

Spirit of Terry Fox imbues Run

By JON HURST

In 1977, at the age of 17, Terry Fox was diagnosed with osteogenic sarcoma (bone cancer) in his right leg. Within four days, his leg was amputated six inches above

the knee. The night before his surgery he read about an amputee runner who had run in the New York City marathon, and he dreamed of running across Canada.

While receiving treatment during the next 16 months,

Terry was overcome by the suffering and pain endured by his fellow cancer patients. His desire to do something to make a difference culminated in the planning of his Marathon of Hope.

At the conclusion of his treatment, Terry began training, running over 3,000 miles during the next 15 months. He recruited sponsors and the promise of promotion and support from the Canadian Cancer Society. On April 12, 1980, Terry dipped his artificial leg in the waters of St. John's harbour, and his odyssey began. He averaged 26 miles a day, the equivalent of running a marathon a day, and as his run progressed, Canadians became aware, and involved.

Many supporters enthusiastically greeted Terry as he passed through Acton early on the morning of July 23, 1980. He was also honoured at a Canadian Cancer Society banquet held at the Lions Club Hall in Georgetown.

After 143 days and 3,339 miles, having run through

six provinces and completing two thirds of his run, Terry was forced to stop just before reaching Thunder Bay. His primary cancer had spread to his lungs, and he was flown home to B.C. for treatment.

Terry Fox received many awards, including becoming the youngest Companion of the Order of Canada; British Columbia's highest civilian award - The Order of the Dogwood and the Canadian Press Award as Canadian of the Year in 1980 and again posthumously in 1981.

On June 28, 1981, one month short of his 23rd birthday, Terry died, with his family beside him. But to this day people have not forgotten him and each year hundreds of thousands of people honour him and continue his dream by participating in the annual Terry Fox Run.

Terry once said, "How many people do something they really believe in? I just wish people would realize that anything's possible, if you try; dreams are made, if people try."



See you at the Fair!

JENNIFER AITKEN,
Fair Queen 1997-98

Now that everyone is back to school, (including me - yeah, U of G!) we can change our focus a little bit. The kids won't have to be at school for too long before they get a field trip.

Friday, Sept. 18, is the opening day of the Acton Fall Fair, also called "Education Day". I look forward to seeing you there. Classes of students get a chance to play games like the "Farmer's Olympics", see farm animals and sheep shearing, and play with some different animals in the Ken Jen Petting Zoo.

When they walk through the Exhibit Hall, they may see some of their own work, or that of friends and neighbours on display as well as many information exhibits

Canoe races

The water in Fairy Lake will be churned into a bubbling froth when teams from the annual "Crazy Canoe Races" hit their stride! This popular annual event at the Acton Fall Fair has been expanded, at the request of the event sponsor, Canoe Country Outdoor Shop, Norval, to include not only the resolutely serious, but also those who just want to have fun:

Section 1 - Relay Obstacle Race for teams of six, ages 18 and over, entry fee \$60;

Section 2 - Absolutely Silly Relay Race for teams of four (at least two must be 16 or over), entry fee \$20;

Section 3 - Obstacle Race for teams of two, ages 18 and over, entry fee \$10.

The races take place on Saturday, Sept. 19 from 2 p.m. on. Interested? Simply fill out an entry form (in the Acton Fall Fair prize book) or pick one up from the library, Wetherby's or Canoe Country Outdoor Shop.

and demonstrations on a variety of topics. Watch for exhibits from local 4-H clubs.

Friday evening you can follow the Acton Citizens' Band through town, come to the fair and see OUR fair in full swing! Last, but not least, especially in my eyes, I encourage any young women to enter the Miss Acton Fall Fair competition this year. Always held on the Friday evening. It is a very wonderful experience for everyone involved. Hope to see you there!



Natural Health News

Ginkgo Biloba Food for Thought

Ginkgo biloba is widely used in Europe as an over the counter herbal remedy, and is also extensively prescribed by German physicians. Ginkgo's best quality is its effect on improving mental energy.

Ginkgo's most remarkable property is its beneficial effect on the circulatory system. It dilates blood vessels and increases blood flow to the brain, which oxygenates brain cells. Even though research has focused on its effects on the elderly, the plant has been used successfully by adults who want to improve their memory and concentration too. It also helps prevent blood clots and has been successfully used for problems due to poor blood circulation, such as phlebitis and diabetic peripheral vascular disease.

Other studies show that patients suffering from vertigo and tinnitus (ringing in the ears) experienced dramatic improvements after taking Ginkgo.

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