

Outlook on Lifestyle



Fashion was used to help children Monday when Christiane Hair Styles and Boutique sponsored a fashion show at Park Public School in Georgetown. Money raised by the show was donated to the Park School



Creative Playground Committee and will be used to improve the playground at the school. Seen here are just some of the many spring fashions presented before a full house at Park Public School. (Herald photo)

Flashy Toronto Spitfires

The Toronto Spitfires are not a household word even though they challenged the Globetrotters to a wheelchair basketball game last year and won.

In 1976 the Spitfire Wheelchair Sports Association was formed to promote wheelchair sports, to encourage integration of able and disabled people, and to provide competitive/recreational sports for all to benefit from. Their record of achievement over the past ten years has earned them the reputation of being the largest and most diversified wheelchair sports association in the world.

Over 200 participants have had the opportunity to be involved in the program which includes 14 wheelchair teams and 3 hockey teams. Their achievements include an 83.6% winning average on the basketball courts and 29 major tournament victories.

The Spitfires have hosted six challenge wheelchair basketball tournaments which have been recognized as the largest held by any club in the world. 50 teams from Canada, the USA, Israel, France, Kuwait, and Spain have participated allowing all levels of



Against the odds

PAT WOODE

ability teams to compete competitively within one of the highest level wheelchair basketball tournaments in the world.

Five of the six tournaments have been won by the Spitfires and they hope to do so again on Easter weekend, March 28, 29 and 30, at the Etobicoke Olympium and Humber College in the west end of Toronto. The participants would like the 7th Spitfire Challenge to be a sellout. If you wish to attend or are willing to offer assistance, call Michael Bryce, 854-0231.

This year they have the three top ranked Scottish teams, Team Thistle, West of Scotland and Inverclyde Colts. Also coming are the top First Division team in Great Britain, the Oldham Owls and the top Second Division team,

the Birmingham Bullets. The top team in First Division European competition, the Doska Amigo from Belgium will be competing along with teams from Switzerland and Kuwait.

In May a few members of the Spitfires may be at E.C. Drury School in Milton as a fund raising and awareness promoting event for the Physically Handicapped Citizens Association. This prestigious team should be competing against the school basketball team (in wheelchairs for the occasion). Tentative arrangements have been scheduled for Wednesday May 13, but final details must be worked out. I will keep you posted about future developments.

Acquired Immune Deficiency Syndrome, better known as AIDS, is this month's topic of discussion on Halton Cable 4, Against the Odds. My guest, Linda Sellers, Coordinator of the Communicable Disease Program, Halton Regional Health Department will address some of the myths related to this illness. Tune in on Thursday, March 19 at 7 p.m.

I've decided to donate my body

By CHRIS CARLISLE

I've decided to donate my body. As soon as possible. While I'm still breathing. To the first researcher interested in massage therapy. Or the first school of massage therapists needing volunteers for students to practise on. Or to a group experimenting with different massage techniques.

I'm finally admitting just what a sucker I am for leathers, brushing against my skin or gentle fingers lightly soothing away all the aches or pains. Not only am I a sucker, I think I'm developing an addiction or at the very least a dependence.

When I was a kid my sister and I used to be in bed tickling each other's feet. By lying on our backs with our feet in each other's faces, we could both give and receive at the same time.

Not like when we'd tickle backs, counting to one hundred for each "turn." My sister the sly little devil, always cheated and pretended to fall asleep while I was doing her so that I never would get my turn. In truth, she was just so relaxed, she didn't want to rouse herself to give me what was always mine. Stupid me, me, me, I never let her know.

I know how relaxing it was and hated to wake her from that dreamy state. A bit of food it did me. I found out years later she'd been taking it.

I'm such a drip for "tickling" which isn't the rib-grabbing kind but the soft, featherlight stroking, that when a little kid tries to tease me by brushing a pencil lead or dandelion across my face or legs. I pretend that it bugs me so he'll keep on doing it. The trouble is, I want to relax and go with the feeling, not shake my legs to get the supposed nuisance away.

If this weren't so disgustingly filthy, I'd let them crawl all over me. To be covered in honey with a million ants swarming all over me



One woman's view

would be heaven, except that I'd be afraid they'd bite.

I even wake up in the night tickling my own arms. A lifelong habit.

I used to say if I had a million dollars, I'd hire slaves to tickle me all day long.

The truth of the matter is that massage or tickling or whatever you want to call it, is good for you - especially when it's between lovers. It creates a bond of closeness that, as far as I'm concerned, not even Superman could break.

I have a problem with my back and spend a lot of time in discomfort. A massage, or tickle, works

wonders. Not only is it relaxing, it makes the hurt go away. There's even a scientific theory about nerve bundles and small nerve bundles carrying messages to the brain. And gate control or something like that. If you're having your back tickled, the brain concentrates on the new pleasing messages the nerves are sending in and ignores the old pain messages. Next thing you know, all you feel is pleasure instead of the pain.

It's enough to elevate my massage to the status of a god. When that pain disappears and all that pleasure grows, I swear allegiance and would give my house, my car, my dog, my cat and all I own to have it go on forever. Unfortunately, my massage is only human and can't go on indefinitely. Which is why I'd love to donate my body to science. Let them practise on me. Let them study the effects from now until eternity.

And now I think I'll return to my search. I'm looking for a company that makes robots with very gentle fingers.

TRIVIA OUTLOOK

It made the top 10 in the Neilsen ratings every year for the nine years between 1962 and 1971, and was all about a "poor mountaineer who barely kept his family fed" until oil was discovered on his property. Once filthy rich, where else could the family go but to beautiful Beverly Hills where they could enjoy their own "see-ment pond." Answer all 10 questions and you deserve a chance managing the millions of The Beverly Hillsbillies.

1. What was the Clampetts' new address when they moved from the hills?
2. Exactly how much money did the Clampetts have and to which bank did Jed assign his fortune?
3. Who portrayed Jed and what successful series had he starred in during the mid-1960s?
4. Exactly what was the Clampetts' "fancy eating table"?
5. Who always climbed behind the wheel of the family truck?

6. What was Jethro's life-long educational ambition?
7. What formal education did Jethro actually have?
8. Who was Jed's banker?
9. Who played the banker's son, a 19-year college veteran?
10. Finally, what six words ended every episode?

- ANSWERS:
 1. 518 Freshview Drive, Beverly Hills.
 2. They had \$2 million on deposit in the bank.
 3. Buddy Ebsen, and he co-starred in "The Conqueror Wagon."
 4. "The Conqueror Wagon."
 5. "The Conqueror Wagon."
 6. He wanted to become a brain surgeon.
 7. He had a Ph.D.
 8. A good table.
 9. Fred F. Finklehoffe.
 10. "Well, come back now, 'a heart."

Park school snow to aid playground

Spring has sprung, at least at Park Public School where on Monday it came alive with all the latest in fashions for the coming season.

Organized by the Park School creative playground committee and the local fashion store, Christiane Boutique it was an evening enjoyed by all.

The Park School creative playground committee was formed a year ago to purchase a creative

playground for Park Public School.

Parents, students, teachers and committee members have worked together planning fund-raising activities over the past year. To date, approximately half of the required funds have been obtained.

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