

HEALTH & FITNESS

Many health benefits to drinking Canadian red wine

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FEATURES WRITER

Studies have proven it - drinking moderate amounts of

red wine is good for your health.

"It is estimated that if every North American drank two glasses of wine per day, heart disease would decrease by 40 per cent," said Pauline O'Riley from Cileto Wines.

O'Riley said that resveratrol - a natural anti-fungicide - is the key ingredient that prevents and decreases the chance of heart disease.

Grapes found in damp, cool conditions like Canada and France, naturally produce resveratrol for their own protec-

tion against those elements.

The French population should be high risk for heart disease because of their diets which are high in fat and cholesterol, yet they have one of the lowest death rates, as a result of heart disease, in the world. That explains why Italians, despite a diet including red wine, experience high levels of heart disease.

O'Riley said that Canadian red wines contain higher concentrations of resveratrol than almost all other wines in the world.

Other benefits of red wine include:

- ✓ Increased amount of good cholesterol
- ✓ Decreased rates of blood clotting
- ✓ Prevents oxidation of bad cholesterol
- ✓ Reduces inflammation caused by arthritis
- ✓ Dilates blood vessels
- ✓ Reduces stress



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Focus on Faith

Unionville Baptist offers abuse support group

Abuse in the Christian home is wrong!

Sometimes in the past the Christian community has been guilty of neglecting to support the abused and to discipline the abuser.

Family members have suffered over the years by dominant Christian men and women who believe that it is their

God-given right to control by fear, intimidation, or threat. Abuse can only be justified by a wrong interpretation of the Scriptures, and by the acceptance of the inability of the abuser to deal with his or her anger.

Still Waters is a support group which began in December of 1997 under the direction of Dr. Brian Allison, pastor of

the Unionville Baptist Church.

In a protected and safe place, the purpose of Still Waters is to help abused spouses and children confront and deal with the wrong that is taking place in some Christian homes today.

"I am very thankful for the understanding and empathy I have received from the Still Waters support group,"

said a former victim of abuse.

In her case, she said, "God intervened and strengthened me. I came to realize that what I had previously allowed (and my failure to respond to my husband's harsh and insensitive treatment of my family and me) was wrong. I recognized that I was being controlled, and that I had refused to

stand up. With God's help, I am now prepared to live alone, rather than continue to be mentally and verbally abused by the man I love."

If you feel you are abused, contact the Still Waters support group at 479-0942.

Meetings take place on Monday evenings.

MARKHAM MISSIONARY CHURCH
Evangelical Missionary Church of Canada

Sunday, July 12, 1998
10:30 a.m. Dr. Arthur Lee
Guest Speaker
6:30 p.m. Home Fellowship

Wednesdays, 7:00 p.m.
Prayer & Bible Study Fellowship

Call church for additional program information
5438 Major MacKenzie Dr. East
Markham, Ontario L3P 3J3
(905) 294-5081 (905) 294-5383 (fax)

BETHESDA LUTHERAN CHURCH
20 Union St., Unionville 477-1731
(Near Hwy. 7 & Main)

Worship - 10:30 a.m.

St. Andrew's Presbyterian Church
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143 Main St. Markham
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CENTRAL UNITED CHURCH
131 Main St., Unionville 474-0183

Summer Worship Time - 10:00 am
"When Someone Smart is about to do Something Dumb"
Vacation Bible School - August 17-21
for children aged 4-11
Call the Church to register.

CENTENNIAL COMMUNITY CHURCH
On McCowan Rd. just north of Hwy. 407
Tel: 905-475-7695

Summer Worship 10:30 a.m.
Home of Centennial Child Care Centre

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