

Outlook on Lifestyle

BRIDGE

James Jacoby

11-19-87

NORTH
 ♠ 5
 ♥ A 2
 ♦ K 10 6 4 3
 ♣ A 7 5 4 3

WEST
 ♠ Q J 10 9
 ♥ 9 6 3
 ♦ Q 7 2
 ♣ K 10 9

EAST
 ♠ 8 7 6 4 3 2
 ♥ 7 4
 ♦ J 9 8 5
 ♣ Q

SOUTH
 ♠ A K
 ♥ K Q J 10 8 5
 ♦ A
 ♣ J 8 6 2

Vulnerable: Neither
 Dealer: South

West	North	East	South
Pass	2 ♠	Pass	1 ♥
Pass	4 ♥	Pass	4 ♦
Pass	5 ♣	Pass	6 ♣
Pass	Pass	Pass	

Opening lead: ♠ Q

Big giveaway reaps profit

By James Jacoby

Trumping partner's good trick is not considered good form at the bridge table. But it can be the right play. It's easier to execute such a play when partner is mute and can't talk back to you. When does that happen? Yes, you've figured it out — when you are the declarer and partner is the dummy. Then you have the responsibility of playing his cards, even if that involves trumping your good trick. An obvious reason for trumping a good trick would be to create an extra entry to either hand.

Today's six-heart contract at first glance seemed to depend upon the club suit behaving well for declarer. But then declarer saw a way to give himself an extra chance, provided he was not squeamish about ruffing his own winning king. He won the ace of spades, played the ace of diamonds and a heart to dummy's ace and ruffed a diamond back to his hand. Then he played his spade king and trumped it in dummy. Another diamond was ruffed with the heart 10, and declarer then drew the remaining trumps. A club to dummy's ace allowed him to pitch two clubs on the diamond king and the good 10 of diamonds. Declarer now gave up a club and won the last trick with his remaining trump. Thus he made his contract without having to fall back on a favorable club division.

A new book by James Jacoby and his father, the late Oswald Jacoby, is now available at bookstores. It is "Jacoby on Card Games," published by Pharos Books.

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How children can learn more about the natural environment

BY CRAIG TUFTS

When I was a kid, there seemed to be plenty of neighborhood green spaces to explore: Open lots that weren't yet built upon, small streams that wandered through the undeveloped landscape.

I remember a tree fort that my brother and I built in the back lot, and the observation outpost we fashioned out of cardboard and discarded framing wood that we found down along the river.

For us it was just pure enjoyment. I didn't know I was "having a learning experience," possibly sowing the seeds of my desire to be a naturalist.

But lately I've been reading that the best way for kids to learn about the natural environment, to understand a bit about the incredibly complex system in which we're just a few of the cogs, is simply to play in fairly natural surroundings.

Such a place need not be a wilderness area or untouched estuary — just a green, natural place where man hasn't made any real effort to sterilize or re-engineer the landscape for his needs.

Sometimes it looks as if we're moving farther and farther away from giving our children the same chance that we had as kids to meet nature naturally. Our urbanizing environment seems to gulp up the green spaces.

In my own neighborhood, I chose the lot we now live on because of the protected seven acres of common ground that back my property.

I knew that over time the natural acres would provide my children with experiences I could never give them within the confines of my small suburban lot.

It's a wild area where foxes sometimes venture, where squirrels and moles are at home. It's a place cardinals nest in and where deer occasionally appear.

Some newer housing developments, promoting "urban convenience plus rural charm," are sparing some acres of former farmland or woodland from being built on or paved over.

Maybe the older neighborhoods should take a good look at the newer planning and see what could be done to retrofit their bulldozed acreage.

Perhaps you have an opportunity to

speaking up for the preservation or restoration of natural areas in your neighborhood. Perhaps you can ask where your home owners' dues are going and point out the problems of trying to maintain "park" spaces.

Maybe, in fact, we should launch a nationwide effort to get these grass areas turned back into fields and scrub and woods, good places for our children and for wildlife.

I can't think of anything that would better encourage our over-urbanized young to take an early interest in their natural world. Can you?

Let me know your ideas about your own natural places. If you agree they should be kept intact, we are indeed on "common ground."

Exercise contributes to longevity

By DR. KARL G. STOEDEFALKE

What is written in this column today will be common knowledge 100 years from now. Exercise if practiced in moderation contributes to longevity.

For years, the concern that exercise played a role in longevity was speculation. There was an absence of data to support or refute the proposition.

Ralph Paffenbarger Jr., M.D., a Stanford University epidemiologist, has studied approximately 17,000 male Harvard alumni. Results of his continuing research were published in a recent issue of the *New England Medical Journal*.

Mortality of Harvard graduates was significantly lower in men whose weekly energy expenditures in walking, stair

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climbing and sport participation were from 2,000 to 3,500 kcal.

Alumni who exceeded the weekly 3,500 kcal expenditure, or vigorously active men, had a higher death rate than those who practiced exercise in moderation.

In the pursuit of fitness, adults have

misplaced an emphasis on the process rather than the product of exercise. We have been time and/or distance oriented.

When a three-mile jog maintains or improves cardio-respiratory fitness, we have extended our runs an additional one, two, or more miles.

A Tasty Recipe

AUNT MARIONS THRIFTY CHRISTMAS PUDDING

- 1 cup each grated raw potato and grated raw carrot
- 1 cup mixed fruit or raisins
- 1 cup candied cherries
- 1 scant cup sugar
- 1/2 cup shortening
- 1 cup all purpose flour
- 1/2 tsp. each salt, cloves, soda, nutmeg and allspice
- 2 tsp. cinnamon

Cream the shortening and sugar. Add the prepared fruit and vegetables and sifted dry ingredients. Turn mixture into a greased mold or bowl. Cover closely and steam for 3 hours.

Serves 10. May be made weeks in advance. Sauce recipes next week.



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