

The Canadian Champion, Friday, June 15, 1990



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Reach For The Stars And Save!

BLUE JAYS
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Be an Early Bird!
 PURCHASE YOUR HALF PRICE VOUCHERS EARLY AND EXCHANGE THEM AT THE DONE
BLUE JAYS TICKETS
 TO THE GAMES OF YOUR CHOICE
SEATING SUBJECT TO AVAILABILITY OF TICKETS

Monday & Tuesday Only

WITH THIS COUPON VALID UNTIL TUESDAY **AP SAVE**
SAVE 50¢
 off White Granulated Sugar
 2 kg BAG
LIMIT: 1 bag per coupon. Other valid Monday & Tuesday June 18th & 19th, 1990. (Play regular price without coupon.) S.C. #628

WITH THIS COUPON VALID UNTIL TUESDAY **AP SAVE**
Wildmere Butter
 1 lb PACKAGE
1.87
LIMIT: 1 package per coupon. Other valid Monday & Tuesday June 18th & 19th, 1990. (Play regular price without coupon.) S.C. #629

PRODUCT OF U.S.A. NO. 1
New Crop Potatoes
 10 lb BAG
2.49
 VALID UNTIL TUESDAY

Schneiders Steakettes
 454 g CELLO PACKAGE
1.89
 VALID UNTIL TUESDAY

Monday thru Saturday

WITH THIS COUPON **AP SAVE 50¢**
 REGULAR, FINE OR EXTRA FINE GRIND
Maxwell House Coffee
 300 g VAC Pkg
1.49
LIMIT: 1 pkg per coupon. Other valid thru June 23rd, 1990. (Features price without coupon \$2.00) S.C. #630

WITH THIS COUPON **AP SAVE \$1.00**
 REGULAR, DIET OR DECAFFEINATED DIET COKE
Coca-Cola or Sprite
 case of 24-250 ml cans (Unit cost \$2.99 per 100 ml)
5.99
LIMIT: 1 case per coupon. Other valid thru June 23rd, 1990. (Features price without coupon \$6.99) S.C. #635

ASSORTED FLAVOURS
A&P Popsicles
 PACKAGE OF 24
2.69
 LIMIT: 2 PKGS PER FAMILY PURCHASE

SELECTED VARIETIES, REGULAR, DIET OR DECAFFEINATED DIET COKE
Coca-Cola, Sprite or Canada Dry Beverages
 700 mL BOTTLE (Unit cost 79¢ per 100 mL)
.59
 PLUS 40¢ PER BOTTLE DEPOSIT

WITH THIS COUPON **AP SAVE 20¢**
 WHITE, YELLOW OR ALMOND
Pronto Paper Towels
 pkg of 7 rolls
.79
LIMIT: 1 pkg per coupon. Other valid thru June 23rd, 1990. (Features price without coupon \$1.00) S.C. #637

WITH THIS COUPON **AP SAVE \$1.00**
 SELECTED VARIETIES
Canada Dry Beverages
 case of 24-250 ml cans (Unit cost \$2.99 per 100 mL)
5.99
LIMIT: 1 case per coupon. Other valid thru June 23rd, 1990. (Features price without coupon \$6.99) S.C. #638

SHAMROCK, ALL BEEF OR S.B.Q.
Burns Wieners
 450 g PACKAGE
1.99

PRODUCT OF U.S.A. 10-15 lb AVERAGE
Whole Ripe Watermelon
 EACH
3.99

DOUBLE STAMPS MONDAY & TUESDAY
TOWELS CHAMPION® by STEVENS
 Start saving your FREE stamps now!
You'll receive two double stamps with each \$10.00 purchase Monday & Tuesday. Tuesday stamp always \$2 a dollar back. From Friday 1 and start another back to get more first quality towels.

EXTRA LARGE Bath Towels
 30" x 24"
6.99
WITH ONE FILLED STAMP \$6.99 EACH. Savings for next week's purchase is only \$2.00 each.

AP COMMITTEE FOR FAIR SHOPPING When it comes to Sunday Shopping the real issue is Fairness. And your Right to Choose.

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AP FOOD STORES
We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on current Metropolitan Toronto A&P rates.

Anger should be faced and can be helpful, therapist says

By KAREN SMITH

When you feel angry, you could be fooling yourself. Often what you think is anger is really a combination of several other emotions built up over a period of time, says a consultant and therapist on wife abuse. "We often blur anger with other emotions," explained Dianne Mathes, the guest speaker at the annual general meeting of Halton Women's Place Tuesday night. Recognizing anger — the most difficult emotion to understand — is the first of six steps in handling it properly, said Mrs. Mathes, who was invited to speak on the topic.

She suggested that people put aside 10 minutes from their busy schedules twice a day to get "in tune with themselves." "It sounds simple and it sounds silly, but it works," she told about 50 people who gathered at a Burlington church for the meeting. Accepting that it's not a crime to feel angry is the second step, Mrs. Mathes said. "Our worst fear of anger is that it's going to send us out of control." Women in particular often have problems realizing that they have a right to be angry with others because they blame themselves instead, she said. Men, on the other hand, often only recognize feelings of being either calm or angry. "Men have depended on the

women in their lives for all the emotions in the middle," she said. The third step is to value it, advised Mrs. Mathes. "It's the most energizing emotion that we have." Admitting and acknowledging you're angry come next. There's no use in trying to hide it. Expressing anger is the final and most difficult step. "You have to do it without blaming someone or making it somebody else's problem," she said. "It takes time. It takes experience, like anything else." At the meeting which followed the seminar, the topic of conversation changed to the accomplishments of Halton Women's Place — a temporary home for abused women and their children located in Milton but serving the entire region. The most significant project in 1989, said Karen Thompson, president of the board of directors, was the completion of a needs assessment study conducted in co-operation with the Halton Social Planning Council. "The board has been able to determine that wife assault occurs in as great a proportion in Halton Region as anywhere in Canada," she said. Occupancy rates at Halton Women's Place have rarely reached more than 70 per cent during its nine years of operation," she noted. "In spite of this, shelters in the surrounding areas have often been over 100 per cent capacity. As a result, we have often been able to meet overflow needs of neighbouring communities."

Trust fund is underway

A trust fund has been set up for Harmony Bull, the 17-year-old Georgetown resident who was critically injured in a car accident last month. Donations, which will be used for physiotherapy and rehabilitation, can be made to the fund at any Halton Community Credit Union branch. In Milton, the credit union is located at 44 Main St. E. Harmony remains in the intensive care unit at Sunnybrook Health Science Centre in Toronto where she has undergone operations on her arms, legs, ankles and one for a blood clot in her brain. In addition to Harmony's injuries, the head-on collision in Georgetown claimed the lives of Harmony's mother Sheila Bull, 41, and her younger sister Amanda Bull, 14. The driver of the other vehicle, Scott Boyes, 20, of Toronto has been charged with two counts of criminal negligence causing death, one count of criminal negligence causing bodily harm, possession of a narcotic, driving while under suspension and possession of stolen property.

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