

## Preserve health, well-being public health nurse urges

Persons of every age group overlook the one ingredient in life which brings a true sense of well-being, and that is preserving the state of one's health, a public health nurse said in a recent interview.

At an early age most teenagers copy their parents bad habits of smoking, and may try for years to kick the habit. Loveday Tuck said individuals ignore the warnings stated on every cigarette package and continue to smoke.

Drinking alcoholic beverages is socially acceptable, but Mrs. Tuck has entered numerous homes to repair the damage an alcoholic member of the family has done to himself and other family members. Public health nurses coordinate their efforts with ADAPT and Alcoholics Anonymous agencies.

Girls should be aware that the ideal age to bear children is between the ages of 18-25, but for economic or other reasons, women are having their first child in their late twenties or early thirties, she said.

The older a woman becomes the more important it is to retain healthy habits such as following Canada's Food

Guide, getting regular exercise and enough sleep.

Most mothers and fathers benefit from programs set-up in co-ordination with the YM-YWCA, with advice on parenting skills. Mrs. Tuck said the mothers share experiences on a child's behavior and a program will involve an evening a week in the fall so more fathers can attend.

A family planning clinic in Burlington is accessible to couples in Halton Hills, and a public health nurse from the regional health unit can provide more information for interested couples.

Public health nurses and two registered nurses from the health unit enter numerous homes throughout Halton Hills helping families cope with problems that have arisen in the home.

"Our main priority is health and our efforts are geared towards preventive and teaching methods rather than a curative approach," she said.

Community nursing is the key to the future and public health nurses are working towards cutting exorbitant hospital costs by caring for persons in their own homes. By co-

ordinating their efforts with that of community organizations the home care program touches the lives of many needed people.

"Problems evolve at every age level and it all boils down to how the person copes with their own situation," she said. "Individuals need to learn self-discipline and motivation."

For teenagers Mrs. Tuck and a supervisor of the Children's Aid Society set up a discussion group letting teenagers express their opinions on parent-child relationship, peer relationships, and prejudice against teenagers and different races.

The program was not as well attended as Mrs. Tuck had hoped, but it did help some students in their attitudes toward other people, and she hopes to run the course again in the fall.

Working as a team, getting referrals from hospitals, doctors, schools and other social agencies, the nurses are aware of a urgent need and the facilities that are lacking in the community.

The main service needed in Halton Hills is a program to help senior citizens to remain in their homes, more senior citizen housing, and a nursing home for the aged.

The four public nurses working in Georgetown are Joyce Wood, Marilyn Silk, Shirley Mackey and Loveday Tuck. Val Walkers and Molly Mulholland are two registered nurses working in Acton.



MR. MUSCLES

Strongman Mike Yalowidca puts his all into lifting a purported 1,000 pounds of pie plates. Mike was one of about 40 children who put on their own circus at the M. Z. Bennett playground, Friday as part of the Halton Hills recreation department program.

### Site to be identified

Works committee approved a recommendation to erect and maintain three signs that will identify the site of the historical plaque commemorating the work of John Roaf Barber, who is the first local industrialist honored. John McDonald, president of the Esquesing Historical Society and Tutor Beattie said the plaque is off the beaten track on River Road and visitors to Georgetown may miss it. The Esquesing Historical Society will do the artwork on the signs.

## STAR WARS REVIEW

### Entertainment low in popular film

By GEORGE EVASHUK  
Herald staff writer

Star Wars is the title of the latest film to have block-long lines of customers all over the country eager to slap down their hard-earned dollars for a seat.

Movie critics, who are paid to go see movies—which when you think about it is one tough way to make a buck—are in raptures words can't describe over Star Wars' appearance.

The film promises to be an all-time money-maker, which no doubt has the film's money-men in raptures of their own, too terrible, perhaps to describe.

There has been almost unprecedented free publicity about the film and it is only a matter of time before it becomes that all-time whatever-you-want-to-call-it. The talk now is not of a sequel but of sequels.

It's just too bad that it all doesn't work.

If you haven't heard, the story is about how a good looking trio—Mark Hamill, Harrison Ford and Debbie (remember her?) Reynolds' daughter Carrie—defeat the evil which threatens to enslave the galaxy—tried and true though worn plot line.

The cast includes fascinatingly ugly life forms from other planets that all mingle comfortably and robots cute with their programmed humanness. The only stellar performance in this creaky costume melodrama is Alex Guinness who has the incredible skill of craft to make his acting and his art so simple.

The setting, a galaxy, far, far away, has some breathtaking scenery and imaginative interior sets as well as two brief scenes of the Mayan ruins at Palenque in Mexico.

A new twist has been added to the familiar boy meets girl, boy loses girl, boy finds girl sequence of events. It is prob-

ably a sign of our liberated times, but this time there are two boys and neither of them gets the girl, a princess with a sharp tongue and mind of her own no less, in the end. The fade into the sunset has faded.

One can't imagine how the inking of what finally became Star Wars first appeared to writer-director George Lucas or how every hackneyed cliché of story telling came to be incorporated into the film. You can sit through it, as I did, and say to yourself: "I've seen all this before!" The film contains no surprises which would give your imagination some fuel to take off. Oh sure, the backgrounds are fresh; but the

dialogue is leftovers, the gadgets are marvellous but, what else is new?

I doubt if in a year you'll remember anything about the film other than that you stood a long time in a long line and what you ate after the film.

There are two unfortunate aspects of the film. The first is that you have to go out of Halton Hills to see it when you'd get more mileage out of your entertainment dollar by buying a good LP. The second is that regardless of what I say about the film, you'll want to go and see it and make your own judgment.

But don't say you weren't warned!

## Mgt. consultants not needed

Finance and administration committee decided on Monday to advise council against hiring a firm of management consultants to survey Halton Hills administration and make recommendations on improvements.

Wards 3 Coun. Roy Booth said that unless the firm's recommendations are accepted totally they would not be of benefit and he feared council would want to pick and choose which recommendations to implement and which ones to reject. If that was done the whole survey would be a waste of money, he said.

Ward 4 Coun. Peter Morris said he feels that the councilors themselves as well as the

staff may have problems in seeing where they go wrong and thus an "outside view" of the operation would be beneficial. He agreed, however, that unless every member of council clearly understood that the firm's recommendations must be followed it would be a senseless waste of money to hire a firm to make the survey.

Committee chairman Russell Miller is concerned about the cost of hiring such a firm. He feared that "the cost will be staggering" and when the recommendations are made council will be "so flabbergasted they will simply receive and file it and not implement the suggestions."



JOYCE BEATON

## A mother's hope

- Persons who teach my child should have...
- ...the concern of Arthur Maloney
  - ...the compassion of Robert McClure
  - ...the good humor of Wayne and Shuster
  - ...the honesty of Flora MacDonald
  - ...the perseverance of Beryl Plumtre
  - ...the physical stamina of Gordie Howe
  - ...the acting ability of Kate Reid
  - ...the intelligence of John Galbraith
  - ...the verve of Margaret Trudeau
  - ...the wholesome good looks of Miss Canada
  - ...the style of Toller Cranston
  - ...the endurance of Cindy Nicholas
  - ...the foresight of Marshall McLuhan
  - ...the fairness of Bruce Hood
  - ...the morals of Jean Vanier
  - ...the wisdom of Nellie McClung
  - ...the salesmanship of Jean Drapeau
  - ...the sweet voice of Anne Murray
  - ...the insight of Margaret Laurence
  - ...the inquisitiveness of Morton Schulman
  - ...the patriotism of Ma Murray
  - ...the suaveness of Fred Davis
  - ...the sweet patience of Betty Kennedy
  - ...the graciousness of Pauline McGibbon
  - ...the imagination of Mr. Dress-up
  - ...the frankness of Laura Sobia
  - ...the leadership of Sir John A. MacDonald
  - ...the ESP of McKenzie King
  - ...the inventiveness of Alexander-Graham Bell
  - ...the research ability of Arthur Hailey
  - ...the bluff of Gordon Sinclair
  - ...the convictions of Primate Ted Scott
  - ...the accuracy of James Coyne
  - ...the confidence of Pierre Berton
  - ...the charisma of Pierre Trudeau
  - ...the power of Alan Eagleson
  - ...the stability of John Diefenbaker
  - ...the peace-loving nature of Mike Pearson and incidentally, the ability to teach my child to read, write add and subtract, all done with the power of a Bill Davis.

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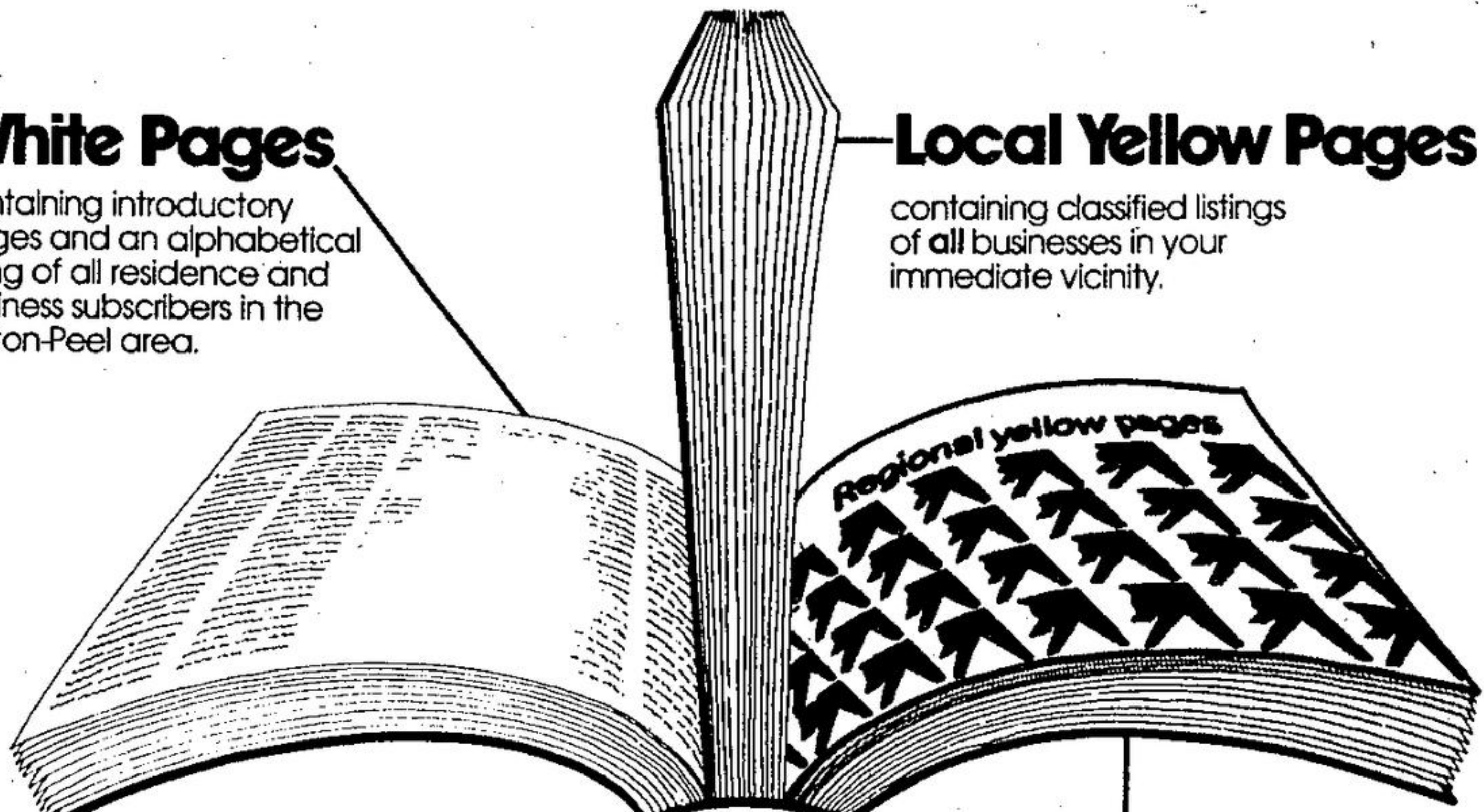
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