

Health & Fitness.....

Therapist recommends honesty for what ails us

"We all lie like hell," says straight-talk guru Brad Blanton, "and it's costing some of us our lives."

Brad Blanton, a psychologist, says he has identified a major source of stress, illness and general unhappiness: lying. Blanton's new book, "Radical Honesty: How to Transform Your Life by Telling the Truth" (Sparrowhawk, 1994, \$15; 1-800-358-7884) was launched recently in Washington, D.C.

In the book, called "both shocking and healing" by one reviewer, Blanton blames our moralistic child-rearing practices for making liars out of most of us, barring us from enjoying intimacy, satisfaction and even good health.

"It's easier for us to have sex than it is for us to talk with each other about it," writes Blanton, and he says this dilemma has contributed to millions of people becoming infected with the virus that causes AIDS. As the title implies, Blanton invites his readers to

gamble on an age-old, yet perennially novel, strategy for altering their lives: honesty.

Couples can resolve old crimes and hostilities and find renewal by telling each other every detail of their experiences, their wishes and their feelings. Singles can short-circuit the often painful courtship process and focus on appropriate matches by being candid about their plans, their feelings and their histories. Even those plagued by recurring stress-related disorders, such as insomnia, colitis and asthma, can often find relief by "coming clean," in Blanton's words.

All of us, according to Blanton, can benefit from "breaking down the barriers that lying puts between you and other people."

Blanton's book guides the reader through the process of becoming more truthful. "Radical Honesty" embodies Blanton's 30 years of experience healing people — people who, he says, had to learn to be honest in order not to suffer so much.

Honesty Checklist

- Does your partner know your entire life story, including your sexual history?
- Does your boss know what you think of him or her and how you feel about your daily projects?
- Do people know how you feel about them? Do you gossip instead of telling them face-to-face?
- Do you express appreciation? If someone close to you dies today, will you be left wishing you had said, "I love you"?

On the Tee

The Shaft

When you swing a golf club, there are a lot of things moving. However, within the club itself, the shaft is the only part that is dynamic. In the downswing, the shaft bends back as it moves toward the ball. But as it gets into the hitting area, the far end snaps forward, thereby increasing the speed of the clubhead at impact. The trick is to have this kick occur in a manner which generates the greatest head speed (for distance) with the clubface perpendicular to the desired line of flight (for accuracy).

The material from which shafts are made has evolved over time. Hickory was used at first because it was springy and resisted the twisting that occurred when the club hit the ball. It gave way to steel tubes which were stronger, more consistent, and provided even more resistance to this twisting effect. For years, steel was virtually the only type of shaft that you could buy. They underwent many improvements. The process of tapering the shaft from the handle to the tip in steps was started and patented in 1927 by the American Fork and Hoe Company which later became known as True Temper. Steel shafts have also been drastically reduced in weight. Today's lightweight shafts weigh just over 3 ounces. They can be identified by looking at the distance between the tapering steps. This is 1.75 inches or more in regular-weight shafts but only 1.25 inches in lightweight (less than 4 ounces) shafts.

In a new shaft, there are no steps in the last 14 inches at the tip end. This part of the shaft is trimmed to alter the length and flexibility of the club. Additional adjustments in length to suit the height or stance of the golfer are made at the butt or grip end.

Steel shafts are still very popular, especially if price is a consideration. However, graphite and other composite shafts are gaining ground.

Next Time: Graphite Shafts

Looking For New Clubs?

Why buy off the rack? Get custom-made clubs, built to suit YOU and YOUR game. We will measure you and your swing and talk to you about your game to give you the best combination of clubhead, shaft, and grip. Your clubs will be personally made for you and you only! Irons, woods, drivers, and wedges. Come in soon!

Precision Golf

Custom Clubmaking and Repairs
Featuring Harvey Penick Golf Clubs

Personal attention,
quality product.

Tel: (519) 853-2577
Hwy 25 1 Km South of Acton

The HEARING CLINIC

Cory Soal, R.H.A.D.

Reg'd with the Ministry of Health, A.D.P.

- Complete Hearing Aid Services
- Freshest Batteries • Repairs
- Free Consultation & House Calls Available

We Care About Your Hearing!

18 Church St.,
Georgetown

(Beside Denture Clinic)

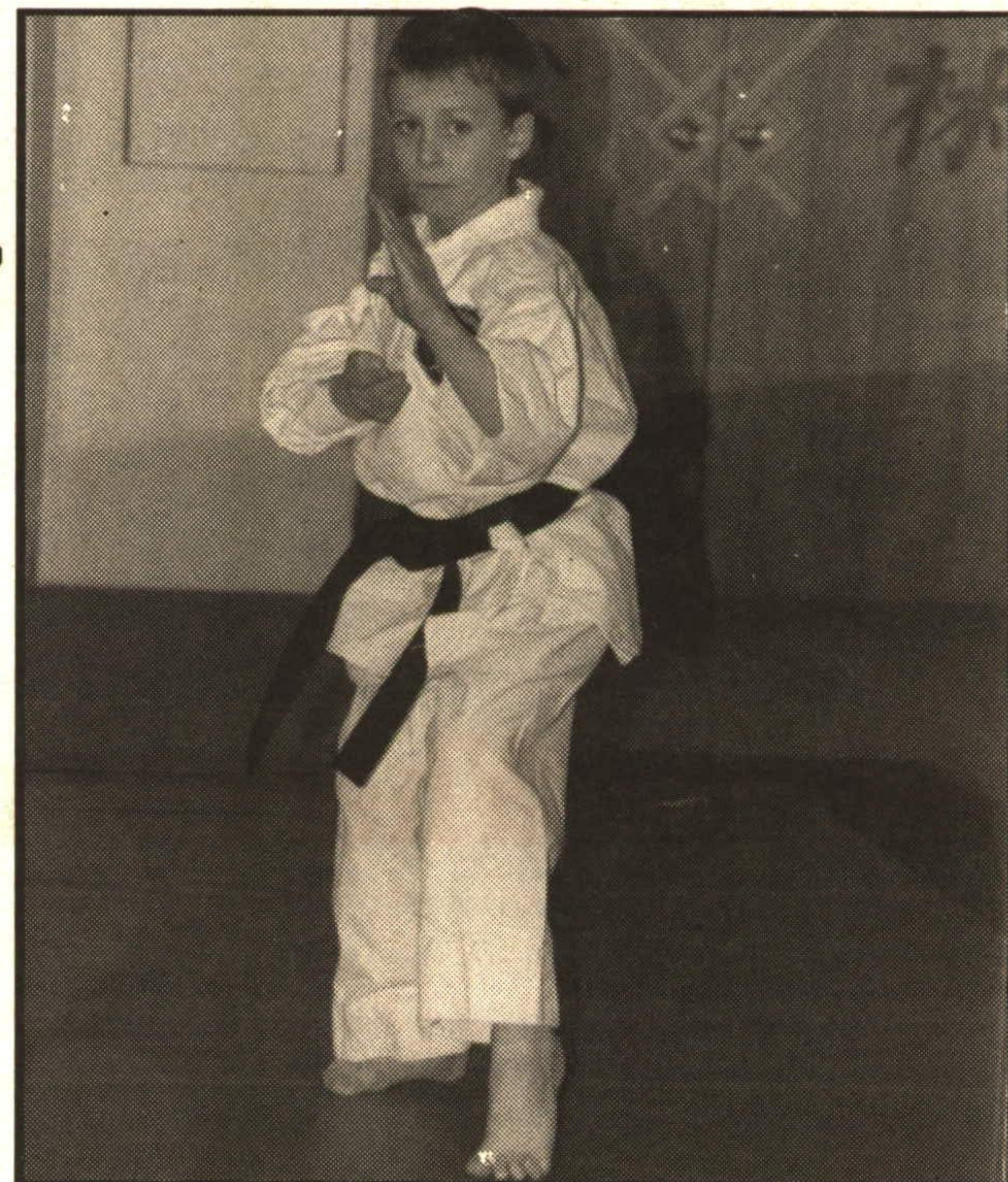
873-6642

FITNESS & FUN FOR THE WHOLE FAMILY



Mini Program
includes an Official
Black Belt Uniform
\$24.99

SATISFACTION
GUARANTEED



The study of **KARATE** is a fun, disciplined way to develop the qualities of good character. In addition, with greater confidence, your child will have a brighter future. Call this week. New classes are forming now for all age groups.

10 year old Dustin Boreland became the youngest student of Shorin-Ryu style karate to ever earn a blackbelt when he completed the four hour test given by his father, Sensei Chris Boreland.

WE OFFER:

- YEAR ROUND TRAINING
- FULL CONTACT SPARRING
- TRADITIONAL OKINAWA KATAS
- REGISTERED BLACK BELT PROGRAMS
- CLASSES FROM AGES 4 TO ADULT
- MEMBERSHIP TO THE WORLD SHORIN-RYU KARATE-DO FEDERATION NAHA, OKINAWA, JAPAN



CHRIS & PAM BORELAND'S
GEORGETOWN KARATE CLUB

150 Armstrong Ave., #9 (Behind Home Hardware)

873-9489