

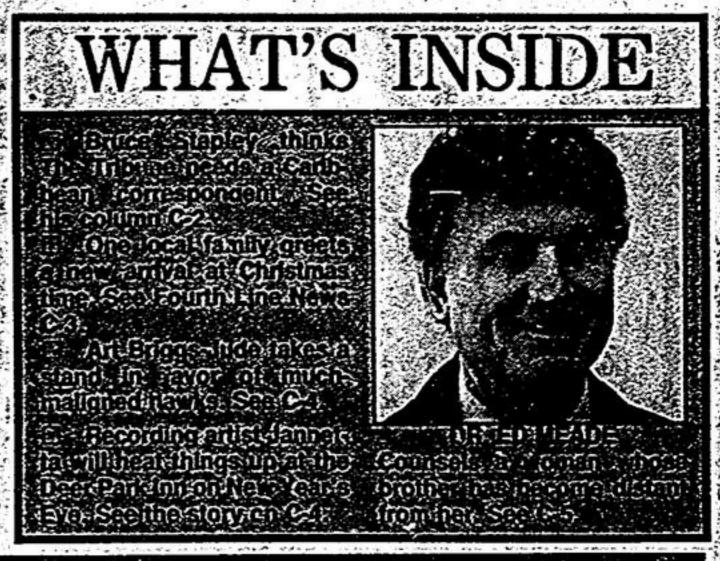
Kidney canvassers meeting

'Until kidney disease is conquered and dialysis and transplants are no longer required we have a responsibility to fight kidney disease," said Don Cousens, honorary chairman of the Kidney Foundation's Markham Chapter.

Door-to-door canvassers collected more than \$30,000 last March and a dance-a-thon in September sponsored by the Buttonville Airport and the Sheraton Parkway Hotel collected more than \$35,000.

To help launch the March '89 canvas for Markham there will be an organizational meeting at the Chimo Hotel on Thursday, Jan. 12 at 7:30 p.m. Dessert and coffee will be served from 7:30 to 8:15 p.m. and a meeting and presentations on what the Markham Chapter is doing will start at 8:15 p.m.

Janet Bick, past chairman said, "We have been able to do a great deal for the Kidney Foundation in Markham and everyone works so very well together. We hope that more people who are moving into Markham will become part of our team. It is a good way to meet new friends and do something worthwhile for our community."





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Markham man takes board game to market

MARTA MARYCHUK Staff Reporter

There's a new game out this Christmas which its promoter says will have both sports fanatics and greenhorns alike buzzing.

Don't let the name Sports Franchise fool you, Markham native Glen Cookson. Although sports trivia questions are part of the game, he says Sports Franchise is more like Monopoly than Trivial Pursuit.

Players are given \$5 million, as they move around the board, buying up concession stands and stadiums. The object of the game is to become the most successful sports franchise owner.

The Markham man says players make money by renting out their stadium and by betting on sporting events.

You don't have to be a sports fanatic'.

The questions in the game range in their degree of difficulty. "You don't have to be a sports fanatic," stresses Cookson. "There is a degree of difficulty, but we didn't want to stump

anyone." At the same time, Cookson says game to real life."

chance, says Cookson. For example, your team could be rocked by a drug scandal and you could be forced to pay a hefty amount to out at the last minute. the players' association.

Sports Franchise is the brainchild of Blair Fewster according to Cookson. Fewster, a social worker, was travelling in Northern Ontario when the idea hit

was so strong that Fewster knew wife the next day and the project has been going strong ever since then.

ble to work on the game full-time.

board five or six months later, to Bookstore. handle the business end. Since the game's inception, Cookson says he's been sourcing out manufacturers and getting quotations.

Family and friends spearheaded game project. until recently.

Ivana Fabrizi, who worked with Fewster-Yan in public rela-Mark Fujita, a chartered accountant have also become involved Good Fun Games and Hobbies in in promoting the game.

they "tried hard to relate the market the game themselves." Cookson says they had several There's also an element of major sponsors interested in the game, including Molson's Breweries, which Cookson said "was ready to go," but backed

Cookson admits they were Sports Franchise.

disappointed when the deal fell through, but they understand that promoting a game was an unknown form of advertising.

The group took their idea to Irwin Toys, and Sports Franchise According to Cookson, the idea is now in limited distribution. Cookson says the game wasn't right away he was on to picked up by the major departsomething. Fewster phoned his ment stores like Eaton's or Simpson's.

But the game is available in many of the toy stores, including Jill Fewster-Yan, Blair's Good Fun Games and Hobbies at sister, quit her job as an advertis- Markville Shopping Centre, Dufing executive at Proctor & Gam- ferin Game Room at Scarborough Town Centre and Cookson, a childhood friend of selected locations of Toys R Us, the Fewsters, was brought on Toy City and W.H. Smith

> The game will be distributed more widely next year

So far Cookson says sales have been good. More than three dozen. copies of the game were shipped to the Dufferin Game Room store in Scarborough three weeks ago. According to the store's manager tions at Proctor & Gamble and the game was quickly bought up.

Mark Cooper, an employee at Markham confirmed that sales of At first the group tried to Sports Franchise are brisk.

And because of this year's success, Cookson says next year. Sports Franchise will be in major distribution. Cookson says the same marketing company which made Pictionary a hit in the United States, is now handling.

Markham's Glen Cookson has been involved in the marketing and distribution of Sports Franchise. The new game, which challenges players to become the most successful sports franchise owner, appeals to both men and women, whether they know anything about sports or not.

Experts say hang in until hangover's over

MARTA MARYCHUK Staff Reporter

You were feeling no pain the night before, but the morning after is another story?

Your head probably feels like someone stuffed it into the spin cycle of a washing machine and your stomach, well, it could be on board a fast-sinking Titanic.

. The good news is that nobody ever died from a hangover. The bad news is that hangovers

are a little like colds; many people get them but medical science can't seem to find a cure. Frank Fallon, of the Addiction Research Foundation says the

only thing you can do for a

fer, of course. He says the only sure-fire way to avoid a hangover is to abstain from drinking alcohol altogether. But he admits that abstaining isn't a very popular suggstion,

especially during the holiday Fallon says a hangover is basically your body going through withdrawal; as the alcohol leaves your system. The nausea and vomiting which often accompany a hangover are a result of the toxins from the

lining the state of the state of >11 you insist on drinking to excess, Fallon says there are a few things you can do to soften the blow the next morning. To begin with, he suggests you drink a lot

alcohol irritating your stomach's

down your body's rate of alcohol But Fallon says you've got to absorption.

something to the old wive's tale day, even at the rate of one drink which warns you not to drink on an hour and not wake up with a an empty stomach.

eating those foods which contain substance abuse, per month. down your body's rate of alcohol

absorption. hair of the dog," the next day staff see at least one or two hangover is to wait it out, and suf- just fooling yourself. A drink the involving alcohol. next morning may seem to lessen the effects of a hangover, but your body has to go through the withdrawal process sooner or

> Fallon also suggests that you stick to the same kind of drink, if you plan to party. If you switch drinks, Fallon says you have a tendency to lose track of how many you've had.

> It's also a good idea to avoid hot drinks like warm brandy, according to Fallon. Heat and alcohol spell double trouble because heat allows the alcohol to reach your brain faster, giving you a bigger "buzz."

your body has a chance to absorb effects of the alcohol.

of water before indulging, to slow the alcohol at a reasonable rate. exercise some common sense Fallon says there really is too. You can't expect to drink all hangover.

By coating the lining of your Nancy Cournoyea, the nurse stomach with food, he says you manager of the emergency room can avoid some of the irritation at Scarborough Grace Hospital caused by the alcohol. And by says she sees about 20 cases of

protein/like peanuts, cheese and Cournoyea estimates that at meat, Fallon says you can slow least 80 per cent of these cases involve alcohol abuse. Then on top of all these cases, Cournoyea Although people claim that "a says each month the hospital really works, Fallon says you're serious multi-vehicle accidents

· Cournoyea, who has 12 years nursing experience says she's never seen anyone die from alcohol poisoning/or drinking too much.

Most people end up dying from the secondary effects of alcohol, like malnutrition and liver cancer, explains Cournoyea.

But she says a lot of people show up in the emergency room with cuts and bruises after they've lost their footing. Others come in with more serious injuries, after falling down stairs or injuring themselves in their homes....

Like Fallon, Cournoyea says Having one drink an hour is a the best cure is time. The hospital good rule of thumb, says Fallon. staff patch them up, give them li-At a drink an hour, Fallon says quids and let them sleep off the

