



INSIDE WORK is equally as time-consuming as the building and restoration of old farm buildings, for the Ontario Agricultural Museum. The log cabin will be one of several buildings that

will form the "Crossroads Community" at the Milton site. An apple butter plant, general store, cider mill and school will be among the representative buildings in the community.

How to beat the heat!

With high air temperatures, perspiration may not be able to take away the heat produced by work. When heavy work is done at temperatures of 80 degrees F. and up, sickness and accident rates increase.

Individual ability to maintain a satisfactory heat balance during hot summer weather varies. If you can't stay comfortable, don't push yourself beyond your limits. Frequent rest breaks are vital when work requirements and temperatures are high.

The following tips help people to stay healthy and alert when the temperature soars.

1. Slow down in hot weather. Your body has a greater work load when temperature and humidity are high, so don't force it.
2. Watch for early signs of heat stress, such as headaches, heavy sweating, high pulse rate, and shallow breathing. These are warnings that you need to take a break immediately and get to a cooler place.
3. Dress to suit weather conditions. Lightweight, light coloured clothing

reflects heat and sunlight to help maintain normal body temperature.

4. Eat carbohydrates in hot weather. More energy is needed to digest fats, and proteins increase water loss.
5. Drink plenty of water.
6. Unless you are on a salt restricted diet, take an occasional salt tablet or extra portion of table salt when you have worked up a sweat.
7. Avoid thermal shock; take it easy during those first two or three critically hot days. Your body needs to adjust to the warmer temperatures gradually.
8. Get out of the heat occasionally. Keep exposure time down to reduce physical stress.
9. Sunburn makes the job of keeping cool much more difficult. Wear a hat and long sleeves to avoid burning.

There is nothing heroic about working long hours under a blazing sun. During a heat wave, people who think they are immune to high temperatures often end up in the hospital! We all have to slow down a little to beat the heat.

Aug. 1 deadline for corn plan

By Mark Leahy
Aug. 1, 1978 is the deadline for the Ontario Corn Income Stabilization Plan for 1978. This is a three-year program. The corn producer who signs for 1978 will be on the plan for the crop years 1978, 1979, and 1980. The producer may decide not to join in 1978, but to join in 1979. If this is the case, he will be signed up for the crop years 1979, 1980 and 1981. On signing up for the program, the producer pays the

1978 fee of 2 cents per bushel plus a 1980 deposit of 1 cent per bushel.

The minimum claim for a producer is 10 metric tonnes or approximately 400 bushels. The maximum claim for a producer is 1,000 metric tonnes or approximately 39,000 bushels.

If you have any further questions, please contact your local agricultural office.

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The Acton Free Press

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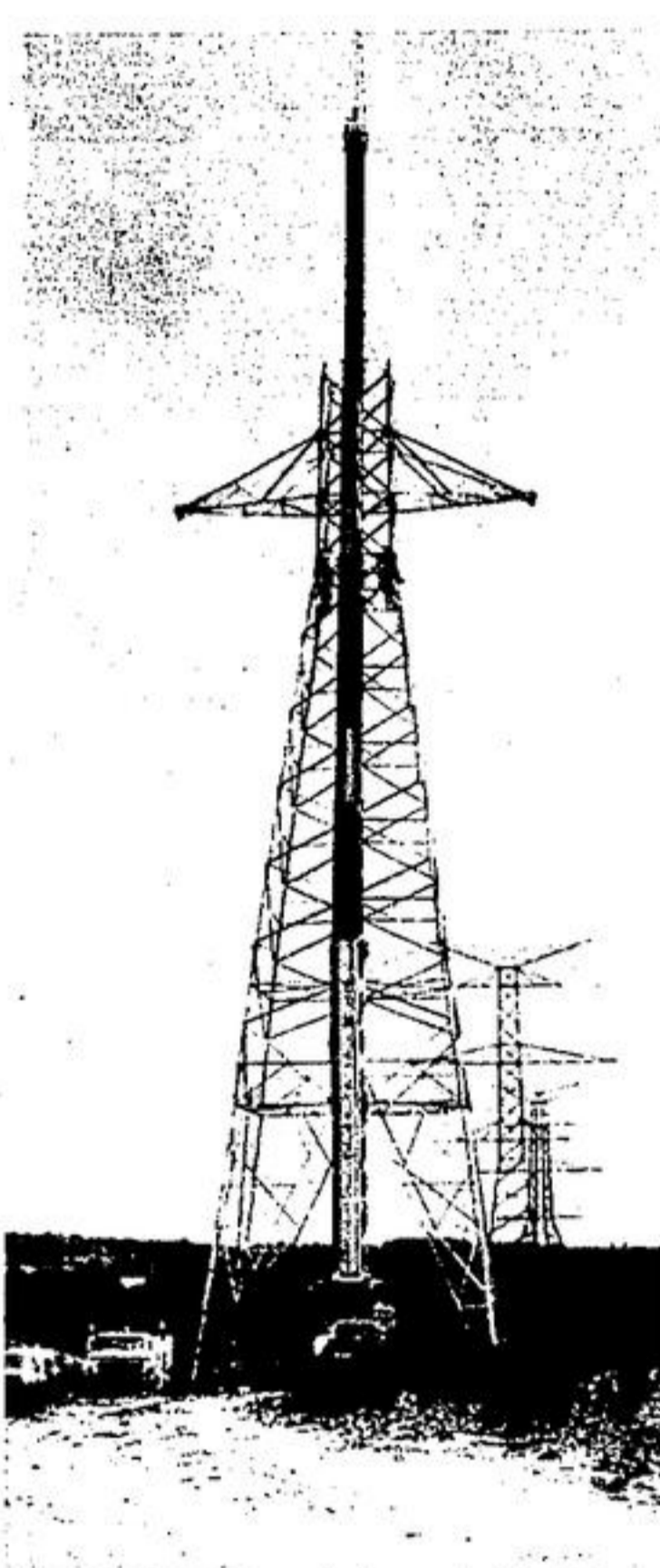
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HYDRO TOWERS are being erected in Halton Hills for the east to west 500 kv hydro corridor from Pickering to Nanticoke but Hydro must still get OMB permission to cross Halton Hills from north to south because of bylaw restrictions. The case comes up July 31.

Ebenezer \$380,000 damage in CN derailment

Attend wedding

By Mrs. Ron McLean
Mrs. W. Darby, Neil and Donna Darby, Jean and John McLean of Rockwood, Irene and Duncan Moffat of Ennerville and Mildred and Ross Gibson of Guelph attended the wedding of Marilyn Darby and Lynn Gordon. It was held in the little church at Ingalsby, near Minden.

Next Sunday, there will be an opportunity for infant baptism at Ebenezer.

Mr. Finkley's sermon topic was, "The real touch." It is surprising how the acts of Jesus relate to our lives. Jesus was rushing through the crowd to the daughter of a synagogue official, who was dying. She was 12 years old. You have no idea what it would be like to touch a friendly crowd, Jesus said, "Who touched me?" There is only one real touch, the touch of need. You can be in a crowded room, and on one needs you. The woman who touched the hem of his robe, she was clasped as a friend.

In human relationships, you may feel resentful if people don't respond. A little girl was playing in the kitchen. Her mother told her, "Go out and play, I'm busy." The little girl had a nurse's kit. She told her mother she was going over to Fatti's house, because her doll was sick. On her way out, she slammed the door, and her mother made her come back and shut it quietly. When she got back, her mother asked her how the doll was. The child said, "She died. Yes, she died when I was closing that darn door." Resentment is that darn door.

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Wheat, oats, barley or quackgrass. What are you harvesting next year?

ROUNDUP® WILL CONTROL QUACKGRASS THIS FALL. FOR A CLEAN START COME SPRING.

Next spring, nothing will be more important than getting in and planting as early as possible. Unfortunately, that doesn't leave much time for dealing with quackgrass.

Unless you apply Roundup® herbicide by Monsanto this fall after harvest.

Simply allow the quackgrass to re-grow undisturbed in the crop stubble until the majority of plants are actively growing and at least 8 inches high (3-4 leaf stage). But treat before the first killing frost.

Properly applied, Roundup will be absorbed and "translocated" down into the network of rhizomes — destroying the entire plant, above and below ground. Five days after treatment, you can resume fall tillage operations.

Since Roundup has no residual soil activity, you can plant wheat, oats or barley next spring — without risk of crop injury.

What's more, many farmers using Roundup as the key element in a quackgrass control program, have been able to achieve manageable quackgrass control for as long as three years.

Don't think of treating quackgrass as one more chore in the fall. Think of it as one less chore in the spring.

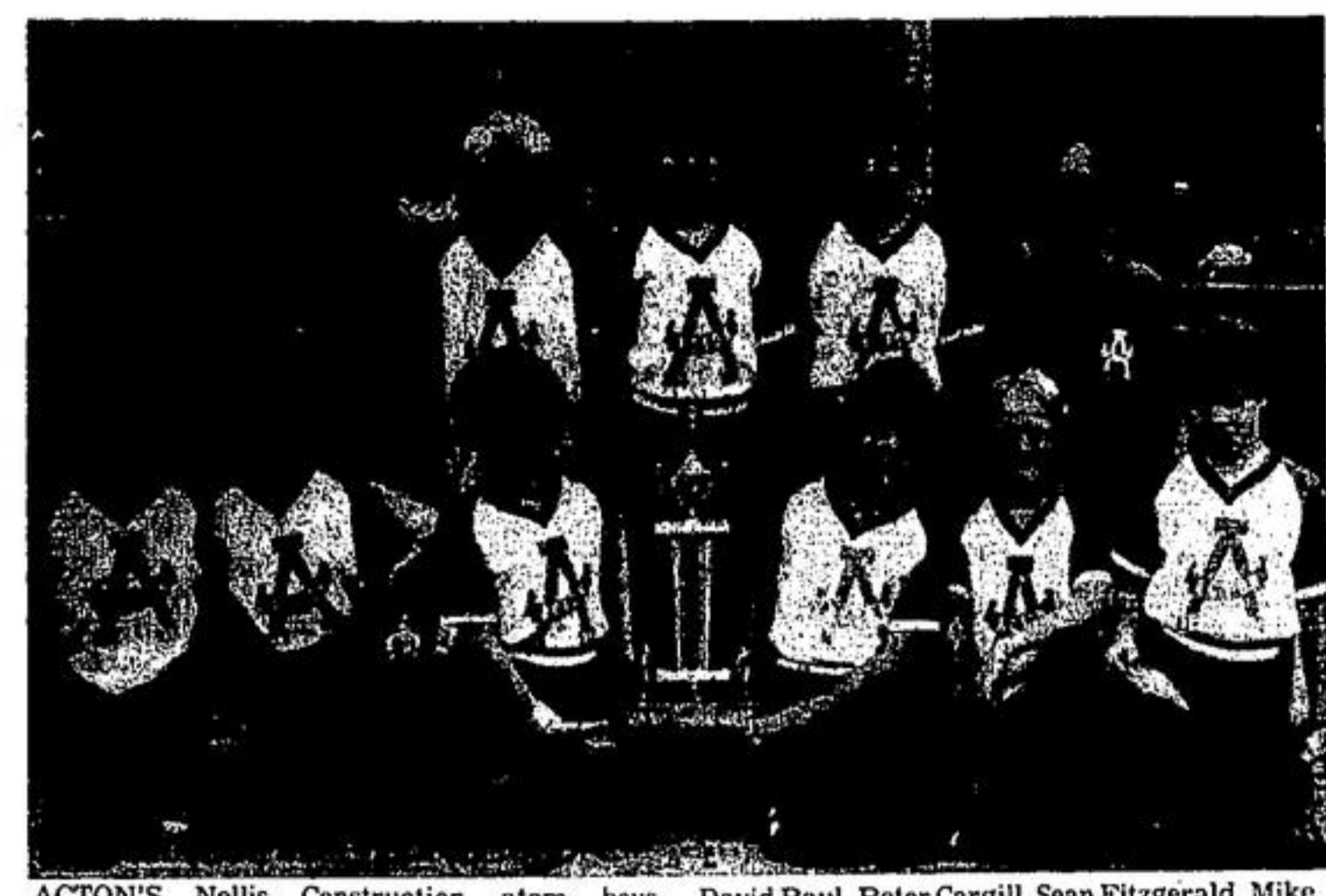
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ACTON'S Nellis Construction atom boys whipped Glen Williams 1-1, Saturday, to win the annual Glen minor softball tournament. The atoms, have lost only one game all season. Champs are front row l. to r. Adrian Greenwood, David Paul, Peter Cargill, Sean Fitzgerald, Mike Baker, Mike Williams. Back row l. to r. are coach Bob Faul, Chris Gervais, David Haines, Scott Williams and coach Bruce Cargill.

Merchants win by default record moves above .500

The Acton Merchants nosed their record above the .500 mark as a result of a game that Glen Williams defaulted to them on Sunday night. The 9-0 record book victory moved the Merchants into a

four way tie for third place in the Georgetown Industrial Football League with Newway Towing, Royal Trust Real Estate and Horley Farmer Jacks.

The win over the Glen was the second in a week and a half over that club. In the first win the Merchants got a solid performance from winning pitcher Frank Darcy. Frank struck out six Glen batters in recording the 4-1 win.

Acton got things going in the first with two runs off singles to Terry Maasles and Bill Routledge and a double by Ian Miller. In the second Merchant runs came in the third and fourth innings as Maasles, Les Deforest, Daley and Stanbridge hit singles.

The Merchants' most recent loss came at the hands of Limehouse. Acton, who led 4-0 after three, gave way in the later innings as Limehouse won the contest 8-6.

Singles by Steve Marshall, Dan Allen and Bill Routledge along with a double by pitcher Chris Pockroy and a triple by Don Archibald led Acton to a four run third inning.

Limehouse got two runs in the seventh on Doug Pemberton's home run. Acton pitcher Pockroy, who didn't take too kindly to being tagged for the homer, hit one of his own to end the scoring.

The Merchants' next game at Limehouse is this Thursday when they meet DGR stationery.

back in the fourth when Chris Tennant singled and Don Hatched tripled. Merchants got one more run before Limehouse exploded for a four run sixth off six hits including doubles by Richard and Ted Williams.

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Atom boys win Glen ball tourney

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The Acton Free Press

Sports & Recreation

WEDNESDAY, JULY 26, 1978.
One Hundred and Fourth Year-No. 4.
Second Section

Tennis champs finish Saturday

Singles began in the Halton Hills tennis championships on the new Acton courts Saturday with first round men's action.

The tournament which continues until next Sunday morning has 28 men and 10 women from Acton and Georgetown competing.

In men's first round action on a very warm Saturday Hill Kent defeated John Dalison, 6-2, 6-4. Robert Houston defeated Robin Innes, 6-1, 4-6, and 6-1. John Parrish defeated Glen Holmes, 6-1, 6-1. John Boyce won his match over Ray Hayers by default while P. Hughes defeated Don Anderson 7-5 and 6-4. Don Harley routed Dave Mills 6-1, 6-0 while Ed Serjeantson beat George Kerr 6-2, 6-0.

D. Doig was victorious over John Rice and John Kavanagh setback Gary Pickles in a tough three set match 4-6, 6-1 and 7-6. Al Adams beat Ian Melior 6-3, 6-5. Andre Guimet won his match by default over Bernie Kent as did Denis Gibbons over W. Glasser.

Round two of the men's tourney was played Sunday as the seeded players got a chance to try out the courts. Second seeded John Moore downed A. Guimet, 6-1, 6-2. Third seed Bernie Kovacs defeated P. Hughes by scores of 6-1, 6-3, while the fourth seed Gerry Pearce routed D. Harley 6-2, 6-0. Top seed Doug Carrasco dropped Bill Kent, 6-2, 6-3.

In other second round matches Job Houston beat John Parrish, 4-6, 6-3 and 6-2. E. Serjeantson downed D. Doig by scores of 3-6, 6-0 and 6-1.

Ladies' action got under way on Sunday morning with Linda Rice winning her match from Carol Dautovich by default. Doreen Thompson downed June Lewis, 6-1, 6-1. Chris Steen defeated Midge Hamshire, 6-3, 6-3. Marilyn Serjeantson beat Joan Marris, 6-1 and 6-2.

In Monday night quarter finals, Doreen Thompson defeated Elizabeth Doig, 6-3, 6-2. Audrey Houston downed Chris Steen 4-6 and 6-1. Marilyn Serjeantson upset second seed Ila Allison 6-1 and 6-2. Top seed in ladies' singles is Pauline Kent.

Semi finals for the ladies are tonight (Wednesday) and the finals go on Saturday morning at 10 a.m.

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CONCENTRATION LIKE this was not enough for Glenn Holmes in the Halton Hills tennis tourney. Glenn was defeated by John Parrish 6-1, 6-1 in a first round match.

Station and Electric tie Cleaners drop to fourth

Fifth place Halton Hills Electric earned a two-all tie from the running Station Hotel in a game considered by both teams to be the season's best in Acton Industrial League play Sunday.

In other action Van's wedding moved into sole possession of third by defeating Halton Hills Caterers 1-6, 1-0. The Vans game scored in second by dumping Family Cleaners by a 14-1 count.

In the last scoring night on Sunday Electric pulled a bit of an upset by taking a point away from high flying J-T Sports scored six runs in the fourth and four in the fifth and some cases even themselves in the pool's swimming and safety courses.

Mr. Vickery recommended the clinic for anyone with a backyard pool and commended the pool staff for their interest in the community.

Anyone interested in such a clinic should call Liz Binsfeld at the indoor pool.

Rockwood tourney

Rockwood Senior Football Club will be holding a fall tournament this Saturday, July 29 at the Rockwood Ball Park. Play begins at 9 a.m. with Rockwood (Hidmire) versus Merriston. The second game features Guelph Hydra-air and Badenoch. The third game is between the University of Guelph in the fourth game.

The tournament final will be played at 7 p.m.

Young fisherman bringing in bass

Acton angler Les Berry has been doing quite well with his fishing of late. Les Wednesday, July 19, Les and friends Dave and Gord Mitchell and brother Chris together headed to the Brezees on the west side of Fairy Lake for a morning of fishing. Les returned with a 4 1/2 pound rock bass.

Les says he enjoys his fish better when it has been cooked on the barbecue.

Les earned himself a new rod and reel by winning a fishing derby at Balsam Lake, north of Peterborough. To win the derby Les landed a three pounder. It was also a bass. Les is the son of Andy and Violet Berry, 6 Greenore Cr., Acton.

Les says he enjoys his fish better when it has been cooked on the barbecue.

SOJWFL stats

Team	W	L	T	P	GB
Oaks	11	4	0	22	0
St. Kitts	13	7	0	26	1/2
G'town	12	6	0	24	1/2
Burl	10	6	1	21	1/2
Grimsby	8	4	1	17	1/2
Brook	9	9	0	18	3/2
C. Hill	7	9	2	16	3/2
Brant.	5	11	0	10	6 1/2
Ham.	4	13	0	8	8
e/Nations	3	13	0	6	8 1/2

'Kidproofing' pool helpful learn lifesaving procedures

Last Friday the staff of the Acton Indoor Pool held a safety "Kidproof your pool" clinic at the home of Mrs. H. Gourlay, 7 Division St.

The demonstration which was arranged between pool supervisor Liz Binsfeld and Lee Vickery was a course in pool safety, reaching assist, lifesaving procedures and pool construction.

Mr. Vickery borrowed the use of the neighbor's pool for the demo because he did not feel his pool would be ready for "kidproofing". Area neighbors also attended the class.

Three members of staff were on hand to conduct the clinic. Liz Binsfeld, Craig Gordon and Lynn Fountain. They showed the spectators proper methods of artificial respiration, the proper way to remove an injured person from the water, and practical teaching assists using different apparatus around the area.

The staff had some of the parents try what they were teaching in order to help them.

Most of the parents were impressed with the clinic and were going to enroll their children and some cases even themselves in the pool's swimming and safety courses.

Mr. Vickery recommended the clinic for anyone with a backyard pool and commended the pool staff for their interest in the community.

Anyone interested in such a clinic should call Liz Binsfeld at the indoor pool.



LIZ BINSFELD plays the part of a drowned person for the sake of spectators at a 'Kidproofing' clinic last week. Pool staffer Lynn Fountain administers artificial respiration while Craig Gordon tries to make the victim comfortable.

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Acton jr. boxla players played for Oaks-Clippers

At the end of last season the Acton Jr. 'C' team folded up shop. That left a lot of junior aged players from town without a place to play. As a result the interested players had to travel if they wanted to participate.

Some of the local talent travelled to Oakville this past season to play for the Oakville Jr. 'B' Clippers while others went to the newly-formed Guelph Jr. 'C' Oaks. The Vans game Curt Miller of Vans went 4-4 at the plate as they downed Halton Hills Catering 14-6. The

scoring for each team was spread out over most of the innings as Caterers scored a single in the first, three in the third and singles in each of the fourth and fifth.

Vans' scored two in the first, four in the second, three in the third, one in the fifth and four more in the sixth.

Clippers finished the season with an unofficial 45 points on the six team league. Their opposition over the season included Thrilla, Owen Sound, Mississauga, Brantford and Hardsay.

Guelph Oaks coach Bernie Burns said the Guelph club was very pleased with the performance of the boys. He felt Burns had changed his style and become a smarter player for it. "Turk" who averaged 160 minutes in

penalty last year with Acton took only about 40 this season.

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Practice makes perfect: Lee Vickery tries the method of artificial respiration taught by pool staff with son Christopher. It was all part of the "Kidproofing" clinic put on by the recreation department.

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