

# Best wishes sent to Ontario athletes at Olympics

Dear Editor,

One-third of the athletes representing Canada at the Winter Olympic Games in Nagano, Japan hail from Ontario.

Many of our fine athletes have been preparing for years to be the best they can be against the best in the world.

They are showcasing their talents — honed in amateur sport — at the ultimate competition.

These athletes have experienced what it means to build together as a team, to share experiences in the pursuit of excellence, to respect their colleagues and opponents, and to represent their country well.

## Thanks to all who pulled together for storm relief

Dear Editor,

On behalf of all the staff at Mickey Rats, I would like to take this opportunity to thank everyone who so generously donated to the storm relief cause in the area of Beckwith (near Ottawa).

I would like to especially thank Stouffville Pizza/Pizza, Pet Valu, Falstaff Electrical, Nobledee Kennels, Stouffville Kinsmen and *The Tribune* for pulling together to make our drive successful.

Vicky Haines, Manager  
Mickey Rats

### LETTERS

Ontario is proud to have played a part in helping today's athletes reach the Olympic Games.

I want to acknowledge the tremendous efforts of the coaches, managers

and volunteers who have helped our athletes in their drive to compete at the Olympics. Their commitment and support provides the best possible environment in which our athletes can excel.


As Minister of Citizenship, Culture and Recreation, and on behalf of the Ontario government, I extend best wishes to all Ontario athletes who

along with their team mates, are representing our country at the 1998 Winter Olympics.

I am sure they will have a memorable and rewarding experience.

Isabel Bassett  
Ontario Minister of Citizenship,  
Culture and Recreation

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## 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:**

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|--|---|--|
| Fri. Feb. 13, 7:30-9:00 p.m.<br>Maples of Ballantrae<br>R.R. #4<br>STOUFFVILLE | Mon. Feb. 16, 7:30-9:00 p.m.<br>Flying Dutchman Clarrington Hotel<br>143 Duke Street<br>BOWMANVILLE | Tues. Feb. 17, 7:30-9:00 p.m.<br>Admiral Inn<br>R.R. #2<br>LINDSAY |
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