

Region plans attack on VD

Halton regional councillors and school board trustees could be joining forces to fight venereal disease.

A joint sub-committee composed of trustees from both the Catholic and public school boards, regional councillors, health department representatives and staff from both school boards got the green light from regional councillors.

Now all that is needed is an okay from school board trustees.

The joint school health services committee will be examining the present health policies—including sexual education and family planning—being offered at the schools and regional health clinics.

The joint committee was first proposed by Oakville regional councillor Jackie Outmore following a lengthy, controversial debate over providing birth control information and information on sexually transmitted diseases to students under the age of 16.

In a report to council, Dr. Peter Cole said, the committee could "develop an agreement that would outline all the services and the expectations of each of the boards of education and the health department."

A similar committee set up by the public board of education was disbanded last year.



And stretch-b... Marilyn McQueen leads an exercise class at Exclusively Yours.



Relaxation comes after the stretch.

"Exclusively Yours"

Running fitness centre has fit reward

by Anne Redfean

One of the greatest rewards of running a fitness centre is seeing people get fit.

This is what Colleen Leadlay, owner-manager of Exclusively Yours, a 44-year-old women's fitness club in downtown Georgetown, maintains. Colleen believes in fresh air, exercise and physical fitness. "I'm on the go from five in the morning to 10 at night, and I never feel tired or dragged out. I couldn't possibly do that without being in good physical shape," she said in a recent interview.

Since opening Exclusively Yours in 1979, Colleen and her husband Don have been leading a far more hectic life than usual. Not only do they have the administration of the club to consider; Don runs a renovating and decorating business also.

"Don has done all the interior work on the club, and the work that needs doing has to be done after-hours so he won't run into the clients," Colleen explained.

Leadlay feels that hammering up wall-board in a club full of women in various stages of undress is simply not done. "Sometimes he's in here at 2 a.m.," Colleen commented.

A lot of interior renovating has been done since the club opened with a swimming pool, sauna and exercise room. "Every year, we have expanded a little. A few years ago we added a whirlpool and a sunroom. We add equipment to the exercise room every year."

This year, the addition is major. Exclusively Yours is adding men.

Up to now, as a women's only fitness centre, membership has stabilized at about 150 people, enough to keep the centre alive, but not enough to support any major expansion.

"When we began, we did a lot of research into what was needed around here. It was evident that fitness facilities for women were lacking in the area," Colleen explained.

The women-only membership has increased modestly, but not enough to keep it exclusively theirs, she said. "And we had a lot of women who said they'd like to have their husbands able to come here as well," she added.

When the notice went up on the bulletin board this fall, the reaction was mixed, but generally favorable. "There aren't very many members opposed to opening it for men," she observed.

Men and women will be able to use the club on alternate days, with a few co-ed hours thrown in as well, the Leadlays plan. Not only will the move increase mem-

bership, but, Colleen notes with satisfaction, her husband will be able to do interior work during the day. "It will make things a lot easier."

The fitness program for men has not been finalized. At the moment, however, women who are members of the club have had their choice of attending any of 18 exercise classes each week.

The workouts are designed to accommodate any level of fitness and promote a gradual improvement. The cross-section of exercisers ranges from high school students to senior citizens. "The members go right up to 80 years of age," Colleen described. "They're all different sizes and shapes, and they all come for different reasons."

Marilyn McQueen, exercise instructor at the club, is living proof of the benefits of the program.

"Years ago I had a health problem. I was

told by a doctor I had to get fit or I wouldn't see 25," she recalled. Marilyn lost more than 40 pounds through diet and exercise. "I enjoyed exercising so much that I called the recreation department and asked about leading an exercise program."

Halton Hills recreation department referred her to a Fitness Ontario leadership training course. Since then, she has been running exercise programs through the recreation department and for the club. "When you get into an exercise routine, your body starts to crave exercise and activity," Marilyn explained. That is why running several exercise sessions each day is no chore. Classes fit anyone's schedule. Business women can make the 8.45 a.m. or 12 noon classes, or they can come in the evening. Mothers whose youngsters spend a half-day in kindergarten or toddler programs can attend mid-morning or mid-afternoon classes.

They can make it once, twice or three times a week. And there's a special class for senior citizens.

"I tell everyone not to push themselves too much, but just allow themselves to get used to the exercise and get in shape gradually," she explained.

Fitness for men might take the form of regular exercise classes as well, but the Leadlays are waiting to see what the men will want before making any plans.

We expect men will want to use the weight lifting equipment more," Colleen said.

Again, the Leadlays hope to expand the club this year with the addition of racquet courts and a larger exercise room to accommodate bigger classes.

"Keeping the club small has made it seem a lot more intimate and friendly," Colleen added. "We hope it will always feel that way, even when membership grows."

School visits up to principal

The approval of individuals or groups making presentations in a school is now the responsibility of the principal. Halton Board of Education trustees decided at their regular meeting last Wednesday evening.

In a report from superintendent of curriculum services, George Heavers, trustees were told "from time to time, presentations by outside agencies have given rise to some concern. Where problems have arisen, they have usually been caused by groups espousing an extreme point of view. Typically, such organizations attempt to exploit the idealism of bright, intelligent young people."

Heaver's report noted that many parents feel their children should first come into contact with such groups in a controlled setting. "In such an environment, the subtle recruiting techniques and the fronts and covers used by many of these organizations could be examined rationally and objectively."

The report pointed out there were three possible ways to ensure presentations by outsiders do not result in unhealthy controversy.

The first was the banning of all outside groups from the school. However, this would also mean firefighters, safety officers, the public health nurse and the Carousel Players.

A second alternative would be to draw up a list of prescribed groups. This however, would leave the board open to charges of discrimination and bigotry, if a list of acceptable and unacceptable groups were named.

The third option is to adopt a fair and equitable policy which would be administered under very strict guidelines.

O.P.P. out after drinking drivers

The Ontario Provincial Police will be embarking on an all-out attack on drinking drivers over the Christmas and New Year's holidays OPP Commissioner Archie Ferguson announced today.

OPP officers in every corner of the province will be watching for people who take their holiday celebrations too far. Using roadside breath screening devices, the police officers will be able to test drivers they believe have been drinking.

Lake's scientific value to be described in updated volume

The scientific importance of Crawford Lake will be noted in the new edition of the Geology of Canada, a periodically updated volume listing facts, concepts and interpretation of Canada's geological features, published by the Geological Survey of Canada. Dr. John H. "Jock" McAndrews, Curator of the Royal Ontario Museum in Toronto will write the description.

Crawford Lake, located in Halton on the Niagara Escarpment on the Guelph Line and Steeles Avenue near Campbellville was formed 15,000 years ago as glaciers retreated from the area. The lake is meromictic; the water only partially circulates from top to bottom, and descending surface water seldom disturbs the cold, dense, oxygen-low bottom water near the centre of the lake. The lake is 80 feet deep, and has a surface area of only eight acres.

Because of the meromictic condition, sediment is deposited in distinct layers; light colored in summer, and dark in winter. Dr. McAndrews devised a sampling technique for obtaining undisturbed sediment cylinders which adhere to a tube containing dry ice. Dating material found in the sediment samples is as simple as counting down the number of layers from the top.

A pre-European Iroquois Village was discovered near the lake after corn pollen was discovered in layers representing the years 1434 to 1459. Work has now started on rebuilding the village as it was then.

The village is the most accurately dated pre-European Indian settlement in Canada, only the second to be reconstructed on its original site. Work began late in September.

Crawford Lake, located within easy driving distance of more than three million people, is already a popular tourist attraction. More than 20,000 people visited the lake during the past year, including 4,000 students who participated in special education programs between May and September.

The lake has been of great scientific interest since the property was acquired by the Halton Region Conservation Authority more than 10 years ago. There are now five universities conducting research there and the surrounding area. These include Brock University, University of Toronto, University of Western Ontario, University of Waterloo and University of Guelph.

Experts from the Canada Centre for Inland Waters in Burlington have invited visiting scientists from Europe to study

Crawford Lake. Researchers have come from such other centres as the University of Western Ontario, the Royal Ontario Museum and the University of California (Berkeley).

The discovery of portulaca seeds in the lake bottom has forced scientists to conclude the plant was growing in North America before the coming of Europeans. It was previously thought to have been brought from Europe by settlers.

The discovery of burnt corn stalk remains in the sediment suggests that the Iroquois cleared their fields by burning, a system that has been suggested before, but for which no real proof existed.

Road conditions

Did you know that effective November 14, 1983 and during the winter months the Ministry of Transportation and Communications will be providing a "Winter Road Reporting Service"?

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