

# Drug Kits warn PeeWee hockey players

This fall when 50,000 peewee hockey players register for teams, they will receive a timely drug prevention kit too.

The kits, produced by Alcohol and Drug Concerns, Inc., are being supplied free to the OMHA, the OWHA, the

SHA and NOHA for distribution.

There are 4 items in a small plastic bag labelled: "Get High On Hockey." The pamphlets are designed to attract kids and encour-

age them to choose a healthy lifestyle. There is a colourful comic book which depicts two cartoon characters who are confronted with the chance to try drugs, also a drug fact quiz to be completed by players

and their parents; in another pamphlet, Jim McKenny, an-ex Maple Leaf, tells his story, and the lifestyle booklet completes the kit.

The 11 and 12 year old age group was select-

ed because most of them are not using drugs yet. Early prevention efforts can help influence their decision before they get to the age of experimentation, usually 14 and 15.

Alcohol and Drug

Concerns, Inc., has not singled out Hockey because they have more drug problems than any other sport. Hockey reaches so many children that it seems the ideal route to send the kits.

## E.W. (Ted) Paget

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## Workshop to be held on Nutrition

Ever wondered how to get your kids to like vegetables or about the difference between white and brown rice? These and other questions will be explored in a three-part "Women and

Nutrition" series sponsored by the N.W.O. Women's Health Education Project, this fall.

The series begins with a film entitled, "Think Before You Eat", which takes a hard-hit-

ting look at a national diet that causes more people to die of over-indulgence than of too little food. It will be followed by a nutritious snack and a discussion.

Second in the series

will be a talk/discussion lead by a nutritionist from the Health Unit on the theme: "Food and Women in Balance". The nutritionist will deal with food habits, meal planning and diet as it relates to women.

The final session will be a participation oriented workshop entitled "Why Eat Brown Rice?" Participants will explore some of the controversies surrounding nutrition. Examining nutritional needs, women will come up with ways to encourage better nutrition for themselves and their families.

In Terrace Bay, the series will be held in the Recreation Centre Meeting Room at 7:30 p.m. The dates are as follows: **FILM** - October 3rd; **NUTRITIONIST** - October 13th; and the **WORKSHOP** October 17th.

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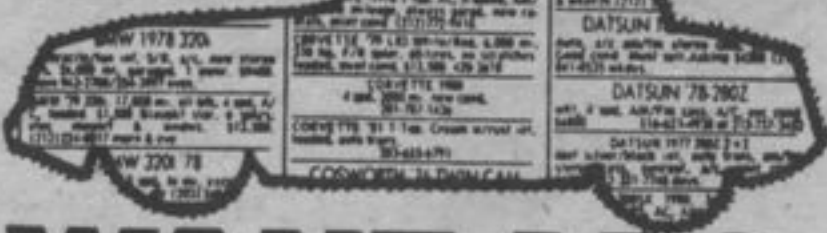
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### ZA 127 Paper Tole Workshop For Beginners and Advanced

Paper Tole is an old art dating back to the 18th-19th century Europe. It is a three dimensional picture created by cutting three or more identical prints and layering them together using silicone. The student will be cutting each print apart in a different manner and sculpting and layering them to produce a dimensional effect. Materials for beginners will be \$15.00. The advanced student will learn to "feather" an owl. If time permits you will also learn to paper tole florals. The approximate cost for materials for advanced students will be \$22.00.

Date: October 22, 1983

Time: Saturday 10:00 a.m. - 1:00 p.m., 2:00 p.m. - 4:00 p.m.

Instructor: Bette Hastings

Fee: \$20.00

Facility: Schreiber Recreation Centre - Arts and Crafts Rm.

Registration: To register please contact Kevin Duguay or Michelle Godin at 824-2317 by October 14, 1983.



THE TERRACE BAY RECREATION COMMITTEE  
in co-operation with  
THE CONFEDERATION COLLEGE OF APPLIED ARTS AND TECHNOLOGY  
offers

### ZA 127 Paper Tole Workshop (Section 88)

Paper Tole is an old art dating back to the 18th-19th century Europe. It is a three dimensional picture created by cutting three or more identical prints and layering them together using silicone. The student will be cutting each print apart in a different manner and sculpting and layering them to produce a dimensional effect. Materials for this workshop will be \$15.00.

Date: October 15, 1983

Time: Saturday 10:00 a.m. - 1:00 p.m., 2:00 p.m. - 4:00 p.m.

Instructor: Bette Hastings

Fee: \$20.00

Facility: Terrace Bay Recreation Centre

Registration: To register please contact Terry Bryson or Linda Viejou at 825-3542 by October 7, 1983.



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