

Outlook on Lifestyle

Drug abuse dial-a-fact

The DAC report

This is the first in a series of columns to be brought to you by the Drug Abuse Committee (D.A.C.), a community funded volunteer group servicing the community's needs in the area of drug education and professional counselling services. D.A.C. was responsible for the establishment and running of the CHICKEN club here in Georgetown which has recently been taken over by the Optomist club as an ongoing service project.

D.A.C. has also over the last six years, sponsored numerous other community awareness programs and handled hundreds of enquiries for drug related information and assistance. In our professional counselling area we have helped over 30 people, mostly youth under the age of 21, over the last two years.

D.A.C. is located in the Community Services Building at 164 Guelph Street Georgetown and is open to the public Mondays 6 p.m. to 9 p.m. and Wednesdays/Fridays 1 p.m. to 4 p.m. The phone number is 877-0915. D.A.C. has a large selection of drug related information and films available to the public on a keep or borrow basis. Drop by or give us a call some time.

Watch for our next column on the Addiction Research Foundation's 'Dial a Fact' service available within the Halton Hills region.

This information is provided courtesy of the Drug Abuse Committee.

A popular service provided by the Addiction Research Foundation to all Ontario residents, is a toll-free audio information service, called 'Dial a Fact'. Dial a Fact is a series of factual, scientific telephone messages concerning alcohol and drug topics. The audiotapes are four to six minutes long, can be listened to in the privacy of your home or office, and can be listened to as often as you wish. It's as simple as calling 1-800-387-2916 and asking for one or more of the many audiotapes available by code number. Following is a list of the tapes available for listening between the hours of 9 a.m. and 5 p.m. daily.

Heavenly idea for cloud 9 kids

Halton Children's Aid Society staff and volunteers have come up with what can only be described as a "heavenly" idea for the "Kids on Cloud 9" event at Oaklands Regional Centre in Oakville on Sunday, October 18.

In addition to featuring a display of Halton C.A.S. resources and a free face painting booth, the agency will offer a creative activity it hopes will attract swarms of kids and their parents.

Burlington artist Emerson Ritchie-Dickinson, 21, has agreed to sketch a mural depicting the plus side of a child's involvement with Halton C.A.S. Emerson's mural will be drawn from the heart, as he is a former foster child who knows from personal experience the suffering of emotional and physical abuse and the ways that dedicated social workers and a caring foster family can turn a child's life around for the better. Children attending "Kids on Cloud 9" - which kicks off the Week of the Child, sponsored by the Halton branch of the Ontario Association for Early Childhood Education - will be invited to colour in Emerson's mural between noon and 4 p.m. on October 18.

For more information, call Ann Hauprich at 844-8211, ext. 203.

- ALCOHOL**
- 101 Facts on Alcohol: What it is and How it Affects Us
 - 102 Facts on Alcohol: The Short-term Harmful Effects
 - 103 Facts on Alcohol: The Long-term Effects
 - 104 Facts on Alcohol: Identifying Alcoholism
 - 105 Facts on Alcohol: Drinking and Driving
 - 106 Facts on Alcohol: Facts and Fallacies about Alcoholism
 - 107 Alcoholism and the Family: The Spouse
 - 108 Alcoholism and the Family: The Children
 - 109 Can Alcoholics Recover? A look at Treatment Research
 - 110 Fetal Alcohol Syndrome
 - 111 De-alcoholized Wines and Beers

- DRUGS**
- 201 Cocaine
 - 202 PCP
 - 203 Cannabis (Marijuana and Hashish): What It is and How It Affects Users
 - 204 Cannabis (Marijuana and Hashish): The Effects of Long-term Use
 - 205 Minor Tranquillizers: What They Are and How They Affect Users
 - 206 Minor Tranquillizers: Effects of Long-term Use
 - 207 Barbiturates and Other Sleeping Pills: What They Are and How They Affect Users
 - 208 Barbiturates: The Effects of Long-term Use
 - 209 Too Much Caffeine? What It is and How It Affects Users
 - 210 Too Much Caffeine? Effects of Long-term Use
 - 211 Amphetamines: What They Are and Who Uses Them
 - 212 Amphetamines: Effects of Long-term Use
 - 213 LSD: Effects of Long-term Use
 - 214 LSD Effects of Long-term Use
 - 215 Heroin and Other Narcotic Analgesics: What They Are and How They Are Taken
 - 216 Heroin and Other Narcotic Analgesics: How They Affect Users
 - 217 Heroin and Other Narcotic Analgesics: The Effects of Long-term Use
 - 218 Tobacco: What It is and How It Affects Smokers
 - 219 Tobacco: Effects of Long-term Use
 - 220 Inhalants: What They Are and How They Affect Users
 - 221 Inhalants: Effects of Long-term Use
 - 222 Phencyclidine and Mescaline
 - 223 MDA and its Dangerous Relatives

ALCOHOL AND DRUG ISSUES IN SOCIETY

- 301 Talking to Children about Drugs
- 302 My Teenager May Have a Drug Problem: Some Signs of Drug Use
- 303 My Teenager May Have a Drug Problem: Sharing Your concerns with Your Child
- 304 Sex, Cannabis, and Alcohol
- 305 Drugs and Violence: Alcohol
- 306 Drugs and Violence: Cannabis, LSD, PCP, and Stimulants
- 309 Alcohol and Drug Use among High School Students
- 310 Cannabis and the Law: Narcotic Control Act and Possession
- 311 Cannabis: Trafficking, Importing, Exporting and Cultivating
- 312 Hazards of Street Drug Use: Fakes, Substitutes, and Street Doses
- 313 Hazards of Street Drug use: Adding (Mixing) Other Drugs
- 314 Teenage Problem Drinkers

TREATMENT ISSUES

- 401 Employee Assistance Programs: Helping Employees with Alcohol, Drug, and Other Personal Problems
- 402 Antabuse and temposil: Protective Drugs for Alcohol Problems
- 403 Compulsive Gambling
- 404 Are Diet Pills Effective?
- 405 Treatment of Anxiety

SPECIAL ISSUES

- 501 Alcohol and Drug Services for Youth in Durham Region
- 502 Alcohol and Drug services for Adults in Durham Region
- 503 Drug and Alcohol issues among Nurses
- 504 Tips on How to Stop Smoking



Any takers?

There were a number of tempting treats for sale at the Acton Legion Ladies' Auxillary Tea and Bazaar held Saturday. Here, Mrs. Joyce Buchanan offers a lemon meringue pie to buyers at the bake table. The ladies were hoping to raise about \$2,000 through their efforts. (Herald photo)

Water-color donation by artist

By ANN HAUPRICH
Herald Special

A water colour donation by an Oakville artist has inspired the creation of the first ever Halton Children's Aid Society Christmas card.

The limited edition greetings card, featuring a pyjama-clad child saying bedtime prayers beside a puppy, is the work of Tansley Road resident Dee White.

Mrs. White, a self-taught artist and award-winning poet, offered her Christmas painting to the Halton C.A.S. "to help the children who are suffering" and "to make children realize there are still caring people out there."

The artist says she was inspired to do the painting after seeing a photo in the newspaper of a child in a similar pose "who seemed to have everything a child should have - innocence, trust and the love of his parents."

The back of the card contains a thumbnail biographical sketch of the artist and a message from the Halton C.A.S. that says: "Thanks for helping to preserve a child's childhood."



DEMAND THE BEST

Home Post Scripts



By Glenda Hughes

877-5296

People are truly wonderful! This business is built on people who trust you, who refer you, and people that think you are great! What a super story I have to tell you about this week, one which should restore your faith in human nature, and certainly one which makes real estate agents look pretty good.

During our Thanksgiving dinner, my much loved brother, told of his harrowing experience of losing his wallet, in Toronto, with \$750 in it, plus all the plastic that must wallets carry. This cash was to buy a new piece of equipment for a craft that he is currently learning, and was a major expense for him to say the least. Obviously he was devastated at learning that his wallet had disappeared and now, how was he going to buy this much needed tool. He fretted all day until he got home, and turned on his answering machine, to find a message on it, that some gentleman, (name not given,) had found his found his wallet, and would call him back later. Miracles do happen sometimes - could he actually hope that there was money still in it? After a seemingly endless wait, the phone rang again, and it was the same person, telling him that he had the wallet, and where he could pick it up. My brother thanked him profusely for calling, and hesitantly asked if there was any money in it. The caller said "no money" and needless to say, dear brother's heart stopped. However, he went to the appropriate address to retrieve his property, and discovered it was in a very pricey area of Toronto. He knocked on the door of this lovely home, and a very nice man answered and handed him his wallet. Brother looks inside, and - you guessed it - all the money was intact!

Whew! I'm sure you can imagine the relief he must have felt, but let's look at this hero more closely. My brother and he get talking, and he discovers he is a real estate broker. Judging from his business card, he is in business for himself, and he actually was honest enough to hand back a full wallet intact. I don't care how well someone does financially, \$750 is still a lot of money that could easily been lifted and the wallet returned empty. What a wonderful Thanksgiving he had - and if you have read this story, I hope you are as impressed with this human nature column - and with the hero (a real estate broker) as I was. If anyone is buying a home in Toronto, please let me know, I sure know an honest, nice man who will treat you well.

Homes Sold Creatively


THIS WEEK'S MORTGAGE RATES

AS OF OCTOBER 15/87

	VARIABLE	3 MO. OPEN	6 MO. OPEN	1 YR. OPEN	1 YR. CLOSED	2	3	4	5	7	10
Bank of Nova Scotia	10	-	10%	11%	11	11%	11%	11%	12%	-	-
Bank of Montreal	10	9%	-	11%	11	11%	11%	11%	12%	12%	-
Canada Trust	-	9%	-	-	11	11%	11%	12	12%	-	12%
C.I.B.C.	10%	10%	-	11%	11	11%	11%	12	12%	-	-
Halton Comm. Cr. Union	11	-	-	11%	11	-	-	-	-	-	-
T.D. Bank	10	-	10%	11%	11	11%	11%	12	12%	-	-
Royal Bank	10%	-	10%	11%	11	11%	11%	11%	12%	-	-

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87 Model Clearance EVERYTHING MUST GO! UNBEATABLE VALUES!




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