

Opinion

A few words on sex and exercise

The following information was gathered from Canadian and International surveys and reports on health and fitness. Further information is available by contacting The Reebok Information Bureau, 20 Eglinton Avenue West, Box 2040, Toronto, Ontario M4R 1K8 (416) 480-0533.

Forget the Singles Clubs, Start Running

Women who want to meet single, well educated men should start running, says the Reebok Information Bureau. Out of 3,481 runners who responded to the 1986 Canadian Survey of Fitness, a majority were unmarried males between 27 and 40 years of age with a post-secondary education. Respondents also showed a tendency toward a higher income status compared to the general population.

If You're Not In Shape, Blame Your 'Better Half'

When one spouse isn't in shape, it is usually a problem for both, reports the Reebok Information Bureau. The longer people live together, the more likely they are to mimic one another's exercise and health habits.

Of 400 couples between the ages of 30 and 44 who had lived together for at least five years, 53 per cent of both spouses share the same exercise patterns, 48 per cent of both spouses smoke, and 66 per cent match drinking habits. In addition, many of these couples were overweight.

Sexy Cyclists

If you're a fan of cycling, chances are your sex life is in great shape, reports the Reebok Information Bureau. In a study of 1,675 readers of Bicycling Magazine, two-thirds said cycling made them better lovers, and almost half said they had experienced an increased sex drive since they started cycling.

Though respondents didn't say why they thought they were better lovers, researchers theorize sexiness is a logical byproduct of the improved self-image which stems from regular exercise.

Exercise Your Sex Drive

If working out turns you on, you're not alone, says the Reebok Information Bureau. Regular exercise can increase your sex drive and ability to be aroused. In a recent fitness club survey, 39 per cent of women who do aerobic exercise three or more times a week reported an increase in desire, and 89 per cent said exercise gave their sexual confidence a boost.

The effect is more pronounced among younger women: exercise increased their self esteem which in turn enhanced their sexual confidence.

Food banks need support

By ARLENE MARTIN
Acton Food Share Volunteer

School has ended and the sun has been shining and shining. What more could we ask for?

Just a reminder that there are people in our communities that require the Food Banks. The need is great; on average for every five cases that are closed there are 25 new cases in Acton.

So, as we enjoy the summer perhaps we can give to the Food Banks. The Acton Food Share in particular is low on everything but especially on canned fruits and vegetables. Do you have a garden? Acton Food Share would gladly accept any of your extra vegetables or fruits (we have cold storage).

All foods are weighed in and out at the Food Banks; do you have a scale that could be used in the Acton Food Share?

Any donations - food, scales, money or your time as a volunteer would be appreciated.

Please support your local Food Bank. We thank those who have generously given to the Food Share in the past! Our telephone number is 853-0457. Hours: Tuesday 9 a.m. - 2 p.m. and Thursday 1:30 p.m. - 4 p.m. Have a safe and great summer!



BARN BLAZE

The night sky was lit up for hours early Sunday morning when this barn on Concession 7, Erin was totally destroyed by fire. Owners were able to get out all the animals in time, but all the grain and hay

was lost. Both Hillsburgh and Erin village fire departments responded and their efforts saved the nearby buildings.

Photo by MARK HOLMES

Our Readers Write

Don't be so quick to criticize bilingualism

Dear Editor:

May I answer B. Mosher through your paper? Thank-you.

Hello, B. Mosher. I really feel sorry for you and the Lanark County Citizens' Forum on Bilingualism. To go to all this to do about nothing. You are concerned about enforcement of the French language. This is a law and no forum can break it. So you all are going to meet and talk of course in English about something that is a law.

I know none of you have met a French speaking person or you would feel sure ashamed of yourself. If you spoke to one, he or she would answer you in English. This is how polite they are. Maybe they would ask you if you speak French and if you say no, then they continue the conversation in English.

All this boils down to, you don't know the two languages. This is what make you so terribly mad. You never learned French so I gather your ages are 50 years on. I lived in the town of Montreal East on the island of Montreal. My late husband, our daughter and late son lived along with French-speaking persons. It seemed no different because just about every French person speaks French and

English. This is the trouble. Jealousy will get you no where.

I'd like to refer in your letter to (A) a male with the right certificates applies to Armed Forces traffic controller's position. He was refused due to the requirement of bilingualism. He was accepted as air traffic controller with the Department of Transport. This makes one feel very uneasy as he should not have been given this job; this would put people in danger.

I lived 34 years in Montreal East. My children went to school there and left high school bilingual. My two grandsons will be bilingual when they finish school. I do not speak or understand French. Living together I didn't get a chance to learn. I felt no need to as they could speak my language too. I think it would be nice if your Forum agreed to feel better about French people. A trip to Montreal would change you; you would be in a lovely place with really friendly people.

The reason I left was for illness, or I would not have left. My heart is still there. Change your Forum's direction to affordable housing. Merci.

Sincerely,
Kathleen (Molly) Crowhurst

Acton blood donor clinic a success

Dear Editor:

On behalf of the Georgetown and District Red Cross I would like to take this opportunity to say "Thank You" to all of the people who took part in the recent Acton Blood Donor Clinic. Once again the people of Acton showed their concern and willingness to help others. Over 130 people turned out on June 27 for the Red Cross Blood Donor Clinic. Blood supplies can fall seriously short in the summer months when everyone seems to be away on vacation. But the need for blood never decreases.

Thank you to the Georgetown Independent/Acton Free Press for advertising the clinic in this paper. Special thanks also the Preview

Video in Acton for donating vouchers for a free video rental to all those who donated blood at the clinic. And of course the clinic could not be such a success without the many volunteers who helped run it.

Thank you to all of the great donors and volunteers from Acton and all of Halton Hills. Through your efforts you have made it possible to give others the gift of life!

We look forward to seeing you again at the next clinic on Sept. 25. We appreciate your continued support.

Sincerely,
Sandra L. Moon

Halton Hills

WEEKEND

The Georgetown Independent and Acton Free Press

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