

International skating competition soon

With Sun Life Skate Canada International fast approaching, most of the International skating federations have responded with the names of the skaters that they are sending to represent their countries.

Leading the men's entries will be Canada's Kurt Browning whose dynamic jumping ability is reminiscent of past Canadian Champion Ron Shaver. Browning, 2nd to Brian Orser at Nationals the past two years, is hoping to recreate a moment he made in history last March. At the World Championships in Budapest he landed figure skating's first ever quadruple jump in a competition.

Browning will face stiff competition from two men who train in Barrie, Ontario with Doug Leigh, Brian Orser's coach. Canada's small but powerful Matthew Hall exhibits the same fluidity of Orser, though the "packaging" still needs some pol-

ish. The other skater from Leigh's camp is Oula Jaaskelainen, representing Finland. Jaaskelainen said he is "looking forward to Skate Canada in Thunder Bay; through these invitational events I get to see Canada." Being the Finnish National Champion Jaaskelainen's looking forward to a chance to bring home a medal for his homeland.

Viktor Petrenko of the U.S.S.R. is the top seeded male amateur due to the retirement of Boitano and Orser. With bronze medals from the 1988 Olympics and Worlds Petrenko will certainly be fighting for the position of the podium. To complete the men's entrants, Jim Cygan and Angelo D'Agostino (USA), Daniel Weiss (W. Germany), Frederic Lipka (France), Tatsuya Fujii (Japan) and Mark Bachofen (Switzerland).

Due to an injury, on the Canada's original entrants, Shannon Allison, has had to withdraw. Team mate Marie-Claude Tremblay faces a formidable task being the sole Canadian ladies entrant. Tremblay will be up against such seasoned competitors as Jill Trenary (USA) who was 4th

in the World Championships (Budapest) and 5th at Olympics. With the retirement of Katarina Witt, Elizabeth Manley and Debi Thomas, Trenary is one of the top 3 ladies for the upcoming competitive season. Thunder Bay will be seeing "Canadian content" when viewing Trenary's programs. Her choreographer is none other than past Canadian pair champion Sandra Bezic.

Other entries in the women's event are Patricia Neske (W.

Germany), Elina Hanninen (Hungary), Tracey Damigella (Finland), Gina Fulton (Great Britain), Tamara Teglassy (USA) and Natalia Lebedeva (USSR).

A lite word about proper food terms

Have you ever wondered what "calorie-reduced", "low-calorie" and "natural" mean? Does "light in a label always mean the same thing?

Consumers have become aware of health, and in response the food industry has developed new products. To protect the consumer, the government has written a detailed set of regulations and guidelines on labelling, advertising, and claims.

Calorie-reduced
The food, when ready to

serve, must give no more than half the calories it would normally provide.

Low Calorie

Calorie-reduced food, when ready to serve, must provide no more than 15 calories per average serving and no more than 30 calories in a reasonably daily intake. The calorie content must be listed on the label.

Light

Light may be spelled "lite". It's important to read the label carefully. Usually, light means the food is low in some particular substance such as energy or fat, and the label must tell the relative change.

However, the words 'light' or 'lite' may be used either if the associated claim is clearly understood by consumers through long established practice, or if it is clearly evident that the 'light' refers to some other specific characteristic.

'Light' may refer to colour, texture and taste.

Fresh

Fresh food is considered to be food that is unfrozen or unpreserved by any method and is offered for sale at the earliest possible time e.g. fresh milk as compared to evaporated or dried milk.

Foods are not considered fresh if they have been stored over a long period of time, or have been sold in a frozen or thawed state.

Meat, fish or poultry that has been frozen and then thawed for sale must have "previously frozen" on the label or on a sign close to where the food is sold.

Note that previously frozen meat, fish, or poultry which has been thawed should not be refrozen unless it is cooked first.

Natural

This word is hard to define. Foods or ingredients of foods should not be described as natural if their original physical, chemical, or biological state has been significantly changed.

This includes such changes as loss of nutrients, loss of dietary fibre and removal of caffeine. A food described as natural should not contain an added food additive, an added vitamin or mineral or an added artificial flavouring agent.

Health food

Some foods may be nutritionally better than others. No one food is perfect. No one food, by itself, will give, restore or ensure health or nutritional well-being. Descriptions such as 'health food' should not be used.

If you have any concerns or questions about labelling or advertising of products, contact Consumer and Corporate Affairs, or call the Thunder Bay District Health Unit at 625-5900.



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