



NORTH HALTON POLICE team third sacker Bob Andrews awaits the throw while south police base runner Paul Cormier slides in.

### Three men fall from cliff

A Toronto man is considered to be "lucky to be alive" following a 55-foot drop from the Kelso bluffs, Saturday afternoon.

Gord Piercey from Toronto was practising mountain climbing on the bluffs near Bruce Trail when the accident occurred.

Police stated Mr. Piercey was "rapelling" down the side of the escarpment, coming down at a fast rate, when he attempted to change hand positions half-way down.

He tumbled 55 feet, breaking an ankle and cutting himself.

He was rushed to Milton District Hospital and later released following treatment

for his injuries.

In separate incidents, a youth suffered scalp and neck lacerations after falling 30 feet from the Rattlesnake bluffs.

Milton man fell over a cliff edge near Rattlesnake Point Park and a 16-year-old Buffalo Milton Fire Department was called in to assist Wally P. Boyko of 7171 Appleby Line after he fell 35 feet down a cliff behind his home, at midnight Friday.

According to police, Mr. Boyko suffered only bruises and scratches in the fall.

Marc Drouin, 16, from Buffalo, New York was climbing the Rattlesnake bluffs Saturday afternoon with a rock climbing group at the

south east section of the area, when he fell 30 feet. Police stated the youth was not using a rope while climbing and lost his foothold.

### Wintario \$\$\$ listed

The latest list of Wintario grants shows sums for Georgetown, Oakville and Burlington. Nothing for Milton or Acton this round.

Georgetown gets \$1,412 for baseball equipment for 26 teams and \$100 for a high school curling team to travel to the championships in Ottawa.

### THIS IS CHIROPRACTIC

**STRAIGHTEN UP!**  
Low back pain itself can have many causes, which may show up in x-rays, but part of its treatment may be simply correcting faulty posture, and this means more than just "standing up straight".



**STANDING**  
Whatever you're doing, whether gardening, talking on the phone, standing at a counter, change your position frequently before strain brings on fatigue. Be sure your abdomen is drawn in, your back flattened, your knees slightly bent. It helps to elevate one foot when standing for long periods. (old-time barflies know this!)

**SITTING...**  
When sitting at your desk, or reading, keep your neck and back in as straight a line as possible with your spine, and bend forward from the hips, not the neck. Never slump in your chair or sit on your lower spine. This position strains the neck and shoulders and results in "dowager's hump".

**WHAT ABOUT EXERCISE?**  
Obviously using your muscles correctly will strengthen them and enable them to support the body with less effort. A few simple exercises, done regularly, can do this for you. Be sure to check with your chiropractor before exercising, especially if you have back pain.

**CHIROPRACTIC SPINAL EXERCISES**

1. Lie on your back with knees and hips bent
2. Inhale and hold
3. Press lower back down to floor and hold
4. Bring left knee to chest
5. Bring right knee to chest
6. Squeeze both knees to chest and hold for 10 seconds (still holding breath)
7. Resume starting position. Build from 8 to 15 times twice daily. After 2 weeks add (from No. 6) - straighten legs one at a time, pointing toes at the ceiling after the end of cycle

**SIT-UPS**

1. Lie on your back with knees and hips bent, arms flat at sides.
2. Attempt to sit up and touch wrists to ankles. DO NOT ATTEMPT EXERCISE WITH LEGS EXTENDED. You may have to anchor feet under a heavy piece of furniture at first. Build up from 6 to 15 times daily.

A series presented in the public interest by The Acton Area Chiropractors

### North cops dump south cops 8-2

Glen Williams was the scene of a north-south regional battle Friday night. A pick-up team made up predominantly of North Halton police officers whipped a polished squad of policemen from Oakville and Burlington 8-2 at Glen Williams ball park.

Policemen Brian Farrell, Rod Beaumont, Bob Andrews, Art Goddard and Wayne Jessop all sparkled at the plate for the winners.

The players on the south team actually play in an industrial league but were soundly defeated by the northern policemen who only get together for softball a few times each season.

### Legion news

by Harry Norton

Here it is August. Most people have had, or are on vacation and the Canadian National Exhibition opens next week.

Activities at Branch 197 have been few and far between during the summer, but plans are underway to get the fall and winter programs started soon.

One thing that never stops is the Wednesday night Bingo. If you have not been out recently why not drop in to-night or any Wednesday to join in the fun. You might even do better than you have been doing on all those lottery tickets you have been buying.

If you are already planning your "Fall Fair Weekend" don't forget we will have a full day at the Branch on Saturday, September 16. It starts out with our famous breakfast and finishes off with a free dance and entertainment in the evening.

This Saturday Kent Tacher will provide entertainment in the lounge and apparently there is also going to be a talent scout in town on Saturday. There is a notice on the bulletin board that there will be an amateur Night this Saturday night. Maybe someone is planning a Gong show of their own.



ANOTHER OLD-TIME photograph has been loaned to the Free Press this week to be incorporated into our growing collection. However, there are no names or date. Who can tell who's who, before the picture is filed?

### Demonstrations of threshing

During the month of August, the staff at Spruce Lane Farm in Bronte Creek Provincial Park will be harvesting some of this year's crops.

Cereal grains are being cut and bound into sheaves by a horse drawn binder. These sheaves are then stacked (stooked) together to form stooks which can be seen in the fields of Spruce Lane Farm. The stooks then dry out and are drawn to the barn

by horse drawn wagon where they are put through the threshing machine.

This machine separates the grain from the straw and blows the straw into the straw mow to be used for bedding for the animals. The grain is blown into the grainery where it is stored until used for animal feed.

Threshing will be in the afternoons from 1:00 - 3:00. The demonstration will be an ongoing activity.

### No slide for Kelso

Super slide is out. The conservation areas information education advisory board of the Halton Region Conservation Authority last week turned down a proposal by a private operator to build an alpine slide on the Kelso ski hill.

The slide proposal, under consideration by the authority for some time, has never roused much enthusiasm from authority members.

Director of Conservation Services Bill Warwick said Kelso was in an area of high market potential for recreational facilities and any kind of slide would be successful at any time. He said the slide, proposed to run adjacent to the triple chairlift, would be better located in the vicinity of the chalet.

A variety of slide installations, other than the type proposed, is available, Mr. Warwick added. The slide under discussion consists of operator-controlled plastic sleds which run down a concrete trough embedded into the hill.

Milton representative Jim Watson said HRCA's responsibility to provide recreation had to be weighed against the impact on Kelso. But he added the board hadn't gone far enough in examining the issue from a financial standpoint.

However, provincial representative Larry Smith, who made the motion to withdraw from further consideration of the slide, said HRCA could wait until economic circumstances forced it to reconsider a slide installation at Kelso.

**ASK ABOUT OUR 90 DAY PAYMENT PLAN**

# CROSS-CANADA ANNUAL SUMMER TIRE SALE

# SAVE FROM \$33<sup>08</sup> TO \$75<sup>40</sup>

ON A SET OF 4 TIRES

**HURRY... These Prices Good ONLY to AUG. 31st.**

## ORIGINAL EQUIPMENT Deluxe Champion SUP-R-BELTS

● Double belted construction for longer wear  
● 7 rib tread design, for great tread to road contact  
● Good looks and proven performance

SIZE	REGULAR PRICE	SALE PRICE	SAVINGS PER TIRE	SAVINGS PER 2 TIRES	SAVINGS PER 4 TIRES
A78/13	\$41.35	\$33.08	\$8.27	\$16.54	\$33.08
C78/14	42.50	34.02	8.48	16.96	33.92
E78/14	45.25	36.21	9.04	18.08	36.16
F78/14	46.90	37.53	9.37	18.74	37.48
G78/14	50.95	40.75	10.20	20.40	40.80
H78/14	54.50	43.61	10.89	21.78	43.56
F78/15	46.90	37.53	9.37	18.74	37.48
G78/15	50.95	40.75	10.20	20.40	40.80
H78/15	54.50	43.61	10.89	21.78	43.56
J78/15	61.10	48.90	12.20	24.40	48.80
L78/15	63.65	50.94	12.71	25.40	50.80
F78/15	43.45	34.78	8.67	17.34	34.68
G78/15	47.55	38.06	9.49	18.98	37.96
H78/15	51.10	39.10	12.00	24.00	48.00
J78/15	57.75	40.30	17.45	34.90	69.80
L78/15	60.35	41.60	18.75	37.50	75.00
800/16.5"	59.90	39.90	20.00	40.00	80.00

\*TRANSPORT 500 WIDE OVAL DESIGN

## 721 STEEL BELTED RADIALS

SIZE	REGULAR PRICE	SALE PRICE	SAVINGS PER TIRE	SAVINGS PER 2 TIRES	SAVINGS PER 4 TIRES
P195/75R14 REPLACES ER78/14	\$67.29	\$54.86	\$12.43	\$24.86	\$49.72
P205/70R14 REPLACES FR78/14	71.57	60.19	11.38	22.76	45.52
BR78/14	59.95	41.66	18.29	36.58	73.16
CR78/14	62.38	43.53	18.85	37.70	75.40

● 7 brass-plated steel filaments, wrapped around 2 and bound together by 1 - now that's strength  
● Tested over 6 million miles  
● Low-rolling resistance, for increased gas mileage

**ASK ABOUT OUR EXCLUSIVE 721 NO-CHARGE SERVICE**

**Clothing TRAVEL BAG**  
\$329  
Compared at \$549

**BONUS COUPONS INCLUDED**

MEN'S & LADIES' TRAVEL AND HOME STORAGE BAG

- Stain-resistant-embroidered vinyl
- Suit length
- Full-length trousers
- 4-1/2" wide collar
- 100% cotton

● All tires installed at no extra charge  
● For your convenience call for an appointment  
● All tires backed by Firestone's nationwide warranty

USE OUR Firestone CREDIT PLAN OR

AMERICAN EXPRESS    FIRESTONE    MASTER CHARGE    VISA

**Firestone Stores**  
**MOORE PARK PLAZA**  
**GEORGETOWN 877-5119**

**BUY NOW AND SAVE \$300<sup>00</sup>**  
(ON SOME MODELS)

**JUST ARRIVED!!**

NEW LARGE SHIPMENT OF

# HONDAS

• LARGE SELECTION OF MODELS & COLORS

**HURRY IN NOW!**

"AT BAZ MOTORS WE CARE"

**BAZ MOTORS LTD.**  
199 GUELPH STREET, GEORGETOWN  
877-5286 or Toronto 678-1813