

# Findings from a recent study revealed that...

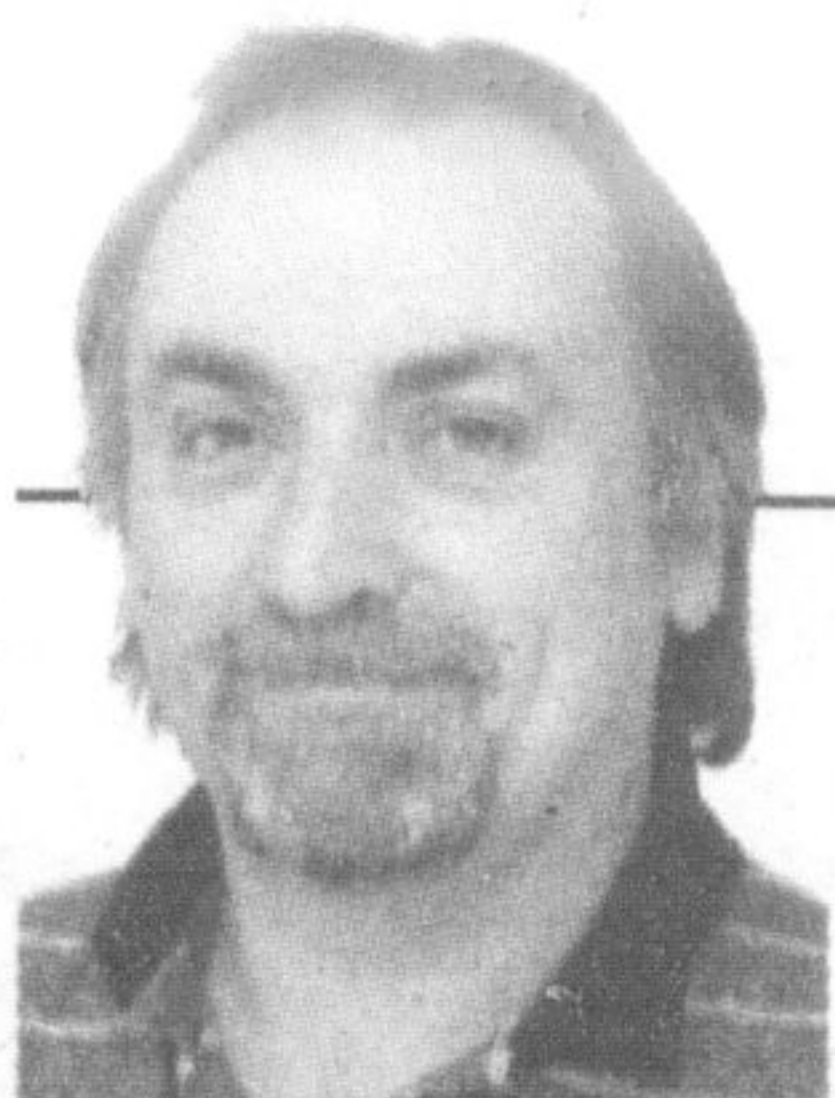
Just about every day we hear about a new study. I've conducted my own study and it shows that I'm tired of all these studies.

One day we hear something is good for us to eat, then it's not, then a new study says it's okay in moderation. Later, we'll find out rats that ate this food showed a 4 per cent decline in cancer rates. And if all these new studies prove that previous studies were incorrect, then why should we believe them now? Somewhere down the road a newer study may or may not show the latest study is incorrect.

If we paid attention to everything we were and weren't supposed to eat, we'd all be sitting in padded rooms eating blueberries in moderation. There should be a study done to see how many people have gone crazy paying attention to the latest study.

Every university or college in the world is conducting studies. Lots of them. We don't know how they did them, we can't verify their accuracy, and we don't question them. They could be making it up for all we know. If it comes from the University of Whatever, then it must be true. That despite the fact they're disproving something the University of Somewhere discovered 10 years ago.

We pay attention to studies, and we believe them blindly, especially when we want to. One study at some point said drinking a glass of wine a day is good for you. I know this because people keep pointing it out. They heard this, they remembered it, and they liked it.



## On the loose

with MURRAY TOWNSEND

I just saw a study that showed Mac users felt themselves superior to PC users. An on-line advertising company determined this through an on-line survey and interpreted the answers themselves. There was no question on the survey that asked: Do you feel you are superior to PC users, or do you feel you're superior to Mac users? In their superior wisdom, however, they determined from the questions they did ask, that that was how they felt.

I never fill out surveys correctly anyway. I make stuff up. And if I think the survey is actually of any value, I'll give the answers I hope will make things better for me.

Did I get enough butter on my popcorn? No, I did not. Maybe I actually did, but I want more so I'll say I didn't.

Then of course there are scientific studies. A recent one reveals that fish don't get cancer. People at some university spent a lot of time studying this, and aren't we all better off for it. I don't know how, but maybe if we cover ourselves with fish scales we'll be protected.

Here's some more useless studies I've uncovered: East Asians have thicker

hair fibres than other populations; 4 per cent of U.S. adults were virgins at age 20; one in seven women get depressed before, during or after pregnancy; not enough sleep is potentially harmful; too much sleep is potentially harmful; blonds make men act more silly.

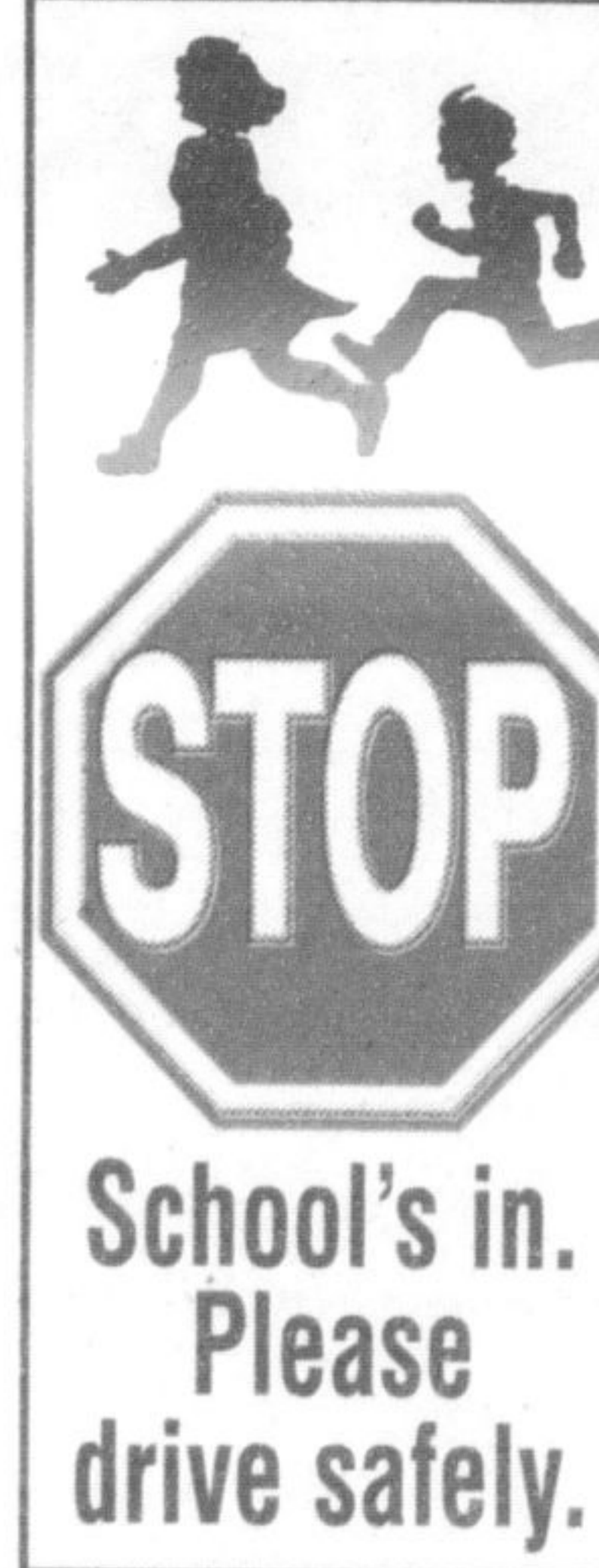
Other studies are just obvious and a waste of time. Studies shows kids out-grow bedwetting; Smoking reduces the chances of surviving throat cancer.

Thank you so much. How would we

have ever known?

There was actually a study on studies that said two-thirds were untrue or a waste of time. That's one I believe.

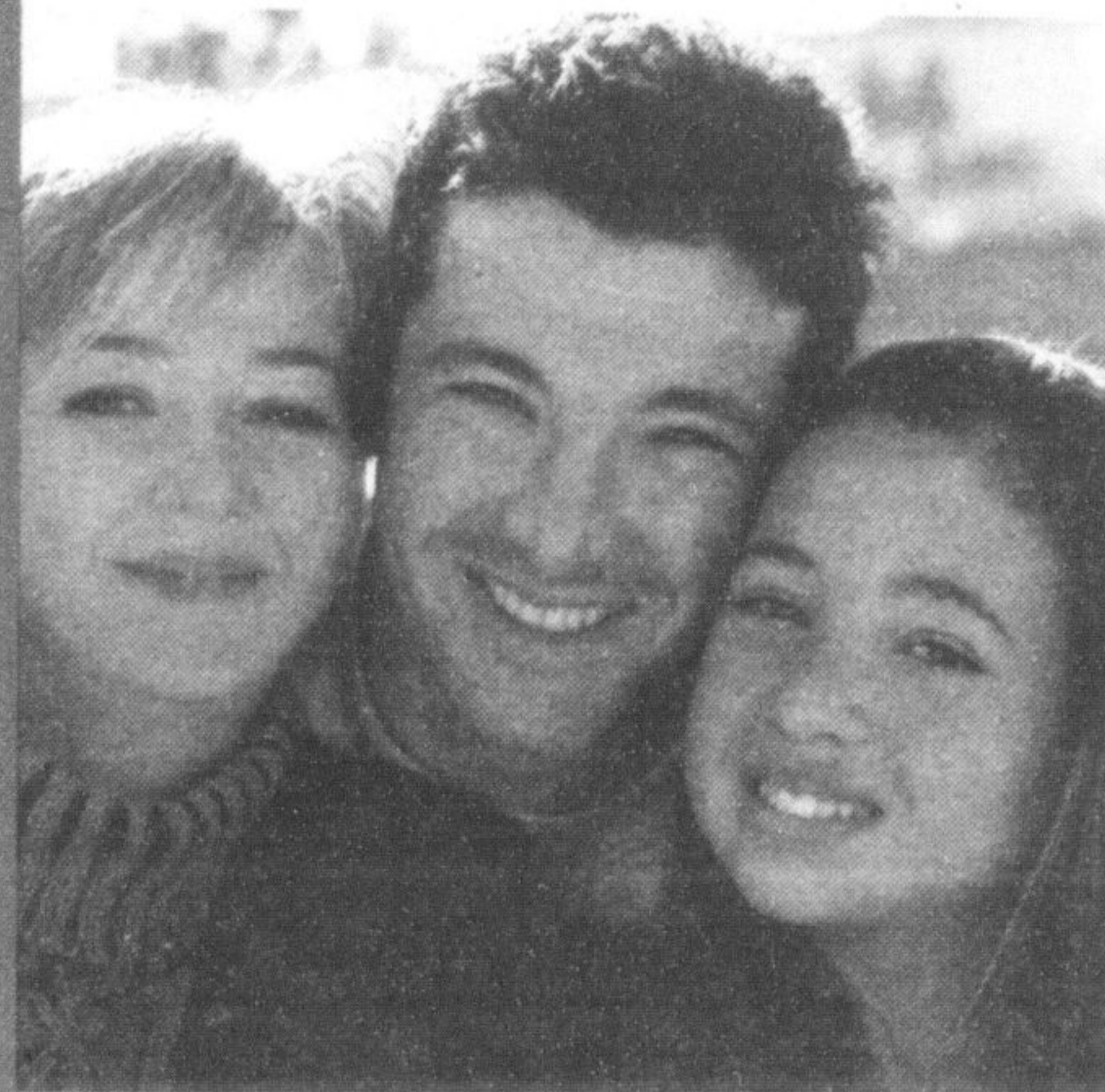
I can save people a lot of money and time. Here are my own studies: People who eat more are likely to get fatter; people who shoot at other people are more likely to kill them; snow-covered roads are harder to drive on; people are more likely to get wet when it rains; people who read this column are more likely to laugh than those who don't.



The Regional Municipality of Halton  
www.halton.ca

## Triple P – Positive Parenting Program

### Seminars for Parents of Teens and Pre-Teens



#### Parents, have you ever:

- Wanted to improve the relationship with your teenager?
- Struggled with handling your teenager's difficult behaviour?
- Questioned if you were doing the right thing as a parent?

#### You're not alone!

All parents can benefit from additional support. Halton Region is offering Triple P (Positive Parenting Program) **free of charge** to parents. The program is delivered by accredited Triple P practitioners.

#### What is Triple P? Triple P helps parents:

- Manage their child's behaviour in a constructive and caring way
- Develop good communication and strong relationships with their children
- Learn positive parenting skills that may be applied to a broad range of parenting situations

Children and youth who grow up with positive parenting are more likely to feel good about themselves and develop to their full potential.

#### Seminar 3: Getting Teenagers Connected

**Who can attend?** Parents/caregivers of teens and pre-teens

**Where:** Milton Bible Church

**When:** Thursday March 27, 2008. 7:00 p.m. – 8:30 p.m.

200 Main St. East, Milton

#### Registration

To register for this Triple P seminar or for more information please:

- visit [www.MiltonBibleChurch.ca](http://www.MiltonBibleChurch.ca) (Connections Café Speaker Series)
- email [cafe@MiltonBibleChurch.ca](mailto:cafe@MiltonBibleChurch.ca)
- call (905)876-3586 ext.401



American Sign Language interpretation is available upon request.

1151 Bronte Road, Oakville, Ontario L6M 3L1  
Tel: 905-825-6000 • Toll Free: 1-866-442-5866 • TTY: 905-827-9833 • [www.halton.ca](http://www.halton.ca)

dine-in • take out • catering • mucho club

# Macho burrito

fresh mexican grill

## NOW OPEN!

890 Main Street E.  
Milton  
905-203-0048



Franchises Available call 1-888-729-7482  
[www.muchoburrito.com](http://www.muchoburrito.com)

Macho burrito  
fresh mexican grill

### \$3 BURRITO

Purchase one burrito and receive the second burrito of equal or lesser value for \$3.00.\*

\*Offer expires Apr. 30/08.

Coupon cannot be combined with any other offer or coupon. Valid at participating Mucho Burrito locations. Coupon has no cash value.

Macho burrito  
fresh mexican grill

### FREE TACOS

Purchase any two tacos and receive two for free.

(limit one order of two tacos per coupon)\*

\*Offer expires Apr. 30/08.

Coupon cannot be combined with any other offer or coupon. Valid at participating Mucho Burrito locations. Coupon has no cash value.