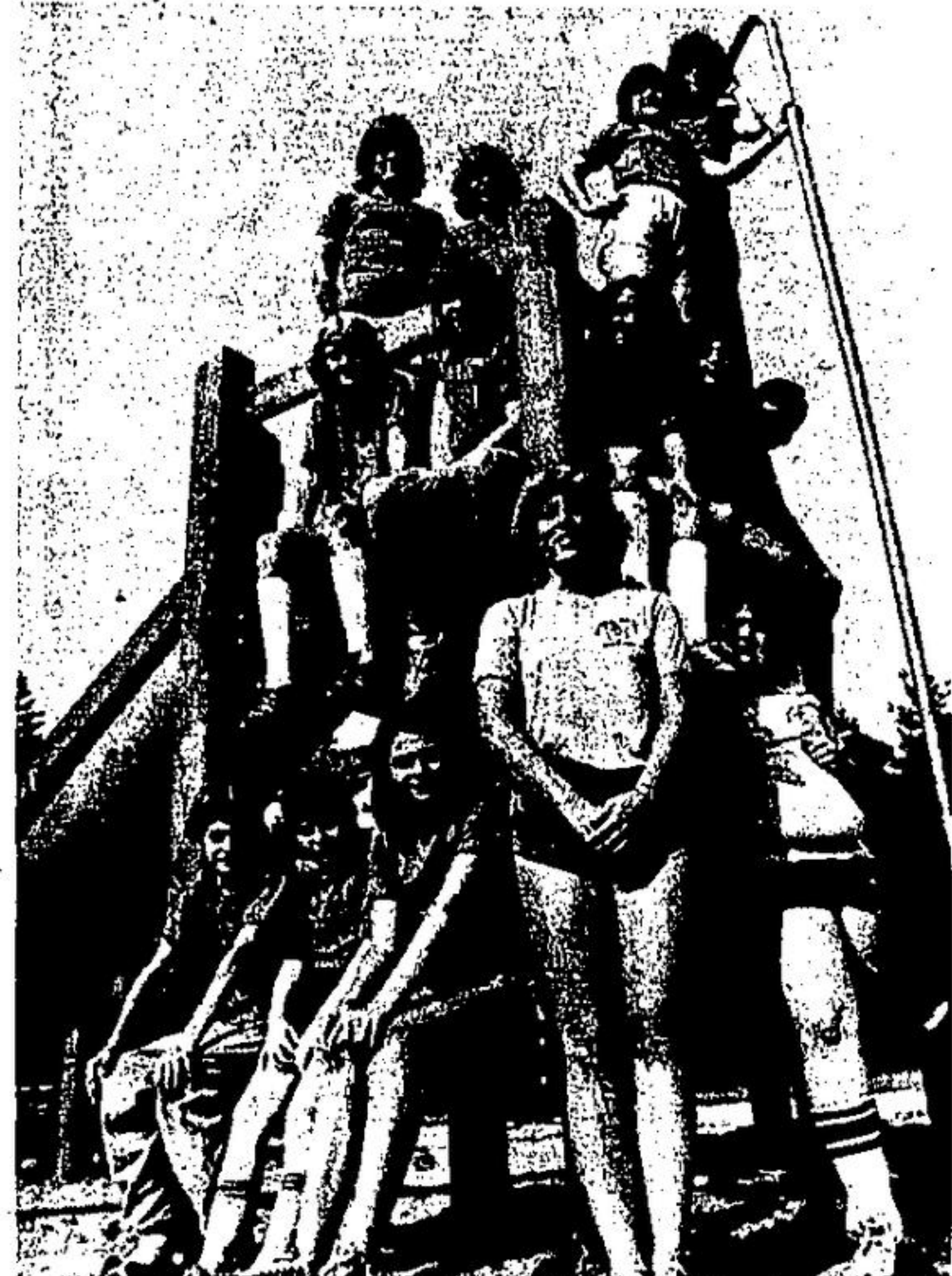


Grow your own food

Living for pennies each day



IN TRAINING

The town's leadership training program is in full swing and here's a look at this year's contingent currently at work at Cedarvale Park in Georgetown. Instructed by Jill McKelvey (centre) future leaders are (front row, left to right) David Brathwaite, Jason Brown, Heather Brathwaite, David Farrow (second row) Stephanie Schoffmeier, Michelle Robinson, Emma Parkinson, Laureen Richardson, Scott Schoffmeier (standing) Lisa Latchford, Tina Newman, Julie Carney and Cindy Stephens. Chris Schirk was absent when the photograph was taken Friday. The program (LIT for short), is open to youths between the ages of 10 to 15 years. They learn crafts and games skills which they will eventually pass on to younger charges participating in the town's numerous summer activities. Prospective leaders are screened for the LIT program and then pay \$30 for training. LITs help other leaders with events at all the rec department's centres.

(Herald photo by Chris Aagaard)

By ANI PEDERIAN
Herald Staff Writer
Scrubbing pots and pans after meals is no longer a chore for Halton board of education trustee Betty Walker.

She just doesn't use them any more. Mrs. Walker follows a "living foods" diet which doesn't include cooked foods. The diet, pioneered by Dr. Ann Wigmore of Boston, consists of raw vegetables and fruits and "living food" nourishment such as sprouts, wheatgrass, seeds and grains.

Foods like meat, fish, poultry, dairy products, salt, sugars, oil, coffee, teas and processed store foods are described as "hazardous" by Dr. Wigmore and are out. Having founded the Hippocrates Health Institute in Boston in 1963, Dr. Wigmore maintains the body will heal itself of any illness when her diet is followed.

She claims to have cured herself of gangrene and cancer of the colon by eating flowers visiting friends brought to her hospital bed.

"Cancer comes from bad eating manners and also from your inability to handle stress," Mrs. Walker maintains.

She began the diet while at a cancer clinic in the US and recently had a group of Toronto adherents to the diet at her RR2 Norval home.

It was a hot sunny day and the living foods potluck party took place by the poolside. The water looked cool and sparkling

and some of the ten people left their chaise lounges or spot at the picnic table to take a dip.

A group of people very sensitive to their bodies' digestive system, living foods adherents spread bags of fruit on the table, plates of cucumber and tomato slices, buckwheat leaves, sprouted sunflower seeds and a huge bowl of sprouted chicken pens.

There were no hot casseroles or loaves of bread, no butter or hamburgers at this party. Just colorful healthful nectarines, cherries, strawberries, water melon slices and sprouts.

For drinking, there was "rejuvelak", a sour-flavored home made drink of soft wheat berries. Rejuvelak is made when wheat berries are sprouted, ground up, and refrigerated. Three tablespoons of the mash are added to a one quart jar of water and left to ferment three days on the counter. After straining it, the brew is ready for consumption.

Followers of the living foods diet drink plenty of rejuvelak between meals. Mrs. Walker said she drinks a quart of it a day and compares the flavor to lemonade.

Instead of gooey ice-cream sundaes or rich slabs of cheesecake, the living foods people had a dessert of carob and water-plumped raisins, and frozen banana.

Michael Thomas of Toronto, a tall lean man who was a former student of architecture at the University of Toronto, said he used to have allergies and

had been trying to eliminate them over ten years with the help of doctors.

"Dr. Wigmore said to cut out dairy products and I didn't have any allergies this spring," he said. "A year and a half ago I thought all of this was crazy but now I can feel the benefits in my own body."

It's a cheap way to live, in which most everything you need to feed yourself can be grown at home, Mr. Thomas said adding that he lives "for pennies" a day.

For breakfast he eats fresh fruit and sun-dried organic raisins, perhaps shredded coconut, and

Continued on page A8



FLOWER POWER

A yucca tree growing behind one Queen Street, Georgetown house is the pride of the homeowner's garden and is stretching upward now at a height of six feet. The yucca is a native to southern regions of the U.S., Mexico and northeastern Central America and is a member of the lily family. They can grow to heights of 12 feet and are characterized by clumps of bell-like blooms. The yucca is the "state flower" of Mexico.

(Herald photo)

'Overdue - BEEP!'

By ANI PEDERIAN
Herald Staff Writer

The computer age has arrived at the Halton Hills public libraries and this means even more efficient service for residents.

Together with the Milton and Oakville library boards, Acton and Georgetown have hammered out a partnership to pool their library listings in a computer they call HALINET.

HALINET stands for Halton Library NETWORK. Through this computerized system, which costs \$45,000 split three ways annually, the libraries won't have the time-consuming task of sorting and filing cards for books or figuring out which are overdue.

The computer does it all in minutes. "When books come back, they can be processed in just a few seconds," Halton Hills' chief librarian Betsy Cornwell said. "Before, checking them in created a real bottleneck in clearing things, sometimes taking a couple of days to process returned books."

All overdue notices are printed automatically by the computer with the labor of shuffling,

compiling and typing no longer needed. As well, picking out a book that's come back for another reader will also be done automatically by the computer. Manually, "catching" a reserve request is an irritating and time-consuming procedure.

The Acton Branch has begun data entry for its collection and it's expected to be ready for circulation control early in 1983.

With the new computerized system, each library can avoid duplication in ordering new material. If the book is expensive and not likely to be very well read, a branch may decide not to order it, choosing instead to rely on inter-library loans.

"Ultimately each branch will specialize in an area and there'll be less duplication in collections," Mrs. Cornwell said. "There'll be more efficient use of the collections and fewer books sitting on the shelves."

Eventually, there'll be no more thumbing through the card catalogues in search of books for readers. The Halton Hills public libraries expect to move away from that system in about five years.

By then, there'll be terminals for everyone's use.



The new video screen doesn't impress Dave Porter, 22, of Georgetown all that much. He's seen it all before. A university student at Hamilton's McMaster University, Mr. Porter said the Georgetown library's new computerized system of signaling books in and out is similar to systems university libraries have. A regular at the Georgetown library, he signed out six new books Friday with the help of library staffer Pam Payne.

(Herald photo)

Cheque arrives for dad

Georgetown's single father Barry Bryant calls the \$272 welfare cheque he received Friday from Halton's Social Services a partial victory.

He's still waiting to receive mother's allowance.

Mr. Bryant, 33 is raising his three-year old son Kristofer alone and has been fighting for financial support from both regional and provincial governments for 15 months now.

Friday's cheque followed recent changes in family benefits legislation making men eligible for mother's allowance as of

July 1. Because of the changes, Mr. Bryant now also qualifies for welfare as a single parent. Previously, because only women could receive mother's allowance, the region maintained only single mothers could receive welfare. Single fathers able to work were expected to put their children in daycare and go find a job.

Now that his son is socializing with other children and is toilet trained, he feels no qualms about putting Kristofer in daycare while looking

for a construction job. With the help of the Halton Hills legal aid clinic, Mr. Bryant will be disputing the reasons denying his welfare last year in the Ontario Supreme Court Sept. 8.

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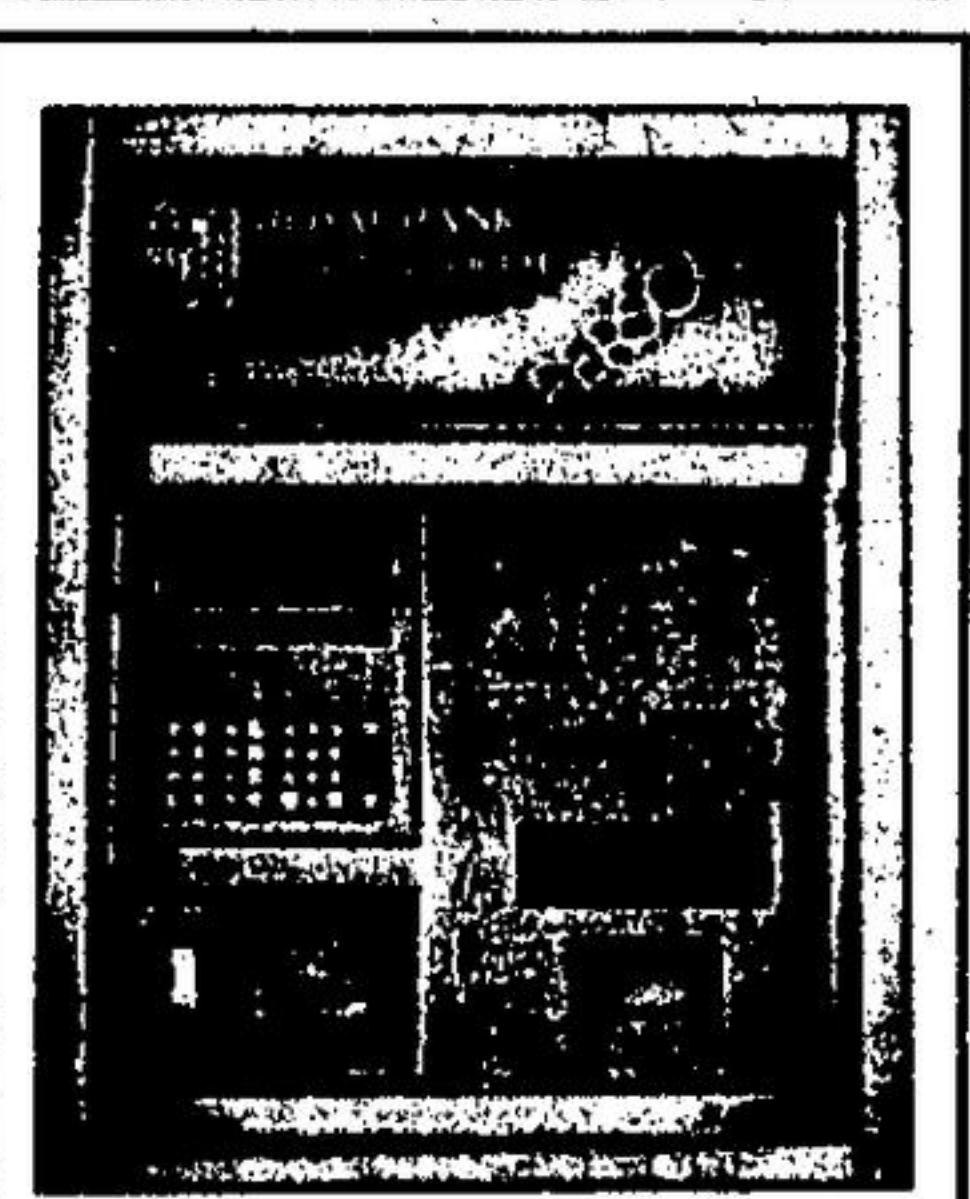
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A Guelph man was charged with trafficking Friday night by Halton regional police who arrested him at the rear of Robert Little School in Acton in the possession of hashish.

Traffic charge

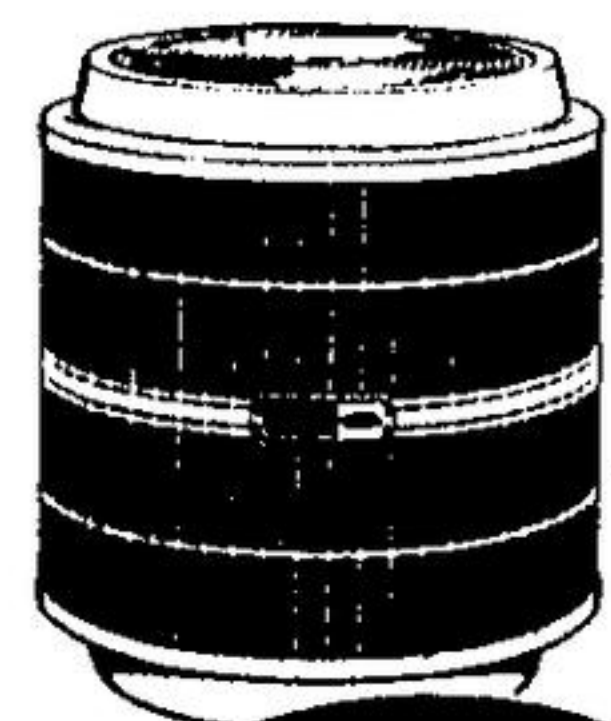


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