



## Health

### It's a Great Feeling

Healthy Food Choices may Reduce Your Cancer Risk  
Good News!

Cancer is not inevitable, nor is it always fatal. There is a lot you can do to prevent it, and if it does occur, to detect it at an early and treatable stage. Even if you have neglected your body for a lifetime, it's not too late to begin practising good health habits; habits that will make a difference in how you feel and in your ability to prevent and detect certain types of cancer.

Your diet may make a difference.

By selecting foods that help to keep your body healthy, you can take steps to reduce your chances of getting cancer. There is evidence that diet and certain types of cancer are related.

The Canadian Cancer Society recommends that you...

1. Eat less fat. Follow these suggestions:

- Choose lean cuts of meat, poultry and fish. Trim all visible fat from the meat and remove the skin from poultry before cooking it

- Choose low-fat dairy products

- Use sparingly: margarine, butter, oil, lard, shortening, and cream

- Limit the use of rich sauces, salad dressings, mayonnaise, and gravy

- Bake, poach or broil meat, fish and poultry rather than frying

- Limit the use of high-fat desserts such as pies, cookies, cakes, doughnuts and ice cream.

2. Eat more Fibre. Your best choices are:

- fruits and vegetables

- whole grain breads, cereals, crackers and muffins

- cooked dried peas, beans, lentils and brown rice

- unbuttered popcorn, nuts and seeds in moderation

3. Eat Several Servings of Fruits and Vegetables.

Canada's Food Guide recommends four to five servings daily.

In addition to containing fibre, fruits and vegetables are an excellent source of vitamins and minerals. Select a variety of vitamin-rich foods rather than relying on vitamin supplements.

Good Choices are:

- oranges, grapefruit, apples, peaches, pears, apricots, nectarines, plums and melons.

- carrots, broccoli, brussel sprouts, cabbage, cauliflower, tomatoes, potatoes, spinach, squash, and sweet potatoes.

4. Maintain Ideal Weight. Some suggestions are:

- Eat fewer fatty foods and less sugar

- Avoid second helpings

- Prepare smaller portions

- Use fresh fruit and vegetables for snacks

- Serve fruit for dessert

- Increase physical activity

5. Minimize Your Consumption of Salt-Cured, Pickled and Smoked Foods. For example:

- ham, bacon, wieners, bologna and smoked or pickled fish

6. If Alcohol is Consumed, Have a Limit of Two or Fewer Drinks per Day.

# Schreiber student has story published

by Rob Cotton

The News

The decision to submit a story to an editor for publication is a nerve wracking experience for any writer but for Suzee Costa, 15, of Schreiber it was a decision that brought eventual satisfaction.

Suzee wrote a portrait of someone special as part of a Grade 8 class project last year when she was attending Schreiber Public School.

She decided to submit her piece, a portrait of her Great-Grandma, Tressia Spatton, to *Catching the Spirit*, an annual anthology of writing by the students of Northwestern Ontario.

Her work was chosen for publication.

Suzee said she enjoys writing poetry in her spare time although she does write stories sometimes.

Why Suzee chose her great-grandmother as someone special is best answered by reading her story.

### *A Tribute to My Great Grandmother*

*I remember my great-grandmother saying I was her favorite great grandchild. Every time I went to Brandon, Manitoba to the senior citizen home, she would wait on the ramp in her wheelchair and I would run up to her and give her a big hug because it felt so good to be with her.*

*While I was there I would take her for walks and we would drink tea and we always had a good time. She was my best friend.*

*When she passed on last year, it felt like the whole world had ended. She was the best thing that ever happened to me. I cried so much when everyone said it was best for her, and when I look at my gigantic mouse or the pictures, those memories still*



Suzee Costa with the her gigantic blue mouse given to her by her great-grandmother.

*make me cry. I still regret not seeing her one last time. or not saying goodbye.*

*In a letter that was sent to my family, was a necklace she always wore and when I saw*

*it, it made me realize she was in a better place and that she will always be with me no matter where I am - my Great Grandma - Tressia Spatton Yates.*

### DIABETIC MEETING

Wednesday, April 17, 1991

7:00 p.m.

Schreiber Chimo Club

Topic: Diet Products Available in the Local Market

### EAGER S.P.S. Enviro Club and Teen Talk

would like to encourage residents of Schreiber to come out and celebrate **EARTHDAY 91**

by cleaning up the town. Bags will be available at the library parking lot at 1 p.m. April 21.

Show you care. Be there!

Rain date April 28

## Things get done in the Classifieds



THE CORPORATION OF THE TOWNSHIP  
OF TERRACE BAY

**EARTH DAY**  
April 21, 1991

The Township is requesting volunteers to help with clean-up of the town for Earth Day.

### COME ON OUT AND PITCH IN!

Volunteers can sign in and pick up their garbage bags at the Tourist Information Centre at 1:00 on Sunday, April 21st.

(Alternate date April 28th)

Council will be having a barbecue afterwards at the Tourist Information Centre with hot dogs, pop and coffee for all volun-

WEEKLY  
SERVICE  
TO YOUR  
AREA

Perth's



DRYCLEANERS  
& LAUNDERERS  
since  
1906

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1st One \$9<sup>99</sup>, 2nd one FREE!

SLEEPING BAGS  
1st One \$9<sup>99</sup>-2nd One FREE!

COMFORTERS  
& SPREADS  
1st One \$8<sup>49</sup>  
2nd One FREE!

### AGENT LOCATIONS

\*Sewing Nook, Terrace Bay

\*Travel Rest Trailer Park, Schreiber