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## Cold feet to full employment

Former Ontario Youth Commissioner Ken Dryden, in a report released this week, called on the provincial and federal governments to affirm their commitment to full employment.

In every poll taken in recent years, Mr. Dryden says, Canadians have cited unemployment as their number one concern. The Forget Commission Report makes clear that at hearings across the country, the message was the same — there should be a full employment policy in Canada. Yet while unemployment has decreased slightly, Mr. Dryden says, it is still far above full employment levels and is forecast to remain so for at least the next decade.

"There exists an enormous mismatch between public expectations and government policies," Mr. Dryden points out. "More money is being spent on education, training and job creation programs. There is greater emphasis on entrepreneurship, small business and export development. We understand present and future needs far better. Yet add up the impact of all these policies and measure them against the problem and the result is not full employment or anything near it, now or in the near future. That is what the forecasts are really telling us." In short, Mr. Dryden says, it means this — "During the next ten years, each day of every month in every year, on the average about one million Canadians will be unemployed."

"Is that good enough?" Mr. Dryden asks. "It depends," he says. "What is our real unemployment goal? Is it to achieve full employment? Or is it only to employ more people however many that may be? The distinction is crucial, he says. Economists understand unemployment as a symptom of underlying economic problems. If the problems are dealt with, they argue, the symptom will disappear. But to the economist, Mr. Dryden argues, time is of little urgency. To the unemployed, it is the issue, and time is passing. The economist's perspective on unemployment is important, he stresses, but there are other, indeed necessary, perspectives that deserve consideration. Mr. Dryden says his Report tries to offer such a perspective.

Mr. Dryden stresses that making full employment a goal represents more than a gesture. "It is the necessary first step," he says. He cites Sweden and Japan as examples. "It is not the Swedish system of government that is responsible for an unemployment rate of less than three per cent," he argues. "It isn't the relationship that exists between industry and labour or specific employment programs. It is a basic understanding shared by Swedes that full employment is a principal economic goal." Indeed, Mr. Dryden says, it is from that understanding, with political expression, that many of these structures and relationships emerge.

### Tips To Join The Quitting Team



It's time to put your good intentions and New Year's resolutions into full gear by living up to your commitment to stop smoking. January 15 to 21, 1987 is National Non-Smoking Week. Follow these basic principles to help you kick the habit and start on the road to a smoke-free lifestyle.

#### 1. MOTIVATION

It's the key to any goal. You must want to quit for yourself — not for your friends, not for your family.

#### 2. ANALYSE

Find out which situations make you crave a cigarette, write them down and look for a pattern.

#### 3. IMAGINE

Think of yourself as a non-smoker: healthy and smoke-free.

#### 4. SUPPORT

Enlist the aid of your family and friends. Talk to your doctor; he may recommend a smoking cessation aid, nicotine chewing gum, to help you cope with your community for smoking cessation programs offered by local health agencies.

#### 5. PLANNING

Stay away from situations you associate with smoking such as parties or bars. Not forever — just for now.

#### 6. ACTIVITY

Keep active. Take up a new hobby or rediscover an old one to take your mind off cigarettes.

#### 7. LIVE

Continue to eat normally and consider starting an

exercise program to help avoid weight gain. Try to enjoy life.

#### 8. SUBSTITUTE

Keep a bowl of low calorie snacks nearby. When you crave a cigarette, substitute a carrot stick, chew sugarless gum or have a diet drink instead of a high-calorie snack.

#### 9. REPROGRAM

Break the habit! If coffee signals cigarettes, switch to tea! An after dinner cigarette? Go for a stroll in the moonlight instead!

#### 10. BE OPTIMISTIC

Quitting is a process, not an event. If you slip up, don't get discouraged, try again!

For more information, write:

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