

## LETTERS TO THE EDITOR

## Success and Anxiety: Not necessarily synonyms

All my life, I have been an honours, straight-A student. I work hard, and reap the benefits of my dedication. If there were one person in the world who would express an appreciation of this system, it would be I. However, it is a system which has brought me insurmountable stress and anxiety. It is a system which has taught me that my entire value as a human being is reflected by the marks on my report card. It is a system which must change, before more young people such as myself are put in a position where they base their self-image on a percentage grade. Studies indicate that 70-80% of all disease and illness is stress-related (Seaward, 1997). Students must be taught that success can be attained without a constant feeling of stress and anxiety. It took me fifteen years to figure out that I am more than a student, and I challenge teachers and parents everywhere to express this sentiment to their children, and salvage a generation which would otherwise grow into goal-driven workaholics who develop ulcers from stress and serious heart conditions by their thirties.

Gillian Shields

## 2005 Paul Murr Memorial Golf Tournament

The 21st annual Paul Murr Memorial Golf Tournament is rapidly approaching and takes place on Monday May 9 at ClubLink's Blue Springs Golf Club.

In 2004, \$45,000 was raised bringing the 20 year total to \$493,000 and this year will put it well over the half million dollar mark with all proceeds going to the Acton Branch of the Canadian Cancer Society.

Sponsorships account for over half of the revenue - Corporate Gold sponsorships are \$500 while Silver sponsorships & personal In Memoriams are available for \$160.

Golfers have choices of three packages:

7 am: Turtle Lake @ \$150. - includes 18 holes of golf, power cart, use of driving range, buffet lunch, afternoon play on Par 3 Trillium course, buffet dinner and prize table draws.

1 am: Turtle Lake @ \$175 - includes 18 holes of golf, power cart, driving range, buffet dinner & prize table draws.

1 - 5 pm: Trillium @ \$100 - includes 9 holes on Par 3 Trillium course, buffet dinner & prize table draws.

Openings for individuals, pairs, threesomes or foursomes are still available and any interested players should contact John McNabb at 519-853-5615 to reserve a teeoff. Payment can be made by cash, cheque, Visa or Mastercard.

Players are encouraged to enter right away as the event traditionally sells out quickly.

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