



PREVENT DIABETES

If you are aged 40-70, and 15 or more pounds overweight without diabetes but have one or more of the following risk factors:

- ANY DIABETIC RELATIVES
- HAD DIABETES DURING PREGNANCY
- HAVE HIGH CHOLESTEROL
- HAVE ANGINA OR HEART DISEASE
- HAVE HIGH BLOOD PRESSURE

You may be eligible to participate in a study to prevent diabetes.

For more information, please call McMaster University

525-9140, extension 22747

Halton separate school trustees reduce their pay by 5 per cent

BY CAROL BALDWIN
Special

The Halton Roman Catholic School Board voted itself a 5 per cent cut in pay at Tuesday night's board meeting.

Burlington trustee James Sherlock made the motion that suggested the trustees' honorarium be reduced, noting that the dollar amount would be "not even a petty cash spill," but would serve as an example.

Commenting on the reduction the following day, Donald Schrenk, the chair-elect, said, "In Halton it is so small, it doesn't have a significant impact in dollars and cents. The savings are minimal. It's a small

percentage, but it indicates that the trustees are cognizant of the restraint that's out there."

Schrenk said he hoped the gesture would not only show that the trustees were trying to grapple with the reality of today's economic climate but would also portray them in a more favorable light.

"All trustees have been tarred with the same brush of making too much money and doing too little," he said.

For 1997, the trustees' honorarium will be \$11,859.48 and \$17,789.22 for the chair.

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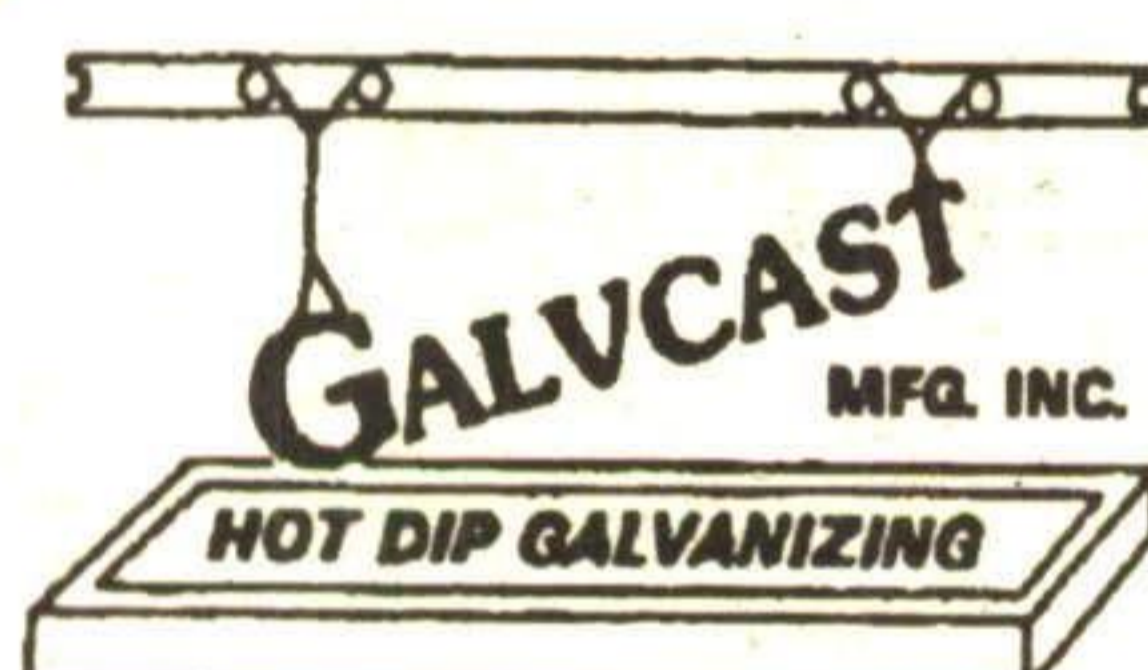
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