

Calendar

To list your group's activities in Castor Calendar, please call

Tuesday, March 2 — Russell Village Women's Institute meeting in the Catholic Church Hall at 8:00 p.m. Guests Welcome.

Monday, March 8 — Parents' Association meeting in the Russell Public School at 8:00 p.m.

Monday, March 8 — Catholic Women's League meeting in the Catholic Church Hall at 8:00 p.m.

Wednesday, March 10 — Anglican Church Women meeting in the Anglican Church Hall at 8:00 p.m.

Saturday, March 13 — St. Patrick's Dance sponsored by the Russell Figure Skating Club in the Russell Community Centre from 8:00 p.m. to 1:00 a.m. Live entertainment by "Reed".

Eileen Hamelin at 445-5335 with the relevant information.

Sunday, March 14 — Russell Figure Skating Ice Show in the Russell Arena from 2:00 p.m. to 4:00 p.m.

Tuesday, March 16 — North Russell Women's Institute meeting at the home of Mrs. A. Sullivan at 1:30 p.m.

Tuesday, March 23 — General meeting of the United Church Women in the United Church Hall at 8:00 p.m. Mr. R. Gibson of Winchester will be the guest speaker. Everyone Welcome.

Saturday, March 27 — Dance sponsored by the Russell Agriculture Society in the Russell Community Centre. Music by the Ken Millar Orchestra.

Monday, March 29 — Spring Fashion Show sponsored by the

Russell Branch of the Canadian Cancer Society in the Russell Community Centre at 8:00 p.m. Admission: Adults \$2.00. Children \$1.00.

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

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

Every Thursday — Girl's Minor Hockey from 6:00 p.m.-7:00 p.m.; Oldtimer's Hockey from 8:00 p.m.-10:00 p.m. Bingo in the Russell Catholic Church at 7:45 p.m.

Every Friday — Euchre in the Russell Legion Hall at 8:30 p.m. Russell Warriors Intermediate "B" Hockey at 8:00 p.m. in the

Russell Community Centre. Come and support your local team.

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

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 Community Centre.

Every Sunday — Oldtimer's Hockey from 8:00 p.m.-10:00 p.m.

Monday-Friday — 4:00-5:00 p.m. — Free Public Skating.

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For further information
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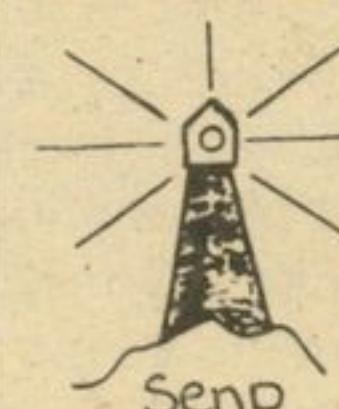
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Castor Valley Baptist Church

Send The Light Meeting in the Kenmore Baptist Church

11:00 a.m. — Family Worship Service

A Nursery service is provided

10:00 a.m. — Family Bible School

There's a class for all ages

7:00 p.m. — Evening Fellowship in the Kenmore Church

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Opinion on health

Avoidance can be healthy

by Dick Thom

Last month we spoke of the importance of natural, raw foods. Achieving good health is not just a matter of trying to get the proper nutrients, but it also includes trying to avoid pollutants in the air, water and food.

While it is very difficult to avoid air and water pollution because of our heavily industrialized society we all can do our part. If each of us decreased our use of non-renewable resources we would also decrease world pollution.

Such things as turning off all un-needed lights, walking if going short distances, taking a bus or using a car pool, using non-disposable products, using biodegradable cleaning products and growing some of our own food with natural compost or manure would be helpful.

We can also avoid pollutants in our food supply. Many food additives are of very questionable safety. Several thousand chemicals are daily added to our food supply. Commercial fruits and vegetables often contain residues of dozens of pesticides, insecticides, herbicides as well as

waxes, bleaches, artificial colourings and preservatives — many of which have been linked to headaches, allergies, skin problems, depression, even cancer.

On average we eat between 5-7 pounds of additives per year (which goes along with our 120 pounds of sugar). If these additives were fed to a horse at one time, the horse would be dead within 3 minutes. What therefore do you think are the long term effects of this is on our bodies?

Is it a fact that growing old results in degenerative diseases (ie: heart attack, cancer, stroke, diabetes etc.)? Perhaps we are slowly poisoning ourselves and the amazing thing is that we seldom care or do anything about it until our health has left us. How many older people have you heard say, "If I only had my health"?

Unfortunately, very few people get optimum nourishment from the foods they eat, understand the complexities of nutrition or take the time to plan a perfectly balanced diet. The proper combination of vitamins, minerals, complete proteins, carbohydrates, essential fatty acids, enzymes and trace elements are all essentials for the maintenance of good health.

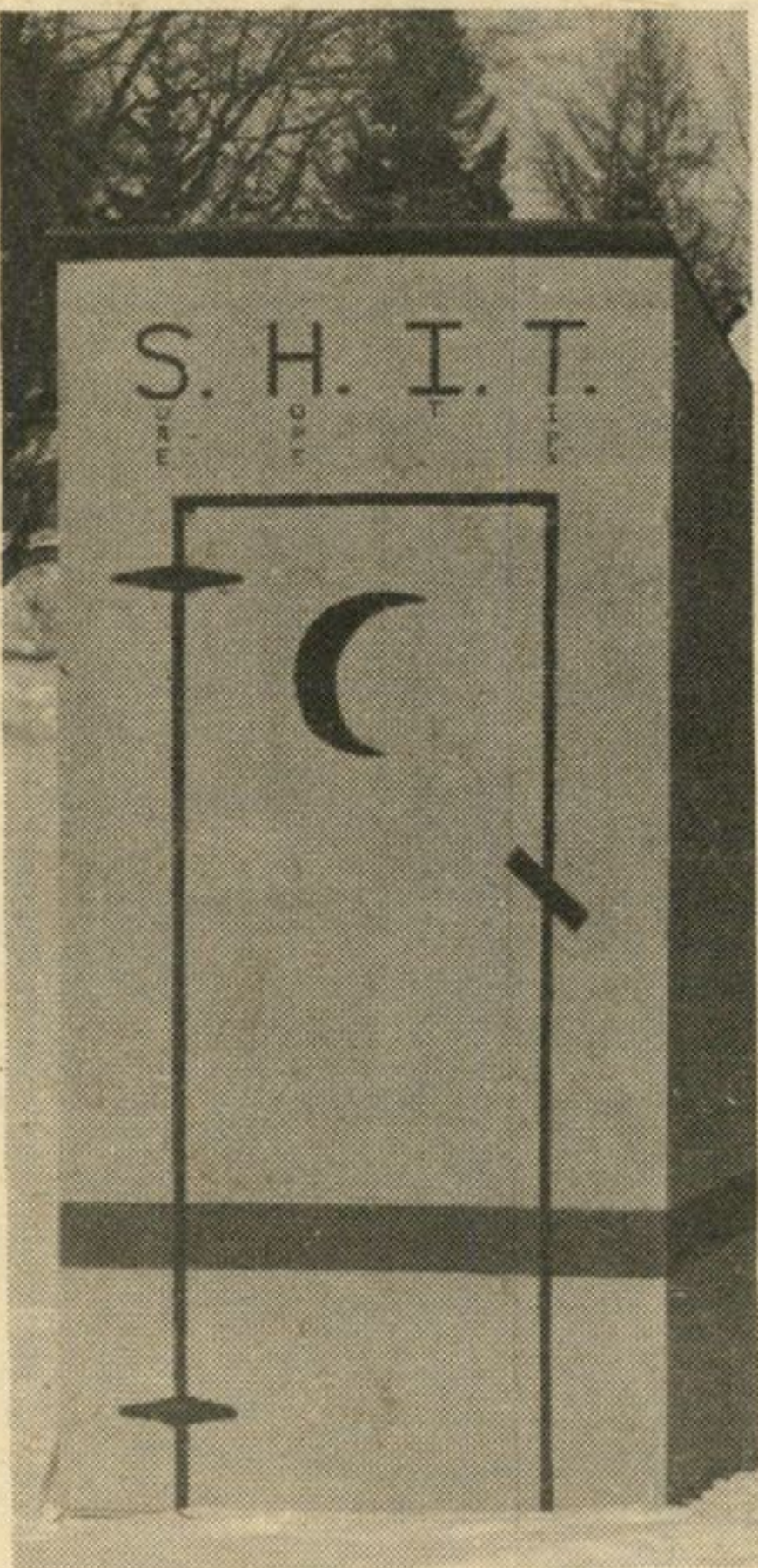
You, like most people, probably feel you are doing okay because you have no clinical signs of disease. However, remembering our definition of health and the fact that U.S. department of agriculture studies revealed frequent and marked deficiencies, one cannot be surprised about the present state of health (or non-health) of our nation.

Next issue we will discuss the mythical balanced diet.



The conservation area on the south side of the Castor is attracting many cross-country skiers — like Nylene McNeil, above. Russellians now have a network of trails at their doorstep.

Ian Darragh photo



You may have noticed this outhouse on the Castor River in Russell Village. For a measly dollar you can get a 15-minute time period — and if the outhouse goes down during that time, on your day, you've won \$500. Tickets are available just about everywhere. Profits to the Figure Skating Club.

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