

Shocking report

Shelter - it's one of our most basic necessities. But a shocking report on emergency shelter reveals just how many are left homeless, unable to find a place to stay, if only for a short period of time.

It's a horse race

So now it's a horse race. Mike Armstrong's announcement that he'll run for mayor has put some life into our municipal election.

Made for families

Further proof is the natural love of parents for their children, children for their parents, and brothers and sisters for each other. This familial love may not always be very apparent.

POETS' CORNER

FRIENDS
The sand pile became a city
Two young boys built it up
First the castles, then the most
Finally, forests began to erupt.

SUMMER SLIPS SOUTH
A hint of fall
comes in mushrooms
randomly appearing
between the ferns



A Grossman coronation



Queen's Park
By Derek Nelson
TORONTO-Conventional wisdom around here has it that Larry Grossman is heading for coronation as leader of the Ontario Progressive Conservative Party.

Grossman has the organization, a majority of the best and brightest in the party are with him, including Norm Atkins, the campaign genius and titular head of the big Blue Machine, the Ontario PC organization.

The elections of the past 10 years. The rank-and-file of our party did that, not a machine," Timbrell said.

Letters to the Editor

Round of fruitless efforts

Dear Sir,
Yet again another occurrence with the wrecking in Limehouse.

fit to deny a request to hold over the case until next month so that a key witness would be available to testify.

self-esteem. At times, it seems as though the councillors forget who they are working for!

"No parking" barrier for the handicapped

Dear Sir,
At the request of several patrons we have been asked to make an announcement through the press to inform people that it is no longer possible to park on Church St. in front of the library.

another barrier to the use of the facility.

We very much regret the present circumstance but Council did not respond to our letter and are apparently uninterested in the problem.

She felt like a Star

Dear Sir,
Thank you for the newspaper article on Anne. We all enjoyed it and Anne felt, as she said, "like a star" being interviewed.

ry and have on many occasions taken our home-delivered copy of The Herald in to be on the newspaper rack.

As you know, considerable effort goes into setting up and coordinating these courses. We are pleased to be able to tell you that all but one of our courses are able to be run - some are filled to capacity.

Halton's History
from our files

THIRTY YEARS AGO-In the last year Georgetown's population has grown by 900. Now there are 5,004 people.

FIFTEEN YEARS AGO-Former Physical Education Department head at GDHS Lyn McLaren was present for the first football game played on the new field named after him.

TEN YEARS AGO-David Moore, 16, of Limehouse was killed instantly when struck by a car on Highway 7.

Members of St. Paul's Church and First Baptist Church repeated a new covenant at Mountainview Baptist Church.

Gerry Peace is the men's champion of the Georgetown Tennis Club. He defeated Brotherton 6-2, 6-0 in the final.

FIVE YEARS AGO-New Halton Hills resident Clint Crosswell was an active scouting leader in his former home, Toronto.

Russell Elliot of Acton is in stable condition after he was shot by his own rifle which discharged when he tripped and dropped it.

Halton Hills raised \$14,262 in the Terry Fox Run which means only 11 communities in Canada raised more money.

Georgetown's Junior Falcons ended their season on top and are the new Peel-Halton champions.

Gail Saiger is the newest MD family practitioner in Georgetown; her office is at the Medical Associates building beside the hospital.

Agoraphobia, literally translated from Greek, is defined as "fear of open spaces" or "fear of the marketplace."



By PAT WOODS
Herald Columnist

Symptoms ranging from heart palpitations, fatigue, churning stomach, sweating hands, a choking feeling, headache, sleeplessness, giddiness and depression are only some of the many complaints shared by sufferers of nervous illness as a result of a pattern of continuous fear and tension.

In Canada, 14 per cent of the population have their lives compromised due to a phobia and 8 out of 100 find the simple act of walking out the front door a battle against fear.

What happens to an individual to cause him to experience such panic? For some the answer may be a physical one. According to Dr. Johnson, of Orlando, Florida, panic attacks occur at an increased rate within families prone to attack. It may also be associated with several biological conditions (e.g. mitral valve prolapse - a heart condition).

Dr. Frederick Linthicum, Director of Education, House Ear Institute, Los Angeles, states that disruption of the delicate balance mechanism within the inner ear may be a trigger that brings on a panic attack.

The dizziness caused by the effect of a disease or blocked sinuses, as an example, creates feelings of insecurity in the person who is away from familiar objects he can grab. This gradually develops into a phobia.

She states fear produces adrenalin which heightens our senses (increased heart beat, tensed muscles, etc.). In a panic attack the sensitized person becomes terrified of the symptoms. This fear creates a fear - adrenalin - fear cycle so the person avoids places where they feel an attack may happen.

Locally a young woman from Georgetown would like to speak with others living with agoraphobia who may be interested in forming a self-help group in this community.

If you or a member of your family wish to speak with her, you may direct your enquiries through me at 877-1436. "Against the Odds", Halton Cable 4, will be featuring a local Georgetown woman, Barb Halsail who will be discussing Lupus. Tune in tonight at 7 p.m., Wednesday, Oct. 2 to watch this informative interview.