Outlook on Lifestyle

Town hall appears accessible to disabled

Plans for the new Halton Hils town hall have now been released. In earlier columns I indicated that if you have a concern about this new facility and how a disability might affect your access to it, then you should write and let your concerns

I am happy to inform you now that judging from the plans that are available the building as a whole is accessible to those with mobility impairments. There are points, however, that do not involve the structure or the general layout that must be addressed.

It is generally assumed that handicapped employees can take care of themselves if modified washrooms are provided. In most cases this is true. The same does not apply to many of the disabled in the community. Often assistance is required

Against

the odds PAT

WOODE and often it is the spouse that provides it. The building code does not state that there must a barrier-free men's washroom and a barrier-free women's washroom. Nor does it make any provisions for required attendants. It does require that barrier-free facilities be provided. It is far more practical from the person requiring assistance or extra space to maneouver to have one large unisex washroom in place of

Hearing impairment is our fastest growing disability. All telephones should contain a fluxcoil. Meeting moms should be equipped with a loop system or some form of device to augment services for those using bearing aids.

Furniture that is easy to rise from is essential. Low slung seats may appear stylish but are just not practical for many. Consideration should be given to some form of seating at the entrance way.

Color schemes and lighting are important. To a person with a visual impairment, grey walls, grey floors, and grey ceiling without contrast can lead to uncertainty.

It is not too late to submit your ideas. The overall plans can be seen

sional, not parental, help in blowing

He needs to be put away for treat-

Call the National Child Abuse Hot

Line for help — (800) 422-4453. You

should also get referrals on treatment

for both you and your sister. Victims

of incest carry lifelong emotional

scars if they don't work through their

anger and guilt. The Hot Line can re-

fer you to one of the wonderful sup-

port groups available to victims of

ment, and this is not a do-it-yourself

the whistle on this man.

at the Trafalgar Road municipal offices. Suggestions can be sent to Mr. Joe Simon, Administration Clerk, P.O. Box 128, Halton Hills, Ontario,

Have you or anyone that you know had any unpleasant encounters in institutional settings? The review Committee representing consumer groups has met and the deadline for submissions regarding an advocate system for vulnerable adults has been extended to April 15th. The Committees want to hear your experiences whether you have met with neglect, abuse, or incompetence. Write to the Review of Advocacy for Vulnerable Adults, 180 Dundas Street West, 22nd Floor, Toronto, Ontario, MSG 128.

ASK YOUR PHARMACIST

Not a sleep substitute

For many of us, there's no better effects of caffeine, stick to small way to start the day than with a doses like the amount in one cup of just the right pick-me-up before get. hours just to process that little. ting down to work.

Besides tea and coffee, caffeine is headaches. also found in colas, chocolate and Studies also show that people who awake" aids.

not restore energy. can also help relieve the sense of stimulant should be kept out of boredom that comes with many reach. monotonous tasks.

the person does not feel sleepy.

fresh, hot cup of tea or coffee. It's coffee. It takes your body a few Larger doses taken at one time or

What's responsible for the lift is in drinking more than four cups durcalfeine, the most popular non ing the day can cause unwanted efprescription stimulant used today, feets like insomnia, irritability and

most non- prescription "stay- regularly drink more than five cups a day build up tolerance and may not Used moderately, caffeine can im- suffer from insomnia from a cup at prove mental alertness. However, bedtime; but a moderate or non-it's no substitute for a good night's drinker might end up tossing and sleep because all it does is make you' turning half the night. Heavy users ignore your tiredness. As much as can become addicted to caffeine and we might like to think, caffeine does experience headaches and become irritable after withdrawal.

Caffeine works by stimulating the Children's smaller bodies are very central nervous system, improving susceptible to the effects of caffeine. mental activity and muscle tone It so all medications containing the

Caffeine can also interact with Beware of the myth that caffeine other drugs in such a way that its efcan "sober up" someone who has feets are considerably magnified. had too much alcohol. It merely Your pharmacist can tell you about counteracts the depressant effect so interactions between caffeine and prescription or non-prescription If you want to enjoy the desirable medications you use.

Jobless hubby has affair

DEAR MEG - I've been married for nearly 17 years and have two beautiful children. My husband has been having an affair for the last year with a girl 14 years his junior.

Ray shows many signs that he is in love with me, but apparently he loves this other woman, too.

Right now he is unemployed, so it's impossible for him to leave. He has no money and no place to go. But it's hard for me to hang in and wait for him to decide which way he wants it. I really do love Ray and would forgive him totally for this affair, but my patience is wearing thin. It's so unfair. Is

it worth the wait? - DESPERATE-LY CONFUSED, MICH.

DEAR DESPERATE - Depends on how much you're willing to put up with. The majority of unfaithful husbands have no intention of leaving their wives, so you could wait indefinitely.

Unemployed or not, Ray could get out if he really wanted to. As the great psychologist William James put it, "When you have a choice to make and

3½ year sentence

The trucker from Burks Falls who levelled James Snow bridge over Highway 401 to rubble has been sent to penitentiary for 312

Arthur Jeffrey also had his driver's licence suspended for 12

He was convicted in January of criminal negligence in the death of Frederick Foulis in the March 24, 1986 crash. Mr. Jeffrey had blocked three

truck. Mr. Foulis' rig was carrying '-12,000 gallons of diesel fuel. The damage caused by the acci-

eastbound lanes of Highway 401 when Mr. Foulis slammed into his DEAR MEG



Whitcomb

Meg

don't make it, that in itself is a choice." And your waiting is, in his eyes, free license to keep on doing rape and child abuse. Call today. what he's doing.

DEAR MEG - A few years ago I was sexually assaulted by a relative. I was 16 and shouldn't have let it happen. I never told anyone. My parents wouldn't have understood. I tried to forget the shame and humiliation, but it has remained in the back of my

Recently my little sister confided in me. It turns out the same relative assaulted her! She feels the same shame and hemiliation, and she hasn't told our parents either, although she has a better relationship with them than I ever did. Now my old feeling have resurfaced, along with a lot of anger. I was 16 and should have been able to stop the animal, but my sister was only 12! Should I confront the man and tell him to knock it off? If I tell my parents, it might jeopardize their relationship with my younger



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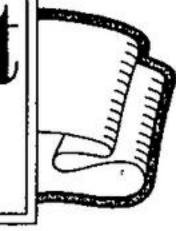
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