

Panic attacks are more common than you think

A panic attack

A panic attack is a sudden episode of extreme fear and anxiety which is accompanied by a variety of physical symptoms.

These may include: faintness, trembling or shaking, hot and cold flashes, feelings of unreality, sensations of choking or smothering, palpitations, chest pain or discomfort, and fear of fainting or dying.

A panic attack is a most-frightening experience. It is not uncommon for a person having his or her first panic attack to mistake the symptoms for those of a heart attack.

What is a phobia?

A phobia is a "persistent and irrational fear of a specific object, activity, or situation that results in a compelling desire to avoid the dreaded object, activity, or situation".

The fear is recognized by the individual as being excessive or unreasonable.

Agoraphobia is the most common and disabling phobia.

Agoraphobia is a condition in which sufferers experience a morbid fear of anything and everything outside of their own home.

People who experience panic attacks tend to gradually become agoraphobic. In their desire to avoid the frightening symptoms of an anxiety attack, they slowly start to avoid situations in which the panic attacks have occurred.

Other phobias include extreme fear of social situations like going to a party or public speaking and fear of specific objects or situations such as animals, insects, flying, heights, and others.

Does every phobic suffer panic attacks?

Not necessarily. In some cases the anxiety may be quite mild, but once a panic attack has been experienced, the phobic has a fear of another attack. This creates still further fear of the dreaded object, situation, or activity.

The agoraphobic person may become more and more hesitant about leaving the house. However, some may leave their homes with certain limitations.

Are there other symptoms?

In addition to the physical symptoms described, a number of emotional symptoms may develop. These include:

- feelings of inadequacy
- depression
- irrational fears which cannot be overcome

What does this do to the phobic person?

Because of the anxiety experienced the phobic tends to avoid the dreaded objects, situations or activities.

The agoraphobic person may severely limit or totally give up such activities as shopping, driving, eating in restaurants, visiting friends, and going on vacation.

Many agoraphobics may become prisoners in their own home in order to avoid situations which may trigger a panic attack.

The avoidance behaviour can often have complicating consequences. Frequently the sufferer becomes convinced that he or she is going insane.

Agoraphobia places severe strains on a marriage, particularly when the partner is unable to understand the feelings of the sufferer.

see page 10



Police Ontario Provincial

Crime of the week #39- Sept. 28, 1987 Break, Enter and Theft- Wolf River

During the summer of 1986, repairs were being made to the concrete supports of the Canadian Pacific Railway bridge which spans the Wolf River.

This is near Dorion, Ontario, some 60 kilometres east of the City of Thunder Bay, and approximately one kilometre south of Highway 11/17.

On August 16, 1986, the construction site was left by the workers at 8 p.m., and upon returning at 2 p.m. the following day, Sunday, Aug. 17, it was discovered that a break and enter had occurred.

Several trailers were at the scene, including one used as an office, and another used for storage, and both had the hasps and padlocks cut by what appeared to be bolt cutters.

Included in the stolen property is a red "BEACH" 9 drawer tool chest, which contained several "CRAFTSMEN" socket sets, wrenches, saws, pliers and other mechanic-type tools.

Also stolen was a "MAKITA" angle grinder, a "MAKITA" power drill, a two-inch "HONDA" pump, a "KANGO" model 501 concrete drill, a "VICTOR" propane cutting torch, a "HOMELITE" chain saw, two 24-inch "RIGID" aluminum pipe wrenches and a variety of "HILTI" tools and accessories.

58 sheets of three-quarter-inch plywood, 17, 40-kilogram bags of Portland cement, several boxes of nails, extension cords, oil grease and other items were also removed from the scene.

Also stolen was a large quantity of aluminum catwalk safety grates of varying sizes, including 10' x 12', and 8' x 12'.

The majority of the property is identifiable by either markings or serial numbers.

The total value of the property stolen is in excess of \$15,000, and to date, none of the property has been recovered.

It is believed that a larger single-axle truck, such as a three-quarter-ton or one-ton truck was used by the culprits.

Owing to the size and weight of the articles stolen, it appears that at least two persons were involved in the theft.

Crimestoppers will pay up to \$1,000, this week, for information that leads to the arrest of the person responsible for this crime.

Call Crimestoppers at 623-TIPS, that's 623-8477, or long distance, toll-free, at 1-800-465-6844, if you have any information regarding this crime.

"YOU DO NOT HAVE TO REVEAL YOUR IDENTITY"

Crimestoppers also pays cash for information on any unsolved crimes.

The Crimestopper reward fund is raised through tax-deductible donations from citizens and businesses.

Cheques may be sent to Thunder Bay Crimestoppers Inc., 425 E. Donald Street, Thunder Bay, P7E 5V1.



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TOWNSHIP OF SCHREIBER

The Township of Schreiber, has for sale by tender, one 1970 Ford Truck, with holding tank mounted on same. The vehicle is offered as is, without wheels. Tenders will be received up to 4:00 p.m., October 2, 1987. The lowest or any tender not necessarily accepted.

A.J. Gauthier
Clerk-Treasurer
P.O. Box 40,
Schreiber, Ontario
P0T 2S0



TOWNSHIP OF SCHREIBER

NOTICE OF INTENT TO PASS AN AMENDING BY-LAW TO ZONING BY-LAW 631, THE EFFECT OF WHICH IS

TO CHANGE TOWNSHIP PROPERTY ADJACENT TO PEARY STREET FROM THE RURAL ZONE TO THE INDUSTRIAL ZONE

TAKE NOTICE: That the council of the Township of Schreiber intends to pass By-Law 87-15 on the 10th day of November 1987, under Section 34, of the Planning Act.

AND TAKE FURTHER NOTICE: That a Public Meeting, will be held on October 27th, 1987, in the Council Chambers, Schreiber Municipal Office, to consider the change in zoning of the subject lands, from Rural to Industrial.

AND PERSON may attend th PUBLIC MEETING, and make written verbal representation either in support of, or in opposition to the proposed zoning by-law amendment.

ADDITIONAL INFORMATION relating to the proposed Zoning By-Law Amendment, is available for inspection, between the hours of 9:00 a.m. and 5:00 p.m., at the Municipal Office, 608 Winnipeg Street, Schreiber.

DATED AT THE TOWNSHIP OF SCHREIBER THIS 28TH DAY OF SEPTEMBER, 1987

A.J. Gauthier,
Clerk,
Township of Schreiber,
Municipal Office, 608 Winnipeg St.,
Schreiber, Ontario
807-824-2711

SCHEDULE 'A'

LAND USE DESIGNATION

