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**READY TO GO!**



1991 FORD F150 4 X 4  
 Supercab, fully loaded, low mileage. Stk #92145 **\$17,695.**



1989 TAURUS  
 6 cyl., auto, air. STK #92108 **\$7,995.**



1989 RANGER XLT  
 Supercab, two tone, air. Stk #92124 **\$9,995.**



1991 BLAZER 4 X 4  
 Auto, air, AM/FM cassette. Stk. #92147 **\$17,695.**



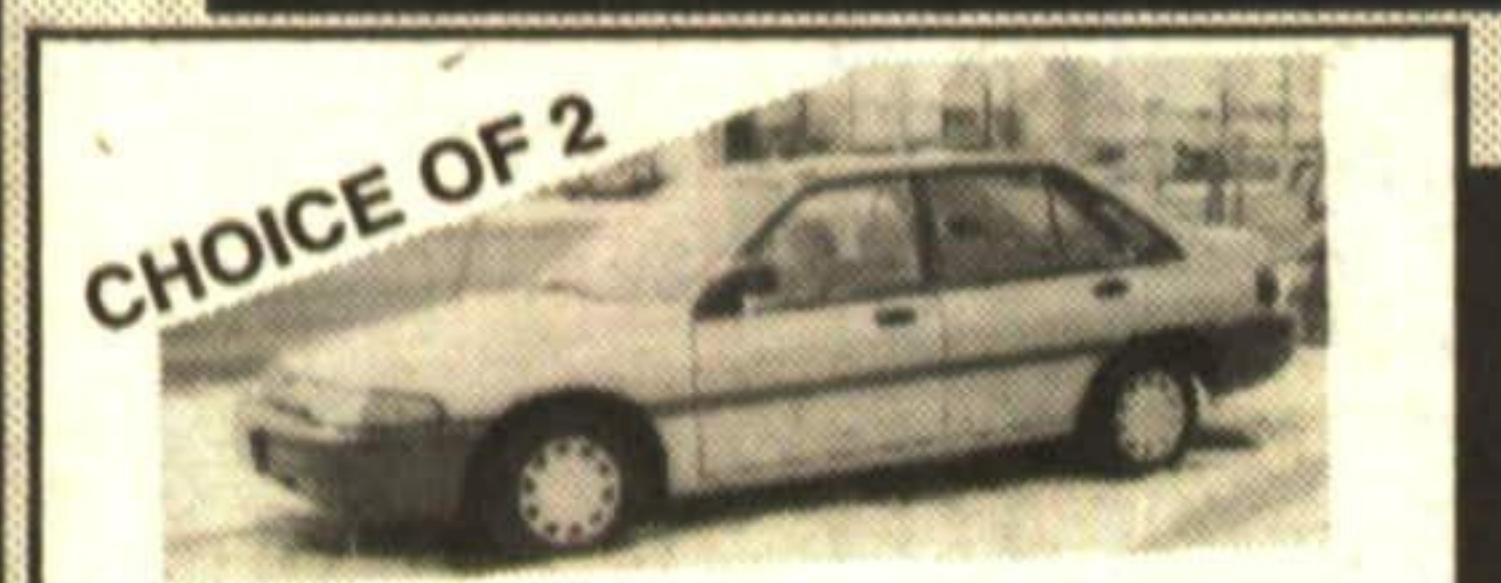
1989 THUNDERBIRD  
 Auto, air, power windows. Stk #6300A **\$10,995.**



1991 AEROSTAR XL  
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1991 TEMPO  
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1991 ESCORT LX  
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1989 MUSTANG LX  
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1990 AEROSTAR XLT  
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**CAPITAL**

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**GEORGETOWN**  
**873-1626**

# Technical Trades Exploration

Adult & Continuing Education (Halton Board of Education) in partnership with the Canada Employment Centre (Georgetown), presents a 21 week course in Trades Exploration & Training.

## For Women & Men

Training Program Includes an Overview of Modern Industrial Technology and provides an Introduction to:

- Machinist/Tool Die
- Industrial Electrician/Millwright
- Computer Assisted Design/Machining
- Fitter/Welder

Starts FEB. 8/93 and combines classroom training with job search skills as components of the program.

*If you are receiving Unemployment Insurance Benefits, and are interested in exploring the above skilled trades, please call:*

**Linda Braisby**  
**877-6966**



The Halton Board of Education

## ACTON SOCCER CLUB

is now accepting written applications for those interested in being All-Star coaches. Coaches are needed for the boys, U-11, U-13, U-15 & U-19 age divisions. Coaches will not be placed with a team unless an application is received by the Soccer Board. Those interested may mail letters to Paul Chumley, c/o The Acton Soccer Club, P.O. Box 248, Acton, Ont., L7J 2M4; no later than February 3, 1993. Or applications can be handed in person directly to the board at their meeting on February 3, 1993, 7:30 p.m., at the Acton Legion Board Room.

The Acton Soccer Club will be beginning its yearly indoor training for all soccer players on Sun., February 21, 1993. Times are still to be announced, but volunteers are urgently needed to help coordinate and supervise. If you are interested in helping out please contact Shelagh Bailey at 853-3866.

## Experiencing the 'big chill'

During the spring outdoor enthusiasts tread on very thin ice - so to speak - when they so anxiously begin their annual trips along the northern waterways unprepared for drastic changes in weather.

A great number of youth groups always end up in dangerous circumstances when they're surprised by the onslaught of Mother Nature's mood changes.

Dozens of eager anglers are also found drowned "with their trousers down," indicating that they accidentally overturned the boat while standing up to relieve themselves. These victims, and many more, are sadly introduced to the "Big Chill" called hypothermia.

The do's and don'ts of treating hypothermia are an essential component of an outdoorsman's survival skills.

If you are faced with the job of treating a victim with hypothermia the first thing to do is stay calm. Panicking in front of the injured person only makes matters worse.

Wet clothing should be removed immediately from the victim because it conducts heat away from the body almost 30 times quicker than usual. If a sleeping bag is handy, place the victim inside.

Another person should disrobe and attempt to warm the person with their own body heat within the bag. This is not a time to become self-conscious of your body.

This emergency procedure may have its downfalls, however, for it warms the periphery of the body first, giving a slight chance the blood flow will be diverted to the outer skin. This could cause the colder peripheral blood to drop the core or central temperature cooling the heart and other vital organs. Logically, however, it's better than doing nothing.

Warm drinks can also be given to help warm the person's insides. Make sure the victim is alert or the hot fluid will end up being sucked into the lungs instead of being swal-

**NATURE'S WAY**

**Kevin Callan**

lowed. Advance stages of hypothermia are frightening to both the victim and the first-aiders for the frozen body can become uncontrollable.

If other sources of heat, such as a campfire or cooking stove, are available use them to heat the victim. Hot packs or the equivalent can also be placed over the major blood vessel in the neck, armpit and groin.

For severe hypothermia the medical treatment is much more invasive. Cardiopulmonary resuscitation and cardiac massage must be given to patients whose hearts have stopped.

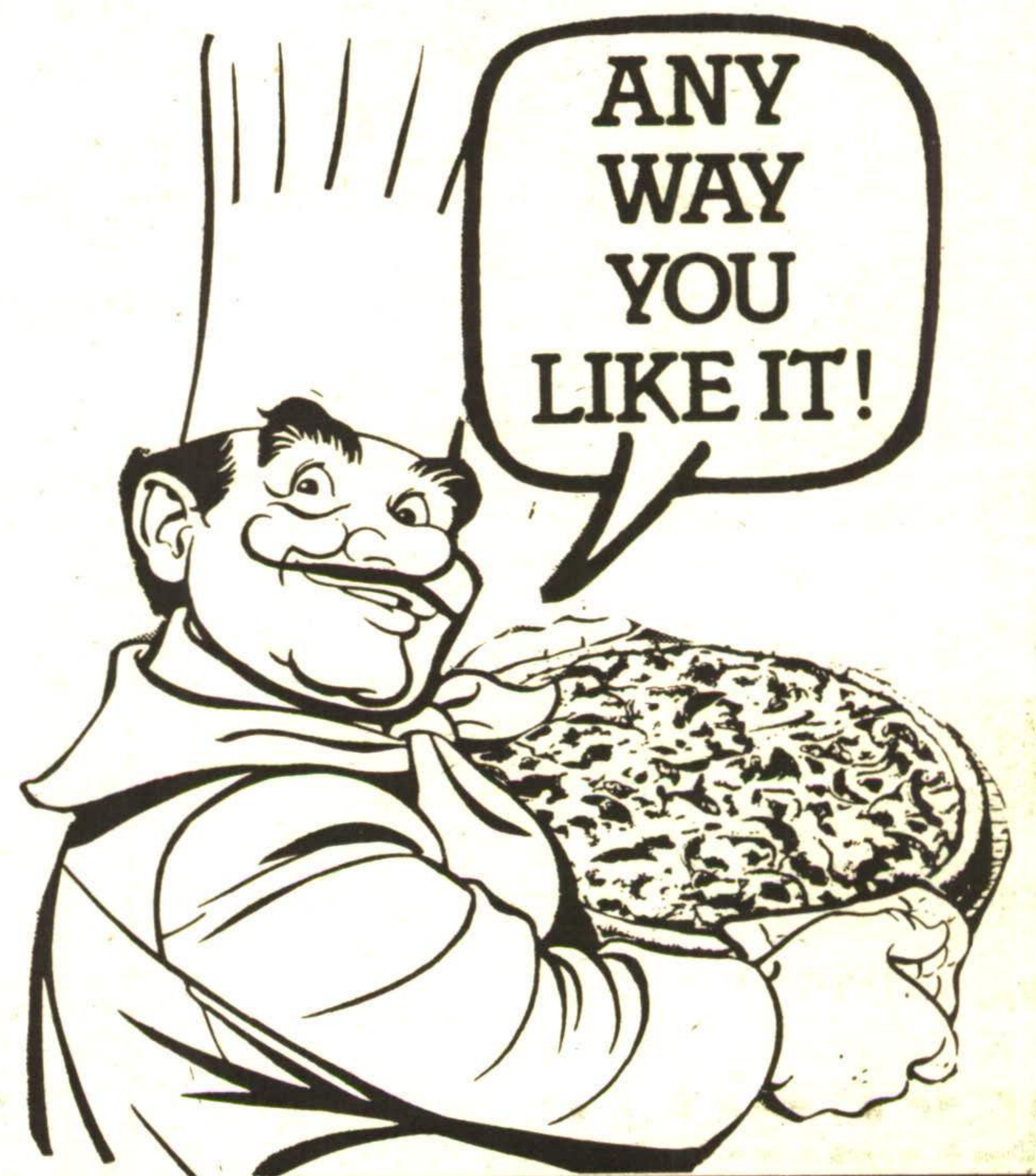
Victims in the hospital are given fluids inserted directly into their major body cavities to become rewarmed. It is very important to remember that one is not dead until the body has 'defrosted' and is pronounced dead. People have survived after hours of resuscitation efforts.

Make sure to forget all those ancient remedies like rubbing snow on the exposed skin of the victim or forcing down alcoholic beverages (to either the victim or the first-aiders) is just makes matters worse.

Never carelessly move the hypothermia victim or take any unnecessary risks with other lives. And most of all don't get discouraged.

What's more important than how to care for someone suffering from hypothermia is how to prevent it from happening in the first place. Experience, practised rescue techniques, well prepared trips during off season, and common sense are the most essential lifesaving ingredients to have packed away to avoid experiencing the "Big Chill."

# POMPEI PIZZA



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