



**Watch where you drop your newspapers**

A register blocked accidentally—even by something as light as a newspaper—can cause your furnace or air conditioning extra work

**Birth Announcement**

Carol, Gord and big brother Gregory Opas are happy to announce the birth of their second son and brother.

**RYNE RAYMOND**

BORN ON DECEMBER 4, 1989 AT THE PORT ARTHUR GENERAL HOSPITAL

Ryne is the second grandson for Mr. & Mrs. H. Bouchard and Mr. & Mrs. E. Opas all of Terrace Bay. Special thanks to Suzanne Black and Dr. K. Wilkes for all their prenatal care.

**Birth Announcement**

George and Bonny Miller, along with Ryan and Kimberly are pleased to announce the safe arrival of

**Jared James Michael**

Born November 8, 1989 at Brandon General Hospital

Proud grandparents are Pat and Sandy Bourguignon of Schreiber, Arnie and Adrienne Miller of Brandon Man., and great-grandma Eva Tremblay of St. Lazare, Man.

# Depression affects our minds and bodies

## Treatment is easier and more effective when started early

By Rhonda O'Connor  
North of Superior Mental Health Worker

Depression is a common problem in Canada today; it is an illness that affects our minds and our bodies.

Many people, at one time or another, experience this common mood disturbance. Some of the symptoms which may be experienced are:

- feelings of sadness, hopelessness
- difficulty sleeping, early wakening, difficulty getting up
- irritability, restlessness, poor self-esteem
- feelings of guilt
- eating disturbances, usually

- loss of appetite and weight
- fatigue, decreased energy
- loss of concentration, loss of interest in pleasurable activities, (i.e. sex)
- physical discomfort such as aches and pains

Being depressed doesn't mean you are "mentally ill" or "going crazy" even though you may have thought that was happening.

All of us experience some or all of these symptoms sometime during our lives. When these symptoms persist and are severe, and pain and problems are more prominent than pleasure, it is usually time for some professional help.

Like other illnesses, treatment

is easier and more effective when it is started early. Medication can be used for depressed people and it must be taken as your doctor prescribes it, otherwise, it will not work.

Individual therapy, or "talk therapy" is often effective when it provides support and aids the person in uncovering underlying causes of depression.

All of us, if we're "down" or "feeling blue" or depressed can take action so that this will not ruin our lives. Some tips are:

- see your family doctor regarding your symptoms
- talk about your feelings with a trusted friend or a counsellor
- exercise regularly to work off "built-up tensions"
- avoid undue stress
- take time out for yourself; do something for yourself that you deserve and enjoy

The good news about depression is that almost all of those afflicted with it can be helped.

## Women of the Moose news

Women of the Moose News - Terrace Bay Chapter #1426  
Women of the Moose held their Chapter night meeting on Dec. 3rd with 24 members present. Junior Regent Bernice Pytyck chaired the meeting.

Roll call of Officers and Chairman was given. Receipts and deposits were verified by Treasurer Jean Bozec.

Pro-tem Social Service chairman Fernande Bilodeau introduced her committee and gave a resume of her program for the night.

Enrollment took place welcoming three new members into the defending circle.

Letter from Mooseheart was read informing the Chapter that Chapter Rally Day would be held on Sunday January 14th with Port Arthur as hostess Chapter. Any member wishing to attend the Rally please call the Recorder.

Members were in favor of donating a cheque to Share the Wealth for needy families instead of donating to two needy families.

Following adjournment Santa Claus arrived and presented gifts to all co-workers. Lovely lunch of salads, cold plate and refreshments was served by Fernande Bilodeau, Rachel Levesque, Darquise Lafreniere and Annette Landry.

Beautiful cake donated by Lise Hnatuk was won by Rachel Levesque, another raffle was won by Natalie Boucher. Pot of Gold was won by Pat Maennaa.

# SANTA invites You to the MARATHON CENTRE MALL!

It's a Family affair - Bring the children to visit with Santa while you explore the stores, shops, and services.



**SANTA'S HOURS:**

Each Wednesday, Thursday & Friday through to December 22, 6:00 pm. to 9:00 pm.

Monday & Tuesday: December 18 & 19, 6:00 pm. to 9:00 pm.

Each Saturday to December 23, 10:00 am. to NOON  
2:00 pm. to 6:00 pm.  
7:00 pm. to 9:00 pm.



**FREE Santa Shopping Bags** (while they last), on request from any store/service.

**FREE Candy Canes** from Santa's Elves.

**FREE Children's Activity Books from Santa...** (complete the letter to Santa Section of the Activity Book & deposit it in Santa's mailbox located by his chair. He'll personally reply!)



**Our People of the marathon centre mall**

- \* The Met Department Store
- \* Mark's Work Wearhouse
- \* Trans Canada Shoe
- \* Francines Ladies' Wear
- \* Dave's Den
- \* Thunder Bay Travel
- \* Bank of Nova Scotia
- \* Figliomeni's Valu-Mart
- \* Superior Submarine (opening soon)

...eager to meet, greet & serve the people of the region.



**Come join in the Festivities & take advantage of the CHRISTMAS SPECIALS!**



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