

If you're unemployed you're not alone

Mental Health and You is provided as a service of the North of Superior Community Mental Health Program.

The purpose of these articles is to inform the community about mental health issues.

We invite feedback from the

community at large by writing the *News* office.

Any opinions expressed are not necessarily those of the management of the North of Superior Community Mental Health Program.

By Hadley Koltun

Unemployment: We are never alone!

Unemployment occurs for many reasons. Some of us leave our jobs and just cannot seem to find a new job right away.

Many of us are "laid off" hop-

ing management will see better times and hire us back.

Regardless of the reasons, unemployment makes many of us feel upset and alone.

After awhile, many of us just stop looking for work and we become apathetic- we get a feeling of "do-nothingness".

Many of us begin to think that we are failures and that we will never find another job.

The worst part of this is that these feelings all feed into themselves and they just make matters worse.

Unemployment is a difficult situation for many to deal with. There is not one way of coping with this problem that works for everyone, but here are some suggestions that may make things a bit easier.

Firstly, talking to someone about how you feel may help. When people lose their jobs, they feel quite sad, upset and alone.

Many people are surprised when they discover someone else is experiencing the same kind of feelings.

This allows people to come together to discuss different ways

of how they can help themselves.

It may help to find that you are not alone. By all means, talk to relatives and friends who have also experienced these times of unemployment or "lay off".

Secondly, by avoiding a feeling of apathy or "do-nothingness", perhaps you can get into a better frame of mind.

Keep yourself busy by involving yourself in all sorts of activities.

If you feel that you must look for work, take those first steps by writing a resume. By involving yourself in activity, you become too involved to think about "feeling blue".

These are only two suggestions to help people to cope with the problems of unemployment and lay off.

Unfortunately, these suggestions may not help you to get back your job, but they may help you to keep a positive frame of mind until you get back to work.

You can contact the Community Mental Health worker in Terrace Bay at 825-3238 or in Schreiber at 824-2597.



Social evening

The Township of Terrace Bay hosted a social evening for all senior citizens on June 19, at the Legion Hall in Terrace Bay. The event was well-attended by many residents including the ones above from the McCausland Hospital. From left, front, Jack Patterson, Lorrette Solly, Jim Smart, and back, Nancy Smeltzer and Connie Bryson. (Photo by Ken Lusk).

**IN CELEBRATION OF A CLASSIC
1937-1987**

**JOIN THE CROWD AT THE
ROSSPORT FISH DERBY**

FRIDAY JULY 3

Dance - Community Hall



ADVANCED TICKETS Available only on TUESDAY, JUNE 30th, from 7-9 p.m. in the ROSSPORT COMMUNITY HALL!

SATURDAY, JULY 4

Fishing begins 8:00 a.m. Food booths open to 1 a.m. Hospitality Gardens open 1 p.m. to 1 a.m. Weigh-in Time 4 to 7 p.m.

FREE bus transportation available from Derby grounds at 1:30 a.m. sharp returning to Schreiber and Terrace Bay.

SUNDAY, JULY 5

Food booths open noon to 5 p.m. Weigh-in time 2 to 5 p.m. Presentations of prizes.

\$1000.00 Attendance Draw - 6 p.m.

**LAKE SUPERIOR SCOTTISH
REGIMENT CONCERT
BAND PLAYING
IN AFTERNOON**

**Please
drive
slowly
anywhere
in town
during
the
weekend!**



Bike awards

It is now the second week of the Terrace Bay Police department's Bike Safety Program. This week's recipients are Melissa Kenny, left, and Lisa Prusky, right. The program, which runs until August, will give awards to a maximum of two kids per week each week. They receive the awards for showing proper bicycle safety. At the end of the program, all children who have received a weekly award will be eligible for the grand prize of a 2 brand-new bicycles. Two children will receive the grand prize.

Grey Goose bus chase

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Constables Rolland and Anderson were then called to form the roadblock while Burton co-ordinated the effort from the Schreiber office, in conjunction with the Nipigon detachment.

The decision was made, in consultation with the detachment sergeant of the Thunder Bay OPP, that a section of road be chosen in the detachment area that would

slow a large vehicle down.

The spot chosen was Jackfish Hill, east of Terrace Bay. Since the bus was travelling at high from about 6 a.m. until about 1:30 p.m. the same day when he was transported to Thunder Bay.

When asked if it was an exciting operation, Burton replied, "It was just another day" and "all in a day's work."