

New Miss Acton sees coming year's reign as learning experience

Linda Thomson, an 18-year-old RR4 Limehouse resident, entered the Miss Acton Fall Fair beauty contest "for fun", but her one night of fun was extended to a whole year when she was crowned Miss Acton, Friday night.

"The whole weekend is just like a blur," she said Monday in an interview.

A lot of things went through her mind when she was named the winner, but the one feeling she remembers most is relief.

"I was really nervous by the time there was only three of us left," said the Grade 13 Acton High School student.

After being crowned, she was whisked off to various events at the fair, meeting Fair Board members and the public.

Linda wanted to be Miss Acton because she thought it would be a good experience, she said.

"I thought I'd learn a lot about myself during the year," she said. "I'd learn how to handle interviews, impromptu speeches and how to handle myself in pressure situations."

She had wanted to enter the competition since she was in Grade 8, she said.

The new Miss Acton's hobbies are music, reading and "any sport" and she hopes to attend the University of Guelph next fall to study psychology.



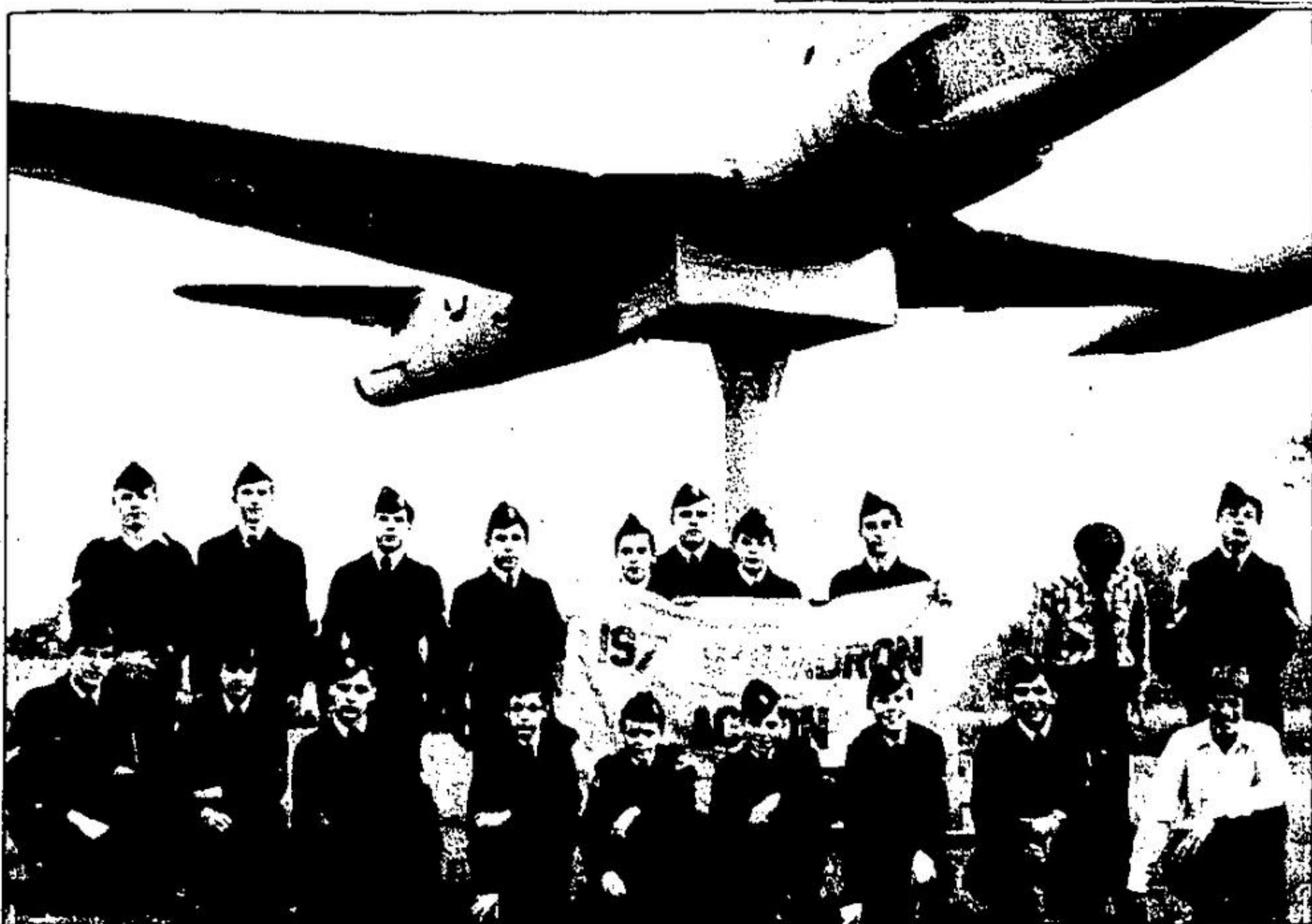
Miss Acton Fall Fair 1985
LINDA THOMSON

She will be attending a wide variety of events throughout the year around Acton and looks ahead to the Canadian National Exhibition's "Queen of the Fairs" competition next August. Among her first duties will be helping Acton Citizen of the Year Dr. David van der Bent open the fourth annual Terry Fox Run this Sunday at 8 a.m.

Runners-up in this year's Miss Acton competition were Laura Brillinger (1st) and Lorraine Robinson (2nd). Brenda Porty and Donna Mitchell were also finalists.

Other entrants were Nancy Vander Eyken, Teresa Scott, Cheryl O'Brien, Lisa Logan, Sue Kruk, Helen Ke, Kim Hachey, Paula Gunn, Tracey Frizzell, Robin Dear, Mandy Calver, Debbie Baum and Debbie Bartels.

Judges this year were Mayor Russ Miller, Miss Illinois State Susan Sedlbauer of Burlington, who finished in the top ten at the Miss USA contest and is married to former NHL hockey player Ron Sedlbauer, and June Barnes, Miss Charolais of Ontario and Canada and first woman president of the Ontario Charolais Association, a Campbellville resident.



The Acton Air Cadets display their flag under the T-33 behind the Acton Legion a week ago Monday night. The squadron held their first meeting with special guests Rod MacDonald, area co-ordinator, and Joe Poirier, financial co-ordinator for the district.

Local Air Cadets go solo as 197 squadron takes off

By PAM DOUGLAS
Acton has an Air Cadet squadron it can finally call its own after a meeting last Monday at the Acton Legion.

"The training you learn here (with the Air Cadets) will stand you in good stead for the rest of your lives," said area co-ordinator, Rod MacDonald, addressing the squadron as a special guest during the first meeting.

Leadership and discipline are stressed in the organization, the largest youth training organization in Canada.

Acton Legion Branch 197 is sponsoring the group. Local legions sponsor more than half of the over 200 squadrons across Canada, MacDonald said.

There was a definite need for a squadron in Acton. Local boys and girls had to travel to Georgetown each week as members of the squadron there. With the introduction of the Acton Branch there are 52 youngsters answering roll call in the local Legion, including some from Acton and Milton who

transferred from the Georgetown branch and some new recruits.

Jack Seeler is the officer in charge of the group, which will meet for a few hours every Monday at the Legion. The minimum age for a cadet is 13, the maximum 19. Anyone who meets the age requirement can walk into a meeting at any time to join.

A cadet takes first aid and general training in first year. The basic principles of flight are studied in second year and an aptitude for flying can be developed in the following years in an attempt to earn a gliding scholarship or a flying scholarship.

Sports are included at all levels. One cadet per year is chosen to attend a specialty camp which teaches such things as flying, gliding, bush survival, leadership, band or sports instruction.

About 20 per cent of the squadron will be chosen to go to summer camp held at different Armed Forces bases across Canada. The study at these camps is similar to

yearly work, but it is more in depth. Sailing, gliding, canoeing and swimming are also offered at the camps.

Senior Cadets may qualify for exchange visits to the U.S. or Europe.

Each cadet gets a uniform consisting of boots, socks, pants, a jacket, shirt, turtle-neck, tie and wedge cap. These are supplied free by the Armed Forces.

The initial cost of starting the Acton squadron was covered by the Legion branch but it is hoped that parents and other citizens will come forward to help raise funds to keep it going. Funds are usually raised through dances, car washes, 50-50 draws and tag days. The money is used for office accommodation and equipment not supplied by the Forces.

Three promotions were made at the first meeting. Darren Harvey was promoted to Warrant Officer 1st Class, John Dejong became a Flight Sergeant, and Mike Scholch became a Sergeant.



It was a long farewell which Miss Acton Committee chairman Maggie Hall expressed to outgoing fair queen Laura Jansen during Friday night's pageant, ending a memorable year's reign. Laura received a framed portrait commissioned by the Fair Board and taken by Ted Brown of Limehouse.



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New techniques aid chiropractor

Back problems cause pain and suffering for thousands of Canadians every year.

In the past sufferers of severe pain faced drug therapy and even surgery but research and innovation in the field of chiropractic is now reducing the number of cases where these treatments are necessary and is focusing more on preventative back care.

Local Doctor of Chiropractic Gabor Madarasz, who with his wife Kathy operates the Georgetown Chiropractic Clinic on Mill St., says that in the last few years his profession has developed revolutionary insight into the function of the spine and the source of pain.

It was once common for patients with back pain to be told they had "pinched nerves" or "a slipped disc". Such diagnoses were backed up with the use of static x-rays.

But according to Madarasz, chiropractors find more often today that pain results from restrictions on the movement of the vertebrae rather than simply problems in alignment.

"The whole movement in chiropractic is towards looking at a more dynamic spine," Madarasz said. "How often does a person walk around perfectly straight?"

He said vertebrae have six directions of movement and if they become fixated or locked in any of the six pain and stiffness will result. The back muscles tighten up and go into spasms to compensate for the locking or to protect the vertebrae from further damage.

This stiffness accentuates the problem and can lead to further locking in other parts of the spine.

"Fixations or lockings in the spine are a very common problem," he explained, adding, "You don't have to be 30-years-old to have them."



Chiropractor Gabor Madarasz examines some x-rays with his assistant office manager Pam MacGillivray. Pam is a national weightlifting competitor and says that since she began receiving treatments to strengthen her back she has increased her maximum lift by 60 lbs. She calls this "phenomenal."

The causes he said are more often what he calls "micro-traumas" rather than major ones caused by serious injury. These little traumas can be poor posture, a bad sleeping position, falls or strain from lifting.

It is important for the sufferer of such back pain to seek help at the first sign of trouble, he said, because long delays in treatment can result in irreparable damage to the spine.

Madarasz uses an innovative form of

diagnosis called motion palpation with which he sits a patient down and moves his or her body with one hand while pressing on the vertebrae to feel for restricted movement. Motion palpation enables him to accurately diagnose a patient, follow his or her progress and give a clear prognosis.

Frequently the site of the pain is not the location of the fixation. The pain often occurs above or below the fixation where other muscles or vertebrae have stiffened up in

compensation. The chiropractor must find the primary source of locking to truly solve the problem.

Once the primary source of fixation is located Madarasz then does a series of adjustments to mobilize the vertebrae again.

Many people have the impression there is a great deal of discomfort associated with the adjustments, but that is strictly "old school," said Madarasz.

"Chiropractic has now lightened-up," said Madarasz. The effect of the adjustments is noticeable but there is no pain involved.

As part of his practice Madarasz emphasizes preventative back care for the whole family. He holds regular classes to advise his patients on whole areas of health that relate to the spine including exercise, nutrition, emotional health and posture.

"We encourage adult patients who have families to have their children checked out," he said, pointing out that he has treated many children for spinal problems.

Should someone see a chiropractor for a check-up, even if there is no pain?

Definitely, said Madarasz. "I wouldn't wait until I had pain—IT IS LIKE WAITING UNTIL YOU HAVE A CAVITY TO SEE A DENTIST."

Chiropractic is just one more step in the total health care chain and more and more chiropractors are working with other professionals.

Madarasz sends his patients to their family doctor if he feels their health problems extend into other areas other than the back.

Chiropractic is not a cure-all for back or other problems. "We can't help everyone," he pointed out, "but in many cases we can."

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