

Enjoy - 5 or more vegetables and fruits every day



- Choose vegetables and fruit for snacks most of the time. Avoid snacks high in sugar, fat and salt.
- Try beginning dinner with a salad or raw vegetables.
- Keep a bowl of fruit out for the kids to grab as an easy snack.
- Children are healthier when they eat with their family - eat dinner together.
- Introduce new foods to your children but remember, it may take many attempts before they enjoy a new taste.
- Get the whole family involved with preparing and cooking food.

SCOPE in proud partnership with **iHealthy ABBOTSFORD**

A healthy community for children is one where the healthy choice is the easy choice! SCOPE is working to create a future where children eat healthy and are physically active, supported by a healthy community environment



www.scopebc.ca/live5210

Soccer star bound for UBC

Dan KINVIG
Abbotsford News

It's awfully hard to find a hole in Nikki Segovia's resumé, athletic or otherwise.

On the soccer pitch, the 18-year-old Abbotsford native has succeeded at every level. She won a trio of provincial titles during her early teenage years with her club team, Surrey Pegasus. She helped Team B.C. to a national U14 championship. She's been identified as a national pool player by the Canadian Soccer Association at the U16 level.

Most recently, she's trained with the prestigious Vancouver Whitecaps residency program, and landed a soccer scholarship from UBC.

How Segovia managed to accomplish all of that while maintaining honour roll marks throughout her four years at Yale



JOHN VAN PUTTEN Abbotsford News

Secondary senior Nikki Segovia, a member of the Vancouver Whitecaps residency program, is set to join the UBC women's soccer team in the fall.

Secondary is somewhat mind-boggling. Consider her senior-year schedule.

After classes during the day at Yale, Segovia hops in the car and drives to Burnaby for a two-hour training session with the Whitecaps at Simon Fraser University.

Then it's back home to Abbotsford to attack a mountain of homework, and perhaps maintain relationships with her friends if she has some spare time.

"No one really understands, when you play at this kind of level, what your

lifestyle's like," Segovia noted with a wry grin. "When I come home I'm pretty exhausted."

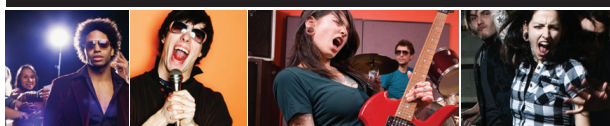
The scholarship from UBC is the payoff for all that hard work, but oddly enough, Segovia never pictured herself

Continued on A27



WHAT IS YOUR ALL-TIME FAVOURITE SONG?

POST YOUR ANSWER TO ENTER TO WIN!
FACEBOOK.COM/MYABBYNEWS
FACEBOOK QUESTION PRIZE VALUED AT \$50



SO YOU THINK THEY CAN SING?

Go to abbynews.com, watch the videos and vote off your least favourite contestants for your chance to

WIN \$500 IN GIFT CARDS!

opening soon at the reach



'Man Turned to Stone'
Photo: David Campion



Betty Goodwin
'Beyond Chaos No.7'
Photo: Richard Max Tremblay



Photo: The Reach N294

Man Turned to Stone:
T'xwelatse

Betty Goodwin:
Darkness and Memory
Organized by the Musée d'art contemporain de Montréal

Our Communities
Our Stories:
Sikh Pioneers -
100 Years
of Immigration,
Integration
& Identity

apr 14 -
may 29

Opening Reception:
Thursday, April 14 at 7pm

7:30pm Opening Remarks & Semoya Dance
Group Premier of The T'xwelatse Story
FREE ADMISSION

For more information call:
604.864.8087

32388 Veterans Way, Abbotsford
info@thereach.ca • thereach.ca



Gallery
Museum