

CLASSIFIED PAGE

CITY/TOWN... "The Lung Association believes that by teaching children about the importance of a healthy life style, we will be raising a generation of healthier Canadians," said Trudy Lundvall, Executive Director of the Lung Association, Lanark, Leeds and Grenville. "That's why each year The Lung Association, working with our schools, reaches thousands of children in Ontario with our Lungs Are For Life School Program. The program emphasizes good respiratory health and smoking prevention," added Mrs. Lundvall.

The Lungs Are For Life School Program was developed in conjunction with consultants from the Ministry of Education and local school boards, teachers, physicians, and Lung Association volunteers and staff. It presents positive health values to children about themselves and encourages children to develop a respect for healthy lungs. It also teaches children to avoid harmful substances such as cigarettes. The program provides children with a better understanding of the decision making process and relates this to the decision of whether or not to smoke. Offered in all grades, the program focuses on different issues at various levels. From kindergarten to grade 3, the actions of a character called Octopuff leads the children to learn how to live smoke-free. From grade 4-8 the emphasis is on peer pressure and decision making skills -- how to say NO to smoking. In high school the program looks at the immediate health effects smoking has on the body. The use of biomonitoring equipment at this level illustrates increased carbon monoxide levels and heart rates in smokers. "The Lung Association's health education programs such as Lungs Are For Life and research programs are all supported by donations to our annual Christmas Seal Campaign and by other voluntary contributions," added Mrs. Lundvall. "This year our Christmas Seal campaign begins October 21. Our goal is to raise \$70,000.00 in Lanark, Leeds and Grenville," concluded Mrs. Lundvall. The Lung Association is Canada's oldest voluntary not-for-profit health promotion organization. We were first established in 1904 to control the spread of Tuberculosis. With this disease under control, the Lung Association is now

concerned with the prevention and control of all lung disease. The Lung Association Lanark-Leeds-Grenville 3 Sheridan Mews Brockville, Ontario K6V 5V7 Tel: (613) 345-1034

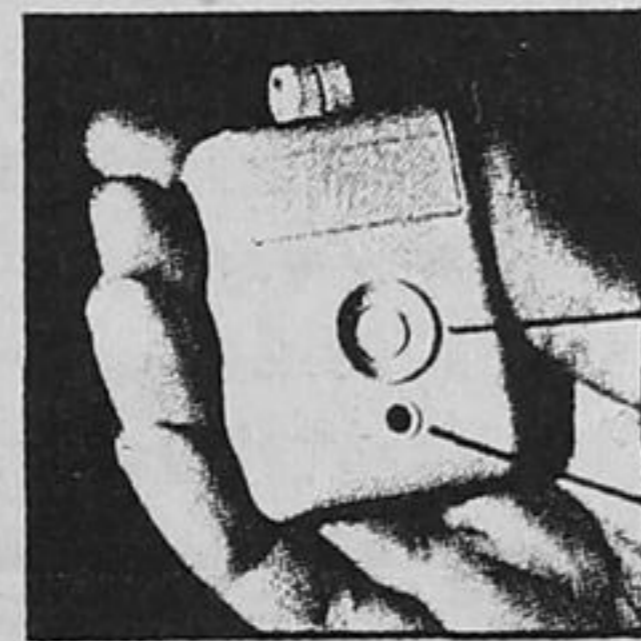
The Medic Aid Response System

We have often heard stories where a senior citizen was found, after spending hours, perhaps days, on the floor unable to get to the telephone following an unfortunate fall. It should come as no surprise that falls are the second leading cause of death among people over the age of 65.

Now, due to new remarkable technology, seniors can rest assured, that in the event of a medical emergency, fire or burglary, help is simply a push of a button away.

The Medic Aid Response System consists of a panic button worn on a belt or around the neck and a programmed dialing system hooked up to the telephone. The panic button, is in effect a small radio transmitter which is activated when the button is depressed. The resulting signal triggers the dialing system which alerts proper authorities of your emergency.

Enjoy the comfort and peace of mind knowing someone is watching over you, 24 hours a day, everyday!



Emergency response button
Indicator light — your emergency call is being transmitted

Distributed by:
Medic Aid Response Systems (Ottawa) Inc.
Suite 3, 515 Industrial Avenue
Ottawa, Ontario
K1G 0Z1
(613) 739-3933

Got a Queen's Grad on your Christmas list? Why not check out in the Shadow of the Shield by Arthur Zimmerman.
For some 70 years, Queen's radio station CFRC was the gathering point of some of Queen's weirdest personalities. This history discusses their exploits (and even has supporting pictures), and separates fact from rumour - and those facts are often "stranger than fiction" \$29.95 at From Trash to Classics in Forfar. Open Weekends.

SHOPPING BUS TO KINGSTON
HOWARD'S BUS LINE
SECOND TUESDAY OF EACH MONTH
Sponsored by Rideau Welcome Club
Leaving Portland Community Hall 9.00 a.m.
Pick up at Crosby Service Station 9.10 a.m.
and Rideau Lakes Apartments, Elgin 9.20 a.m.
STOPS AT SEARS AND CATARAQUI
Leaves Cataraqui at 2.45 p.m.
Pick up at Sears
Arriving Portland 4.00 p.m.
Cost \$5.00 Everyone Welcome
To ensure reservations call
359-5921 or 272-2039

40th Wedding Anniversary
Bill and Iris Landon
will be celebrating with their friends and relatives at the **Lyndhurst Legion Hall** November 2, 1991 7-12 p.m.
Please join them.
Best wishes only.

LYNDHURST LEGION
NEW YEARS EVE DANCE
Tuesday, December 31
9 p.m. to 1 a.m.
Classics Glen Halliday
Admission: \$25 a couple
Buffet
Advance tickets available
Legion Bar/Members

SENTRY BRANCKER
A black Newfoundland dog passed away on October 3, 1991. Sentry had been my much loved, constant companion and friend for eight years. He was a very large dog but he was gentle, especially with children. He became quite well known to residents as the big black dog of Davis Locks. He will be sadly missed by a lot of friends in the Elgin area.
John Brancker.

James view
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... BATHROOMS ... GROUND WORK ...
... SEPTIC INSTALLATIONS ...
CALL US FOR FREE ESTIMATES!

On February 1, 1992 there will be an increase of approximately 10% in our advertising rates and subscriptions. This is regrettable but necessary. As you know, our volunteer staff work hard to keep costs very low.

RIDEAU LAKES UNION LIBRARY

HOURS OF OPERATION		Tuesday	Wednesday	Thursday	Friday	Saturday
Branch	Librarian					
DELTA 929-2991	L. Braidwood	1:30-4:30		6-8 p.m.		9-11 a.m.
ELGIN 359-5315	M. Keates D. Haskins	11-4 p.m. 7-9 p.m.	9:30-12:30	1-4 p.m. 7-9 p.m.	1-4 p.m.	9:30-12:30
LYNDHURST 928-2277	V. McMachen	6-8 p.m.	1-4 p.m.			10-1 p.m.
PORTLAND 272-2832	L. Braidwood	6-8:30		11-3 p.m.	2-4 p.m.	11:30-2:30
SEELEY'S BAY 387-3909	H. Simpson	1:30-4:40		1:30-4:30	2:30-5	10-1 p.m. 7-9 p.m.