

MS sufferers have little energy for daily life

BY HANNELORE VOLPE
Staff Writer

A cane by the door, a well-worn pillow and a wheel-chair ramp are a few of the visible signs of multiple sclerosis.

But there's also a hidden trail to the incurable disease that affects some 50,000 people throughout Canada: depression, overwhelming fatigue, loss of balance, vision disturbances and thousands of harried caregivers trying to cope.

In Stouffville, campaign co-ordinator Rita Berzins sold carnations in bunches and pots in front of the LCBO on Main Street last weekend to raise money for the society. She and other members of the York East Chapter were recognized last year by the MS Society for running the most improved campaign in Ontario.

In the inflammatory disease, lesions appear on the white matter (myelin sheath) of the central nervous system, interrupting nerve impulses that send messages throughout the body.

Although there is no cure, ongoing research has led to the development of effective new drugs and experimental treatments, such as bone marrow transplants. This year, the society was able to provide \$5.1 million for research. The Super Cities Walk in April is the society's major fundraiser of the year.

The fatigue of MS forced Mrs. Berzins to leave her job at Richters Herbs in Goodwood. The diagnosis was made five years ago, although she noticed symptoms earlier, including numbness in her hands and feet.

During her search for a diagnosis, doctors told her it was fibromyalgia or a possible stroke before a neurologist finally found it was MS.

"People don't understand," she said. "Fifteen



RITA BERZINS: Stouffville MS sufferer edits newsletter to help other people with disease.

minutes of any sort of physical activity and I am tired." She needs a two-hour afternoon nap just to have enough energy to get through the evening.

She praises her husband, Richard Fujimoto, who does all the cooking, shopping and other household chores. Her two sons, Mike, 17, and 20-year-old Paul, also help out.

Although she uses a cane to get around, "I am doing quite well," she said.

Mrs. Berzins goes to Monday night yoga classes held at P. T. Crowle Public School in Markham, which is free to members of the York East Chapter. Over time, it has become an informal support and information group for those with MS.

More information on coping with MS is available through the York East Chapter's newsletter, The Spokesmaster, which Mrs. Berzins edits, by phoning 1-888-660-0777.

The chapter provides members with financial help for housekeeping or equipment costs. The group has grown to about 60 members since it was started about 15 years ago.

OAK COUNTRY CANADA

Come Home To Amish Furniture Values

Shop and Compare

- Bedroom Suites
- Dining Room Suites
- Kitchen Suites
- Computer Workstations
- Desks & Tables
- Entertainment Centres

5' Strobe Beacon

Solid Oak

Solid Hickory

Solid Cherry

1428 Hwy#2 Courtice
(just east of Oshawa Townline)
1-877-438-9053
www.oakcountrycanada.com
Mon. - Fri. 9-9/ Sat. 9-5:30/ Sun. 10-5



Over \$1 Million In Inventory

Delivery and set-up available

SHOPS ON STEELES & 404 Location

SEARS Outlet Store

OFF PRICE EVERYDAY!!
Our stores receive merchandise already drastically reduced plus special buys and everyday good values

... Off Price Everyday!!

GREAT LONG WEEKEND SPECIALS ~ MAY 15 - 20

Unless otherwise stated, or while quantities last.

<p>Women's Selected SWIMWEAR 40% OFF Our Outlet Prices</p>	<p>Women's Selected BRAS Size 40 and up 50% OFF Our Outlet Prices</p>	<p>All Women's Mr. Max APPAREL 60% OFF Our Outlet Prices</p>	<p>All Women's SKIRTS 50% OFF Our Outlet Prices</p>	<p>All Women's DRESSES 40% OFF Our Outlet Prices</p>
<p>All women's Long Sleeve BLAZERS 50% OFF Our Outlet Prices</p>	<p>Women's Selected Image 2 PC. SWEAT SETS From 18 plus and up Was \$34.99 - \$45.99 Then \$14.99 - \$24.99 NOW 9.99 Set</p>	<p>All QUILTS & COMFORTERS 30% OFF Our Outlet Prices</p>	<p>All WINDOW COVERINGS 70% OFF Our Outlet Prices</p>	<p>ONE DAY ONLY Fri. May 16 Selected LIGHT FIXTURES 50% OFF Our Outlet Prices</p>

CHECK OUT OUR UNADVERTISED IN-STORE MANAGER'S SPECIALS

Personal shopping only. All merchandise sold "as is" and all sales are final. No exchanges, returns or adjustments on previously purchased merchandise; savings offers cannot be combined. No dealers. We reserve the right to limit quantities. Prices do not include home delivery. Although we strive for accuracy, unintentional errors may occur. We reserve the right to correct any error. Reg. Was and Sears selling price refer to the Sears Catalogue or Retail Store price current at time of merchandise receipt. Offers valid at Sears Shops on Steeles & 404 Outlet Store shown only. Merchandise selection varies by store. For other hot deals, visit the Outlet Site at www.sears.ca

SPECIAL OFFERS IN EFFECT THURSDAY, MAY 15 TO TUESDAY, MAY 20, 2003. UNLESS OTHERWISE STATED.

Shop often... save big on Sears Quality & Value HOURS

Mon. May 19	CLOSED
Tues. - Fri.	10:00 am - 9:00 pm
Sat.	9:30 am - 6:00 pm
Sun.	11:00 am - 6:00 pm

Shop often... save big on Sears quality at discounted prices

24 HOUR CATALOGUE SHOPPING:
1-800-26SEARS
2003 SEARS CANADA INC.
VISIT OUR OUTLET SITE AT www.sears.ca
FOR MORE HOT DEALS

Master Card VISA

Copyright © 2003 Sears Canada Inc.

FLYERS

Inserts for Thursday May 15, 2003

(905) 294-8244

- | | | |
|-----------------|-----------------------|--------------------|
| Best Buy | Pizza Nova | Wearhouse |
| Future Shop | Blacks Photography | M&M Meats |
| Zellers | Farmer Jacks | Stouffville |
| IGA | Nutrition House | IKEA |
| A&P | Colour Your World | Today's Homes |
| Dominion | Home Depot - Victoria | Sport Mart |
| RONA | Day | Dell Computers |
| Coast Mountain | Home Depot - Colour | Five Star Printers |
| Sports | Solutions | Loc Tite Interlock |
| White Rose | The Bay | Random Lane |
| Town of Markham | Shoppers Drug Mart | Industries |
| Yee Hong | Canadian Tire | Certa Pro Painters |
| National Sports | Sobeys | York Blooms |
| The Era Banner | Marks Work | Labatt |

No one delivers results like we do!
To find out more about how to reach your target market and get the same great response from your flyer distributors as these customers, call us today!
Selected areas only

ECONOMIST & SUN
Sun-Tribune