

News and views

By LORRAINE

Man's acceptance today to his right of epicurean frills sometimes fogs his brain to his thankfulness of his own existence.

We marvel at the new 1970 automobile innovations; we delight at the extra gear on the latest power boats; and we are astounded at our own abilities to build and manipulate a vehicle capable of moon flight. We insist on special wax for costly skis; we invest in top grade gasoline for our motorized conveyances; we spend dollars every year on furniture polish for expensive T.V. and radio cabinets and tables; and only the best oils are used for electrical devices, and yet, in our great concern for material maintenance we let the most intricate and delicately constructed mobile machine, the building of which is beyond the capabilities of any man, go to pot. Our own bodies!

I listened with awe recently from a friend of mine who had recuperated from a serious back ailment referred to with reverence to the miracle of the human being. "Just to think," he said, "that every small nerve and body muscle is under my complete control to be manipulated only under my jurisdiction, with only my own mental compulsions responsible for its accomplishments and motivations." This man in his thankfulness for recovery was actually telling what life is all about.

In spite of its ingeniousness of creation no other equipment is generally as badly misused by people as the human body. We recognize its need for milk, we give it alcohol; we understand its requirements of continual exercise, we set it in front of a television or radio for hours on end; we know its need for spiritual growth and food stimulus for thought and wisdom, and give it a diet of crumbly literature, terrible movies, and lack of good digestive material.

Health and body building manuals have been published for years with stress on exercise stimulating brain processes and abilities with abilities generating new energies which require exercise, and so the cycle continues. Our bodies are ever unfulfilled units of accomplishments carrying on the endless process of productivity but, if not fed, nourished properly, and kept in top notch functioning condition, they will break down like any other piece of equipment.

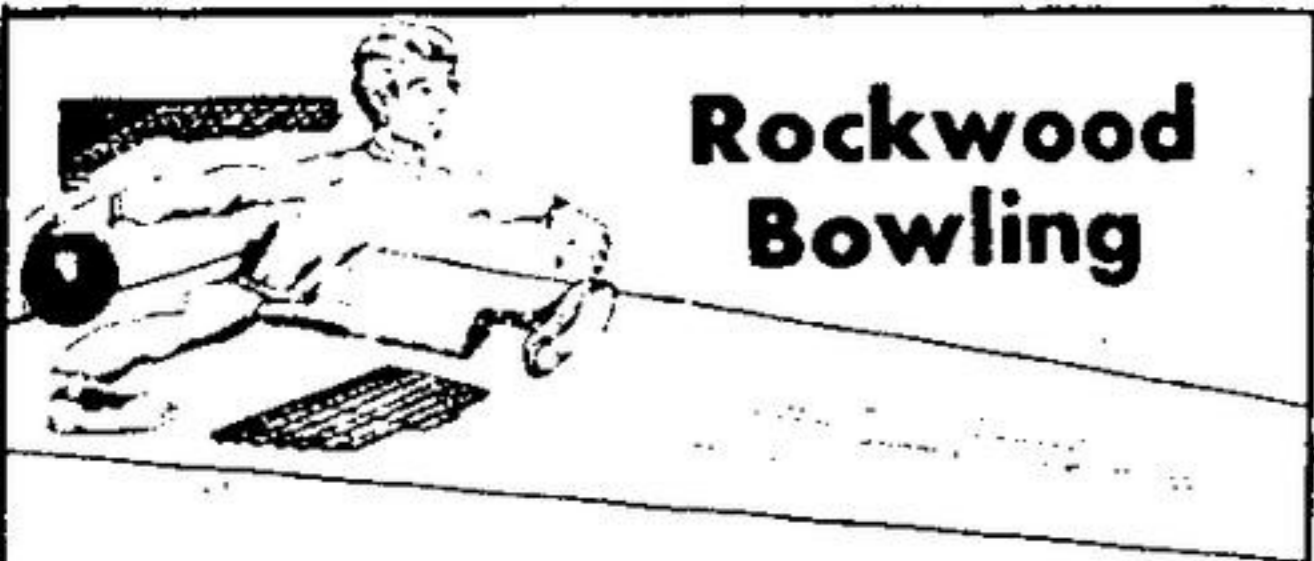
Everyone is mourning the exorbitant cost of automobile operation, and yet, every Sunday that looks like spring, the roads are lined bumper to bumper with the latest mode of travel. Few of us walk anymore, it's either a snowmobile, a boat, a motorcycle or automobile, and even horseback riders in their attempted restoration of an outdoor art, are finding it difficult to survive in our motorized society with swooping machines competing and parklands being gobbled up by housing.

To dare to be a jogger on a country road is like wearing a red flag and in a Canada where outdoor activity could be participated in to a greater degree than anywhere else, with more scope of space and facilities, one almost has to be considered a freak to dare.

To be an over 30 year old enthusiast actively engaging in any sport is to be cultivating a heart condition or to encourage a newspaper writeup. In other words, instead of the usual it is the uncommon and yet we flock to the Maple Leaf Gardens to watch a gymnastic display by a European team from Amsterdam who include some 70-year-old champion.

It would seem then, that to be called a spoiled society would be less realistic than to put it where it is and refer to ourselves as a spoiling one. So why don't we take the time to appreciate our bodies and remember that they are under our control, not controlling us, which is the miracle of it all. Just to be able to lift our heads, raise our arms, manipulate our legs to walk, is a gift for which we should be grateful. To be able to think, have the ability to do so and to nourish our minds is a privilege. To let such wonderful machines rust out and become mishapen through indolence is incomprehensible and, we are, in so doing, contributing to pollution as much as any other thing which contributes to waste of any natural element - pollution of body which is, like all of our other God given heritages, only a loan for which we, as caretakers, are responsible for its maintenance.

"A healthy body is a guest-chamber for the soul; a sick body is a prison." Bacon - "The Advancement of Learning." Let us, in the 1970 month of Body Building and Health Week, use the motto of discipline and motivation in self application, with the local gymnasium as our garage, the fruit and vegetable market providing the energy supplies, the rural countryside for oxygen intake, and good reading and thinking as the oils for mind lubricating.



Rockwood Bowling

The first team scores on the agenda last week showed Carney's victorious with a score of 7 to 0 against the Queen of Hearts.

Bob VanWyck was the big champion with a 696 triple and Doug Cross a 668.

The Untouchables then treated the Four Corners with a 4 to 3 and Elmer Allan's 693 points for the Elmer's Alley Cats gave them the 7 to 0 lead over the Whitewashers.

The Neighbours were beaten out by Nortons taking 4 points to 3 but the winning team were spurned along with such scores as Vic Davies's 696, Fred Nightingale's 664 and Vic Nightingale's 627 triple.

Gail Bacon was the shining light for the Begoodorbegones giving them the 5 to 2 lead over Strattons with Shirley Salmon the big wheel for that team with a 678 triple score.

Team standings are about the same with Stratton's in 1st place with 91 pts; No. 2 spot - Carney's with 83 pts; 3rd place Norton's have 79 pts; no. 4 Queen of Hearts sport 77 pts; Elmer's Alley Cats follow up in 5th position with 71 pts; No. 6 Begoodorbegones 70 pts; No. 7 The Neighbours with 60 pts; the Whitewashers and Untouchables tie for 8th position with 57 points each and the low rung ladder position is not coveted but held by the Four Corners team with a low 56 points.

H. S. HOLDEN
OPTOMETRIST
36 Cork St. East
GUELPH
Phone TA 2-7196

Rockwood News



TALENTED PETER LESLIE at the keyboard of his grand piano which he recently purchased to further his ambition as a pianist. A Rockwood native, Peter returned to music after spending a year at the University of British Columbia and is teaching in Rockwood as well as Toronto and Guelph. He picks Beethoven and Chopin as his favorite composers. —(Staff Photo)

Rockwood native Mrs. E. Gray

A former resident of Rockwood, Bertha V. McCutcheon Gray of 10 Alahurst Dr., Toronto, died in Western Hospital on February 1 after a short illness.

Mrs. Gray was born Sept. 2, 1908 in Rockwood, daughter of the late Mr. and Mrs. W. J. McCutcheon. She was married January 21, 1933 in Guelph, and her husband Ernest Gray survives her. Also remaining are son Kenneth A. Clarkson; daughter Mrs. Gordon Shea (Barbara) and Mrs. Ray Rankin (Linda) Toronto; and a sister Mrs. Ross Patterson (Elna) 7 Cambridge St., Guelph, and five grandchildren.

Funeral service was held February 4 in Toronto at Turner and Porter York Chapel, and interment was in Park Lawn cemetery. Pallbearers were four nephews William, Robert, Alan

and Douglas Patterson, Jas. Crawford and Fred Moss.



HAPPENINGS AT ROCKWOOD CENTENNIAL SCHOOL

On Tues., Feb. 10 the Girls' Volleyball Team is playing the former Rockwood team from grades 9 & 10. Wednesday at noon the Girls' Volleyball Team is playing the staff. On Thursday at noon there will be a girls' volleyball and a boys' basketball game at R.C. School against Ospringe.

A few Grade 7 boys are making and selling a school newspaper and telephone

The Misses Nickell sisters, Colena and Minnie are away from the village on an extended trip where they will be visiting several places of interest including New Zealand, Australia and Manila.

All horse owning enthusiasts are hailed to attend the Horsemanship Clinic which is being sponsored by the Rockwood Trail Riders next Sunday, February 15 at 1:00 p.m. at the Circle A Arena. Turn left off Highway 6, north of Guelph at the Delmar Hotel, and three quarters mile along the road is the destination where all the basics of horse handling for show will be presented, discussed and explained, by two outstanding equestrian specialists in the persons of Peter Cameron, a renowned St. Catharines' judge and Bill Eastway, a Guelph Pony Club instructor. Refreshments will be available and everyone interested is welcome to attend.

Friends of Mrs. Bill McDonald of R. R. 2 Guelph, hope for her speedy recovery. She is in the Guelph General Hospital.

Some 47 skaters attended the St. John's Anglican skating party at Hillsburg and have all endorsed with gusto another such event for Sunday, March 8. So keep your calendars open and your fingers crossed that the weather will hold together for winter activity enthusiasm.

The W.O.W. club of Rockwood is getting off to a fat start although several ladies are working hard in an effort to shed their corpulence. Two chunky teams are presently competing in an attempt at consuming and conditioning at a rate which will alleviate the high rise of calorie count and the rewards will be \$25. cash for the greatest individual loss and the team winning will be feted to a festive dinner by the fatty females who shed the least. Come out to the Centennial gymnasium and join a group of Watchers of Weight every Thursday at 7:30 p.m. in their "weigh in" and participate in their exercise program. You,

too, can be a trim chick come Easter time.

Pete and Abbie Fisher and Fred and Arlene Archibald of R. R. Rockwood had a gay snowmobile excursion last Saturday afternoon when they snowtrekked after lunch up the Acton's 1st line, around through the Breezes, and across the Fairy Lake to Elmore Drive to meet up with Abbie's brother and sister-in-law the Herb Prices of Acton. Snowmobiles are the craze in their area and everybody's doing it!

Many villagers send their best wishes to Mr. Frank Taylor in the Guelph Hospital with pleury and hope to see him peking soon.

Betty Eason and Nancy Ingle spent a weekend at a Sunday school teacher-training seminar at the minister's retreat at Camp Canterbury recently. Although it was a period of constant study and learning it was a very worthwhile one which should prove productive in their affiliation with the combined Christian Education project in the village.

Art and Myra Benham and Florence and Bill Oakes just returned from a two week trip to Louisiana where they visited the Benham's eldest son Reid and his wife and four children.

All young people and teenagers are invited to the ultra-colossal "Sock Hop" to pop music which will be held at the St. John's Anglican Parish Hall this Friday night, February 13 at 8:30 p.m. Come out to the jumpingest dance of the year for only 50 cents and bring your friends.

COMIN'S AND GOIN'S

Horse sense

by Pretty Fair



Wal, howdy folks. I'm still down hiar at ole Jim Thatcher's place but I shore do find it hard to keep from shiverin' an' shakin' all over wit' these doggoned winter breezes blowin' clean through the barn slats.

Jesophat, it shore is a far cry from the hawny weather Sasparilla Sue an' me was enjoyin' down in th' Floridy country durin' our recent trip down thar. Ole Sue used to live in thosy parts and she just had a hanker to visit some o' her ole cohorts. I kinda felt sorry fer her though, we kept droppin' in 'certain barns an' places which she kept sayin' she knowed about an' what all her frends would be glad to see her but no one around seem to remember her at all. I pretended not to notice the tears wot kept rollin' out the side o' her eyes every time th' horses would give her th' hee haw or shake thar heads at not rememberin' her 'all.

Wal, as I sees it, maybe she was a big wheel down thar some ten years ago but maybe she don't look so interestin' as she did then so maybe they didn't recognize her none. We shore got along great th' an' I couldnta found a better travelin' companion an' it didn't cost one cent fer the entire trip.

We scrounged a ride on ole freight car twice an' that took us some o' th' distance but other than that we'd just trot along 'gether, gettin' handouts from horses in barns along th' way. It wuz easy so long as we wuz able to avoid them human critters wot kept lookin' at us sly like wondern' what we'd cum from. Heard the Police whistle comin'

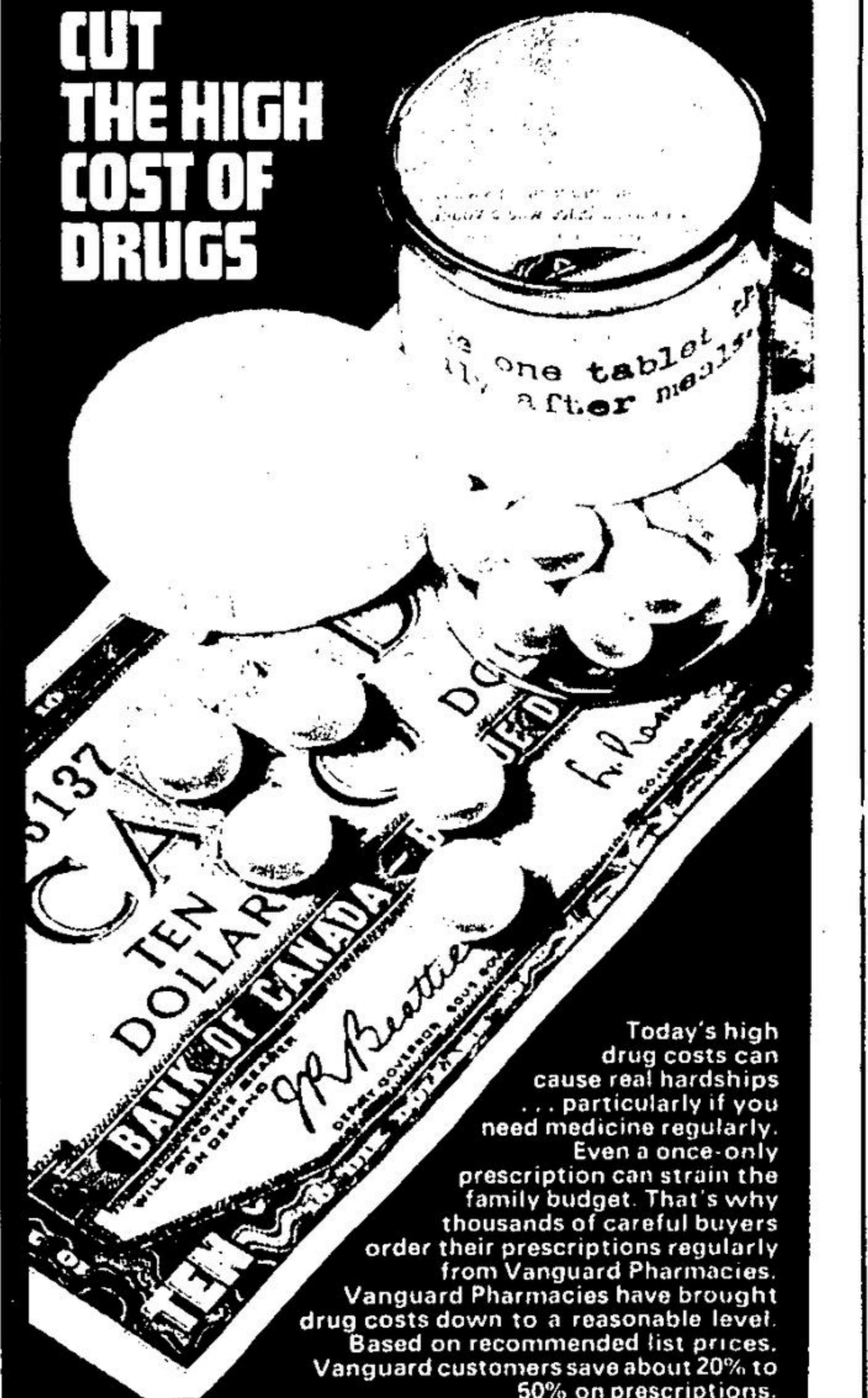
up th' roads once or twice but ole Sasparilla Sue an' me would just hide behind sheds 'til they passed by and then we'd get gowin'! So, we didn't get stopped even once!

Gawh, it shore is funny ben' back 'listen to all the spawkin' wot goes on around these parts. Listen to 'some guys at the Post Office in Rockwood yesterday an' they wuz complainin' at the four lane highway wots supposed to be out th' front thar wots been converted into a two lane. Accordin' to the guys wot wuz down th' gabbins, they think the Village Trustees otta complain 't the De-partment o' Highways 'cause they used to dump all the excess snow down in the Park that whar it didn't bother no one, now it's just piled onto th' side o' the road and makes it plumb hard for th' folks wots tryin' to park or clean off that side walks.

The way I figgers it tho' it's great fer them snowmobiler guys 'cause it makes fer travellin' down th' sidewalks at a fast pace grate sport. 'Course it's gonna end up in a few little gaffers or ole people ben' scambled or killed off but, thinkin' like a human critter, why worry about that until it happens.

Meantime as ole Dukie Eths wuz discussin' th' other day - th' one gewd thing about them dang snowmobile drivers is, as long as they keeps on bein' so reckless they'll keep on killin' themselves off, so it'll just mean one less crazy driver 'worry about and that'll make it a heck o' lot safer fer other folks. Bye now, yer frend, Pretty Fair.

CUT THE HIGH COST OF DRUGS



Today's high drug costs can cause real hardships... particularly if you need medicine regularly. Even a once-only prescription can strain the family budget. That's why thousands of careful buyers order their prescriptions regularly from Vanguard Pharmacies. Vanguard Pharmacies have brought drug costs down to a reasonable level. Based on recommended list prices. Vanguard customers save about 20% to 50% on prescriptions.

We are a "discount chain" and proud of it. We serve approximately 300,000 customers throughout Ontario. We buy drugs in tremendous quantities and at huge volume discounts. The dispensing of vital drugs to our customers is a serious business and we treat it as such. Our pharmacists specialize in filling prescriptions and health products. This efficiency, volume buying and low mark-up is what brings the prices down at Vanguard. Next time you need a prescription filled, try Vanguard. You'll find the staff courteous and efficient, the service prompt and the savings easy to take.

VANGUARD PHARMACY
GUELPH LTD.
183 Woolwich St. 821-3030
Guelph, Ontario

Tabletite
Canada's finest RED or BLUE BRAND BEEF SIRLOIN PORTERHOUSE, WING OR TOP CUT ROUND STEAK or ROAST OR SIRLOIN TIP ROAST

\$1.09 LB.

Frozen Foods

4 YAMBERT'S YORK MEAT PIES 4 for \$1.19

PEAS & CARROTS 39¢

4 LBS ONION RINGS 4 for 99¢

COD IN BATTER 2 for 99¢

Health & Beauty Aids

SOFT & DRI 99¢

ADORN HAIR SPRAY \$1.33

DIPPITY DO GEL 79¢

TAME CREME RINSE 87¢

2ND BIG WEEK

Tabletite Beef Roundup

IGA

YOUR CENTRE FOR SHOPPING

CHECK OUR HANDBILL FOR MANY MORE ITEMS AT SPECIAL BARGAIN PRICES