

ANXIETY & PANIC

SEMINAR FEATURING MIKE GLUGOSH

Six years ago, Mike Glugosh was a hostage to his own fears. Constantly worried about his health and his own state of mind, he found himself wanting to avoid situations that made him feel anxious such as being alone, going to work and socializing. In time, Mike realized he was not alone in his suffering. Anxiety disorder is the number one emotional problem in our country today.

Mike will share the story of his recovery and provide coping skills at a seminar open to the public in your area.

Symptoms for anxiety disorder include heart palpitations, chest pains, dizziness, stomach problems, bewildered & spaced out feelings, confusion, shortness of breath, scary thoughts, trembling or shaking, and nervous or panicky feelings.



Many people with anxiety also experience mitral valve prolapse. Generally, people fear what Mike calls "losing control."

having a heart attack, embarrassing themselves, or losing their minds.

The Midwest Center for Stress and Anxiety, with whom Mike works, has done stress and anxiety seminars for companies such as Chrysler, AT&T, and McDonald's. They have also been featured on OPRAH, REGIS and KATHY LEE and many other well known programs.

If you cannot attend, please call 1-800-318-7766 for information.

The Midwest Center specializes in programs for anxiety, panic and depression.

FREE SEMINAR

See Mike Glugosh:

Fri. Feb. 13, 7:30-9:00 p.m. Maples of Ballantrae R.R. #4 STOUFFVILLE	Mon. Feb. 16, 7:30-9:00 p.m. Flying Dutchman Clarrington Hotel 143 Duke Street BOWMANVILLE	Tues. Feb. 17, 7:30-9:00 p.m. Admiral Inn R.R. #2 LINDSAY
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Exam schedule conflict angers local trustee

JENNIFER BROWN
Metroland Staff

At least one trustee is angry about the way York's public school board staff handled a conflict between high school exams and an Islamic holy day.

The phone rang steadily last Wednesday night at the home of the East Gwillimbury/Whitchurch-Stouffville trustee Virginia Hackson, as parents expressed outrage because the first exam day was being determined by the presence of the new moon.

Students were told they wouldn't know until the last minute whether exams would be delayed by the Muslim celebration Eid-al-Fitre, which begins when the new moon appears, marking the end of Ramadan and a month of fasting.

Board staff decided that if the new moon appeared on the Wednesday night, the exams would be delayed until Friday. Otherwise, they would begin Thursday.

The holy day affected about 50 students attending high schools north of Elgin Mills and about 1,000 students to the south. There are 29,400 high school students across the region.

Complicating matters was the fact the Canadian Muslim sect had decided in advance that Eid would be celebrated on Friday, regardless of the new moon, while other sects were waiting to see the moon.

Parents and students had to phone their schools Thursday morning to find out whether they would be writing exams or attending classes as usual.

Students were told to call one of four board phone numbers or listen to radio stations to find out whether exams had

been postponed.

But many local parents were angry the first day of exams was dependent on the holiday.

"I'm certainly not happy about it," the trustee said. "We just look very foolish. If we are recognizing these significant holidays, then they have to be handled very differently."

"Instead of being sensitive to this

EDUCATION

group, we've almost brought it to ridicule. We have to make sure it never happens again. It was certainly bad public relations. I understand that we try to be sensitive to the entire community, but the students were confused."

But board superintendent Bill Bell said the confusion was unavoidable because there was no way of knowing whether Eid would fall on Thursday or Friday.

"Board policy says we can't have an exam on a significant faith holiday," he explained.

"If Eid fell on the 30th, we would have to break our policy or wipe out a day of exams."

Hackson said staff should have scheduled the exam days at another time, or condensed them into four days this week.

But Brushett insists this is a one-time occurrence, due to the teachers' strike which delayed exams by a week, and the fact the Chinese New Year fell on Wednesday.

"Many said exams should have been next week but that would make the second semester even shorter than it already is," he said. "They really were stuck."

Rotary meal headlines Fisch

Bill Fisch, who recently took over as York Regional chairman, will be the guest speaker at a Rotary Club breakfast which will be held at Angie's Eatery Tuesday, Feb. 10.

This will be his first public engagement in Stouffville and he'll be talking

about the position of chair, the future of the region and Stouffville's place in that," said Rotary Club member Ken Prentice.

Breakfast will be served at 7:15 a.m. For more information call 642-9507.

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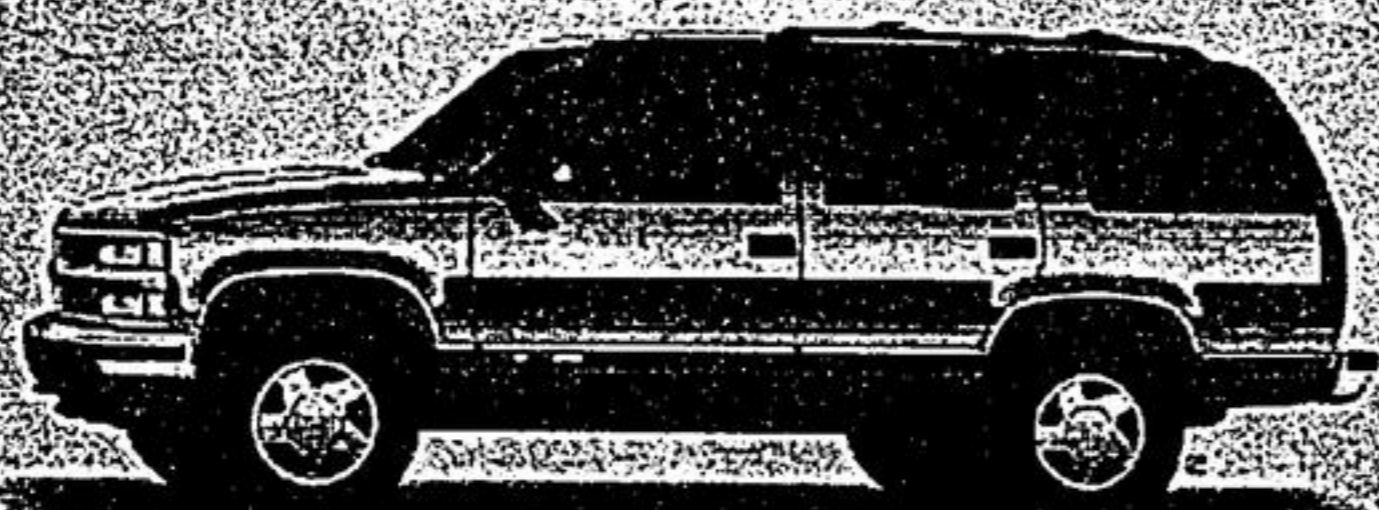
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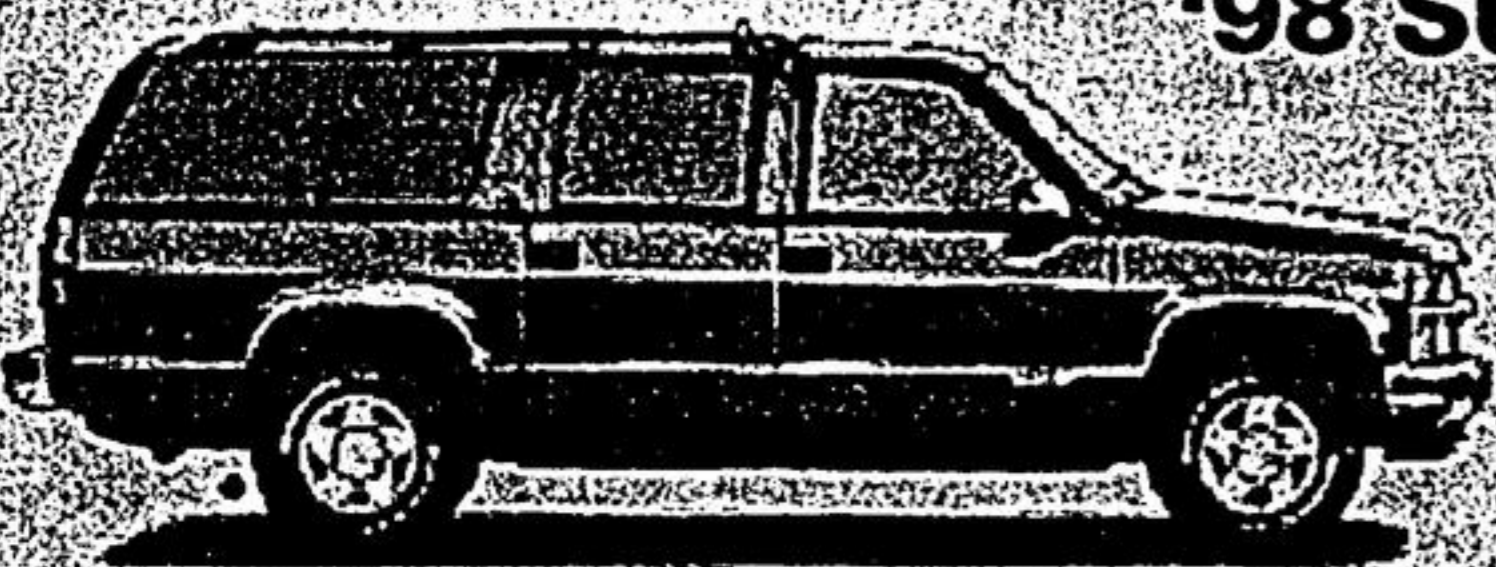
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