



**ASTRO  
ADVICE**

by Eugenia  
Witham

**Astrology  
has been  
misunderstood**

Astrology is an ancient science which has been misinterpreted, misused, mistreated and most of all misunderstood.

I have proven the credibility of this science over and over again to myself not only through my own chart but through research and work that I have done for clients.

Basically, astrology is divided up into three categories: planets and signs which most of us are familiar with, and the houses of which there are twelve. Each house is a 30-degree segment of a complete circle with each one covering a different aspect of our lives.

The horoscope is really quite like a clock, for each 30-degree segment also equals two hours placing twelve noon at the top of the chart, twelve midnight at the bottom, 6 a.m. on the ascendant end

6 p.m. on the descendant. The planetary positions or sign of the zodiac that each planet falls in is taken from an ephemeris which is much like a navigation book.

This book tells us where the planets were on any given day, year, and month. By taking an individual's day, year, month, time and place of birth one calculates mathematically the exact placement of the luminaries (sun and moon) plus the remaining planets, and places them on the chart form.

If you wish Eugenia to interpret your birth chart, send in your birth date, day of the week and time if you know it to The Herald, 45 Guelph St., Georgetown, Ontario. L7G 3Z6.

This determines which of the twelve houses each planet will fall in.

Depending on where they fall and at what angle they link together we can map out the individual's life. Interpretation however, unlike calculation, takes many years of study and does not come easily to most.

We then take a look in our ephemeris to find out what position the planets are in at present and in the future and to what degree the positions will affect a person's natal (birth) chart.

The angles between the future and the past tell the story and help to guide us by providing an in-depth insight into our lives and personalities.

For those of you that are skeptical or interested for fun, I suggest you join me in my Astrology I (astrology for fun) course and for those of you who wish to delve in further, my Astrology II (calculation) or Astrology III (interpretation) classes held at the Georgetown "Y".

This will be the second year that the "Y" has offered my courses and I look forward to seeing some of you there.

Dear Eugenia,

I've been in the same job for some time now, but I'd like a change. Can you tell me how long it will be before there is any substantial career change in my life? I was born June 1, 1951, at 6:40 p.m. Greenwich time.

Wondering about work  
Dear Wondering about Work,

According to your chart, you are up for many changes starting toward the end of this year continuing until roughly the end of 1984. These changes deal with your attitude, outlook and partnerships, be they business or emotional. The planet Uranus, which causes these changes, makes you somewhat erratic in behavior and indecisive about what you want to do. The next two years are also good for speculation and investments and you should have good ideas as to how you may want to make your money. If you just

Remember, Eugenia stresses that man's destiny is not controlled by the planets and the stars, but by himself. Her advice offers the opportunity to capitalize on personal traits and trends her astrological research has uncovered. Used intelligently, it affords yet another way in which we can discover more about ourselves.

wish to change your position in the near future the best time to do this would be between Aug. 25, 1982, and Sept. 22, 1982, or once again between Oct. 10, 1982, and Nov. 9, 1982.

Dear Eugenia,

My son was born April 11, 1977, at 7:27 a.m. our time, in Georgetown. Would his birth chart indicate any special talents that should be encouraged?

Proud mother  
Dear Proud mother,

Your son has an intuitive ability which will give him an insight resulting in his continually being in the right place at the right time. He has a wonderful imagination and should do well financially as he grows older. He shows promise in almost any field he chooses, be it business, sports or creative endeavors. However, at an emotional level, whether in his parents' home or his future home, there could be a few problems.

**Living foods**

**Stuck on diets**

Continued from page A7  
nuts. Mr. Thomas soaks the nuts in water for a day before eating them in order to break down the enzymes. And he soaks the fruit and cut up wheat grass in water for 15 minutes to clean it before eating it. He'll also drink three cups of fresh pressed apple juice.

Mr. Thomas' second and only other meal of the day is a bowl of salad which he dresses with lemon juice or avocado.

Before he began the diet, he said he weighed 185 pounds. Now he's down to 167 pounds.

"Most of the people in our society are over-eating and consuming too much meat and dairy foods," Mr. Thomas said.

The Living Foods, Toronto group began last December and Mr. Thomas' dream is to open a living foods house to demonstrate the diet and sell the foods and equipment it requires.

"I don't seem to be able to digest dairy products very well," Ron Pfeiffer of Willowdale, 24, said. When I stopped meat I

stuck to dairy foods but found it produced a side effect, a mucous acidic reaction."

Sleeping and feeling better were some of the improvements Janet Gerwals, 44, of Toronto noticed in her lifestyle when

she joined the group. "I eventually want to teach this on TV," she said.

For more information about the Living Foods group, write to P.O. Box 5931, Station A, Toronto.

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**Consider an attic fan for reducing heat**

Continued from page A6

Attic and gable or roof fans are good buys at reasonable cost. An attic fan, installed in the ceiling of your home, pulls cool air through the open windows into the house during the evening hours and exhausts the hot air out the attic. Gable fans or roof ventilators lower temperatures in attic spaces reducing the heat load on air conditioners in rooms below.

Make sure that the filters in air conditioners are clean. Central air conditioners are filtered through regular furnace filters; room air conditioners usually have a washable filter located directly behind the air grille in front of the unit.

If plans call for a new air conditioner this year, look for the label with an EER (Energy Efficiency Ratio)

number. The higher the EER number, the more efficient the air conditioner.

**Draperies, awnings, solar film:** Preventing heat gain can be marked by keeping draperies closed during the hottest daytime hours. Blinds with adjustable louvers also are efficient, Mr. Tuz pointed out. Outside window awnings - especially on the south and west exposure of your home - can reduce the heat load considerably. Solar film, that may be cut and fitted with scissors and applied to window glass, blocks both heat and glare. The film is relatively inexpensive and may be removed quickly and easily when it's not needed.

**Insulation:** You can buy house insulation in blankets, batts, and loose fill, and it is probably the best

investment against heat loss or gain that you can buy. Insulation goes by "R value". The higher the R value the more effective the insulation. To find the right values for your area, consult a home center store where insulation is sold, or contact your local public utility.

Insulation is designed for do-it-yourself installation in open attics, basements, crawl spaces. If you hire a professional to do the job, be sure to check out the insulation company you choose with the Better Business Bureau. The Bureau keeps reliability reports on insulation contractors, and this information can save you time, trouble and money, Mr. Tuz added.

**Other cooling tips:** Turn off room air conditioners when you leave the house for several hours. Electric

lights generate heat; keep them off when you're not using them. Vent your clothes dryer to the outside; operate heat-

generating appliances (cooking ranges, for example) in the cooler morning and evening hours. Cover hot water

pipes with pipe insulation. Limiting heat and humidity sources can make you and your family feel cooler this summer!

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**COLOR CAMP**

Now that's my color. Sherri Oldreive, 12, of Georgetown had fun last week painting, sculpting and doing batik and pottery at the Georgetown District High School. The art lover likes doing abstracts and held up a water color painting she was working on Thursday. The art camp is a pilot project by the Halton board of education taught by local artist Gretchen Day. (Herald photo by Ani Pederian)

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