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**FREE**

## THIS WEEK

**CBRM COMMUNITY NEWS ITEMS**

**FREE**

**VOL. 8 - NO. 47 - NOVEMBER 21<sup>st</sup> - 2018**

WEBSITE  
[www.kleeradio.com](http://www.kleeradio.com)

"It's Beginning To Look A Lot Like Christmas" is the title of a popular Christmas carol and it certainly feels that way. The Sydney Mines Santa Parade kicked off the Christmas season and the next one will be the North Sydney Santa Parade which is slated for Saturday December 8th - 6:00 pm.

Remember to dress warmly and bring your letters to Santa to the Parade.



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3 & 4 Door Pickups Large SUV	\$149.95
Superduty Pickups X-Large SUV	\$149.95

## NORTHSIDE COMMUNITY NEWS ITEMS

### SENIORS BINGO

The Regular SUNDAY afternoon Bingo resumes. There will be an Afternoon BINGO Game at the Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue, Sydney Mines.

**WHEN: SUNDAY - 2:00 pm**

**COST:** - \$2.00 entry card DAUBERS ONLY - MONEY GAMES Come out and spend a wonderful Saturday afternoon and maybe win some prizes. Hope to see you all there - Jackpot \$1025 on 54 #s Loonie Jackpot \$1,168+.

### COMMUNITY SENIORS DAY -

Every Thursday at the Sydney Mines Seniors & Pensioners Club, Fraser Avenue, Sydney Mines. All seniors in the area are welcome, no charge for the programs.

**10 AM** - Coffee Break, tea, coffee and light refreshments, play games of your choice.

**1:00 PM** - CRAFTS, instructor will be available for you.

**7:00 PM** - Fun Darts - all welcome. For more information phone (902) 736-3100.

Some News Items courtesy of **Swing Over The Mountain Newsletter - Login** - <http://sotmnews.weebly.com>

For the latest and most comprehensive list of local events, logon to - [www.musiccapebreton.com](http://www.musiccapebreton.com) Mike Little updates his listings each week.



**DJ JACK COOL  
OLDIES  
SHOW**

**7 DAYS A WEEK**

**WWW.KLEERADIO.COM**

<b>BINGO</b>	<b>7</b>	<b>25</b>	<b>44</b>	<b>57</b>	<b>62</b>
<b>15</b>	<b>22</b>	<b>40</b>	<b>50</b>	<b>70</b>	
<b>11</b>	<b>30</b>	<b>45</b>	<b>46</b>	<b>74</b>	
<b>2</b>	<b>28</b>	<b>37</b>	<b>55</b>	<b>68</b>	
<b>10</b>	<b>27</b>	<b>39</b>	<b>59</b>	<b>75</b>	

### North Sydney Fire Hall

#### THURSDAY NIGHT -

After Work Party  
Kitchen open from 5:00 - 9:00 pm, music by Ernie, Todd & Wade, from 6:00 - 9:00 - Food Special Bacon Cheeseburger \$9.50 - **FREE ADMISSION**,

**BENEFIT DANCE** - Friday, 8:00 - 1:00 for tickets call (902) 371-4407.

**FIREMENS SPAGHETTI & Meatball Supper**, Nov. 18, 12 - 6 pm - \$10 per person - Free Delivery - Take Out only.

**NEW YEARS EVE** tickets on sale \$15 advance \$20 at the door. Light lunch, party favors, fireworks - music provided by Firehounds DJ.

**DEC. 1** - Ugly Sweater Dance - 9:00 1:00 - admission is a non perishable food item for the Food Bank. Prizes 1st, 2nd, 3rd.

**DEC. 2** - Flea Market in support of Cadets. For more information phone 736-3727.



Florence Legion Flea Market - will take place December 1st - from 10 - noon. Tables 8 ft. \$5.00 - 6 ft. \$4.00. To Book 736-9740 or 736-2746.

Canteen Services available - Admission \$1.00

### FLEA MARKET and Christmas Bake Sale

November 24 - sponsored by the North Sydney Seniors Club, Commercial Street, North Sydney - 10 - 1:00 Admission \$1.00.

**CHRISTMAS CAROLS** - November 25, open to the public no admission, light lunch.

#### NEW YEAR'S DANCE - Dec.

31 - Sydney Mines Seniors & Pensioners Club - 9:00 - 1:00 - light lunch, novelties, prizes, full bar. Music by Kimmy & Pam \$10.00 each. Tickets - 736-9740, 795-8850, or the Club 736-3100.

**CELEBRITY PRIDE SCOOTER** - 2 1/2 years old, brand new battery, in excellent condition, head lights, tail lights and side seating, arm rests.

Cost New \$4400 - selling for \$1975. For more information, phone (902) 539-7199.

### Feral & Abandoned Cats Draw

George Simon, Sydney, was the recipient of the split this week in the amount of \$7,760.00.

Our game continues with the next draw on Nov. 28 at Ziggy's with a projected prize of \$128,000.00 with 10 cards remaining.

Cape Breton Storyeller Book now on sale on the Northside at Buffett's Office Supplies, North Sydney. Makes a Great Stocking Stuffer.



Heat & Serve Meals - Fresh Meal Selections - Frozen Selections  
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902-736-0411 (Fax)

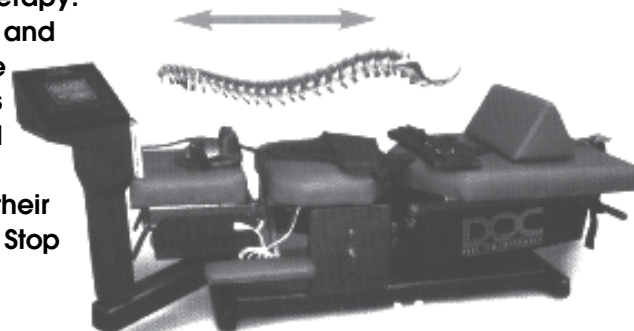
[keithbainmla@bellaliant.com](mailto:keithbainmla@bellaliant.com)

### NEW DECOMPRESSION TABLE RELIEVES PAIN

Darren Strong from Strong Chiropractic, announces a new, sophisticated computerized decompression table that allows the spine to be gently stretched and relaxed for spinal decompression therapy.

The pattern of alternating pulling and relaxing creates vacuum-like pressure which allows disc material that was herniated or protruded to be pulled back in the disc over time.

Patients will notice a reduction of their pain during these treatment sessions. Stop in today and ask about the new table and how you can benefit.



793 Mahon St., New Waterford - 862-9444 224 Commercial St. North Sydney - 241-9444

## NORTHSIDE COMMUNITY NEWS/EVENTS

### Sydney Mines Seniors & Pensioners Club

**SUNDAY NIGHTS** at 7:30 we have tarabish, everyone is welcome. 1st, 2nd and 3rd place Prizes are awarded.

**MONDAY AFTERNOON** - at 1:00 - Exercise Classes, everyone is welcome.

**MONDAY NIGHT** - at 7:30 - **FUN NIGHT** - we invite members from other Seniors Clubs - Bingo 7:30 dabbers only - Loonie Draw Enjoy a game of SCAT - \$1.00, light refreshment, see you there.

**WEDNESDAY** - 7:30 45s Card Game 1st, 2nd, 3rd



### BRANCH 008 LEGION NEWS

**BRANCH MEETING** - November 22nd - will be picking for the Windsor Convention. Plus Election of Officers.

**NEW YEARS TICKETS** - are now at Downstairs Bar - \$20.00 each, meal included - Music By Tom Capstick.

**BINGO JACKPOT** \$2,150 on 54 #s, Toonie Jackpot \$1134+. Tickets will be available by Oct. 28th for our Christmas Basket - all proceeds go to Adopt A Family - drawn on Dec. 18th.

**CHASE THE ACE** is back! Branches 008 and Br. 19, draw-

ing on Fridays - 7:00 pm Music with Bob MacDonald & Friends, kitchen open from 7:00 til 10:00 - Tickets 3 for \$5.00 or 12 for \$20.00 - Jackpot \$6,068.

**CHRISTMAS BASKET** - Value \$400 sponsored by the Ladies Auxiliary - Draw Date December 18th - tickets \$2.00 each - 3 for \$5.00.

### COUNTRY JAMBOREE

A Country Jamboree will be held every Saturday evening at the Army-Navy Hall in Bras d'Or from 7:00 - 10:00 pm. There is free admission and it is for 19 years and over.



### BRAS d'OR SENIORS WEEKLY 45s GAME

The Bras d'Or Seniors Club are hosting weekly 45's game on Thursdays at 7:30 pm.

1st, 2nd and 3rd cash prizes are awarded. Also a chance to win the main Jackpot, mini Jackpot, and Loonie Jackpot and 50/50 draw.

**CHRISTMAS VARIETY CONCERT** - sponsored by the Southside Boularderie Fire Dept. will take place on Sunday, Dec. 2nd - 7:30 - 9:30 - Adm \$5.00 - Light lunch, wet bar - Members & Guests



### SYDNEY MINES LIBRARY NEWS

Thank You to all our patrons for your patience as we have completed renovations and the Library is now open.

All programs have resumed as of **November 20**. For any additional information, you can phone us at (902) 736-3219.

**EMERA CENTRE** - Privateers & High Society - November 25th from 9:30 - 1:30.

**Christmas Show** - December 1 - 6:00 pm - Dinner & Comedy. New Years Tickets on sale - music with CLOCKWORK - 10 - 2 - catered by Black Spoon.

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### MERCHANDISE BINGO GAME

Sponsored by Holy Family Parish C.W.L. will be held on Wednesday, Nov. 18 - 7:30 pm. at the Holy Family Parish Hall, Main Street, Sydney Mines.

Admission is \$2.00 and Extra Cars \$1.00 Canteen Service.

**VAN FOR SALE** - 2005 Dodge Caravan very nice condition, new spare tire, new struts, inspected to 2019 - Asking \$1,350 Phone 902- 578-7181

If you like Soduko Puzzles, logon to our website and enjoy a Daily Puzzle along with a new Daily Crossword Puzzle - Logon Features at - [www.kleeradio.com](http://www.kleeradio.com)

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**MEDIATION AND CAREGIVING** - Living the "golden years" can often seem a huge challenge for both an elderly parent and family caregivers. Everyone wants positive life experiences for themselves and for their loved ones. However, finding that you have a family member who is very ill over the long term, or aging, can often feel confusing and exhausting. Also, the person who is ill or the elderly person may often feel guilty for asking for certain care needs, and refrain from stating their needs. And sometimes the needs are too subtle to notice, or the care given is inappropriate!

This column is about how mediation can improve success with meeting these challenges.

Sometimes relationships can suffer when the family caregivers miscommunicate their interpretations as to how this care should be handled. Failure to communicate one's own needs in the face of a very needy invalid or parent can cause overwork and exhaustion, financial depletion, and relational rifts among siblings.

Finding a healthy balance for caregivers between their own needs and that of the person with needs is critical for long term adequate and positive caregiving. And the subject person who is ill or elderly needs to voice their own preferences, resources, and abilities, or lack thereof.

It is reported that in some areas, 40% of caregivers report having serious conflicts with their siblings. Time resources, distance problems, travel needs, conflicts with employment responsibilities, being sandwiched between the needs of your own growing family and that of a sick or elderly sibling or parent, unstable or dwindling financial resources, and relational problems between sibling caregivers are only a few of the matters that arise in the caregiving function, and many shy away from open recognition and dealing with how these affect their lives and loved ones, causing further exhaustion and emotional distancing from siblings.

For example, one may say the car keys should be taken, others may disagree, and so on. With whom should the ill or elderly person live and where, for instance, when mobility issues arise? The caregiver with the most time available may be the one with the most distance to travel. Sometimes caregivers with sibling rivalry issues can feel forced to interact when their relationship has been tenuous for years. Can the elderly person be approached calmly and sensitively to better describe their needs when they are only too aware of sibling rivalries? Who should do the cooking and does the needy person not even like that person's cooking!

Many families can find that while some needs are met, other needs get lost in the shuffle of miscommunications among themselves, and the elderly person is unable to pursue these needs otherwise. Whether there is an impasse or not, mediation will often help with finding a fair and appropriate structure for total ongoing caregiving plans, complete with "go to" plans and resources for unexpected circumstances. Mediators are facilitators who help family caregivers improve communications and build these plans. Housing, meal preparation, medical care, finances and even end-of-life planning need solutions that are found in a thoughtful calm manner: this helps people focus on the most important issues. Mediation is a confidential way to come to a healthy resolution for all, including involvement of the subject person who can voice their needs and preferences where possible. The goal in mediation is to help the caregivers voice their difficulties, better define their resources and balance needs, solve problems, and find common ground. This often results in more efficient caregiving, and relaxed and more positive communication among caregivers. Once issues are faced and discussed, and once a plan is in place, much time previously spent in indecision and failed communications is replaced with positive ongoing relations, understandings about more fair division of resources and finances, and improved harmony in the family.

Adult children who are caregivers can find some serious relief in a confidential private mediated plan which is determined by way of objectively reviewing resources and abilities, talking about compromise and balance of complex issues and determining fair division of labour and resources that is easier on the provider. This usually serves to enhance relationships and allows them to find a happier and more giving sense of sharing the responsibilities of caring for the loved one. And the loved one knows! Column submitted by Glennis Munro, Mediator, Mediation Matters, Baddeck NS, and website [www.mediation7.ca](http://www.mediation7.ca) - Questions may be emailed to [gm.mediation7@gmail.com](mailto:gm.mediation7@gmail.com) - Phone 902-294-0592.

## HANGING OF THE GREENS

St. Andrew's Day - Hanging of the Greens Celebration at St. Andrew's Presbyterian Church (643 Main Street, Sydney Mines) on Friday, November 30th at 7:00 pm.

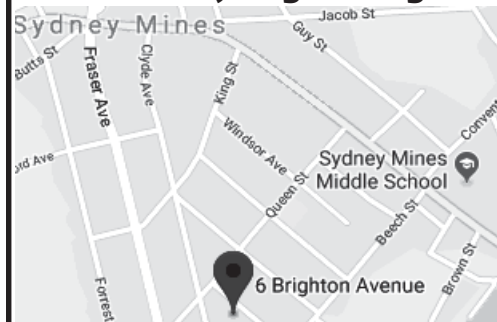
The program will include some Scottish and Christmas music;

reflections about meaning of Christmas symbols, followed by fellowship and light refreshments.

We open our doors to the community and provide this inspirational evening as the Christmas season approaches. Free admission.

## NOTICE NORTHSIDE MUSIC

**We are now available for Musical Instrument Repair and Teaching at our new location - 6 Brighton Avenue, Sydney Mines**



**PHONE  
(902)  
736-8626**

## NORTHSIDE COMMUNITY NEWS

**BINGO** - will be held every Sunday night at the Millville Community Centre - 7 pm - Cash Prizes Only

**ITEMS FOR SALE** - Complete Single bed in excellent condition with head board and foot board - asking \$250.00.

4 All Season Tires in excellent condition - P215 70R15 asking \$120.00 for the 4 tires.

2 pair mens jogging pants, grey, never worn, still have tags on XXXL asking \$20.00 each - PHONE 902-578-7181

Available for General House-keeping duties - vacuuming, sweeping floor etc. \$10.00 per hour - Phone 902-578-7181.



The Northside Minor Hockey Draw - Last week's winner was Brian W. & Joanna F. and the amount was \$11,512. Thank you for your support

## Craft & Bake Sale

The Ladies Auxiliary of the Northside Community Guest Home are hosting a Craft and Bake sale on Dec 8 in the main lounge 11 Queen Street from 1 - to 4 pm.



## Christmas Tea and Bake Sale

The Hills of Boisdale Community Association invite you to our annual Christmas Tea and Bake Sale Sunday Dec.2, 2018 from 2 - 4 pm. At the Boisdale Firehall Admission \$7.00

There will be a raffle sale and draw, door prizes, local craft vendors,

Novelty table, parcel post and tickets for a Christmas fruit cake.

**[www.kleeradio.com](http://www.kleeradio.com)**

**EXERCISE CLASS**

Monday at 1:00 pm, no charge and open to the public at the Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue.

**FREE LAPTOP DRAW** - See

Page 8 for participating sponsors and where you can get your Free Ballot. Nothing to buy, draw date is December 18.

**CONTACT INFORMATION****GLEN GRAY, EDITOR**

PH: 902-564-9022

Email Address

[glengray@kleeradio.com](mailto:glengray@kleeradio.com)

**Royal Canadian Legion  
Branch 83 - Florence**

**POOL****TOURNAMENT****Every Wednesday****BINGO EVERY THURSDAY**

8:00 pm - CASH PRIZES

**SATURDAY  
NIGHT  
KITCHEN**

**PARTY with THE CIRCLE**  
from 7:00 - 10:00

**SATURDAYS  
BREAKFAST**

SUNDAY - 9:00 - 12:00

Adults \$7.50 - Kids \$5.00

FLEA MARKET - Dec. 1

From 10:00 - 12:00

**736-6313**

Hopeful Hearts Nar Anon Family Group is a support group for friends and family of those with substance abuse disorders. Are you affected by someone else's addiction? Nar-Anon offers hope. The Hopeful Hearts Nar-Anon Family Group Regular Weekly Meetings are Wednesdays from 8-9 pm at 26 Haley St, North Sydney. Call 902-322-5588 for more information.

**UPCOMING DATES**

Nov. 21 - 8:00 pm - 9:00 pm

Nov. 28 - 8:00 pm - 9:00 pm

Dec. 5 - 8:00 pm - 9:00 pm

**NORTH SYDNEY  
LIBRARY NEWS**

**FIBRE LUNCH** - Every Thursday,  
1:00 - 3:00 pm.

**STORYTIME** Saturday regular  
time 2:30.

**ONGOING BOOK SALE** - also  
a good variety of DVDs

**Bereaved Families** meet every  
Thursday.

**Babies & Books** Program has  
finished for the year.

**Pre-School Storytime** - Tues-  
days at 10:30.

**Tuesday, December 4th** - Phys-  
ics of the Playground. - Free for  
children ages 8 - 12- parents  
welcome too.

Lots of Christmas movies to  
borrow.

Call the Library to register at  
902-794-3272.

**FREE PUBLICITY for your  
event, fund raiser etc.**

[thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)**ITEMS FOR SALE**

2005 Toyota Corolla, asking  
\$3,700.

One large heater asking \$150.

1 three room cottage in Bras

d'Or, lots of land, asking  
\$55,000.

1 new compressor, asking  
\$100.00.

Phone number for all these  
items is (902) 736-6140.

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**565-6798 - 736-1405****ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206****PEPPER & PEARL FRIDAYS - 10:00 - 2:00 AM****TUESDAY BINGO GAME****NOW AT - 7:30 PM****Hall Rental Available - 736-3206**

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**\$2,150.00+**

**BINGO Tues.  
7:30 PM  
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Games &  
Prizes**



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## SATURDAY DANCE

The Sydney Mines & Pensioners Club will host a SATURDAY DANCE from 8:00 - 12:00 pm in their Clubrooms 6 Fraser Avenue in Sydney Mines. The cost of the Dance is just \$3.00 and it is open to the public.

There will be a variety of music available. Come out to our Club, 6 Fraser Avenue in Sydney Mines and have a great night every Saturday. Canteen Service and Bar Service is available.

**DANCE** - Millville Community Centre, November 24th - 9 pm - 1 am - Music by THE ASHBYS - \$10 per person.

## BREAKFAST BRUNCH

Last Sunday of every month  
Big Bas d'Or Fire Hall

**NOV. 25th - 9:00-12:00 pm**

Sponsored By "Friends of The  
Blg Bras d'Or Fire Hall"

1350 Old Route #5

Big Bras d'Or

**Adults \$8.00 - Children \$4.00**

**EAT IN or TAKE OUT**

## SUNDAY MORNING GOSPEL SHOW ARS AT 9:00 AM

For those of you who like to start Sunday morning off with some inspirational music, we have just the thing for you.

Tune in on Sunday mornings at 9 am when host Pierre Chiasson presents a one hour show of the best in traditional Gospel songs to listen to as you have your Sunday Brunch - [www.kleeradio.com](http://www.kleeradio.com)

## NOW OPEN AT ORIGINAL LOCATION

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HAIR DESIGNS

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**Tues. & Wed. 9 - 5**

**Thurs. 9 - 7 - Fri. 9 - 5 - Sat. 9 - 4**

**Gift Certificates Available**

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363 Main St.  
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## The Perfect Stocking Stuffer "Cape Breton Christmas Memories"

**Amusing Christmas Tales  
from Cape Breton**

**ONLY \$4.95**

**Available at  
Buffetts Office Supplies**

**BINGO** - Every Sunday  
Night at the Millville Community Centre beginning at 7:00 pm. Cash Prizes Only.

**K-LEE RADIO** celebrates its 10th year of broadcasting on October 1st. We have been playing the very best in Cape Breton & Celtic music 24 Hours A Day - 7 Days A Week. Tune in today - [www.kleeradio.com](http://www.kleeradio.com)



## CELEBRATION OF LIGHT SERVICE

Will be held at the St. John's United Church, Big Bras d'Or, on Sunday, December 2nd at 7:00 pm. An evening of music and remembrance - everyone is welcome, lunch to follow.

**HOME CARE** - To care for the elderly in their homes. Will do personal care, light housekeeping, and meals.

4 or 6 hour respite also available. Excellent references, phone (902) 565-7679.





## Mark Eyking MP

Sydney - Victoria

500 Kings Road, Sydney  
902.567.6275  
[markeyking.c1@parl.gc.ca](mailto:markeyking.c1@parl.gc.ca)

**A Strong Voice for Cape Breton**

## YOUR FREE SODUKO WEEKLY PUZZLE

			7			3		6
7							1	
	4		8	2				
					6	2		4
9							6	
					5	7		
		7	1			4		3
8		9						
	6						9	

You can also get your Daily Soduko Puzzle and Crossword Puzzle by logging on to - [www.kleeradio.com](http://www.kleeradio.com) and clicking on the FEATURES Page. Also included is a DAILY FREE SOFTWARE giveaway. Logon today to get yours FREE!!



## COMMUNITY NEWS ITEMS

**WINTER STORAGE** - If you are thinking about storing your car, boat, atv, trailer etc. for the Winter, storage space is available at the Exhibition Grounds in North Sydney.

They will begin taking storage on October 15th on a "First Come - First Served" basis, so get your request in early.

For further information phone (902) 794-7633.



**Traditional Music Night** - every Thursday at the Blue Mist Beverage Room in Bras d'Or - The very best of Cape Breton fiddling. Stop by for great Cape Breton fiddling.

## THURSDAY NIGHT PUB NIGHT



at John J. Nugent Fire Hall, Sydney Mines - Live Entertainment - No Admission - Fund Raiser for Community Cares

ment - No Admission - Fund Raiser for Community Cares

SOME NEWS ITEMS IN THIS ISSUE COURTESY OF <http://sotmnews.weebly.com>

Court issues can often take years to resolve with unforeseen results.....but: If you have interest in resolving matters OUT OF COURT and in determining how to *peacefully, less expensively, and usually much more speedily* settle issues or conflicts involving business, family, estate, or contract conflicts or disputes, consider an independent mediator (even if court has already started) at:

## MEDIATION MATTERS 902-294-0592

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Sliding scale adjusted to lower incomes \*\* Free initial consult

Can include your own lawyer support if desired

See website above for particulars



## BY PAUL POWER

**A Flock of Seagulls - "Ascension"** - This album came to my attention right out of the blue-but after hearing about it, and actually hearing it I had to write some notes about this new release. I pretty much

wore out my cassette copy of A Flock of Seagulls debut album, and no wonder-with the amazing international hit "I Ran", and lead singer Mike Score's famous 'back-combed forward' hairstyle, combined with the band's fashions and signature

sound AFOS became a legendary part of the 1980's New Wave movement. Over the years a number of bands have done albums with full orchestras. Memorable ones, such as Metallica, Scorpions, Styx and Sting have given us very listen-worthy projects; this one can be added to that club. This is actually AFOS's sixth album and features the original line-up of Mike Score, brother Ali Score, Paul Reynolds and Frank Maudsley playing the best songs the band ever released. From the start the Prague Philharmonic Orchestra provides a dramatic orchestral swell that ushers in the famous keyboards of "I Ran", and from there we get "Space Age Love



Song", "Telecommunication", "Wishing (If I Had A Photograph Of You)", "Nightmares", and my favourite song "The More You Live, The More You Love", plus other flocking gems. Over the years the band did get some flack over their style but no one can deny that the band was a pioneer during the New

Wave period, helped by Paul Reynolds guitar work and the multi-layering of the keyboards which created music that was ahead of their peers-and saw the band successfully creating a debut album that was

actually a concept album about an alien invasion. Subsequent songs carried deep messages buried in catchy and clever musical arrangements. On the flipside, who can forget the low budget yet futuristic music video for "I Ran", with Mike Score and the band on a turntable surrounded by aluminum foil walls and floors, and models with punk rock make-up. That video has well over 52 million hits alone on YouTube-not to forget setting an MTV record for heavy rotation way back in the day. The word ascension is described as the act of rising to an important or a higher level. A Flock of Seagulls have done just that with this album.

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