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Food Safety Tips for the Holidays

[or she] presses a certain lever. However certain ways of reinforcing behaviour lead to better learning than others: *The best schedule of reinforcement is one that combines periodicity with unpredictability . . . It is interesting to observe that these patterns of paranormal events have the same structure as a schedule of reinforcement.*"

Dr. Vallee goes even further: "What is being controlled, he asks. *"I suggest that it is human belief that is being controlled and conditioned.*" My speculation is that a level of control of society exists which is a regulator of human development, and that the . . . phenomenon should be seen at this level."

But is there another take like the explanation of the sacred, or being connected to the ebb and flow of life? Dolores LaChapelle speaks eloquently about this in her *magnum opus*, the extraordinary book *Sacred Land Sacred Sex Rapture Of The Deep*. Dolores writes powerfully about the influence of the natural flow, the lifestream. She communicates about particularly gifted artists in music, the literary arts, and painting. Being connected to this lifestream, the natural flow is often

experienced when artists speak of the fluid process they enter when most productive: "I didn't write the novel, it wrote itself!" Or: "I didn't compose this symphony, it composed itself!" Or: "I didn't paint this masterpiece, it painted itself!" It's like the artist is totally plugged into a natural life energy flow and it controls him or her in a way . . . it's that feeling like there is no separation between the artist and anything else, like no separation between the artist and the river flowing by just outside the window, for example. In other words, it's that sense of being enveloped in a feeling of bliss.

So the natural lifestream *controls* us? You see my dilemma? My *belief* is that we are all free. But my *conclusions* here demonstrate that we are controlled. So, poverty free will or poverty predestination? You decide.

With the holiday season upon us, Nova Scotians are urged to remember the importance of safe food preparation and handling.

The Department of Agriculture's food safety division reminds people that four basic rules apply to help prevent foodborne illness over the holidays: clean, separate, cook and chill.

"As Nova Scotians enjoy the holidays with family and friends, we encourage them to be aware of the safety issues around storing, handling and preparing food for these events," said Mike Horwich,

director, food protection. "The best advice for everyone is to keep hot foods hot and cold foods cold, and if in doubt, throw it out."

Good food-safety practices are important when preparing, transporting and reheating food for parties and potlucks.

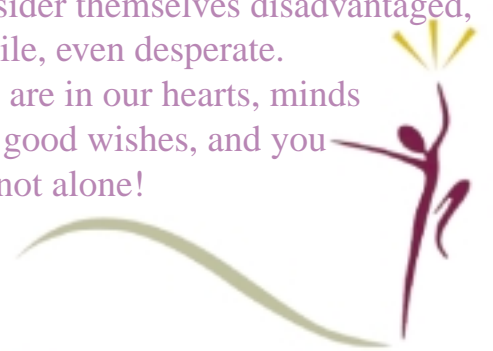
The Department of Agriculture has several fact sheets on food safety available online at www.gov.ns.ca/agri/foodsafety/factsht.

They include tips on: — preparing and serving holiday buffets — travelling with food;

— how to prepare and store special holiday foods such as egg nog and apple cider

such as meat trays — saving and re-serving leftovers, and — how to buy, thaw and cook a turkey and store leftovers.

Our Board members, staff, volunteers and clients wish a **Joyful Holiday Season** to our community, but especially to those people who consider themselves disadvantaged, fragile, even desperate. You are in our hearts, minds and good wishes, and you are not alone!



Bryony House

distress phone: (902) 422-7650
e-mail: info@bryonyhouse.ca

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2585 Poplar St. - Halifax
492-3466
mburke@ns.sympatico.ca



PETER KELLY
MAYOR



HALIFAX REGIONAL MUNICIPALITY

490-4010
kellyp@halifax.ca

P.O. Box 1749, Halifax, Nova Scotia B3J 3A5



Trevor Zinck, MLA
DARTMOUTH NORTH



House of Assembly
Nova Scotia

Suite 3, 102 Albro Lake Road
Dartmouth, NS B3A 3Y6
Tel. 461-0181
Fax: 461-0775
tzinck@ns.aliantzinc.ca

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