

McCausland's 2nd ambulance



Shown in the photograph above at the Terrace Bay Fall Fair is the McCausland Hospital's new 1987 ambulance, which has been in service now since early July.

The hospital now has two ambulances, the other being a 1985 vehicle.

Ambulance Manager Dave Schinbein told the *News* that these life-saving mobile units are usually replaced every four years or 160,000 kilometres, whichever comes first.

He said in the normal course of its lifetime, an ambulance will see many rough times; an ambulance is not a vehicle to be babied.

After they go out of service they are put up for auction to be sold.

It is Schinbein's opinion that Ontario has the best ambulance service in Canada.

He said the province spends approximately \$162 million on ambulances. "That is more than the rest of Canada put together," he said.

Panic attacks are more common than you think

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Also, the agoraphobic person may become isolated from family and friends.

Is this condition widespread?

Yes, because of the nature of the condition, however, sufferers tend to hide themselves away, afraid to tell others how they feel.

Almost typically the untreated agoraphobic believes that he or she is the only one to feel as he or she does.

It has been found that more people suffer from anxiety attacks and phobic symptoms than from any other condition, and that the majority of the people suffering from these symptoms are not receiving treatment or help.

What can be done about it?

Experience shows that two things work-

1. Individual Supportive Therapy and,
2. People suffering from panic attacks and phobic symptoms helping and supporting each other.

In the Nipigon-Red Rock area, three people who are suffering from panic attacks and phobic symptoms are presently in informal contact with each other, and they are finding it very helpful to know that they are not the only ones with irrational fears and anxieties.

Because of the support that this informal networking is providing, we have decided to start a support group.

The group will be meeting on a monthly basis.

The first meeting will be taking place on Wednesday, October 21, at 7 p.m. in the building that houses the Nipigon Mental Health office, 161 Railway Street, Nipigon.

For more information, please call Lesley Rendell, 886-2484, or Else Thorst (Mental Health) 887-2930.

Psychologist will be in town

Dr. Alan Young, a psychologist from Thunder Bay, will be here in Schreiber on **Tuesday, Oct. 6.**

He will be giving a presentation on parenting and child behaviour at **1:30 to approximately 3:30 p.m.** at the Schreiber Public Library.

The child development program will be arranging Day Care.

Dr. Young's presentation is **Free of Charge** and everyone is welcome.

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