



(Mary Rowsell Photo)

Russell braces for S-Day

Russell Village is bracing for an onslaught of men and powerful machines which, according to engineers with the contracting company will leave the village "like Viet Nam - only worse" this summer.

The two million dollar sewer project already under way will see village streets torn up from one end to the other, the engineers said.

Vast mounds of earth will rise on the roads and clouds of dust will overhang gardens and yards.

The contracting firm is from Windsor; there is no indication at this point that it intends to hire local labour.

One citizen who applied was

told that machinery would be brought from Windsor and other parts of Ontario and drivers would bring their own machines.

The Township Engineering office supplied a phone number but citizens interested in reaching the contractors reported there has not been any answer.

It is understood that some attempt will be made to keep enough street passable so that traffic, if not normal, can at least proceed while the work is in progress.

"S-Day" - Sewer Day - will begin as soon as the weather permits.

Already, due to favourable February and early March weat-

her, preliminary work is under way.

Church street has been prolonged a mile to the high meadows beyond the dam, cutting a sixty-foot swath through the woods adjacent to the South nation Conservation Authority and driving out small game and birds.

Church News

Mrs. Robert W. Gamble has been elected elder of St. Andrew's and St. Paul's United Church, Russell. The ordination service will be held Sunday, April 9. Mrs. Gamble is the first woman ever to hold the position.

No turn unstoned

Prescott-Russell council will spend \$73,700 this summer reconstructing the 2½ mile stretch of the North Road within the Russell Township boundary that has not yet been improved.

The section of road will be surfaced with crushed stone but will not be paved this year, counties engineer Albert Lynch revealed. He could not say when paving would be done.

Work will commence towards the end of May after half-load restrictions are moved, Mr. Lynch said.

Notice

Russell Lions Club will be holding an Auction Sale in June. Donations of goods for this auction will be gratefully accepted. Call Richard Hamelin, 445-5335 to arrange pick up of donations.

CASINO NIGHT

RUSSELL COMM. CENTRE

Friday Night
April 28, 1978

Games of Chance
Bar
No Admission

Sponsored by
The Russell Lions Club

Approximately \$22,000 of the cost was paid through a Wintario grant. For this councillor Marion was suitably grateful.

When it came to securing township contributions, the picture was somewhat different.

"Russell put up their share, \$1,100 per year for three years. Osgoode will do the same. If Winchester agrees to go along, the remainder (about \$10,000) can come out of provincial grants."

The rub is that Winchester hasn't been heard from. "We called a meeting to discuss the matter and Winchester didn't show up. We are now in a position of having to go hat in hand to try to get Winchester to put up their share," Mr. Marion said.

At Metcalfe —

Hustling for health

If you walk into Metcalfe Public School at 9 a.m., don't expect to find students with noses buried in books.

The students — and the teachers — will be bouncing around to the strains of popular music coming through the PA system. They're doing the hustle...the health hustle.

Teacher Anne Sterling, who introduced the fitness program to Metcalfe, said it originated in the Scarborough board of education. It's now being done in several Ontario schools and some offices.

The health hustle is a series of 10-minute taped music programs. Each program has a 2 — 3 minute warm-up song, two three minute vigorous exercise songs, and a 2 — 3 minute warm-down song.

Ms. Sterling said it took about three weeks to learn the exercise routines that make up the first program. A voice on the tape tells when to change to the next exercise.

Everyone in the school drops everything to do the hustle from 8:55 to 9:05 a.m. with teachers encouraging students to do their best so as to get the most out of the exercise, she said.

"The students in my class claim they like it," she said. "The music seems to make it fun for them. However, they find it difficult as they are not very fit.

The idea of the health hustle, Ms. Sterling continued, is that it's better than no exercise at all and that it's a start on fitness.

"There's a lot of bouncing involved and students are out of breath when the vigorous activity is over."

The exercises are not only good for the cardiovascular system, but also for coordination, balance, building muscles, and flexibility, she said.

Marionville squeeze

The Village of Marionville once again is caught in the three-way squeeze between Russell, Osgoode and Winchester Townships.

This time it is on the question of contributing to the new Recreation Centre erected at a cost of \$48,000.

Since Marionville is in almost the unique position of being partly located in three counties, the question of obtaining an equitable contribution from each becomes a matter of difficult, devious and diplomatic negotiation.

As Councillor Leo Marion said, "I've lived here all my life and we still can't seem to come up with a solution."

The Progressive Conservative Assoc.
of Glengarry-Prescott-Russell

NOMINATION MEETING

To elect a candidate for the next federal election

Embrun Com. Centre

Wednesday, April 12

8:15 p.m.

GUEST SPEAKER

Bill Jarvis, M.P., Perth-Wilmot
(P. C. Critic for dairy industry)

NOTE: To be eligible for vote, new members must join by April 9, 1978. Only renewal memberships may be sold at the meeting.

Information

Mrs. Smith - 445-2965

Mr. Howe - 443-3671

Mr. Edgar E. Brisson - 443-2127

HALL, RAY & BARNES

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are pleased to announce
the opening of their branch office
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Thursday: 2:00 p.m. to 5:00 p.m.

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RUSSELL, ONTARIO

K0A 3B0

Telephone: (613) 232-4848

Russell Public School

KINDERGARTEN REGISTRATION

for September, 1978 will
be held at the school during

APRIL 19, 1978

9 a.m. - 3:30 p.m.

Parents are requested to
provide an acceptable proof of
age for each child registered.

D. E. LOUCKS, Principal