

RIDEAU NOTES Cont'd from p.24
 drug situations where students had to make decisions as to how to solve the problems. This proved to be thought-provoking for the students. Once again Debbie stressed that help could be obtained from any services similar to Family Focus.

We are happy to report that our Librarian Jack Harvey is now the proud parent of a baby boy. Congratulations to Jack and Martha.

The junior girls' basketball team closed out its regular season with a 10-0 won-loss record. In the semi-finals Rideau defeated Sharbot Lake with a convincing 53-20 score. Mary Ellen Pattinson led the way with 16 points while Patti Knapp and Angela Code had 10 and 8 respectively. Rideau advances to the Leeds-Grenville Championship against St. Mary's of Brockville.

Last Wednesday, November 9th, Mr. D. Purdy and Ms. S. Hardy Page accompanied two history classes to Ottawa. Both the intermediate and senior classes enjoyed time spent at The Museum of Aviation, and the new National Gallery. The students were put through their paces in acquiring information about Canadian contributions in the air during W.W. I and W.W. II. Here, an original Lancaster Bomber was found to be especially fascinating. At the National Gallery, students were given a tour of Renaissance and Modern European art, and had the opportunity to view the Canadian collection. A whirlwind hour of lunch and shopping at the Rideau Centre rounded out the day - an enjoyable learning experience was had by all.

Rideau's Band and Choir were very pleased with the response to their Annual Fall Smorgasbord. It was a resounding success!! A very sincere thank you is extended to everyone who helped and to everyone who attended. We appreciate your support.

Winter sports schedule is getting under way. Girls Volleyball - Junior and Senior. Boys Basketball - Midget, Junior and Senior. Rideau's Senior Boys Volleyball had a good season. They finished the regular season in third place close behind North Grenville and Athens. They were bumped out of the semi-finals by North Grenville with losing scores of 15-8 and 16-14. Congratulations go out to players: Troy Bresee, Paul Dier, Jim Redmond, Robbie Scott, Jamie Scott, Scott Rice, Scott Trowbridge, Dave Snider, Steffen Huber, Dennis Serson; managers: Jackie Gavin, Marsha Standen; and coach Jeff Rice.

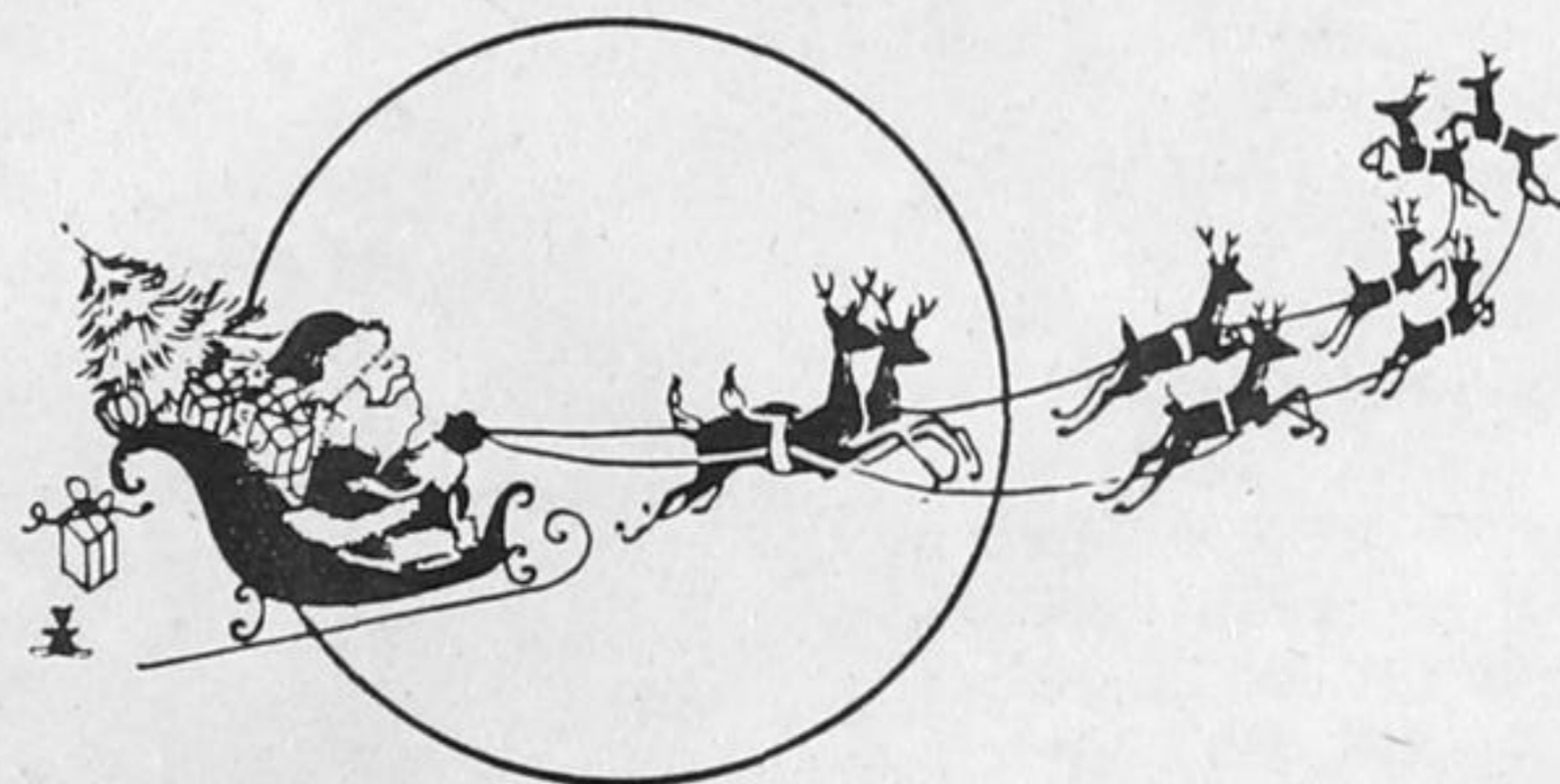


FACT OR FALLACY?

Fish Oil Prevents Heart Disease

Do fish oil tablets prevent heart disease?

FACT: No one knows for certain about the effects of fish oil on heart disease, but it's a question worth investigating. Research is underway to determine if eating fish or fish oil capsules will have an effect. Everyone agrees, however, that what you eat is important to your cardiovascular health. Reducing the amount of fat, salt and alcohol in your diet while increasing the amount of fibre, vitamins and minerals will reduce your risk of heart disease.



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We wish you all a Merry Christmas and a healthy, happy New Year.

The Canadian Red Cross
 Homemaker Service
 Elgin

P.S. If you still intend to send in a donation, we, of course, will be more than happy to get it.

RIDEAU LAKES UNION LIBRARY

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| SEELEY'S BAY 387-3909 | | 1.30-4.30 | | 1.30-1.30 | 2.30-5 6.30-9p.m. | 10-1 p.m. | H Simpson |