

Calendar

Bazaars, broomball, bingo...

To list your group's activities in Castor Calendar, please call Eileen Hamelin at 445-5335 with the relevant information.

Saturday, November 21 — Annual Christmas Bazaar. Sponsored by the United Church Women at the Russell United Church. Opening at 11:00 a.m. by T.V. personality Sue Lumsden. Hot lunch, Adults \$3.50, Children under 12, \$1.50.

Saturday, November 21 — Annual Harvest Dance sponsored by the Metcalfe Nursery School Inc. at St. Catherine's Separate School gym, 9:00 p.m.-1:00 a.m. with midnight lunch. \$5.00 per couple, everyone welcome. (Please note change of date).

Tuesday, November 24 — Meeting of the North Russell Women's Institute at 7:00 p.m. in the Russell United Church.

Wednesday, November 25 — The Prescott and Russell County Board of Education Public Meeting at Russell Public School at 8:00 p.m.

Saturday, November 28 — Christmas Bazaar sponsored by the Anglican Church Women at the Russell Anglican Church from 11:00 a.m.-2:00 p.m. Hot lunch — Adults \$2.00, children under 12 \$1.00. Features Granny's Attic (new and used articles), Fish Pond and several door prizes.

Saturday November 28 — Russell Junior Farmers Broomball Dance, 8:00 p.m.-1:00 a.m. Disco. Everyone welcome.

Tuesday, December 1 — 4-H Achievement Night in the Maple Hall in Cumberland at 7:30 p.m.

Friday, December 4 — Dance sponsored by the Russell Warriors Hockey Team in the Russell Arena from 9:00 p.m.-1:00 a.m. Disco.

Saturday, December 5 — Parents Association's Holly Tea at the Russell Public School from 1:00-4:00 p.m. Special surprise for the children at 2:30 p.m.

Monday, December 7 — Christmas meeting of the Russell Village Women's Institute at the Russell Anglican Church at 7:30 p.m.

Tuesday, December 8 — Meeting of the Home and School Association in the Russell Public School at 8:00 p.m.

Every Wednesday morning — Story Time for preschoolers at Russell Public Library, 10:00 a.m.-11:00 a.m. For information: Lynn Ransome 445-2844, Mary Inglis 445-2934.

Every Tuesday night — Russell Minor Hockey. Come and support your favourite team.

Every Thursday in the Russell Catholic Church, **Bingo** at 7:45 p.m.

Every Friday in the Russell Legion Hall, **Euchre**, at 8:30 p.m.

Every Friday — Russell Warriors Intermediate "B" hockey at 8:00 p.m. Come and support your local team.

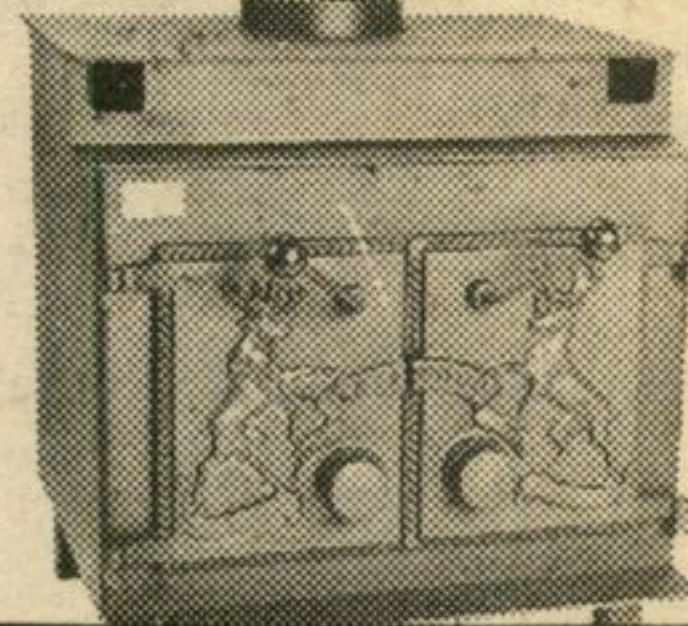
Every Saturday — Euchre at the Senior Citizen's Centre at 8:00 p.m.

Monday-Friday, 4:00-5:00 p.m. — free Public Skating. Saturdays 2:00-3:00 p.m., 50¢ each. Family skating Saturday 7:00-9:00 p.m., \$1.00 per person or \$2.00 per family. Sunday 1:00-2:00 p.m., 50¢ per person. Russell Arena.

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Opinion on health

Most illnesses are diet-related

by Dick Thom

Did you know that we are in the midst of one of the most serious epidemics in history? The epidemic is chronic degenerative diseases. In the U.S. more than a million people die of heart diseases each year. It accounts for 50 per cent of all deaths. Today one in four suffers from cancer and two-thirds of these will die.

Cancer is the second leading cause of death in children; babies are being born with cancer. A rarity in children 30 years ago, cancer now strikes 500,000 annually. Cancer is increasing in all age groups.

U.S. statistics reveal 40 million with allergies, 17 million with ulcers, 10 million with arthritis; 200,000 children have juvenile rheumatoid arthritis.

These major health problems plus stroke, arteriosclerosis, diabetes, high blood pressure, obesity and blood sugar problems are diet related. These health problems could be modified by improved diet and nutrition.

When asked which of the major

degenerative diseases has the greatest potential for improvement through nutrition, a panel of researchers listed: heart disease, cancer & arthritis. Improved nutrition could substantially reduce the nations medical bills.

Better health, a longer active lifespan and greater satisfaction from work, family, and leisure time are among the benefits obtained from improved diet and nutrition.

Good nutrition offers greater strength and endurance. It offers better mental performance. Studies have indicated that school children who always have breakfast are more alert and show improved grades and better attitudes toward schoolwork. (Do you insist and ensure your have their breakfast every morning?)

Good nutrition offers protection against disease. A well nourished body tends to resist and overcome infections: a poorly nourished body is susceptible to disease and tends to be slow in recovery.

Since degenerative diseases now account of some 2/3's of all early deaths, it is important that proper prevention be provided for everyone. A great deal can be done to prevent and reverse degenerative diseases. However, prevention is up to **You**, not your physician. We are all responsible for our own health.

Good health is not just the absence of a major disease or sickness. It is a positive well being that brings out a zest for living and makes every day a new adventure. It's the enjoyment of good food with good digestion, proper utilization and adequate elimination. It is prolonged prime of life without serious degenerative disease we mistakenly blame of time itself. Good health is clear skin, fine muscle tone, maximum resistance to stress, infection and fatigue. Its feeling and living up to your maximum potential every second of every day.

Against this standard, do you consider yourself healthy?
(Continued next issue)

Oops, we goofed

There was an error in the RA budget in last month's issue. It was reported Marilyn Savage (should have been Marilyn Sullivan) raised \$12,000.00 for the Arena Auxiliary, this report was incorrect, the figure should have been \$4,000.00.

WARD MALLETTE

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