

Call 211, Visit ns.211.ca or Text 21167

Free • Confidential • 24/7 • 100+ languages

The pay less,
Buy more store!



discount hub

Fashion • Bedding • Bath • Cookware • Health & Beauty • Toys • Electronics • Giftware & Much More!

211 JOHN SAVAGE AVE, BURNSIDE (at Wright Ave)

MON - SAT 9-9 • SUN 10-5

902-481-1100

Health & Wellness

The Holiday Season is here! Does it make you feel as good as we do!

Soles in Motion is excited to share our news! Soles in Motion is celebrating ten years at 121 Ilsley Avenue and now it is time to grow! We are moving to Baker Drive Health & Wellness Centre on December 8th. It brings us great joy to know we have helped enough people that we need to add more space to make sure we continue to give everyone great customer experience.

Our services and products are a great solution to all those who want to be healthier, more active and in less pain. Whether you want to run your first marathon or do your daily chores. The team at Soles in Motion works together to come up with the best solution for you.

We offer a 30 day free trial program on our Osteoarthritis knee braces to make sure they are going to work for you before you commit to purchase. We are dedicated to making sure our products work. We also have a new world's first unloader hip brace that is very successful.

Soles in Motion has two full time Canadian Certified Pedorthists who assess lower limb and foot conditions and determine what treatment plan is best for you. Sandra Gullion is fluent in French and Graham Gilbert is fluent in sign. Soles also boasts of the best Bracing specialists in HRM who research and utilize all our technical support teams of our major vendors to come up with the best product/solution to keep you moving. From an ankle brace to a custom back brace we treat each patient with the same service - fit, function, care and results.

As part of a full service team, we also offer a full range of athletic, casual and business footwear in multiple sizes and widths to improve your gait, cushion those sore feet, improve your run time, stabilize your feet and help with alignment. From head to toe we've got this! Our staff are well trained and educated.

Usually, my talks are about certain conditions and how we can help, but I am so excited about our new facilities and what we can offer I want to focus on the whole concept.

Come see us December 8th!

Submitted by Jen Estabrooks, Co-owner, General Manager, Soles in Motion, 121 Ilsley Avenue soon to be moving to 133 Baker Drive, Dartmouth 902-468-7911 (solesinmotion.ca)

PRIVATE INVESTOR MORTGAGES

First And Second Mortgages

Appraisals Not Usually Required

Fast And Friendly Assessment
mimacnutt@gmail.com

902-453-6239



Custom Orthotics • Custom & Off-The-Shelf Bracing Canadian Certified Pedorthists • Certified Bracing Specialists

Knowledgeable, Friendly, Respectful and Qualified Staff.

The Products You Need:

Footwear • Custom Orthotics • Braces • Medical Products
Compression Therapy • Fitness Products



We Have Moved!

Main Store

**Baker Drive Health & Wellness Centre
133 Baker Drive, Dartmouth**

Cole Harbour Satellite Location
Forest Hills Medical Clinic
4 Forest Hills Parkway
Call for appointment.

Mon.-Thurs. 8:30 a.m. to 8 p.m.
Fri. 8:30 a.m. to 6 p.m.
Sat. 9 a.m. to 6 p.m.
Sun. 12 p.m. to 5 p.m.

Halifax Satellite Location
Family Focus Medical Clinic
5991 Spring Garden Road
Call for appointment.

902.468.7911 SolesinMotion.ca



Tara MacDonald Fit Club

Putting the fun in fitness one person at a time.

At our personal training studio we concentrate on one person at a time. This means we discuss, evaluate and devise a program for each person who comes in our door. Everyone gets a free consult with movement assessment and then a free personal training session. This is our "try before you buy" policy as we want you to meet us 50% in our efforts to get you healthy. We've had success. We've seen your challenges. Thanks to our own challenges with fitness we know what you're going through. We get it. We live it. Put your trust in us and let us show you how to get to your goals in health!

Our studio sponsors are: Soles in Motion (footwear and bracing); GroPro.ca (Grocery and local vendor delivery service); and One Call Paving, Ltd (winter clearing of driveways and more). We've partnered with these companies for their quality of service and years of experience in the local community.

We are a Gold Sponsor of the Sole Sisters Women's Race Series for 2017.

Visit us at our new location 133 Baker Drive: Winter Promotion Special is: 32 personal training sessions for \$368 plus tax (\$11.50 per training session)

Time	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday
10:30am-11:30am	Functional Fitness With Victoria Weir Age 55+		Functional Fitness With Victoria Weir Age 55+	
1-2pm		Lo to High class With Stacey Carter Age 55+		Body Blast With Stacey Carter
6-7pm	Strength & Stretch With Carla T.		Bootcamp with Stacey Carter	Family Bootcamp With Susan Hardiman Ages 7-11
7:15pm-8pm	Bootcamp with Rayanne	Walk 15 with Tara	Zumba with Amanda	Circuit with Liz
Time	Day 5 Friday	Day 6 Saturday	Day 7 Sunday	
10am-11am	Mom & Me with Liz	Bootie Camp Yoga with Kaitlyn (only 10 spots)		
12noon-1pm		NIA with Amy		
2pm-3pm		Family Bootcamp With Susan Hardiman Ages 12-16	TRX class with Michelle (only 9 spots)	

All classes have a maximum of 12 spaces unless otherwise noted!

MONDAYS

Functional Fitness with Victoria Weir (Age 55+)
The goal of this class is to improve functional fitness, increase independence and strengthen activities of daily living. We will be performing body weight exercises and light stretching for the mature adult. Beginners welcome!

Stretch And Strength with Carla
Stretch and Strength is a small group class aimed primarily at beginners. This is a 45-60 minute class teaching the proper form and technique of various exercises to 4-6 participants using body weight, free weights, barbells, bands, etc. in an effort to get stronger in a slow and controlled manner. Beginners welcome!

Bootcamp with Rayanne
Full body workout combining conditioning and strength building exercises. Suitable for all levels, as modifications can be given however this class offers high intensity cardio and exercises encouraging you to really push yourself. Intermediate level.

TUESDAYS

Low to High with Stacey Carter (Age 55+)
From the creator of Dump the Junk comes a class with low impact designed to create stability and strength for the mature adult. Beginners welcome!

Walk 15 with Tara
Walk 15® is a group exercise class for everyone of all ages and all fitness levels. It is a fitness program that virtually anyone can do...it's for ALL WALKS OF LIFE! Walking based low impact workout inside the comfort of our studio. Beginners welcome!

WEDNESDAYS

Functional Fitness with Victoria Weir (Age 55+)
The goal of this class is to improve functional fitness, increase independence and strengthen activities of daily living. We will be performing body weight exercises and light stretching for the mature adult. Beginners welcome!

Body Blast Bootcamp with Stacey Carter
A faster, more intense full body workout with some weights (and other things depending on the group) and more cardio. Intermediate level.

Zumba with Amanda
Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included. All levels.

THURSDAYS

Body Blast Bootcamp with Stacey Carter
A faster, more intense full body workout with some weights (and other things depending on the group) and more cardio. Intermediate level.

Family Bootcamp with Susan - Children aged 7 - 11
This class is suited for families with children aged 7 - 11. In this class we will use body weight exercises in a fun family setting. This non-competitive class will help develop confidence and overall fitness. We will work on skills such as push-ups, squats, speed, agility and much more.

Circuit with Liz
This is a 45min class that will use a circuit of stations to make our way through a workout that will incorporate some weight-lifting and bodyweight movements. All levels and beginners welcome!

FRIDAYS

Mom & Me with Liz
Bring you and baby to this class where we will work on overall strength. We will even use Baby for some of our movements. Its a time to get a good workout and bond with your baby. Class is 60 min in length including a warm up and cool down. All fitness levels are welcome.

SATURDAYS

Bootie Camp Yoga with Kaitlyn
Only 10 spots available. Bootie Camp Yoga® is a Power Yoga based fitness program that sculpts the BOOTY! We focus on muscle control and use of your own body's resistance while incorporating breath control & balance. You feel AMAZING after Bootie Camp Yoga® as it sculpts your body and seriously kicks your BUTT! The average Bootie Camp Yoga® student burns 400-700 calories in a 60 minute class! Beginner welcome!

Nia with Amy
Love your body, Love your Life!! Nia is a non-impact, holistic movement practice adaptable to any age, level and ability. This barefoot practice combines movements from the Dance Arts, Martial Arts and Mind/Body Healing Arts and focuses on moving in your own body's way. Nia tones the mind, tunes the body, helps to improve balance, coordination, strength, flexibility, agility and mobility. Beginners welcome!

Family Bootcamp with Susan - Children aged 12-16
This class will focus on developing good fitness habits in our young adults. We will start with body weight exercises and progress to working with resistance bands, TRX and weights. This slow progression insures safety and proper form.

SUNDAYS

TRX class with Michelle Hiscock Turcotte
Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. All levels. All classes have a maximum of 12 spaces unless otherwise noted!



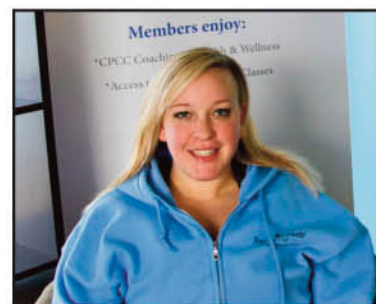
Everyone Welcome At Tara MacDonald Fit Club!

NEW LOCATION OPEN ON JANUARY 3RD at 133 BAKER DRIVE, SUITE 103

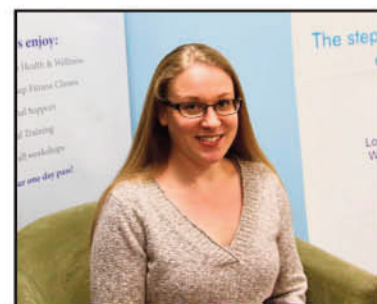
Our best Personal Trainers achieve results injury free!

Contact Us!

133 Baker Drive, Suite 103
Dartmouth, NS B2W 0M6
www.taramacdonaldfitclub.com
902-407-7502
taramacfitclub@gmail.com



Kaitlyn Beaver
Personal Trainer
Studio Manager
Bootie Camp Yoga Instructor



Amy Marshall
Group Fitness Coordinator
Reception Desk Clerk
NIA Instructor



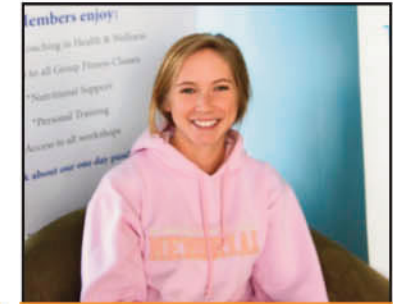
Stacey Carter
Personal Trainer
Body Blast Class Instructor
Low to High (Age 55+)
Class Instructor



Liz Burton
Personal Trainer
Exercise Therapy Personal Trainer
Circuit, Mom&Me Class Instructor



Charley Savoy
Personal Trainer
Jan-March 2017



Victoria Weir
Personal Trainer
Functional Aging Specialist
Functional Fitness (55+)
Class Instructor

FUN

Place To Go!

NOTHING ELSE IS SWISS



1866-439-0439
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

SWISS CHALET KIDS' MENU

1 CHOOSE YOUR ENTRÉE
ALL ENTRÉES COME WITH YOUR CHOICE OF SIDE, DRINK AND DESSERT.

CHEESY CHICKEN PASTA	CHICKEN STRIPS	TOMATO CHICKEN PASTA
10 RACK BBQ SIDE RIB (ADD \$3)	CHEESY PIZZA	MINI HAMBURGERS OR CHEESEBURGERS
KIDS QUARTER CHICKEN WHITE MEAT (ADD \$1.50)		

2 CHOOSE YOUR SIDE

FRESH CUT FRIES	CREAMY COLESLAW	GARDEN SALAD
SEASONED RICE	CORN	CAESAR SALAD
BAKED POTATO	FRESH VEGETABLES	
MASHED POTATOES		

3 CHOOSE YOUR DRINK

MILK	JUICE	SOFT DRINK	SHIRLEY TEMPLE
------	-------	------------	----------------

4 PICK ONE DESSERT
Sundae, Merry Apple Sauce, Skittles or NEW Worms N' Dirt



ENROLLING WINTER 2017

PD DAY CAMPS MARCH BREAK CAMPS
LUNCHTIME & AFTER SCHOOL PROGRAMS
BIRTHDAY PARTIES

We Learn. We Build. We Play.

902-240-2457

SYORKE@BRICKS4KIDZ.COM www.bricks4kidz.com/halifax



MIND HACK ROOM ESCAPE

1410 Hammonds Plains Road

Mind Hack is Halifax, Nova Scotia's newest escape room experience. Our games are designed to test your wits, build bonds, and create unforgettable experiences. Each group of challengers must work together to solve the rooms' puzzles and riddles using logic, critical thinking, and teamwork. The countdown is on, will your team be able to escape within the time limit?

mindhackscape.com • 902-809-4225 (HACK)

Parent-Child Guide

DON'T MISS OUT ON THE UPCOMING EDITION MARCH BREAK CAMP GUIDE

Printing on February 17, 2017
Advertising Deadline January 31, 2017



BOOK NOW!

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

HERE BE DRAGONS

On view until April 9th

MUSEUM OF NATURAL HISTORY
A PART OF THE NOVA SCOTIA MUSEUM

naturalhistory.novascotia.ca

4CATS

WINTER SESSIONS




JOIN US FOR KIDS 10 CLASS SESSIONS

4CATS
ARTS STUDIO

4CATS HALIFAX • 2983 OXFORD STREET HALIFAX NS
902-431-9960 • HALIFAX@4CATS.COM
4CATS.COM/HALIFAX

 /4CATSSTUDIO  @4CATSSTUDIO



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



BIRTHDAY PARTIES

Indoor play centre and café.
Open 7 days a week, we have the most AWESOME play structure. Enjoy a coffee and free wi-fi.
Why not have your child's party in one of our party rooms?

You can find us at:
104-105 Evergreen Place, 530 Portland Street, Dartmouth, B2Y 4V6

Phone: (902) 463-0034
E-mail: theplaybox@outlook.com
www.funattheplaybox.ca
Facebook: [theplayboxltd](https://www.facebook.com/theplayboxltd)
Twitter: [@theplaybox1](https://twitter.com/theplaybox1)

We look forward to seeing you.




GOLFZON
Play Different
World No.1 Simulator

T. 902-455-0044
3200 Kempt Road
Halifax B3K 4X1

T. 902-869-3031
512 Sackville Dr.
Lower Sackville

- * World Top 130 Golf Courses
- * Driving Range with Swing Analysis Feature
- * Open Til Midnight All Year Round
- * Book a Tee Time (T.902-455-0044) or (T. 902-869-3031)

GOLFZON
Play Different
World No.1 Simulator

Improve your golf game 

FUN

Places To Go!

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 11th to 19th

NOVA SCOTIA

Donation Drive Fundraiser

Does your community group, school, organization, or other nonprofit group need to raise revenue?

You Collect, We Pay!

donation drive
Value Village

Donation Drive Fundraisers are a fun and easy way to raise money by collecting gently-used clothing, accessories, and household items.

No selling! No Inventory! Great for all ages!

- | | | |
|---|--|---|
| <p>Step 1</p> <p>Launch Your Drive</p> <p>Pick a Date, set financial goals, determine transport options, assemble your team and make a plan for promoting your Drive.</p> | <p>Step 2</p> <p>Pre-collect & Promote</p> <p>We provide design templates, promotional content, and a Toolkit full of tips and logistical information.</p> | <p>Step 3</p> <p>Drive Day is here!</p> <p>We pay your organization by the pound for goods you collect.</p> |
|---|--|---|

Want to learn more?

Halifax, contact Reg: Halifax.Outreach@savers.com
Dartmouth, contact Jill: dartmouth.outreach@savers.com

100% PURE, FRESH, NEVER-FROZEN BEEF DELICIOUS BECAUSE IT'S DIFFERENT

Dave's SINGLE Dave's TRIPLE Dave's DOUBLE

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

Wendy's

© 2016 Quality Is Our Recipe, LLC

BURRITO JAX

GOOD TASTE starts with **GOOD INGREDIENTS**

Relax..... it's good for you™

WE LOVE CATERING
Call Your Local Store for Details

WWW.BURRITOX.COM

f t

Winter Programs

STADIUM FUN!



There's so much to do at the Sackville Sports Stadium and with the new expansion of programs there's even more!!

Winter Registration Starts Monday, December 12th at 7:00am! Walk in and phone in registration will be available.

Swimming Lessons, Wave Runners, Dance, Gymnastics, Martial Arts, Inservice Day Camps, Messy Play, Busy Bodies, Kids in the Kitchen & MORE!

Family Memberships

Lifestyle Family - includes access to the fitness centre, open swims, and open skates!

Lifestyle Plus Family - includes everything from the Lifestyle Family PLUS access to group exercise, indoor cycling, fitness programs, wellness programs, small group training, and exclusive access to workout in our Training Zone & Cycle Zone!

ALL ACCESS. ALL FOR YOU!

For a complete listing of programs, please visit our website or phone us at 902.869.4141!



thestadium.ca

HALIFAX

French Immersion Registration Month In The HRSB - February 1 - 28, 2017

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 though 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 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. Download our Tips, Tools and Resources booklet at ns.cpf.ca/wp-content/blogs.dir/1/files/TIPS-TOOLS-RESOURCES.pdf

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

French Immersion Registration in the HRSB
February 1-28, 2017

Canadian Parents for French
Les Jeunes
Nouvelle-Écosse
Summer
Souvenir
Proud
Experience

Web: ns.cpf.ca | Email: cpf@ns.sympatico.ca
 Facebook.com/CPF.NS | Twitter.com/@CPFNovaScotia | Instagram.com/cpfnovascotia | #iSupportCPFNS
 Youtube.com/CPF Nova Scotia | Toll Free: 1-877-CPF-5233 | Tel: 902-453-2048 | Fax: 902-455-2789
 CPF Nova Scotia, 8 Flamingo Drive Halifax, N.S. B3M 4N8

Winter 2017

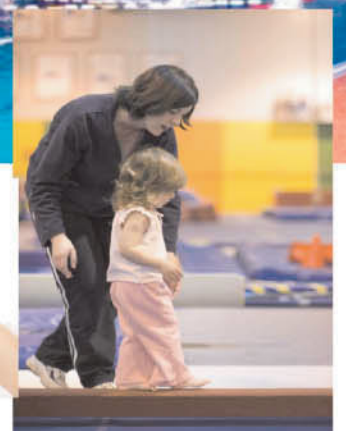
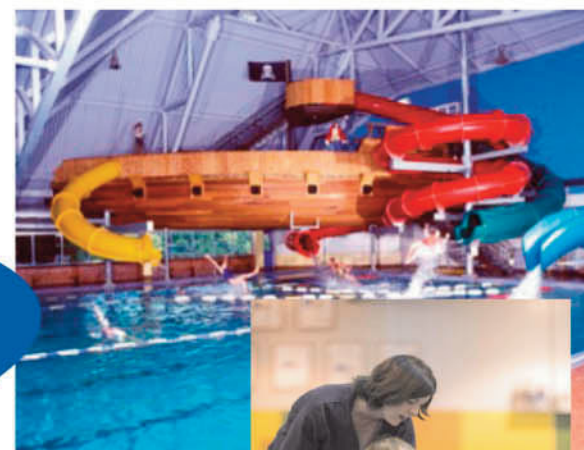


Winter programs begin January 6, 2017
Registration now on!



\$195 incl. HST for a Single Adult Fitness

Membership until May 28, 2017.
Our Best rate ever!



***Swimming * Dance * Skating * Gymnastics * Yoga * Handball * Fitness * ...and much more!**

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

BRIGHTER FUTURES BEGIN HERE

BETTER GRADES, MORE MOTIVATION

Ask us about our Beyond Tutoring® Program for Grades 1 to 8!

All Ages. All Grades. All Subjects.

ENROL TODAY!

Proudly Canadian 

Since 1984
OXFORD
LEARNING

oxfordlearning.com

Join the conversation!  

Halifax 902.423.4484
6270 Quinpool Road
Halifax, NS B3L 1A3
halifax@oxfordlearning.com

Bedford 902.405.4116
203-540 Southgate Drive
Bedford, NS B4A 0C9
bedford@oxfordlearning.com

Payment
Plans
Available

Education

Set a Goal to Eliminate Bad School Habits

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. Students 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.

Why You Should Consider A Multi-level Classroom?

Every Child is a Masterpiece in the Making.

Education that celebrates individuality within a nurturing community.

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

Open House
February 4th 2-4 pm


Birch Hills Academy
The Power of Effective Learning

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

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 children 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 positive 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 classmates, their academic performance and even IQ scores, dramatically improve.

In most schools today, by third grade, most classroom 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.

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 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 Halifax at 902-423-4484 halifax@oxfordlearning.com or Bedford at 902-405-4116 bedford@oxfordlearning.com

Education

Halifax Learning

Our students are pretty incredible people and we are so proud to share their stories and successes - here is our most recent success story, five years later!

Halifax Learning delivers the gold-standard SpellRead literacy program and Momentum Math.

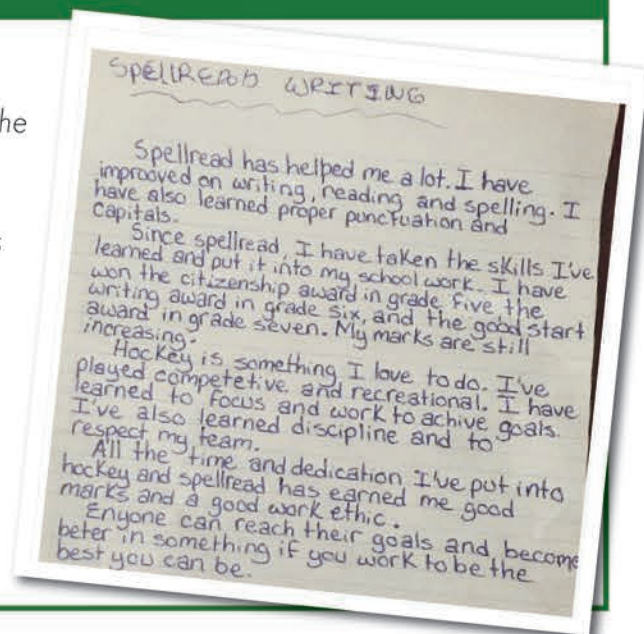
For more information or to book a FREE reading skills assessment please call: 902-453-4113 or email: information@halifaxlearning.com

Amelia - Smart on and off the ice!



Mia came through the SpellRead program when she was in grade 2! Five years later - here is what Amelia has to say:

Amelia has always been an athlete and balances school and sports beautifully. She is now a first year junior high school student in grade 7 and continues to be a happy, joyful and kind person. At Halifax Learning, our goal is to foster strong, resilient and joyful students!



Parent-Child Guide

DON'T MISS OUT ON THE UPCOMING EDITION MARCH BREAK CAMP GUIDE

BOOK NOW!

Printing on February 17, 2017
Advertising Deadline January 31, 2017

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

SOINS INFIRMIERS AUXILIAIRES

Fais demande aujourd'hui!

LICENSED PRACTICAL NURSE

Apply Today!



ÉTUDES COLLÉGIALES

www.etudescollegiales.ca

Université Sainte Anne



INSCRIPTIONS - MATERNELLE pour septembre 2017 dans toutes les écoles du CSAP

GRADE PRIMARY REGISTRATION for September 2017 in all CSAP schools

L'école acadienne, c'est :

An Acadian school offers :

Une éducation de qualité en français langue première.	✓	A quality education in French as a first language.
La possibilité d'acquérir une excellente maîtrise du français et de l'anglais .	✓	A possibility of acquiring an excellent mastery of French and English .
Un choix de cours optionnels d'excellente qualité.	✓	A choice of excellent quality optional courses .
Des laboratoires d' informatique et de sciences à la fine pointe de la technologie.	✓	State of the art information technology and science laboratories .
Un milieu d'apprentissage dynamique où la langue et la culture sont valorisées.	✓	A dynamic learning environment where language and culture are highly valued.
Un atout supplémentaire au moment de s'inscrire dans une institution postsecondaire .	✓	An additional asset when registering in a post secondary institution .

- École Beaubassin, 54, boulevard Larry-Uteck, Bedford – 902-457-6810
- École Bois-Joli, 211, avenue du Portage, Dartmouth – 902-433-7070
- École des Beaux-Marais, 5261 Route 7, Porters Lake – 902-827-4623
- École du Grand-Portage, 100, promenade Stokil, Lower Sackville – 902-864-6242
- **Grandir en français** : voir les directions du Petit Voilier de votre région.

Pour être admissible à la maternelle, l'enfant doit avoir atteint l'âge de 5 ans au plus tard le **31 décembre 2017**. Pour plus d'information sur les critères d'admission, prière de contacter l'école.

Children being registered at primary level must be 5 years of age on or before **December 31, 2017**. For more information on admission criteria, please contact your local school.

La maîtrise de nos **DEUX LANGUES OFFICIELLES** est certainement un atout! Venez nous rencontrer et vous constaterez **LES AVANTAGES** de faire éduquer votre enfant dans la langue française. **NOTRE PERSONNEL QUALIFIÉ** vous attend le **mardi 17 janvier 2017 à 19 h**. Présentez-vous à l'école du CSAP la plus près de chez vous pour inscrire votre enfant.

To master **BOTH OUR OFFICIAL LANGUAGES** is certainly a plus! Come meet with us and you will learn about **THE ADVANTAGES** of having your child educated in the French language. **OUR QUALIFIED STAFF** will welcome you on **Tuesday, January 17, 2017, at 7 p.m.** Please go to the CSAP school closest to your home to register your child.

Les parents, tuteurs ou tutrices qui désirent obtenir un acte de naissance de la province de la Nouvelle-Écosse peuvent obtenir un formulaire de demande en s'adressant au bureau de la direction de l'école.

Parents/Guardians who wish to obtain a Province of Nova Scotia birth certificate may obtain an application form at the school's administration office.

CRAFT CORNER

Seasonal Syrups

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

To help combat cold and flu season this year I decided to get a little crafty and make some seasonal syrups and tonics. It's nice to have natural remedies on hand to use as a preventive measure. Your family will thank you for these delicious remedies.

Fun and easy to make, fire cider is a popular and traditional herbal remedy coined by herbalist Rosemary Gladstar. It is a tonic made by hundreds of herbalists around the world used to stimulate blood circulation, warming up the body while putting detoxifying herbs into the blood. I like to add a teaspoon or two into hot water and breathe in the steam as I sip to relieve congestion. If you are up for it, a shot of this tonic daily can help to keep your immune system strong and it is also a great addition to marinades and salad dressings.

There have been many variations of fire cider, much like a chicken soup. Everyone who makes this will have their favorite version, but the base consists of a few key ingredients: onions, ginger, horseradish and garlic that sit in apple cider vinegar. I came

up with my own interpretation making sure to use up the last harvest of herbs from my garden. I also added turmeric, black peppercorns, parsley, jalapeño, lemon, orange, thyme, oregano and rosemary. After 3-6 weeks it is strained and then a bit of honey can be added.

Besides making fire cider, I also made different combinations of honey herb syrups. The concept is as simple as it sounds; citrus and honey layered into a jar with fresh herbs. The mixture will keep in a sealed jar in the fridge for up to 2-3 months, but in my house I can't keep it around for more than a week. Add a couple of spoonfuls into hot water or use as a cough syrup.

A few combinations I like to make are:
Honey, ginger, lime and thyme
Lemon, ginger and honey (sometimes I'll add cinnamon)
Clementine & cardamom
Orange & clove
Lemon & lavender



Homemade syrups and tonic make gift giving unique and thoughtful. Make any day a yummy day!

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



This Christmas think
Lionel Classic Model Trains
to bring back memories

Available at Maritime Hobbies & Crafts
Your local Lionel Trains Dealer

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

**MARITIME
HOBBIES
& CRAFTS**

Est. 1946 LTD.

www.maritimehobbies.com

Parent-Child Guide

**DON'T MISS OUT
ON THE UPCOMING EDITION
MARCH BREAK
CAMP GUIDE**

Printing on February 17

Advertising Deadline January 31

**BOOK
NOW!**

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

SLED FULL OF SAVINGS EVENT

**BUY 3 TIRES
GET 1 FREE** (UP TO 18" MOST BRANDS)
VALUE \$400

**FREE WHEEL
ALIGN CHECK** (VALUE \$19.95)

**FREE TIRE
STORAGE** FOR ONE SEASON WHEN YOU
PURCHASE 4 TIRES VALUE \$80

**PUT SOMETHING UNDER
THE TREE WITH**

20% OFF ALL MOPAR OUTERWEAR
(HATS/SWEATERS/JACKETS)

10% OFF ALL MOPAR ACCESSORIES
(RUNNING BOARDS, MUD FLAPS, FLOOR MATS)

WWW.DDODGE.COM

1.902.469.9050



DARTMOUTH

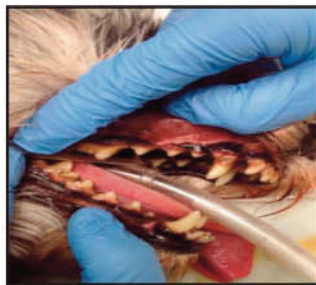
CHRYSLER JEEP DODGE RAM

61 ATHORPE DRIVE DARTMOUTH, NS B2W 1K9

4th Tire Free Promotion: up to a maximum tire retail value of \$400. Excludes tires over 18". Must complete purchase/installation of 3 tires minimum for promotion to apply. Complimentary wheel alignment valued at \$19.95 plus taxes. Complimentary tire storage for one season available upon purchase of four new tires (valued at \$80 plus tax). See dealer for details. Some conditions may apply. Offers expire December 31, 2016.

Dental Care -- why it matters, what you need to know

Submitted by Halifax Veterinary Hospitals



Prior to a cleaning.



Post cleaning.

Parents know to get their children's teeth checked twice a year, and passionate pet parents care just as much about the well-being of their "fur babies"--yet many people don't realize that their dogs and cats need proper dental care just as much as humans do! Just like humans, animals run the risk of tooth decay and gum disease if they don't receive adequate oral healthcare.

Dental and oral health affects an animal's overall health. Periodontal disease, which includes gingivitis, can lead to severe infections and heart disease in dogs and cats. According to the American Veterinary Dental College, the possible effects of periodontal disease include:

- loss of gum tissue and bone
- development of a hole... from the oral cavity into the nasal passages
- fractures of the jaw
- bone infection ('osteomyelitis').
- Bacterial infections can also affect the blood as well as causing
- changes in the heart, liver and kidneys.

The majority of cats and dogs will have some form of oral disease by the age of three. Because of the possible life-threatening effects of these illnesses, poor oral health can shorten your pet's potentially ten- to twenty-year lifespan significantly.

Even without causing complications like heart disease, tooth decay has a serious negative effect on an animal's quality of life. Cavities and decaying teeth are painful, potentially making a dog or cat unwilling to eat. No one wants to see her

pet in pain, but many pet owners may not be aware that their dogs and cats are suffering from dental problems.

Brushing your pet's teeth at home and feeding him or her dental treats or foods such as Feline and Canine CET Chews, or veterinary dental diets can help maintain your pet's oral health, but it is important to get your furry friend's teeth examined and cleaned by a professional on a regular basis. Veterinarians recommend that you take a good look at your pet's teeth once a month or so, and take your dog or cat for a professional cleaning any time you notice a plaque or tartar buildup.

If your pet had an ear infection or a hurt paw, you would take him or her to the vet and get it treated immediately. Unfortunately, dental disease-- while just as serious as other illnesses and injuries--often gets overlooked. Because dental problems in pets can begin long before the animal shows any obvious signs of distress, it is important to clean and examine your pet's teeth at home, pick healthy pet food and treats, and take your pet to the veterinarian for a cleaning whenever you notice tartar or plaque.

Your pet is part of your family and has the same needs as other family members: healthy food, exercise, love, and dental care. Remember to take care of all your pet's needs, and you'll have a longer, happier life together.

For more information, www.HalifaxVeterinaryHospitalinc.com or call your regular veterinarian.

CARNEGIE 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

Royal Canin Veterinary and Rayne Clinical Nutrition

BY APPOINTMENT, NEW CLIENTS WELCOME



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



www.carnegyanimalhospital.com email:

info@carnegyanimalhospital.com

7 Langbrae Drive, Suite 5, Halifax

Tel: 457-1575, Fax: 445-1202



Your other family doctor!

Halifax Veterinary Hospital

6485 Quinpool Rd • 422-8595

Fairview Animal Hospital

The Village at Bayer's Rd
7071 Bayer's Rd • 443-9385

Spryfield Animal Hospital

320 Herring Cove Rd • 477-4040



visit our website

www.HalifaxVeterinaryHospitalinc.com



Complete Care and Well Being for the Life of your Pet!

CENTENNIAL ARENA

27 Vimy Ave., Halifax

- Ice Rental 24 Hrs. a Day
- After 5 pm to 8 am, Call 430-8221
- Parents & Tot's Skate Mondays 9 am to 10 am
- 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 child care centre specializing in maximizing children's abilities"



5217 Young Street, Halifax
Tel: 455-1081
Fax: 455-2805

dawn@weecareforkids.ca

HRM BUSINESS DIRECTORY

ALLSWELL PUMPS DIRECT

Specializing in Water Pump Repair & Water Treatment. Serving Halifax Regional Municipality
21 Old Cobequid Road
Tel: 864-7700 or 860-2202
Fax: 860-0869
prverge@eastlink.ca

APPLE AUTO GLASS

Windshield Repair & Replacement, Window Tinting, Plate Glass & Mirrors, Auto Upholstery & Truck Bedliners.
Open Saturday Till Noon.
3200 Kempt Road, Halifax, NS
Tel: 455-0494

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

CHÂTEAU BEDFORD HOTEL & SUITES

Breakfast Bar
Featuring Hot Items
Complimentary Parking
Complimentary Local Calls
Complimentary High-Speed Wireless Internet
133 Kearney Lake Road, Halifax
Tel: 445-1100,
Fax: 445-1101,
Meetings: 445-MEET (6338)
Toll Free: 1-800-565-3086
www.chateaubedford.ca

JENTRONICS LIMITED

Electronic Components & Industrial Controls.
15 Weston Court, Dartmouth
Tel: 468-7987 Fax: 468-3430
E-mail: info@jentronics.ca
www.jentronics.ca

LAURIE'S COMPLETE AUTOMOTIVE

Where Service & Honesty Come First. We Use "WAGNER" Brake Products.
219 Wyse Rd, Dartmouth
Tel: 466-1444

TOM McDONNELL'S SERVICE CENTRE

Complete Automotive Repair Services, Open Monday thru Friday. Serving Metro Since 1975.
2703 Clifton Street, Halifax
Tel: 455-0431



DARTMOUTH METALS & BOTTLE LIMITED

Dealers in Ferrous & Non Ferrous Metals

PETER GIBERSON

Bus: (902) 468-1995
Fax: (902) 468-2242
Cellular: (902) 456-1994

14 DAWN DRIVE

(Across from Coast Tires)
Windmill Road
Dartmouth, N.S.

› Canada. Land of quattro.

Weather is
unpredictable.
quattro isn't.



Book a test drive and experience the confidence of Audi quattro all-wheel drive.

The all-new 2017 Audi A4

Lease from \$488* per month	Lease from 2.9%* for up to 36 months with \$3,830 down	With up to \$1,000[†] quattro Credit
--	--	---

2017 Audi Q5

Lease from \$488* per month	Lease from 2.9%* for up to 48 months with \$3,940 down	With up to \$1,500[†] quattro Credit
--	--	---

Ask about available Audi Care Service and Maintenance Package for up to 5 years / 80,000 km.**

Offers end January 3rd.

› Visit audihalifax.com for details.

Audi Vorsprung durch Technik

AudiHalifax

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

Experience the extraordinary.

©2016 Audi Canada. Limited-time lease offers available through Audi Finance, on approved credit, on select new and unregistered 2017 Audi models. *Lease example: 2017 Audi A4 2.0 TFSI quattro S tronic Komfort/2017 Audi Q5 2.0 TFSI quattro Tiptronic Komfort with base MSRP of \$45,295/\$45,895 (including \$2,095 freight and PDI), at 2.9%/2.9% APR for 36/48-month term with \$488/\$488 monthly payment (after application of \$1,000/\$1,500 quattro Credit). \$3,830/\$3,940 down payment or equivalent trade-in, a security deposit of approximately one month's lease payment and first monthly payment are due at lease inception. Total lease obligation: \$20,536/\$26,232 (excluding applicable taxes). License, insurance, registration, options and applicable taxes are extra. Kilometre allowance of 16,000/year; charge of \$0.30/\$0.35 per km for excess kilometres. †An in-store \$1,000/\$1,500 quattro Credit available as a cash discount off MSRP on purchase or lease of select new and unregistered 2017 Audi A4 2.0 TFSI quattro S tronic Komfort/2017 Audi Q5 2.0 TFSI quattro Tiptronic Komfort models. Dealer participation is required. Offers end January 3, 2017, and are subject to change or cancellation without notice. Dealer order/trade may be necessary. Dealer may sell or lease for less. Vehicles shown for illustration purposes only. Audi AG trademarks are used under license. To find out more about Audi visit www.audihalifax.com.



2017 Rav4 LE

EARN UP TO 5000

AEROPLAN MILES

aeroplan

FEATURES:

- Toyota Safety Sense with pre-collision system with pedestrian detection, lane departure alert with steering assist, dynamic radar cruise control, and auto high beams
- Heated Seats
- Backup Camera
- Bluetooth



From **\$152** bi-weekly* **64** months* **\$0** down*

Get an All Wheel Drive for only \$9 more bi-weekly*



TOYOTA DARTMOUTH

DARTMOUTH
60 Baker Drive, Unit A | 902-464-9550
OREGANS-TOYOTA-DARTMOUTH.COM

*See dealership for more details on finance options

MACPHEE FORD - EXCLUSIVE FORD CERTIFIED PARTNER IN HRM FORD CERTIFIED PRE-OWNED VEHICLES



**FORD CERTIFIED
PRE-OWNED**

Backed by
Ford Motor Company

BENEFITS OF BUYING FORD CERTIFIED PRE-OWNED VEHICLES

- SPECIAL INTEREST RATES AS LOW AS 1.9%
- ONLY GENUINE FORD PARTS ARE USED IN RECONDITIONING PROCESS
- ROADSIDE ASSISTANCE
- CARPROOF REPORT
- FORD WARRANTY COVERAGE
- A FULL TANK OF FUEL, FRESH OIL AND FILTER, AND NEW WIPER BLADES AT DELIVERY
- FORD CERTIFIED VEHICLES MUST PASS THE MANUFACTURER'S 172-POINT INSPECTION.
- GRAD REBATE PROGRAM AVAILABLE

**EXTENDED
WARRANTY
COVERAGE**



FORD FOCUS



FORD EDGE



FORD ESCAPE

**RATES AS
LOW AS
1.9%**

**172 POINT
INSPECTION**

View All Our Pre-Owned Inventory at macpheedford.com

MacPhee



902.434.7700

580 Portland Street Dartmouth
www.macpheedford.com