

Students tell why they avoid drugs

Children from all over Halton and even as far away as Alberta sent in essays in the Addiction Research Foundation's program to highlight Drug Awareness Week. Students were asked to write what their parents and teachers have said and done to help them feel good about themselves and become socially responsible thus avoiding the risks of being involved in substance abuse.

Here are some of the experiences Halton children sent in:

I felt fabulous when I washed the dishes. My mom was watching me and said I was good. - **Micheline**.

Me and my mom change my sister Hilary. It makes me feel proud when my mom says thank you for helping me. - **Justine**.

My nanny baby sits me. I hug her and she hugs me back and that makes me feel special. - **Brian and Peter**.

I feel good when I help or do things for my foster mother or father. - **Cheztah**, Grade 6

My dad is sick and he made me responsible by doing my dad's work and he was so sick he couldn't do everything. He let me go down town to the bank all my self on my bike. The next day He said I trust you all the time. Then he says I am broud of you. - **Dawn**, Grade 4.

My name is Nicky and I remember a time when my mom let me stay home wile she went out shopping. My mom told me not to tuch the stove so I didn't. Wile my mom was out shopping I got a glass of cool-aid. When I poored the cool-aid I spilled some on the floor. I cleaned it up before my mom got home. When she got home she didn't even notice the differents. After I told my mom about the little accident she said "very good job." In other words she was proud of me. - **Nicky**, Grade 4.

Wen I get home first thing I have to do is unlod the dishwasher. If I did not unlod the dishwasher thar wood be a pile of dishes on the caunter. I know my parents respect me because they trust me to do the things I'm supposed to do like vacum the house, keep my room clean I find that difficult and empty the dishwasher. I also have to feed my cat and change the litter every three days. My dad is proud of me when I do something without being told to do it. - **Amanda**, Grade 4.

When my Dad hugged me when I got home I felt happy. - **Mike V**.

When I count not do my writing the teacher help me with it and I got it. - **Sarah**, Grade 3.

Wen I want to sien up for tap I thot that I code not do it but my tap dans teacher tot me how to do and made me fell GOOD. - **Krystle**, Grade 3.

When my family has a bad week my mom gathers us at a family talk about the family and about drugs and beers and how not to take them. - **Stephen**, Grade 7.

When my dad came home from a hard day he asked me if I had a hard day and I said yes. So my dad said I will have you a game of Ice hockey on the Nintendo and I accept and I won 5 to 4 in OT. - **Paul**, Grade 6.

I had just got home from a bad day at school. My mom noticed I was upset and asked if there was anything wrong. I told her NO when inside, I knew that some-

thing WAS wrong. I knew and so did my mom. "You know Maria," said my mom. "You don't have to keep it locked up inside of your heart! Whatever is bothering you, just remember that you can come to me or your father - no matter what." - **Maria**, Grade 6.

When my family has had a bad day it helps to sit down and relax and talk about our day we all fell better about it. - **Stacey**, Grade 7.

When I don't know something or understand, my mom is always there to help me out and that feels good for some one to help me and I wish I can help her out to, but she knows pretty much. - **Christina**, Grade 7.

I feel good when my father comes from work and plays with me. I feel good when I give my ideas when are family makes decisions about are car, house. Sometimes I'm the one wo give the Best ideas to help them to decide what to do. - **Ricardo**, Grade 7.

Sometimes I go over to my grandma's house and we talk. I really enjoy being there with her. I often sleep over there and I think she enjoys it too. This really helps to build my self-esteem. - **Kathleen**, Grade 7.

It makes me happy when my mom cuddles me. - **Jason**, Jr. Kindergarten.

I feel happy when Mommy and Daddy play in the treehouse with me and Mia and Valeria and Frankie. - **Maura**, Jr. Kindergarten.

My mom makes me happy. We garden together. - **Melissa**, Jr. Kindergarten.

My mommy and Daddy make me happy when we watch TV together and go for walks together. - **Danielle**, Jr. Kindergarten.

Things that people have said or dome to empower me are, my mom and dad make sure that whenever possible we eat dinner together. My dad works a lot but

whenever he's home we sit around and talk aabout different things. My mom lets me have more responsibility by letting my sister and I stay home alone when she goes out, when my mom knows I have had a bad day she talks to me and helps me with my problems, one of my teachers (Mrs. Vasas Brown) talked to me and told me I was doing a good job in school, my parents always tell me that they love me and will always believe in me, my parents try to be home as much as they can to be with my sister and I. - **Michelle**, Grade 6.



Something that empowers me is when my mom knows that I had a bad day, she gives me a hug and tells me she loves me and it usually makes me feel better. - **Ryan**, Grade 6.

Things that have made me believe in myself are: When Im upset about something and my mother talks to me and makes everything better. When Im having a bad day and my mom knows and she makes my favourite meal. When my mom and I get in a fight and if it's her fault she comes to me and apologizes. When I do something good in class and Mrs. Vasas-Brown compliments me on it. - **Janath**, Grade 6.

Sometimes by brother will ask me if I want to play basketball or football with him and it makes me feel important because he makes time for me in his day. When my dad asks me if I want to go to my brother's hockey game because he would like me to sit with him it makes me feel important when he would rather sit with me then with the other parents. When my little brother asks me to help him with something it makes me feel important because he looks up to me. - **Lindsay**, Grade 6.

I like to feel good about my self because it feels good and it makes me have fun with my family and friends. I like it went my teacher smiles at me in the moning it maks me feel good. - **Erin**, Grade 3.

I like it when I an unhappy because I tell My mom what happened she tells me about when she was a little girl that make me feel better I love my mom. - **Lindsay**, Grade 3.

I feel good when my parents comfort me when I get a bad mark on my test or when I do something wrong. That makes me feel special. - **Sandy**, Grade 7.

I feel good when my Mom and I talk about things and when we, my Mom and Dad and I go out for dinner or for a walk. - **Angie**, Grade 6.

My Dad spent lots of time with me and talk for hours we usuly sit by the fire and we usly talk about base ball cards, and baseball. - **Jeff**, Grade 6.

I like weekends when my brother, sister faimly and I sit down and talk of what's been happening lately. I also like when my teacher says have a good night to me. I also like when a

friend wonders where I have been. I love it when my Mom knows I've had a bad day and makes me a cup of tea. I like to talk to my parents when we havent had a good day. - **Joey**, Grade 6.

My parents said that I cold do anything if I worked at it enough and that gave me a lot of self confidence and made me feel a lot happier. and when I am haveing a bad day and my mom knows she is always really really really really really more kind so that tomorrow maybe I won't have as much of a bad day then the day before. - **Matthew**, Grade 6.

I like to feel good about myself because it feels good and it makes me have fun with my family and friends. I like it weht my teacher smiles at me in the morning it maks me feel good. - **Erin**, Grade 3.

When I feel lonely my brother comes and cheers me up. When I answer a quetsion in class my teacher says "Good for you" and it makes me feel good. When I am in a convesation on where to go on the weekend and I sometimes say hiking they agree and I feel happy. When I need help for something my mom and dad help me. - **Shanna**, Grade 6.

RIVER RUN RAVINE

This smashing 3 bedroom townhome is situated on a beautiful ravine and has lots of charm. Come and see the upgraded broadloom, lovely decor, walkout from living room and finished basement. You'll be surprised how carefree home ownership can be. All this for a very special price of \$149,900. Call Joan Parkinson or Michelle Corney, Sales Reps., COUNTRYWIDE ALL-PRO REALTY INC., 873-3377. CW90-182

\$149,900

INVITE YOUR FRIENDS & FAMILY FOR A COUNTRY CHRISTMAS!

Hidden in the trees of this 2.86 acre property, you'll find this attractively renovated older country residence. Lovely pine kit. cabinets & skylights. Warm & inviting woodstove insert in main floor family room. Formal living & dining room. Pine plank flooring, mn. fl. laundry & 2 pc. bath combined, 3 bdrms. & updated 4 pc. bath. Truly a unique property offering peace, privacy, character & charm. Located near Hillsburgh & reduced to sell at \$198,500! MUST BE SEEN TO BE APPRECIATED!

PLEASE CALL ANYTIME!

Sally Franco Real Estate Inc. 19 Main St. Grand Valley, Ontario **Bus. (519) 928-5723 Res. (519) 928-3339**

OPEN HOUSE

SUNDAY, DECEMBER 2nd
2-4 P.M.

8 ADAMSON ST., NORVAL

Charming 3 bedroom brick home on an extra large lot in quaint village. Spacious, high ceilinged rooms, bright family room with woodstove, close to all amenities. Directions: Highway 7 to Winston Churchill Blvd., north to sign or call Joe or Gerry, Sales Reps. at 877-6917 or 453-1108. E0812

WM. ELLIS REAL ESTATE LTD.

WONDERING WHAT TO BUY FOR CHRISTMAS?
Let me help you make the choice.

\$329,000

Hurry, Hurry, Hurry on this fantastic deal. Country Estate Subdivision. Have a large family or need lots of room then this is it. Circular drive, pool and plenty more. Call Donna Rae, Sales Representative 873-1058 (Res.). RM255-90AB

\$143,000 THAT'S RIGHT

\$143,000 will buy this older charming townhouse. Extra large yard, extra long driveway and extra large kitchen. Worth your call. Donna Rae, Sales Representative 873-1058 (Res.). RM266-90AB

RE/MAX SUBURBAN REALTY INC., REALTOR
AN INTERNATIONAL NETWORK OF INDEPENDENT BROKERS
360 GUELPH ST., GEORGETOWN

Erin (519) 833-7117
Tor. (416) 457-1752
877-5211

DONNA RAE
Sales Representative
Residence 873-1058