

# Local players helped give U-15 NS team the edge



Two local players with the Major Bantam Nova Junior X-Men helped the Male U-15 Nova Scotia team bring home a gold medal in the Atlantic Cup Challenge held in Moncton, New Brunswick on the Thanksgiving weekend. Alex Bonaparte, on the left is from MacKinnon's Harbour, Victoria County and Colby Tower (r) is from Troy, Inverness County.

# Rock Solid award for duo



Four-year old Eli Brooks and his dad Tim recently pedalled their way around the Cabot Trail. The duo from Big Baddeck was participating in the annual 3-day ride with the "Psyyclepaths", who presented them with the Rock Solid award for endurance and spirit.

# Council moves send petition to Minister

from page one  
the North Shore.

District #4 Councillor, Merrill MacInnis had previously asked the Municipality deem the Park an unsightly premise and hire someone to mow the

grass and generally clean-up the Park and send the bill to the Department of Natural resources.

Council made a motion to pass the petition on to the Minister of Natural Resources, Charlie Parker.

**Brent Smith**  
**Certified General Accountant**  
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*the*  
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**HEAL Ambassador**

**Ryan MacDonald, Sydney River**

In 2005, Ryan MacDonald was 40 pounds heavier than he is today. A family portrait is what changed that; Ryan didn't like what he saw. That was the turning point and he decided to make some changes to get healthier.

Junk food was the first to go; instead of often, it became a treat once a month. He started reading labels for sodium and fat content and making his own lunches. When on the road he made smarter choices "Baked potato or salad instead of french fries. No fancy diets, just healthy choices" says Ryan. "That's what made the difference to get the extra weight off and keep it off. It's really just common sense."

A runner in high school, Ryan eased his way back into physical activity by starting on a tread mill. "If I can do it, anyone can". Walking progressed into running and now Ryan has completed two marathons. "You don't have to have great athletic abilities to be a runner. The other runners are the most supportive, positive people you can imagine. If you're shy or hesitant they will be welcoming and encouraging."

HEAL Cape Breton is pleased to announce Ryan MacDonald as a HEAL CB Ambassador. Ryan, you are an inspiration. We can follow Ryan's example and improve our health by eating healthy - include 5-10 fruits & vegetables daily and control/limit portion size. Also, get moving - 30 to 60 minutes of physical activity most days.

A new HEAL CB Ambassador will be chosen every month. If you would like to nominate someone as a HEAL role model in your community, please send your nomination letter to:  
 HEAL Cape Breton (Healthy Eating Active Living)  
 Health Recreation Complex, CBU  
 130 University Blvd, 2nd Floor  
 Sydney, NS B1M 1A2  
 By Email: [lisa@healcapebreton.com](mailto:lisa@healcapebreton.com)  
 Or online at: [www.healcapebreton.com](http://www.healcapebreton.com)

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HEAL Cape Breton is an organization dedicated to promoting health eating and active living in Cape Breton.

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