



CHURCH SERVICES

TERRACE BAY

ST. MARTIN CHURCH - Rev. A. Fularczuk
 SUNDAY MASS - 8:30 and 10:30 A.M.
 SATURDAY MASS - 7:00 P.M.
 CONFESSIONS - 6:15-7:15 and after evening Mass on Sat.

COMMUNITY CHURCH - Rev. Brian Bigelow
 SERVICE OF WORSHIP - 11:15 A.M.
 HOLY COMMUNION - 1st of the Month
 CHURCH SCHOOL - Grades 5-8 10:00 A.M.
 - Preschool to Grade 4 - 11:15 A.M.
 - Care for Babies

TERRACE BAY GOSPEL ASSEMBLY - Pastor John Leari
 Services are held in the Public School Auditorium
 FAMILY HOUR - 10:00 A.M.
 SUNDAY EVENING SERVICE - 7:00 P.M.

SCHREIBER

HOLY ANGELS CHURCH - Rev. F. Meyer
 DAILY MASS - Mon., Wed., & Fri. - 5:00 P.M.
 Tues. & Thurs. - 7:30 P.M.
 Sat. 9:00 A.M. & 7:15 P.M.
 SUNDAY SERVICE - 9:30 and 11:00 A.M.
 CONFESSIONS - Sat. 4:15-5:15 P.M.; before Sat. evening
 Mass; before Sun. morning Mass & all daily Masses.

ST. ANDREW'S UNITED CHURCH - Rev. Brian Bigelow
 REGULAR SERVICE - 9:45 A.M.
 SUNDAY SCHOOL - 11:00 A.M.

ST. JOHN'S ANGLICAN CHURCH
 1st & 3rd Sunday - 7:00 P.M.
 2nd, 4th, and 5th Sunday - 11:00 A.M.
 Sunday school - 11:00 A.M. - Every Sunday

GRACE BAPTIST CHURCH - Rev. R. Dye
 MID WEEK SERVICE - 7:00 P.M. Wednesday
 SUNDAY SCHOOL - 10:00 A.M.
 WORSHIP SERVICE - 11:00 A.M.
 EVENING PRAYER - 7:00 P.M.

ROSSPORT

ST. BERCHMAN'S CHURCH
 SUNDAY MASS - 1:00 P.M.

TIPS FOR SMOKERS

Once smokers have joined the majority and become non-smokers some face, with reluctance the strain of withdrawal symptoms and the possibility of weight gain.

The Canadian Cancer Society has a few tips which might be helpful for these 'quitters'.

It is suggested that a new non-smoker find substitutions for smoking. Repairing something around the house is better than sitting around it. A busy person can take his or her mind off cigarettes. It is wise to take up a new hobby, as long as it requires concentration and, like knitting, quilting and macrame, keeps the idle hands busy.

As one Society official says: "Read a book, or as many as you can. Do a crossword puzzle. Or ten of them."

It is mentioned that some people have found that Vitamin A helps withdrawal discomfort and Vitamin B Complex helps steady the nerves.

Dr. Irwin Bean, National Education Committee Chairman of the Canadian Cancer Society, has words to the wise for those 'quitters' who worry about a weight gain.

"This need not happen if the daily food intake is controlled," he says. "Nibble fruit, celery or carrots rather than foods too rich in fats or sugar. Low calorie snacks are usually thin, watery, bulky or coarse. On the other hand, greasy, crisp, thick, smooth, gooey, sweet or alcoholic foods tend to be high in calories.

"When the urge to smoke grabs you, munch on an olive, suck a clove or chew sugarless gum, advises Dr. Bean.

"At mealtimes take a smaller serving than usual and eat slowly, chewing well so that you won't tend to swallow more than you realize.

"The perfect complement to good dieting is moderate exercise. This keeps you physically fit, helps you burn up calories, reduces tension and keeps you so busy that your hand stays out of the refrigerator or cupboard. Walking to work and back is a waistline-helper, as are household and outdoor chores. Tennis, swimming, bowling and cycling are also pleasant and beneficial pastimes."

BIRTHS



Born to Mr. and Mrs. John Chambers of Terrace Bay, a girl on February 9th, 1977.

TERRACE BAY NEWS

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