

Outlook on Lifestyle

Town hall appears accessible to disabled

Plans for the new Halton Hills 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 be known.

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 be 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 for the person requiring assistance or extra space to maneuver to have one large unisex washroom in place of

limited space behind modesty panels.

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

at the Trafalgar Road municipal offices. Suggestions can be sent to Mr. Joe Simon, Administration Clerk, P.O. Box 128, Halton Hills, Ontario, L7G 4T1.

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, M5G 1Z8.

ASK YOUR PHARMACIST

Not a sleep substitute

For many of us, there's no better way to start the day than with a fresh, hot cup of tea or coffee. It's just the right pick-me-up before getting down to work.

What's responsible for the lift is caffeine, the most popular non-prescription stimulant used today. Besides tea and coffee, caffeine is also found in colas, chocolate and most non-prescription "stay-awake" aids.

Used moderately, caffeine can improve mental alertness. However, it's no substitute for a good night's sleep because all it does is make you ignore your tiredness. As much as we might like to think, caffeine does not restore energy.

Caffeine works by stimulating the central nervous system, improving mental activity and muscle tone. It can also help relieve the sense of boredom that comes with many monotonous tasks.

Beware of the myth that caffeine can "sober up" someone who has had too much alcohol. It merely counteracts the depressant effect so the person does not feel sleepy.

If you want to enjoy the desirable

effects of caffeine, stick to small doses like the amount in one cup of coffee. It takes your body a few hours just to process that little.

Larger doses taken at one time or in drinking more than four cups during the day can cause unwanted effects like insomnia, irritability and headaches.

Studies also show that people who regularly drink more than five cups a day build up tolerance and may not suffer from insomnia from a cup at bedtime; but a moderate or non-drinker might end up tossing and turning half the night. Heavy users can become addicted to caffeine and experience headaches and become irritable after withdrawal.

Children's smaller bodies are very susceptible to the effects of caffeine, so all medications containing the stimulant should be kept out of reach.

Caffeine can also interact with other drugs in such a way that its effects are considerably magnified. Your pharmacist can tell you about interactions between caffeine and prescription or non-prescription 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? — DESPERATELY 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 3½ years.

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

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 eastbound lanes of Highway 401 when Mr. Foulis slammed into his truck. Mr. Foulis' rig was carrying 12,000 gallons of diesel fuel.

The damage caused by the accident is estimated at \$2.7 million.

DEAR MEG



Meg Whitcomb

don't make it, that in itself is a choice." And your waiting is, in his eyes, free license to keep on doing 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 mind.

Recently my little sister confided in me. It turns out the same relative assaulted her! She feels the same shame and humiliation, and she hasn't told our parents either, although she has a better relationship with them than I ever did. Now my old feeling has 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 sister. — NEED ADVICE, P.A.

DEAR NEED — You need profes-

sional, not parental, help in blowing the whistle on this man.

He needs to be put away for treatment, and this is not a do-it-yourself job.

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 refer you to one of the wonderful support groups available to victims of rape and child abuse. Call today.

Stained Glass & Such

- With a Personal Touch
- Creations by Donna

873-1749

SHOPPERS DRUG MART

GEORGETOWN MARKET PLACE

Bridal Gift Registry

Disc Jockey Service
MC's — DJ's

★ Good Times ★ Great Music

- Weddings • Parties
- Clubs • Dances

SONIC ENTERTAINMENT 877-7534

Elizabeth's Fashions

— Let Us Help You Plan That Special Day —

77 Main St. S.
Georgetown
873-1470

TOP TEN MOVIE RENTALS

1 st Top Gun	6 th Howard The Duck
2 nd Cobra	7 th Police Academy III
3 rd Maximum Overdrive	8 th The Money Pit
4 th Manhattan Project	9 th Murphy's Law
5 th Raw Deal	10 th Delta Force

SCOTCH TAPES

VHS OR BETA
NOW ON SPECIAL

130A Guelph St., Georgetown 877-3886

Distinctive and Socially Correct

Investments are so important. Let our large selection of sample investments and response cards. We'll be more than happy to help you with your special meeting.

the HERALD
45 Guelph St. - 877-2201

ROYAL ALBERT DINNERWARE

50% OFF Place Settings
40% OFF Open Stock

Delacourts
227 MAIN STREET
MILTON 878-0050

To participate in this Special Feature

Call one of our professional advertising representatives at the Herald, 45 Guelph St.
877-2201