

## Pharmacists feeling crunch

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health care can be delivered to patients more efficiently. He believes pharmacists can take a preventative role, counselling patients on subjects such as nutrition and elements of good health, stress reduction and exercise.

People who come in to the pharmacy can be advised whether they need an over-the-counter medication, whether they should see a physician or even whether they should go to the nearest hospital emergency department, Mr. Wassel said.

Physicians are now referring patients to pharmacists for long-term follow-up treatment, which makes the therapy more cost-effective. "Pharmacists are doing this all over Ontario," he said.

Rob Croxall, pharmacist at IDA Drug Store on Main Street in Stouffville, noted in recent years, "we probably have more people looking to self-medicate rather than going to a doctor."

More and more people have come into his pharmacy asking if they should see a doctor for their symptoms or ailments.

He has assisted patients who have had difficulty finding a doctor. More people are talking to him about health-related concerns.

Although pharmacists have historically always advised patients on whether they should take over-the-counter medications, Mr. Croxall said, they find themselves being asked for advice more often because of the difficulty of finding a family physician or long waiting times for appointments.

## SDSS student artists run show at gallery

The winter art show season has arrived for Grade 12 artists at Stouffville District Secondary School, who work under the direction of art teacher Catherine Chartrand.

The annual student art show opens Sunday from 1 to 3 p.m. and continues until Jan. 4 at the Latham Gallery, 6240 Main St., Stouffville.

The show includes photography, sculpture, paintings and computer-generated images, which students have worked on since September. They explore themes inspired by mathematical studies, children, personal perceptions and Christianity.

As well as creating their own works, the students learn what has to be done behind the scenes to put on and advertise an art exhibition. They've designed the layout of the exhibition, installed their creations, created invitations and advertising and planned the reception.

The exhibition is sponsored by Giles Chevrolet Oldsmobile and Bill Houston Ford Ltd. The Stouffville Lions Club provided awards for outstanding works.

For more information, call the gallery at 905-640-8954.



**My New Year's Resolution for 2004**  
 I want to stop smoking. I want good health. I want to live longer. I don't want to stand outside and do this thing anymore. I want my life without this monkey on my back. I want to do something good for myself in 2004. I have tried and failed in the past.

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