

Newboro News

NEWBORO RESIDENTS

Newboro has a branch of the Rideau Lakes Union Library housed in the Municipal building.

An excellent selection of books and services are available to all members. Any Newboro borrower has access to all of the books in the Union.

We have recently completed a book move of over 130 titles from each of the branches thus many new titles are on the Newboro shelves. Mrs Betty Shillington is the librarian and will tell you of all the additional services which you can use by becoming a member. e.g. talking books, large print books and film services. New selections of non-fiction and fiction titles are delivered each month. We also offer a wide selection of children's reading material. Our membership charge has not been hit by inflation and remains at 25c. adult and 10c student and child. Come in and get acquainted with one of the services of your community.

If the hours of operation are not suitable to you, please let Betty know and we will attempt to accommodate you.

NUTRITION AWARDS

In support of International Year of the Child, the Ontario Ministry of Health has established the "Food for Health" awards programme. The objectives of the programme are to develop nutrition awareness and learning, and to encourage the provision of more healthful foods at school.

Twenty awards of \$1,000 each are being made available to Ontario Secondary Schools to encourage the replacement of "junk foods" with more nutritious alternatives and the awards will be for use in future health-related activities for students. The student council will be the recipients of the award money.

Actual projects should offer a practical program on nutrition for students; involve the total school; be innovative and imaginative in approach; have the potential to become an ongoing program with ongoing impact; be developed and presented by the students, a school's administration or other groups representing the schools; and provide evidence that eating habits and/or nutrition knowledge have changed.

Why the awards? "The Ministry of Health has had a longstanding interest in the health of students and in the role the school environment can play in promoting good health habits. The health care system is focusing more and more on health promotion and the responsibility every citizen can assume in safeguarding his own health. The school has an important role to play in this endeavour by creating an

environment where learning and practice in good health habits can operate together. Through nutrition education, promotional activities and the goods made available at school, students can have the opportunity to both learn and practice sensible eating habits."

This program is very encouraging. Contrary to popular belief, many students are keen in improving their nutrition knowledge and habits.

In a survey of 142 high school students in Ottawa last February, the students eagerly offered suggestions on how teenagers could be encouraged to eat sensibly.

Nutrition Services at the Ontario Ministry of Health compiled a summary of school nutrition programmes and projects which have been carried out throughout the province. Three schools from Leeds, Grenville and Lanark counties submitted reports.

It is hoped that with the cash incentive all secondary schools in the 3 counties will wish to become involved in this important area of nutrition education.



PIANO TUNING

\$20.00



PHONE 389-0296 FOR

INFORMATION AND APPOINTMENT

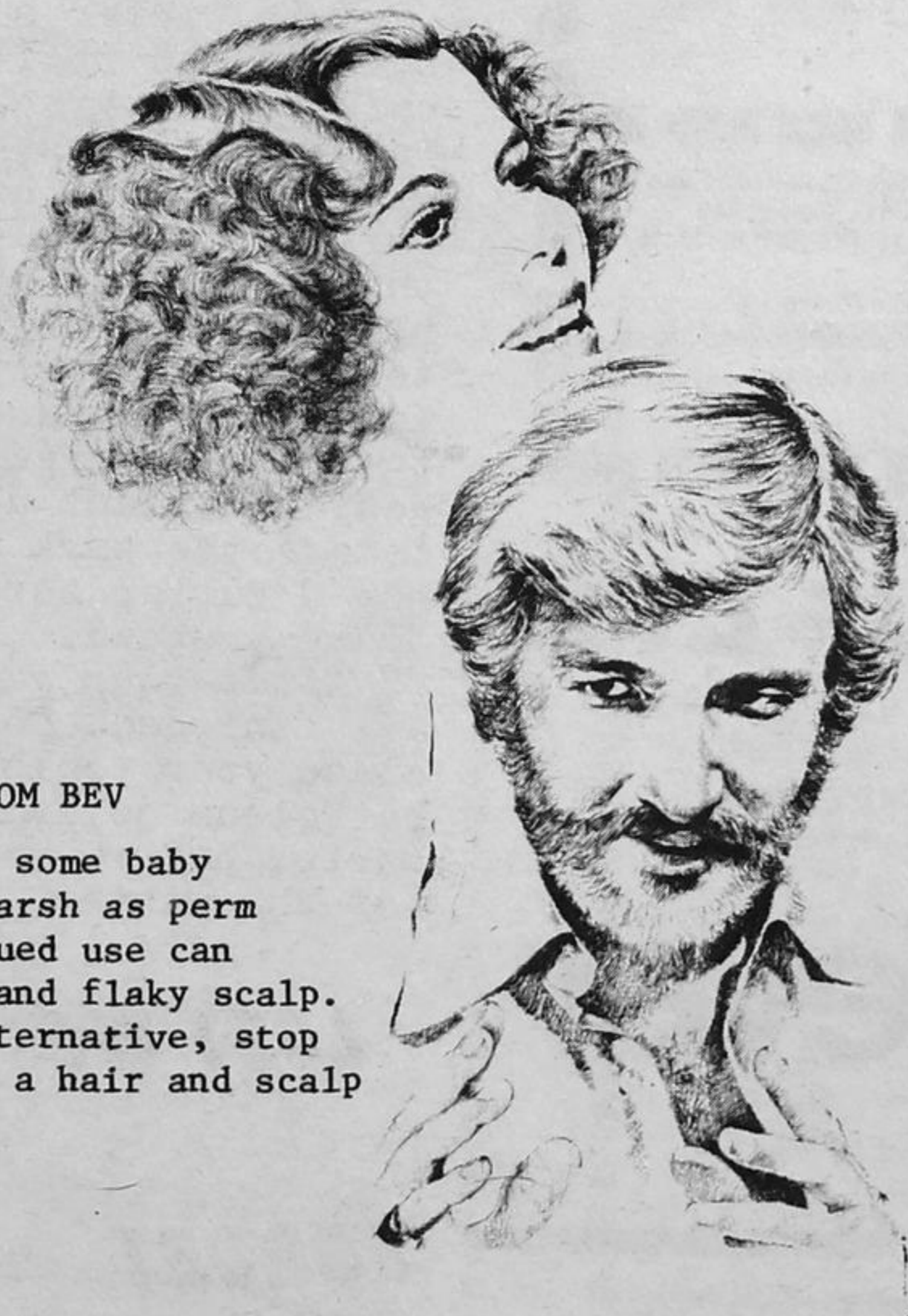
J. TUBBY

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Did you know that some baby shampoos are as harsh as perm solutions? Continued use can cause cradle cap and flaky scalp. If you want an alternative, stop in or call me for a hair and scalp consultation.

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We have a 190 acre parcel for sale. Includes barn, sugar bush and beaver flood. Owner willing to sever off smaller parcel to suit your needs.

We have several 1 to 10 acre parcels close to Chantry fronting on County Rds. 5 & 8. Also 3 lots overlooking Plum Hollow. Excellent terms available

Nestled among the trees this 2 yr. old side-split with garage can be purchased on a 1 acre lot, or a 23 acre lot. Located near historic Plum Hollow. Must be seen to be appreciated. \$54,900.

Older 2 storey brick home in Toledo. Immediate possession available. \$19,900.

Contact LEN MORRIS
928-2710 or 283-4121