

# Students raise funds for Uganda

This winter, students from Glad Park Public School collected \$292.50 in the Penny Power Have a Heart for Uganda fundraiser.

"Students filled a water jug full of pennies to help provide fresh water and food aid to

displaced Ugandans in the northern part of the country," said teacher/librarian Carolyn Reesor. "War has displaced 1.2 million Ugandans, so organizations are working to send food and water to these people without homes."

Father Peter Paul Ssemakula, from St. Jude Parish in Masaka, Uganda, accepted the money on behalf of his fellow Ugandans at a special assembly held at Glad Park March 2.



Jessica McGregor and Elise Paul (above) helped to roll some of the pennies collected, which totalled close to \$300, for the Penny Power Have A Heart for Uganda fundraiser.

## Spring Spanish courses offered at library

According to Encarta Encyclopedia, Spanish is the native language of between 322 million and 358 million people in the world.

It is the official language of Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, the Dominican Republic, Ecuador, El Salvador, Equatorial Guinea, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Uruguay, Venezuela and Puerto Rico. Spanish is also widely spoken in Canada, Morocco, the Philippines and the United States.

Starting in April, Whitchurch-Stouffville Library is offering a series of Spanish courses at three

levels. One-hour classes for each course level are held weekly from early April until the end of June. Beginner covers basic listening, speaking and writing skills. Intermediate is for students who have some background in the language but want to improve fluency and top up their existing knowledge. Advanced provides a more in-depth study of grammar and vocabulary.

Each course is \$65 plus GST and pre-registration is required. Courses may be cancelled due to insufficient registration. For more information, visit the library or call 905-642-7323.

# SENIORS LIVING *in & around* Stouffville...

## Strength Training - Positive Preventative Medicine for Osteoporosis and Arthritis

*submitted by Sandy Higgs, Manager  
Curves for Women, Stouffville*

Of concern to most women is the condition called osteoporosis or 'porous bone'. Bone loss begins to occur after the age of thirty in most women. It is hastened with menopause and many women choose hormone replacement therapy as a result. But there is a better method to treat and prevent osteoporosis. Strength training stimulates the manufacture of bone tissue because placing a load on the long bones of the body encourages a bone building response. If you have the nutritional building blocks in your diet, you should expect bone density to be enhanced!

Another health concern today is Arthritis. The two major types are Osteoarthritis and Rheumatoid. Although different, the common denominator is damaged joint cartilage. Strength training again will help to provide the support joints need to work properly. Losing weight will reduce the stress on the joints and proper nutrition will help provide the cartilage with the nutrients needed for cellular health and antioxidants for protection.

With a low impact exercise program moving fluid rather than weights, the motions are smoother with less impact on joints, making a safe workout for any age group or physical condition. By increasing lean tissue, women will raise their metabolism and expect to keep the weight off, thus reducing strain on hips, knees and ankles. What a bonus! Strength training is positive preventative medicine, its more than just exercise. It's about improving your Quality of Life.



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