Only 55 "daze" to go

Don't look so gloomy. So our vacations are over. There are only 55 more school "daze" until summer vacation. I'm sure that it will just fly by.

Speaking of flying, many of you Florida vacationers who have recently returned from that sunny land of oranges are thoroughly hated and recognized because of your ugly tans. We loathe you. No offence meant of course.

Why does everyone insist on insulting the caf food? If you don't like it, don't eat it...Or, just buy things that are bagged or canned and aren't crawling off the counter. If you are lucky enough to have period four lunch you are probably right to think that anything you buy in the caf is relatively ripe and raunchy.

Guess what wonderful people? After a long and tedious time span, Ms. Gooding has finally decided to ... have a version of a school play. Actually it isn't really a school play, it is a children's play which is more than likely not going to be shown at the JET.

Midterm report cards are nearing us with breakneck speed. You

Breathe easier

There is nothing more frightening than being unable to get enough air into your lungs to sustain normal activities. Yet for more than one million Canadians shortness of breath is a chronic problem that interferes with work and play, and even such basic activities as eating and dressing.

They are victims of chronic obstructive pulmonary disease (COPD) - chronic bronchitis and emphysema, the fastest growing causes of disability and death in the mid-20th century. Though currently incurable, and often detected only after considerable permanent lung damage has occurred, they can be treated in ways that usually minimize the damage, sometimes partly reversing it and always making life easier for victims and their families.

The term COPD lumps together several diseases. Symptoms include coughing, bringing up mucus, wheezing and shortness of breath. Untreated, COPD can lead to enlargement of the heart and heart failure.

Early signs of chronic bronchitis and emphysema are usually .ignored until permanent destruction has occurred. The diseases are typically diagnosed in people in their 50s or 60s.

The Lung Association, Halton Region offers the Breathing Club" to help individuals to cope with COPD.

Spring programs begin April 17 in Burlington and Milton; and April 26 in Oakville. For more information about this free program call your Lung Association at





GDHS Report by MICHELLE ROUILLARD

still have a little while to prepare yourselves but just in case, I have, for you, the top five excuses for a

lousy report card: 1. The teacher marks everything hard, even the bonor students only got around a C.

2. Burst into tears saying, "I'm such a failure, please don't hate me," and murmur something about never being able to get into college with your marks. Parents will feel sorry for you.

3. "I don't know what happened! If I don't improve my marks by the final, I'll go to summer school." By the time summer rolls around,

they'll have forgotten about it.

 Keep putting off telling your parents about it until you can think of a really innovative excuse.

5. Just don't show them, I mean, geez, you're an adult now and it is your life! Amen.

So ends my extremely interesting and unbelievably informative column for yet another incredible week at Georgetown high school.

MY GENERATION

"Fashions For The Young At Heart"

115 MAIN ST. S., GEORGETOWN Across From Knox Church 873-2851

Two fire calls in seniors homes

Halton Hills fire officials rushed to two seniors homes in the Georgetown area last week to put out kitchen fires.

Saturday night around 6:30 a fire broke out in the second storey of a Durham Street apartment. Officials say a grocery bag left beside a toaster oven started the fire. Smoke was cleared by

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firefighters using large fans. No damage was reported and there were no injuries.

Fire officials report \$400 damage to a kitchen counter at a seniors complex on Sargent Road Monday night. Officials say a "burnt-out kettle" ignited the blaze, that began at 6:30 p.m. There were no injuries.



Canada Post Corporation

Kural Keport Card

In early 1988, Canada Post Corporation made several commitments to our rural customers. We promised more convenience, more outlets, more business for local merchants and more efficient services.

Canada Post Corporation is delivering on all of these promises and more.

Since our program to improve service began, Canada Post Corporation has:

Increased convenience by more than doubling the average hours of postal service in communities where these services are provided through retail postal outlets operated by local businesses.

Increased the number of postal outlets by opening more than 180 new retail postal outlets in rural communities to complement the services offered by a corporate post office, and 10 new postal outlets in communities where no postal outlet existed.

Increased business for local merchants by converting retail postal services from a corporate outlet to local businesses in more than 240 communities, giving merchants the benefits of increased customer traffic.

Increased the efficiency of our service by allowing local merchants to retail postal products and services. This enables Canada Post Corporation to concentrate on efficient pick-up, processing and delivery of the mail.

AND MORE

Free lockbox service. Customers who depend on lockboxes as their primary means of delivery will no longer have to pay a lockbox service fee.

Local delivery and community postal identity have been maintained in every community where the mail system has been changed.

Meeting customers' delivery needs by installing additional lockboxes in retail postal outlets, building community mail centres in convenient locations and expanding rural route delivery.

Canada Post is in rural Canada to stay. That's a promise.



Canada Post Corporation / Société canadienne des postes

Our commitment: better service for you.