

Parents' Night - cont'd from page 15
individual classrooms. Reports from parents and teachers were favourable, and the fear that a lack of privacy would hinder discussions proved unfounded.

In addition to the Parents' Night held at each campus of the High School on November 14th and 15th, a successful Parents' Nigh for the parents of students from Heron Bay, Manitouwadge and Marathon, was held at the Marathon High School on November 16th.

Gratitude is expressed to all those who assisted the Guidance Department in this program. A Special thanks to Mrs. Anne Lewycky and the Home Economics students who prepared the lunch.

CROSSWORD PUZZLE

ACROSS

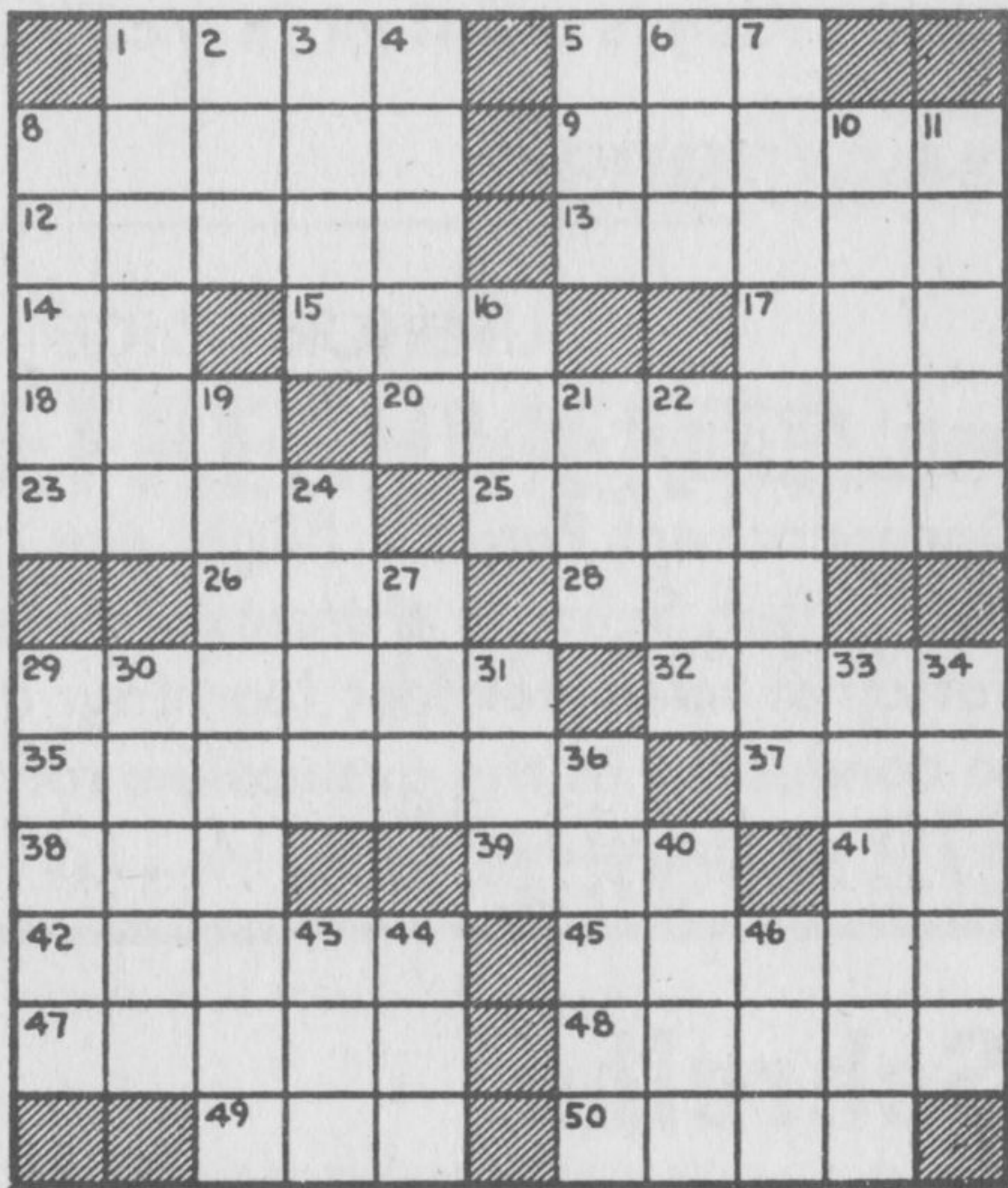
- 1. Vegetation goddess
- 5. Engineer's cubicle
- 8. Works with a knife on apples
- 9. Insurance man
- 12. Rose-like plant
- 13. Of the ends of the earth
- 14. Earth goddess
- 15. TVA feature
- 17. River in Peru
- 18. Sooner than
- 20. Watch-dogs, at times
- 23. Get the lead
- 25. Works with a loom
- 26. Tease
- 28. Numerical prefix
- 29. Smirk
- 32. Speed unit
- 35. Flexible
- 37. Wilde-beest
- 38. Healing goddess
- 39. Household figure
- 41. At home
- 42. Nudges

DOWN

- 1. Secret
- 2. Neighbor of Ida.
- 3. Dismember
- 4. Analyze
- 5. Detonator
- 6. Yore
- 7. Trusting
- 45. Kayak or proa
- 47. Kind of preview
- 48. Persian coins
- 49. Martini preference
- 50. Works with a needle

Today's Answer

- 8. Tellers' places
- 10. Mother-of-pearl
- 11. Igneous rock
- 16. Stomach
- 19. Identified
- 21. Rover or Fido
- 22. Urban oasis
- 24. Lacerations
- 27. Stake
- 29. Percolates
- 30. Greek name for Troy
- 31. Just miss the basket
- 33. Pearl and Bermuda
- 34. Works on a piano
- 36. Roosters
- 40. Filly
- 43. Audience
- 44. Heavens
- 46. Slang: negative



ADELAIDE DANIELS



SAYS

TAKE THE POSITIVE APPROACH

Wishing may make it so — you can wait for your ship to come in or dream of your castle in Spain but as the saying goes "The Man with the Plan Gets There."

So if you're the man or woman who wants to take off some weight, you'll need to take the positive approach and stick to your campaign.

When I began to lose my excess weight, I first started to picture myself minus pounds and this helped especially when temptation veered. Look at temptation this way: you could enjoy that chocolate sundae for about three minutes. If you don't have it, you'll have your new good looks that much sooner.

Also if you continually analyze your eating impulses, you'll find you get a clearer picture of the attitudes that helped put on your weight in the first place.

When you catch yourself eating for the simple reason that everyone else is and because you're a sociable creature, who'll eat to keep a friend company any old time, just grin and stop. As you know, slim people don't feel they have to eat just because their friends do.

If everyone is dieting in your circle, then tell your friends, and you can all help one another. However, if your circle consists of non-dieters, live by this poem: I diet — Quiet!

Line up temptation times and review any unusual event or time that's likely to lure you off schedule. Notice when you eat the most. Evening eating often makes the difference between normal weight and overweight for most people.

If evening is your big temptation time, you must try to make special plans. Beware of just watching TV or reading — for many this means time to start munching. Try to find something that's so absorbing you simply forget about food.

One of the most important things to do when you are on a weight watching programme is reward yourself — a small weekly reward after you weigh-in and then a great big one when you have reached your goal weight. That's when to splurge, and not on food.

(Adelaide Daniels is Founder & Director of Weight Watchers of Ontario Limited.)

WATER QUALITY IN JACKFISH BAY AND BLACKBIRD CREEK

According to a recent report by the Ontario Ministry of the Environment, the westerly arm of Jackfish Bay on Lake Superior and part of the Blackbird Creek system are being impaired by the wastewater discharges from the Terrace Bay kraft mill of the Kimberly-Clark Pulp and Paper Company Limited.

The main problems documented were aesthetic impairment due to offensive cont'd page 20