

**EDITORIAL**

*“The difference between a jogger and a runner is an entry blank.” - George Sheehan*

**Jogging Trims Weight & Boosts Brainpower**



**Brian Chiasson**

Some people made a resolution this year to walk for a few blocks every day.

Now, as spring approaches, how are you doing? If you stopped, why not return, reclaim and rejuvenate?

I bet you can conquer your own block, about one kilometre, in less than 10 minutes.

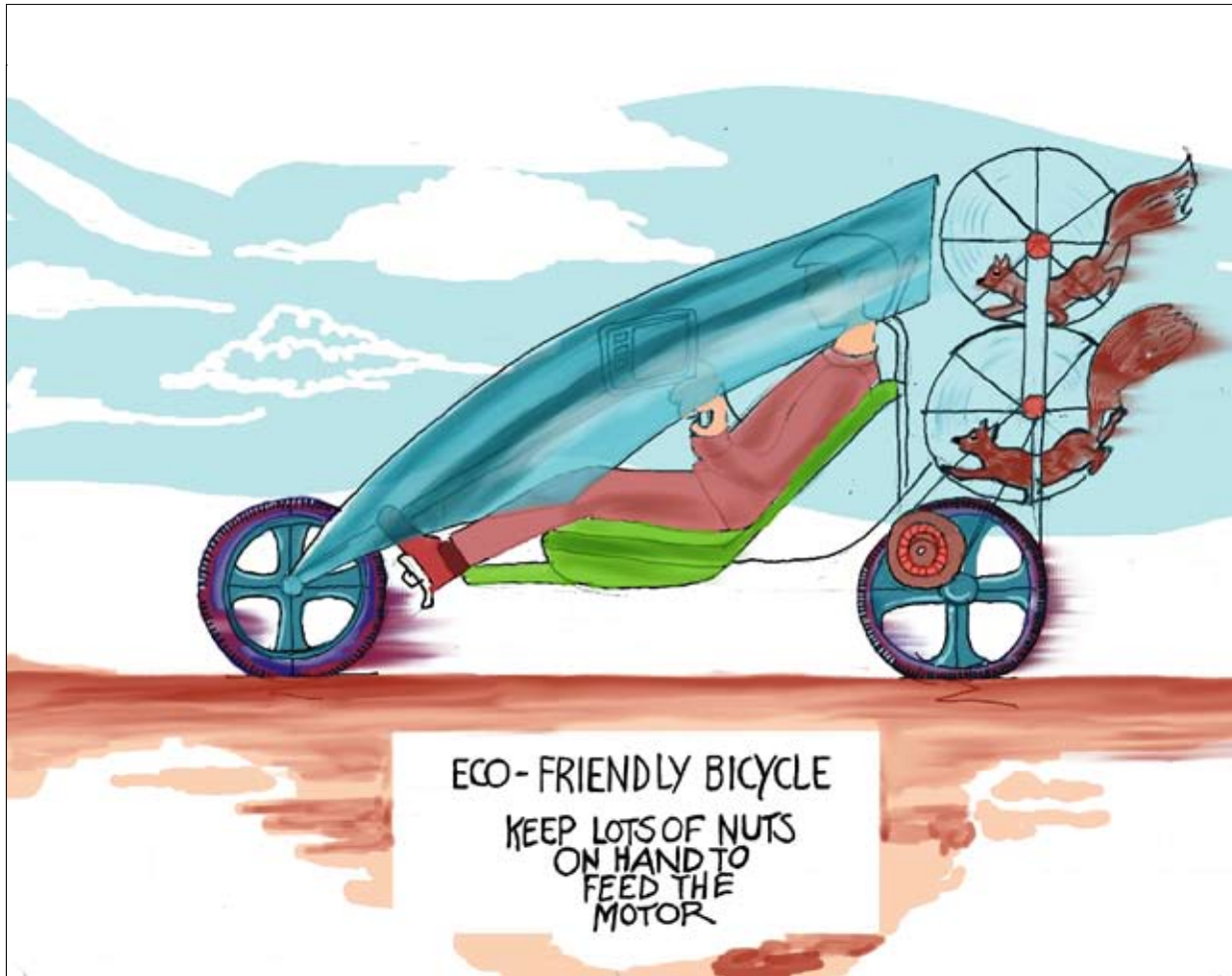
Some of you upgraded and started jogging several kilometres, losing belly fat, and lowering your cholesterol and blood pressure.

Last year, I drank 14 glasses of water a day and walked 12 km (eight miles) and lost two lbs a week. I even ate chocolates, ice cream, candies and cakes. Don't tell Mississauga's next door neighbour Mayor Rob Ford!

Also, the fun increases if you enjoy learning a new subject, memorizing scripture or praying. As you run, blood and oxygen flow to your brain and your memory improves significantly.

Finally, if you want an adventure, the 2012 Mississauga Marathon is on Saturday, May 5, and Sunday, May 6. (See page 1.)

Psssst: This is your hint to get involved.



**LIMERICKS**

**Masthead**

Local City Fun needs to fill the vacant positions below. These roles are voluntary only because Local City Fun does not have the budget to pay people. That might change if we gain enough advertisers or subscribers.

While education and experience are important, hard work and excellence are far more valuable. Your ability to work beyond the level of mediocrity will be far more persuasive than your education and experience.

Mind you, education and experience facilitate exceptional results, even if most people have wasted theirs. Here are the positions Local City Fun needs to fill.

- Publisher: ▶ Brian Chiasson
- Editors: ▶ Megan Couche
- Features: ▶ Chris Bohren, Brian Chiasson
- Photographers: ▶ George Lomaga, Zigg Siedlecza,
- Illustrators: ▶ Richard Paul, Brian Chiasson
- Cartoonist: ▶ Richard Paul
- Animals & Kids: ▶ Sylvia Lismore
- Food Fun: ▶ Chris Bohren
- Calendar: ▶ Brian Chiasson
- Web Design: ▶ Vacant
- Accountant: ▶ Vacant
- Bookkeeper ▶ Yvonne Vigneau

Vacant volunteer writing and photo positions include:

- ▶ Teens ▶ Young Adults ▶ Family
- ▶ 30-Plus ▶ 50-Plus ▶ Seniors
- ▶ Artistic ▶ Community ▶ Food Fun
- ▶ Educational (Focusing on Fun) ▶ Musical
- ▶ Humour: It must be really funny. ▶ Sports
- ▶ Faith (Focusing on Fun) ▶ Theatrical
- ▶ Office (Must Have Experience) ▶ Sales

**Distribution & Subscription Sales**

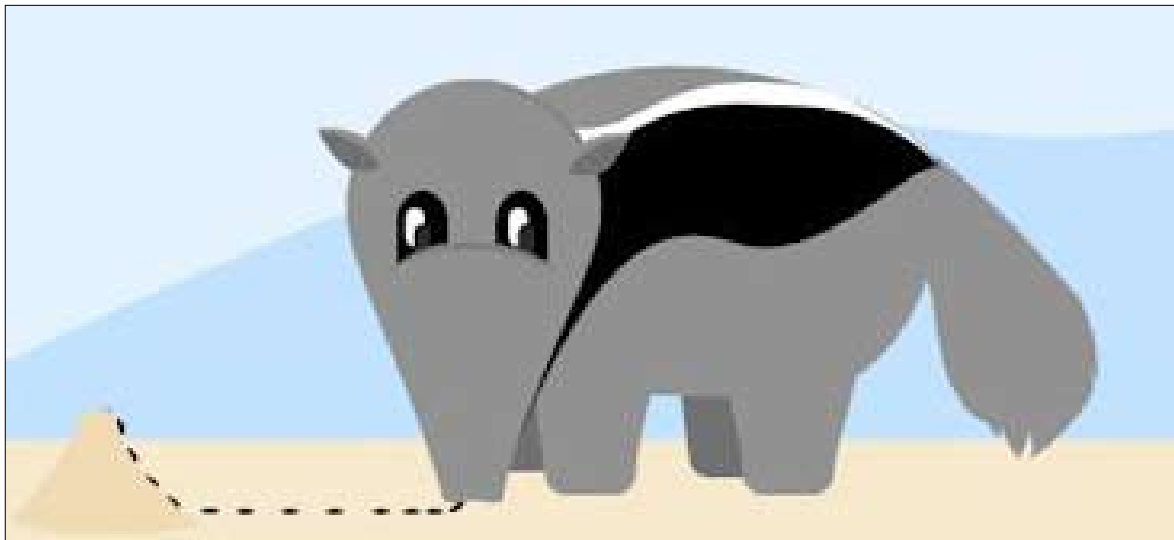
- ▶ Residential Subscriptions: \$5.15
- ▶ Corporate Subscriptions: \$189.00

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**ANGUS MACDOO AT THE ZOO**

By Sylvia Lismore

My Uncle  
 Old Angus  
 MacDoo  
 Decided  
 to visit  
 the zoo  
 When he saw  
 an anteater  
 A very  
 strange creature  
 He asked,  
 “Does it eat  
 uncles too?”

**Write a letter or feature for publishing here**

Two hundred words beats 300 and 100 words beats 200. More than 300 words is only preferred if the message or wording is exceptional.

Please include your name, address & phone number for verification purposes.

Stories and photographs will not be returned.

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