

Heart and Stroke Foundation opens office

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 medical care have emerged since the development of new drugs and better emergency services, the average Canadian waits four-and-a-half hours to get help after the first signals of a heart attack.

Two hours — the time it takes to

watch a movie on television — could be all the time the medical community needs to save a life. Research dictates that the odds of beating a heart attack improve greatly the sooner you get medical help.

More than 80 per cent of heart attack victims who enter hospital

without delay return home.

"If you experience the following symptoms, you must act at once.

- Heaviness, pressure, squeezing, fullness, burning, discomfort or pain in the centre of the chest, which may spread to neck, jaw, shoulders, arm and back.

- Shortness of breath, paleness, sweating or weakness.

- Nausea, vomiting and/or indigestion.

- Fear, anxiety, denial.

- Signals may come and go.

Any combination of the above may be a signal of a heart attack about to happen. If you are experiencing these symptoms, tell someone immediately.

Now for the good news. Drugs are available to reduce deaths from heart attacks. Hospital stays can be shortened and heart attack victims can go home with little damage to the heart.

However, health care workers can only do so much. Reducing the risk of heart disease means eating a low-fat diet, undergoing blood pressure checks, exercising regularly and not smoking.

Mr. Collins is joined on the Milton chapter's volunteer board of directors by president Terry Green, a Metro Toronto police officer; vice-president and treasurer Cheryl Sellors, an accountant; Lynn Murphy and Jackie Flack, co-chairpersons of memorial gifts.

The organization is seeking others to volunteer with the new branch. Particularly needed this month are people to canvass in the Campbellville area. To help out, contact the Burlington branch at 634-7732.

OMB winner pleads case

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 to pay Mr. Reed more than \$120,000 and to absorb associated legal costs of several thousand dollars. The region has appealed the decision.

Mr. Reed appeared before the regional planning and public works committee Wednesday asking Halton to withdraw its appeal.

"I have been told that due to a backlog of cases it could take as much as two years before this is resolved," said Mr. Regd. "Considering the award, my attempt to settle for \$100,000 shows I was acting in good faith."

Mr. Reed said the expropriation process had been "a terrible experience" for his family. He said he had been told by several councillors that a withdrawal of the appeal

was possible, considering the probable legal expenses pending.

He described his home as unique, saying it had been featured in several architectural publications. His family was unable to find a similar property in the area.

Committee members elected to meet in a closed door session to debate the merits of Mr. Reed's case.

No resolution came out of the meeting, meaning the matter is undecided.

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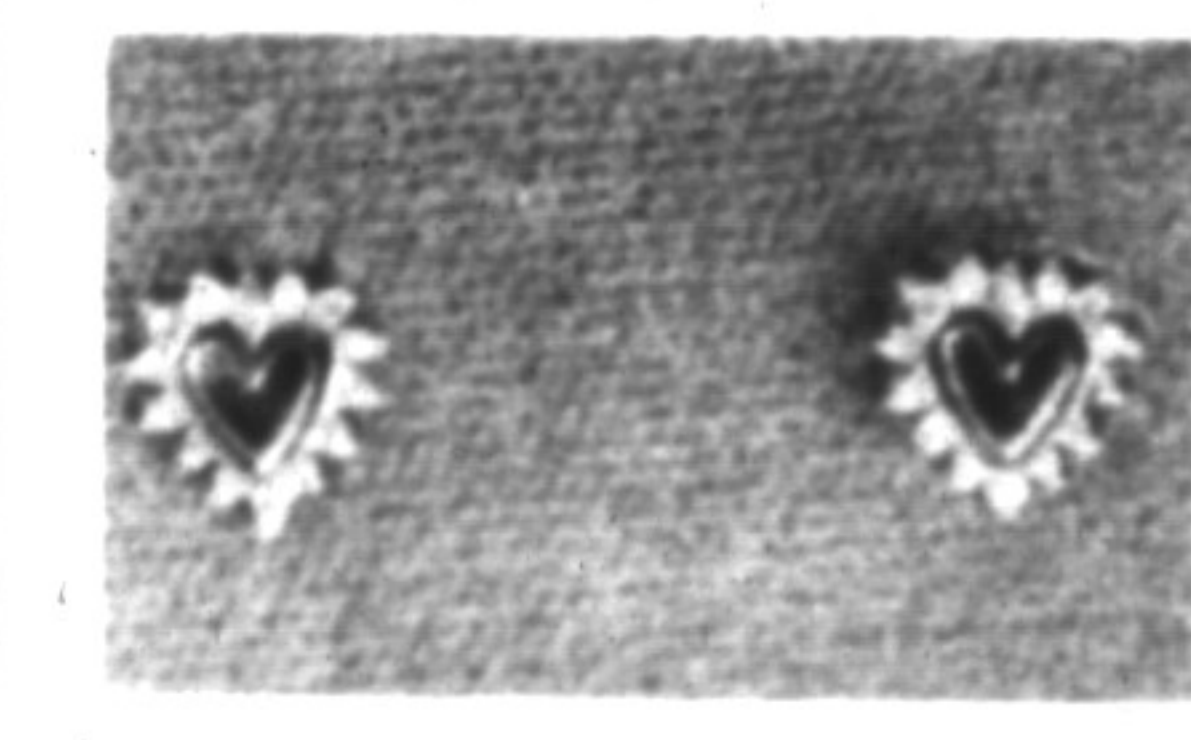
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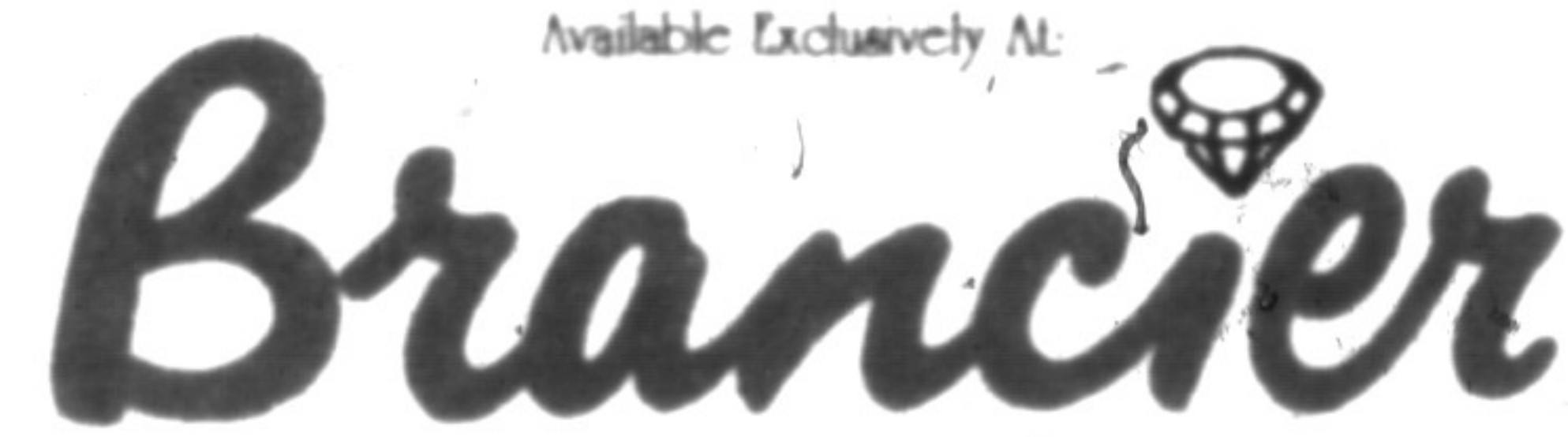
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