



Tip of the Hat



CADETS AWARDED — On parade, from left to right, are Sea Cadets David McKim, Wendy Davies, Vern Sept, David Laubenstein, Angel Martin, Kevin Deck and Danny McKim. At the annual inspection awards were presented to Leading Cadet Kevin Deck, best cadet of the year; Ordinary Cadet David McKim, best male cadet award and Ordinary Cadet Jane Ellis, best female cadet award. The most improved cadet was Able Cadet David Laubenstein and top marksman was Leading Cadet Tina Pastoor. Inspecting officer was Major McDonald from Suffield.

—News photo Ian Scott

Cadet continues

Officer Cadet John Congdon, son of Grant and Daisy Congdon of Redcliff, has completed his second year of studies at Royal Roads Military College. In September he will enter the Royal Military College in Kingston, Ontario to continue his studies towards an Honors Economics and Commerce degree.

Honorable mention

Donald Netolitzky a Grade 12 student at Crescent Heights High School received an honorable mention in the senior life scientist category at the National Science Fair in Halifax, Nova Scotia. This is Donald's fifth time attending the fair (twice receiving a silver medal) and this is his third honorable mention. His project was on the effects of light on the development of European croc growers.

Gold medal

Mary Richard will be receiving the William Aberhart Gold Medal for high academic achievement in the faculty of education. Richard will receive her Bachelor of Education degree with emphasis on special education from the University of Lethbridge May 26. Richard is one of five medal winners and one of 389 graduates this year. She has achieved a 3.95 grade point average (4.0 is perfect) and is, therefore, being honored. Richard will be teaching Grades 4 and 5 at St. Mary's School in the fall.

MS Society tops goal

The Multiple Sclerosis Society surpassed their goal of \$1,500 when they raised \$1,700 during the recent Carnation Day fundraising drive.

Stress: Women in double jeopardy

Scrrips-Howard News Service

Women are in double jeopardy when it comes to stress, says psychologist Georgia Witkin-Lanoil.

In addition to the stress both sexes face in the workplace and in social situations, women have stresses because of their long-accepted societal roles and their biological makeup.

"Handling life's crises usually falls to women," Lanoil said. "Women usually have the main burden in family problems like children leaving home, moving, illnesses, death. There's a saying, 'Sons care about their parents; daughters take care of their parents.' Even in the '80s women who work still have to deal with these situations.

"And women have physical problems because of their reproductive role. Men do not menstruate, become pregnant or go through menopause. And beside that, men do not typically have to justify their marital status to an employer or their sexual behavior to their

family.

"Women must deal continually with society's mixed messages, and this puts them in a position of double jeopardy. They suffer the same stresses men do and they experience physical and psychological stresses all their own."

Does this mean women are not suited for corporate responsibility or high political offices?

Not at all, Lanoil says. "We women are strong. Our circulation remains intact longer than men's; we have less memory loss. We retain our eyesight and hearing longer — and our sexuality longer. We live longer than men."

"Female stress is not incapacitating. My purpose is just to make women aware of their special stresses and to show them how to deal with them."

Using her professional experience as a clinical psychologist in New York City and her

academic research at Westchester Community College and Mount Sinai Medical College, Lanoil has written "The Female Stress Syndrome: How to Recognize and Live With It" (Newmarket Press). In the book she describes the process of normal human physical reaction to stress.

And the realities of the '80s add to female physical stresses, Dr. Lanoil believes. Women are waiting longer before they marry and have children, which can cause hormonal stress. This may cause emotional stress because women know that after 40 the ratio of women to men increases tremendously. Unlike men, women cannot easily start a second family at 50.

"I am not saying our bodies either cause stress or make us less capable of handling stress," Dr. Lanoil said. "My focus and my aim is to help women give themselves permission to manage stress."

"Women have to learn to do what is needed to combat stress. We have to learn to rest, to play, to exercise to use up the extra Adrenaline. Men have learned to do that at the end of a stressful day. They take a break. When women get home, they feel they have to immediately assume making dinner, taking care of the kids, cleaning.

"We all know about the 'Type A' man," she adds. "Well there are 'Type A' women, too, who display competitiveness, aggressiveness, perfectionism, etc. The Type A woman must compete on the job as well as with other mothers and wives. She must be a perfect employee without slacking off as beauty, devoted daughter, mother, wife, lover, friend.

When children speak, listen

Your pre-schooler's world is full of new and exciting experiences. Naturally he wants to tell you about them.

Between the ages of two and five you may notice that your child repeats sounds, words or phrases and that his speech is sometimes hesitant and stumbling. This is a normal stage of learning to talk, NOT true stuttering.

These repetitions may occur when your child is struggling to put his ideas into the proper words and sentences. It may be his way of saying "Don't stop listening, I'm not finished yet". It is important to listen, pay attention and not rush to fill in words.

Remember that children are quick to copy the adults around them. Listen to your own speech - is it relaxed, slow and in short, simple sentences.

Most children have more trouble speaking smoothly when they are competing to get their "two-cents-worth" in. You may want to establish family guide-lines for taking turns when talking. This will give even the younger, less skillful talkers in your family a chance to be part of the conversation.

A happy homelife with lots of encouragement and affection will go a long way in helping your child learn to talk smoothly, easily and with confidence.

When should you become concerned? An assessment by a speech and language pathologist is recommended when:

—Repetitions of a sound or syllable become very frequent (Cuh, cuh, cuh, car).

—Your child avoids talking or becomes very fearful in situations that didn't bother him previously.

—You notice an increase in tension anywhere in your child's body when he's "stuck" on a word (trembling lips, clenched fist).

—Your child's speech makes you feel worried and concerned.

For more information contact Speech therapists at the Medicine Hat and District Hospital, Medicine Hat Health Unit or Medicine Hat Public and Separate Schools.



RAM CHARGER — Susan Hargrave, Miss Rodeo Canada, perches on top of her new Dodge Ram Charger donated by Jerry Ham of Medicine Hat Plymouth Chrysler. The vehicle retails at \$22,000.

—News photo Robin Schlaht

DROP IN CLASSES

Sat. 8:15 a.m. — Aerobic Dance
 Sat. 2:30 p.m. — Jazz Fit I
 Sun. 11:30 a.m. — Aerobic Dance (Extra Leg Work)
 Sun. 1:00 p.m. — Burn Out (Hips, Thighs & Tummy)
 Sun. 7:00 p.m. — Burn Out (Hips, Thighs & Tummy)

All Classes *2.50

Shape City

140 Maple Ave. Plaza 529-9179

The Medicine Hat Chapter of the MS Society

would like to thank all the members of the Telephone Pioneers, I.B.E.W., and our helpful volunteers who raised \$1700.00 during Carnation Day for Multiple Sclerosis.

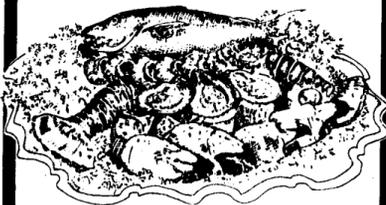
A special thank you to Les Aman, Fred Standing and Jerry Hanley for joining in our "Fight Against M.S."

Thank You!!!

MS

Multiple Sclerosis Society of Canada

VARIETY SEAFOOD



Your "Seafood Store on Wheels" will be at the Southview Mall parking lot Friday & Saturday May 29 and 30

Select from over 60 varieties of seafood, plus a line of Watkins products!

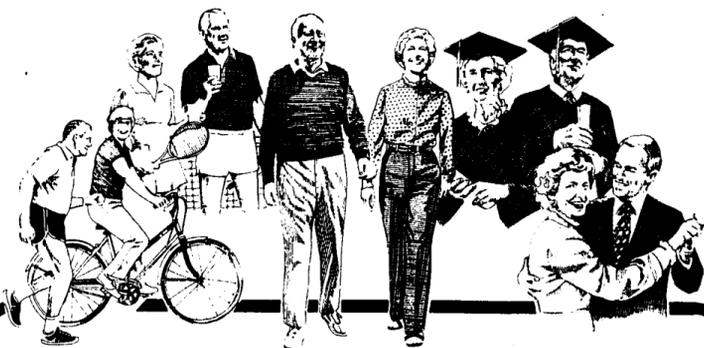
SPECIAL THIS WEEK:

Lobster Tails \$15⁷⁵/lb.

Snapper Fillets \$2⁶⁰/lb.

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You decided where, how and what you were going to do for the rest of your lives together. Did you also make plans for your funerals?

At the time of need, the burden of emotional stress will be on the bereaved. You can ease that burden now, by pre-planning. You can insure that your wishes are respected, because they are pre-arranged.

We offer expert advice *without obligation.* Feel free to call in for a visit or call us to request any of our pamphlets.

PreNeed Funeral Information Center

526-2499

Suite #10

444 Second St. S.E.
 Medicine Hat, Alberta.

Office hours: 1:00 p.m. to 5:00 p.m. Monday to Friday
 Telephone service 8:00 a.m. to 5:00 p.m. Monday to Saturday



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