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THE STORY OF ZABET AND JULIE...
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 Once upon a time, in a magic forest, a little girl named Julie was having trouble breathing. She was wheezing and coughing and having trouble getting air into her lungs. You see, Julie has asthma, and sometimes, when she plays too hard, she has an attack. Suddenly, out of a pond came a giant frog named Zabet who, with the wave of a magic reed, made Julie's attack stop. Zabet would also like to help you, so if you or your children have trouble breathing, consult your doctor or call the Asthma Society of Canada at **1-800-787-3880** to find out more about asthma and its treatments. You'll breathe a little easier.

ASTHMA SOCIETY OF CANADA


ADVERTISING FEATURE
The Golden Jubilee

Bookprints in Time features author Robert Sawyer

BY LISA CARTWRIGHT
 FEATURES WRITER
 Older adults are invited to attend Bookprints in Time, a literary event with award-winning science fiction author and Thornhill resident Robert J. Sawyer.
 Sawyer has won 21 writing awards including six in Canada and several in the United States, Japan, France and Spain.
 His works have been published in Britain, Bulgaria, France, Germany, Italy, Japan, Poland, Russia and Spain.
 Bookprints in Time occurs on Thursday, Oct. 21 from 2 p.m. to 4 p.m. at the Thornhill Community Centre Library. The library is located at 7755 Bayview Ave. in Thornhill.
 In addition to Sawyer speaking, there will also be a tree dedication ceremony and a presentation of International Year of the Older Person certificates to retired library staff.
 Bookprints in Time is a free event and Markham Transit is providing transportation to and from the event.
 For reservations call Donna Schmelefske at (905) 513-7977 by October 14.

Bridging the generation gap
 Young adults are teaching older adults the benefits of technology

It's the international Year of the Older Person and Ontario's theme is A Province for all Ages.
 What better way to bring the generations together than in front of a computer?
 Perhaps you have had some preconceptions about seniors — that they are too afraid to try something new, especially in the area of technology — that they are too old to learn.
 Given the opportunity, seniors enthusiastically develop new skills and embrace the benefits of technology. Did you know seniors are the fastest growing segment of the population signing up on the Internet?
 When we surveyed our seniors at Parkview Village to find out what kind of project they would like to take on for the International Year of the Older Person, the overwhelming response was computer courses.
 With grant money we were able to provide computer training at a reasonable cost. And who was qualified to teach? Young people of course. What a great combination.
 Seniors have been trained and are now using the computer to e-mail relatives, find out information on the Internet and write letters to friends and family.
 Those who have physical challenges particularly welcome their newly acquired skills. These individuals can now explore the world with a click of the mouse.
 Did you know that high school students now have to perform 30 hours of community service in order to receive their diplomas? This resource can be well-used and is mutually beneficial.
 If you know of a young person who is looking for some community work, or you are a seniors organization needing some assistance with computers, try the intergenerational solution.
 This article was submitted by Parkview Village in Stouffville.

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