

Co-op education vital link between students and future work world

In support of National Cooperative Education Week, the Halton Board of Education and the Halton Roman Catholic School Board have joined forces to enhance their Science and Technology Cooperative Education placements. Students will be helped to find high tech industry placements to learn skills for the 21st century.

To this end, the Boards have hired Bob Loree, Cooperative Education Resource Teacher for Science and Technology and Beth Berton-Hunter, Cooperative Edu-

cation Placement Officer, to make contacts with leading science and technology-driven businesses in the Halton region.

"So many of the new jobs are hidden jobs," points out Sue Rietschin, Coordinator of Guidance and Cooperative Education for the Halton Board of Education. "Students need real experience in the workplace to even know they exist." Since 1985, the number of student placements in the Halton Board's Cooperative Education program has doubled.

This is a four-year pilot project supported by the Canada Immigration and Employment Commission to promote continuance in mathematics, science and technology courses. The program is designed specifically to allow women, disabled students and visible minorities to have equal access to all science and technology cooperative education jobs.

For further information on placing students, please contact Beth Berton-Hunter, Cooperative Education Placement Officer at the Halton Board of Education, (416) 332-2228.



TRICK OR TREAT! Hallowe'eners from the Acton Parent-Child Resource Centre take a break from hectic door-to-door treat-collecting on Friday. (Frances Niblock photo)

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Does exercise protect against cancer?

Over the years, studies looking for a link between exercise and cancer prevention have had inconsistent or equivocal results. One cancer, in particular — colon cancer, one of the most common types among North Americans — has been the focus of recent research from around the world. And the findings have strengthened the argument supporting exercise's protective effect against this cancer.

A report published last year, part of an ongoing study of Harvard alumni, examined the history of 17,000 men for up to 23 years and found that those who were highly or even moderately active had a 50 per cent lower risk of colon cancer than those who were less active. Active men were defined as those expending more than 1,000 calo-

ries per week in recreational activity — the equivalent of jogging or playing tennis two hours a week or walking 10 miles a week.

A 21-year study of 8,000 Japanese men in Hawaii suggested that those who were physically active at home or at work were as much as 70 per cent less likely to develop colon cancer than the sedentary men.

Similarly, studies of Swedish men and women show that being sedentary may increase the risk of colon cancer more than three-fold. But in the famous, long-term study of people living in Framingham, Massachusetts, researchers have found that inactivity was associated with an increased risk of colon cancer only among men, not women (this may be attributed to the fact that few of the women were physically active).

Population studies like these, unfortunately, can't provide definitive evidence one way or another.

For instance, people may not describe their long-term exercise habits accurately. And people who are doing very different types of exercise may be lumped together in the same category (such as "moderately active").

Also, the other life-style factors often associated with physical activity — notably a low-fat, high-fibre diet — may account for much of the reduction in the risk of colon cancer. However, the Harvard researchers reported that exercise seemed to have a protective effect independent of diet.

Exercise does not appear to be as significant a factor in the prevention of cancer in general as it is for heart disease and diabetes. It won't counteract the effects of a high-fat diet or smoking.

Still, the Cancer Society recommends regular exercise as part of its cancer-prevention program. It might help, it can't hurt, and it had many other proven benefits.

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