



Attacking violence

In conjunction with the Prefect organization, Milton District High School's white ribbon campaign recently raised \$120 to help put an end to violence against women. The campaign was in response to the second anniversary of the Montreal Massacre last month. Money was raised through donations. From left to right are: student organizer Christine Sachse, Cheryl Poth of Prefect, student Betsy Merry, Cheryl Ferguson of Halton Women's Place, student Courtney Montgomery, and John Stetic and Walter Gaeten, both of Prefect.

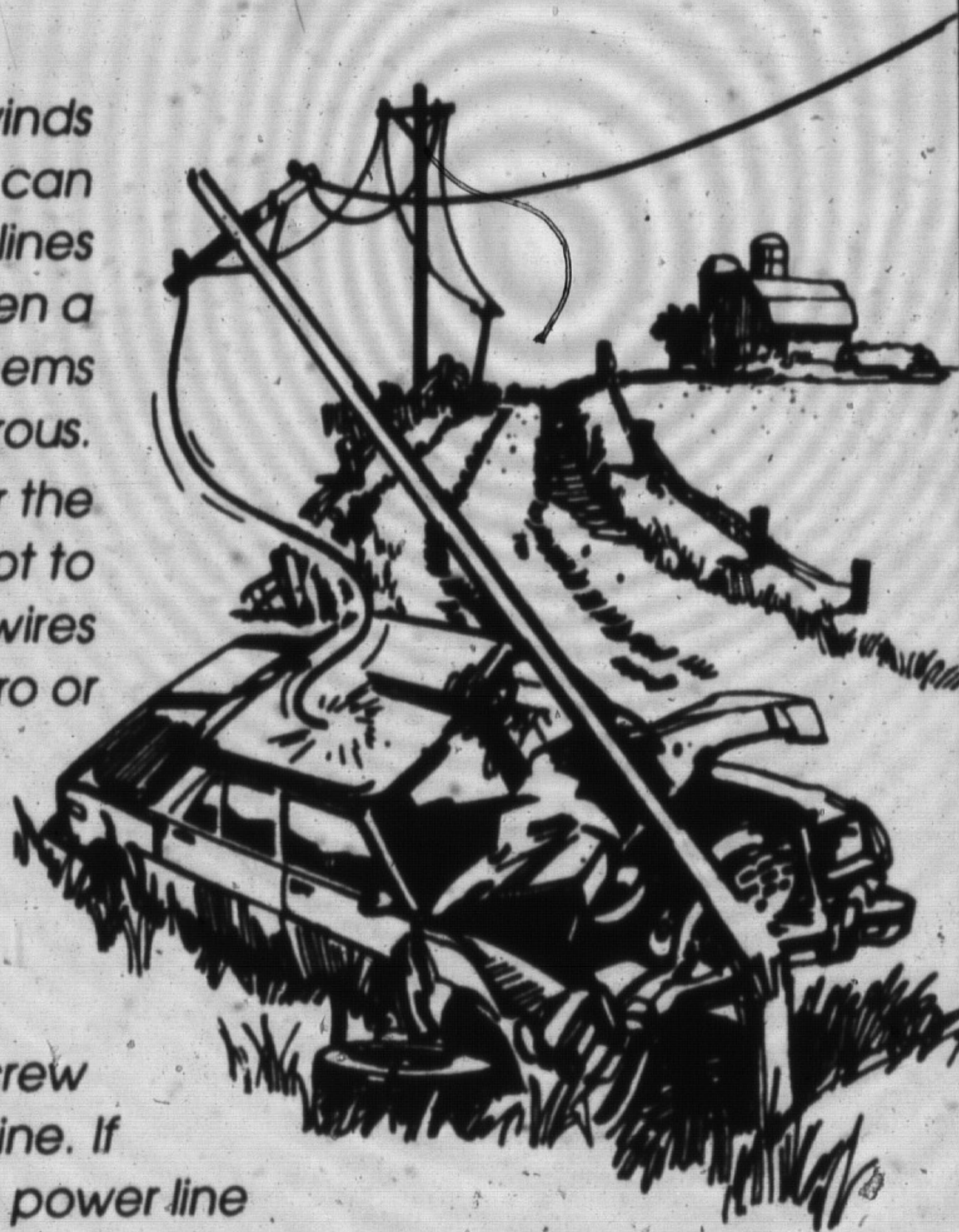
Stay away from fallen wires

Ice storms, high winds or fallen tree limbs can bring hydro lines down. And even a fallen wire that seems dead can be dangerous.

So don't go near the wires, warn others not to and report the fallen wires to your local hydro or the police as soon as possible.

If a line falls across your vehicle, stay inside

until a hydro crew removes the line. If there's a live power line touching your car, putting even one foot on the ground can be a fatal move to make.



MILTON HYDRO-ELECTRIC COMMISSION

P.O. BOX 189, 55 THOMPSON RD. SOUTH, MILTON, ONTARIO L9T 4N9 • (416) 876-4611

Dear Abby



Compulsion to Overeat Leads Woman to Fear for Her Life

By Abigail Van Buren

1992 Heart of Power Syndicate

DEAR ABBY: I don't know what to do anymore. My life has been at a standstill for over 20 years because of my weight. I am extremely overweight, and have been all my life. I am in my late 20s and am embarrassed to admit that I have no friends, no social life, and I've never had a date.

Yes, I know that there are women who are overweight living happy, normal lives, but I am not one of them. I am living the life of a hermit. I am embarrassed to be seen and tried every diet imaginable. I've tried fads, gimmicks, starvation, pills — the works. Lose a couple of pounds, then get hungry for something good to eat, and stuff myself.

Money is tight or I would go to a fat farm. I get depressed and cry for hours and think horrible thoughts. I know that my problem is in my head. I'm a compulsive overeater and I need help, and I need it now. I can feel my heart pounding in my chest from walking up a flight of stairs. I'm scared. I really am. Please help me, Abby. Life is passing me by. I'm too young to die.

LONG ISLANDER

terrace lincoln mercury sales



STEPHEN SHULMAN
USED CAR MANAGER

Mr. Rick Solwicki would like to announce the appointment of Stephen Shulman to USED CAR MANAGER. Mr. Shulman brings 25 years of car experience to Terrace and would like to invite all his customers and friends to drop by and test drive the full line-up of 1992 Mercury Lincoln vehicles and Ford Trucks.

terrace lincoln mercury sales
900 Walkers Line Burlington
632-6252

DEAR LONG ISLANDER: You are not alone; half the women in America are overweight — some are more overweight than others.

Have you tried Overeaters Anonymous? If you have, and dropped out, don't be embarrassed; give it another try — you won't be the first person who didn't make it on the first try. Look at yourself in the mirror and tell yourself you're worth saving. You are, but only you can save yourself — so get going, Long Islander. The longest trek in the world starts with one step. Good luck. You can make it if you try. Please write again. I care.

DEAR ABBY: As a physician, I have seen many women die of breast cancer. In 1960, this disease attacked one woman in every 20. It has risen steadily to the current toll of one in nine. Many women do not know that their risk of breast cancer is linked to foods.

Low-fat, high-fiber diets can reduce the risk of cancer dramatically. The National Cancer Institute has recommended such a diet for years. Unfortunately, only one woman in five is aware of the link, according to a recent Opinion Research Corp. poll.

Abby, will you please tell your readers that the Physicians Committee for Responsible Medicine has a toll-free telephone number that people can call to get information on breast cancer prevention: Dial 1-800-U.S.-LIVES. The call and the information are free. By sending out this information, you will save more lives than any doctor could ever hope to. Many, many thanks.

NEAL D. BERNARD, M.D.,
PRESIDENT, PHYSICIANS
COMMITTEE FOR
RESPONSIBLE MEDICINE,
WASHINGTON, D.C.

Most teenagers do not know the facts about drugs, AIDS, and how to prevent unwanted pregnancy. It's all in Abby's updated, expanded booklet, "What Every Teen Should Know." To order, send a business-size, self-addressed envelope, plus check or money order for \$3.95 (\$4.50 in Canada) to: Dear Abby, Teen Booklet, P.O. Box 417, Mount Morris, Ill. 61054. (Postage is included.)

NOTICE OF LIQUOR LICENCE APPLICATION

The following establishment has applied to the Liquor Licence Board of Ontario for a liquor licence under the LIQUOR LICENCE ACT:

Application for a Sale Licence
Greystone Golf Club
9826 Dublin Line, R.R. #3, Milton
(including outdoor area)

Any resident of the municipality may make written submission as to whether the issuance of the licence is in the public interest having regard to the needs and wishes of the residents. Submissions must be received no later than February 15, 1992. Copies of submissions will be given to the applicants. Please include your name and address on all correspondence.

Submissions to be sent to:
Liquor Licence Board of Ontario
Licensing and Permits Branch
55 Lake Shore Boulevard East
Toronto, Ontario M5E 1A4
Fax: (416) 326-0308

