



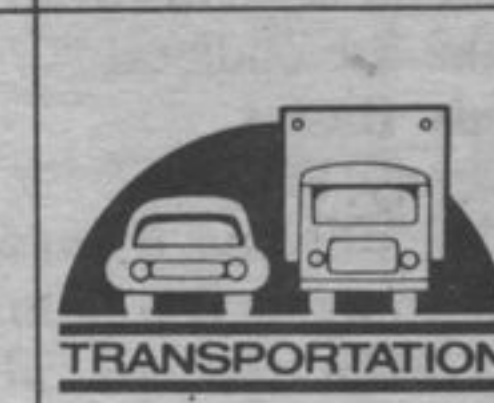
MISCELLANEOUS
Apartment size dishwasher for sale. Almond in colour. 1 1/2 years old. \$350 or best offer. Phone 825-9285 434 Fort Gary Road. J-22



ANNOUNCEMENTS
"Boughen Nurseries, Valley River, Manitoba. ROL 2B0. Offers free catalogue. Organically grown hardy nursery stock. Ideal for Northern Ontario and Quebec. Grow fruit without Chemicals. Large Apples, Plums, Cherries, Pears, Apricots, Raspberries, Saskatoons, Ornamental Shrubs & Trees. In business 74 years." J-22



LOST & FOUND
Lost in Schreiber - one lady's watch, was given to me as a Christmas gift. If found, please call Wanda or Chico Martin. Will identify. Phone 824-2091. J-22



THE CLASSIFIED INDEX
Your Convenient Shop-at-Home Center



RENTALS
New fully furnished apartment available - 3 bedroom, dining room, kitchen, living room and laundry room. One or two children only - reference. Call 824-2844 after 5 p.m. J-15

For rent: Small one bedroom house in Schreiber, available immediately. Phone 825-3398. J-22



PETS/ANIMALS
Bachelor apartment for rent. Fully furnished. Phone after 5 p.m. at 824-2844. J-22



SERVICES
Free to good homes - 7 Lab & Shepherd puppies. Right now they are 4 weeks old. Phone 825-3594. J-15



ANTIQUE
I have 5 kittens to give away in Terrace Bay. For more information call: 825-3331. J-22



GARAGE SALES
Available to clean houses 6 days a week anytime. For more information call 825-3331. J-22



REAL ESTATE
14 x 68 mobile home on landscaped lot, 3 bedrooms, carpeted throughout. Sale includes drapes, storage, shed, woodstove, 3 cords of split birch. Appliances negotiable. Call 824-2254. J-22

House for sale: Beautiful location. Lot is 50' x 120'. Going cheap. Phone 824-3157. J-22

Can caffeine be good for you?

For many of us, there's no better way to start the day than with a fresh, hot cup of tea or coffee. It's just the right pick-me up before getting down to work.

What's responsible for the lift is caffeine, the most popular non-prescription stimulant used today. Besides tea and coffee, caffeine is also found in colas, chocolate and most non-prescription "stay-awake" aids.

Used moderately, caffeine can improve mental alertness. However, it's no substitute for a good night's sleep because all it does is make you ignore your tiredness. As much as we might like to think it, caffeine does not restore energy.

Caffeine works by stimulating the central nervous system, improving mental activity and muscle tone. It can also help relieve the sense of boredom that comes with many monotonous tasks.

Beware of the myth that caffeine can "sober-up" someone who has had too much alcohol. It merely

counteracts the depressant effect so the person does not feel sleepy.

If you want to enjoy the desirable effects of caffeine, stick to small doses like the amount in one cup of coffee. It takes your body a few hours just to process that little.

Larger doses taken at one time or in drinking more than four cups during the day can cause unwanted effects like insomnia, irritability and headaches.

Studies also show that people who regularly drink more than five cups a day build up tolerance and may not suffer from insomnia from a cup at bedtime; but a moderate or non-drinker might end up tossing and turning half the night. Heavy users can become addicted to caffeine and experience headaches and become irritable after withdrawal.

Children's smaller bodies are very susceptible to the effects of caffeine, so all medications containing it should be kept out of reach.

Caffeine can also interact with other drugs in

such a way that its effects are considerably magnified. Your pharmacist can tell you about interactions between caffeine and prescription or non-prescription medications you use.

Don't drink and drive" campaign

The Labatt Brewing Company Limited has embarked on its third campaign to combat drinking and driving with two new "Please Don't Drink and Drive" advertisements, which will appear on roughly 300 billboards throughout Ontario during the holiday season.

One of the ads, "Homing Device", shows a picture of a taxi cab. The other, entitled "For us", follows previous campaigns "For Him", "For Her", and "For Them", and shows a young boy and girl. Both advertisements carry the same message, "Please Don't Drink and Drive".

"We hope that this campaign continues to play an integral role in helping to reduce the problem of drinking drivers," said John F. Morgan, vice president and general manager of Labatt's Ontario region.

It is only through attitudinal change that real inroads can be made toward eliminating drinking and driving."

To underline its concern Labatt is emphasizing the availability of low-alcohol Select beer [2.3 per cent alcohol by volume] throughout the holiday season. It is a satisfying alternative to regular beer with less than half the alcohol.

Help Wanted
Bakery Dept.
apply
Schreiber Food Market

Help Wanted
Part-time
Bartender
required

Please apply to
Royal Canadian Legion Br. 223
Box 520
Terrace Bay

Attention: Diane Matson

The North of Superior District Roman Catholic Separate School Board

invites
nominations and applications for
Representatives

Special Education Advisory Committee

The North of Superior District Roman Catholic Separate School Board is seeking applications and nominations to the Special Education Advisory Committee as required by Provincial law.

Local associations such as Trainable Mentally Retarded Associations and Home and School Associations, are invited to nominate an official representative to this Special Education Advisory Committee for consideration for appointment by the Board.

To qualify as a representative on The North of Superior District Roman Catholic Separate School Board Special Education Advisory Committee, a person must be:

- (a) a Canadian citizen;
- (b) the full age of eighteen years;
- (c) a resident within the area of jurisdiction of the board; and
- (d) a public school elector.

Nominations and applications are also open to separate school electors.

Forward correspondence by January 24th, 1986 to:
Mr. Kevin Lydon, Supervising Principal
The North of Superior District R.C.S.S. Board
P.O. Box 730
Schreiber, Ontario
POT 2S0

B. Lalonde
Chairperson

G.J. Matys
Director of Education

Service Clerk
required

Spadoni Bros. Ltd.

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Rick Spadoni
or **Randy Baird**
824-2244

Help Wanted

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Reply to:

THE CREATIVE CIRCLE

c/o Darlene Burgess
R.R. 1, Lakeview Rd.
Echo Bay, Ont.
or phone (705) 248-3433

THE NORTH OF SUPERIOR DISTRICT ROMAN CATHOLIC SEPARATE SCHOOL BOARD

requires

"LIBRARY AIDE(S)"

Half-time for Holy Angels School - Schreiber
Sister S. Grexton, Principal

Half-time for St. Martin School - Terrace Bay
Mr. B. Peters, Acting Principal

Background experience in school positions such as Teacher Aide or Library Aide and/or qualifications related to library work would be desirable.

Hourly rate depending on qualifications.
Early starting date by mutual agreement.

All applications must be received no later than 4:00 p.m. on Monday, January 20th, 1986.

Send applications to:
Personnel Department
The North of Superior District R.C.S.S. Board
P.O. Box 730
Schreiber, Ontario
POT 2S0

B. Lalonde
Chairperson

G.J. Matys
Director of Education

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