

The Lioness Club of Halton Hills met Wednesday night to elect a new executive. Seen here are (front row, lest to right) Third vice-president Madeline Collier, second vice-president Penny Bristow, president Rita Boyle, first vice-president Louise Giffin, (back row, left to right) bustle buster Dorothy Hansen, treasurer Gayle Laroche, director Edith Lacey, secretary Lynne Chapman, director Mary Zorge, Lioness tamer Billie Idzi, Absent wer past-president Marcella Neely and director Pat Mason.

HEART DISEASE

... the leading cause of death for Halton residents

be proven, there is con-

siderable evidence link-

ing heart disease with

lack of exercise.

smoking, diet, excess

alcohol and competitive

and agressive personal-

A 1980 study showed

their non-exercising

colleagues after an

eight and half year foll-

In another study, it

was found there was a

higher incidence of

heart disease in heavy

smokers than in light

It was also reported

that smokers who stop

smoking have a signifi-

cantly lower incidence

of heart attack than

cohorts who continue to

Many studies show

The Halton Hills Recreation and Parks Department's Travelling Activity Centre is off to

a flying start visiting parks, ball tourna-

ments, and our various summer activity pro-

grams. This free program has been a great success entertaining

children with parachute

games, special crafts and other exciting

The van is equipped to

handle large numbers of participants, so check

our schedule to see when the Travelling

Activity Centre will be visiting a park near you

and bring your friends!

For more informat-

ion, call 877- 5185, ext.

evenis.

that salt intake is relat-

ity traits.

ON-UD

smokers.

smoke.

ed to hypertension

which is a major risk

factor for coronary art-

ery disease, which in-

creases the chance of

Reducing serum chol-

esterol in the diet was

found to decrease the

risk of heart disease in a

recent study in Toronto

and 13 other major med-

ical centres throughout

Drinking too much

alcohol appears to be

another risk factor for

heart disease. A 1980

study indicated that

alcohol is dangerous at

high levels of intake but

that it may also have a preventative role in

heart disease if taken in

These factors were

noted in a study by the

Halton District Health

Council this May which

identified heart disease

as the leading 'cause of

death in the region.

Special crafts and

moderate amounts.

heart attack.

the U.S.A.

Herald Staff

In Halton, ischaemic (lack of blood supply) heart disease is the leading cause of death and the third most frequent cause for hospitalization of males 35 to 64 years old.

It remains the leading cause of death and the leading cause of hospitalization for males over

For females, heart disease is the second leading cause of death for the 35 to 64 year olds and the leading cause of death and hospitalization for women over 65.

Although cause-effect

that men who engaged in vigorous exercise had relationships have yet to less than half the chance of heart disease than

Stargazing stomp

Open your eyes to the heavenly bodies of our galaxy, "the Milky Way".

Join the Interpreters, Aug. 15 at 9 p.m. at Terra Cotta Conservation Area and learn to identify the major constellations of stars and discover the ancient Greek myths associated with these patterns of stars.

This time of the summer is also the best to view shooting stars during the perseid meteor showers. Perhaps we will even see a satellite! Take a peek at Mars through our telescope for a more in-depth view. Binoculars are helpful in viewing the constellations. Please bring blankets or lawn chairs for comfort.

This program is presented by the Credit Valley Conservation Authority at no charge. Admission into the area is \$1 per vehicle. The Terra Cotta Conservation Area is located on Winston Churchill Boulevard, just two km north of

For further information on this program and others offered this summer at Terra Cotta Conservation Area please call the area at 877-9650.

SENIOR SCENES

Lauretta Wills 877-3915

By Morley and

In the taxation year 1984, senfors who pay less than \$1,000 a year in federal taxes no longer have to make advance quarterly payments on their

When booking reservations by air or rail this summer, be sure to ask for special seniors' rates. CP Air offers everyone 65 or better a 65 per cent discount off round-trip travel on most of their domestic flights within Canada.

Book your round-trip at least 14 days in advance of your departure. A \$30 charge applies for cancellation or changes in reservations. Minimum stay is one Saturday night. Transportation tax i extra.

For further information call 1-800-268-4910. If you are 60 years old or more, you can travel on all VIA Rail trains at one-third reduction on basic coach fares with a VIARail Ambassader

ARTS COUNCIL

By PAT HRETCHKA Herald Columnist

A number of children in our community have been taking part in the Dramatic Arts Program sponsored by the Halton Hills Recreation and Parks Department. The public is cordially invited to see just what they have been tearning.

Two end of session dramatic shows have been scheduled. One August 3 and the other August 24. Both will take place at the Cultural Centre. Phone Cathy McGowan at 877-5185, ext. 263 for information regarding times.

As you read this there is still time to register your child f r the final session of this excellent program. Chadren from the age of seven up are cligible to participate. This is a two-week program, actually ten days Monday to Friday, 9 a.m. to 4 p.m. The fee is \$50 per child per session. The final session runs from August 13 to 24.

I have mentioned this program in my column before. The reason being that out of the dozens of programs offered by the Halton Hills Recreation and Parks Department, this is the only one that has anything to do with the arts.

It is important to keep your body well-tuned and it is a kworthy contribution to this, that is being made by the Recreation and Parks Department. Their contribution to the life of the mind is sadly less.

I don't object to tennis lessons and swimming lessons. All I say is,: Where are the lessons in oil painting or guitar playing? The Halton Hills Recreation and Parks Department must realize that Recreation means more than sport. After all they are in charge of the Cultural Centre.

They have the final say regarding the John Elliott Theatre and the Cultural Centre Gallery. Why then, are there not more programs sponsored by them for children and adults, which could make use of these excellent facilities?



Also, should you stay at any Canadian Holiday Inn, you can get one-third off the regular published. . room rate. Reservations can be made with the Holiday Inn of your choice by calling toll free 1-800-HOLIDAY 24 hours in advance mentioning that you are a VIA Ambassador. The reduction is subject to availability of allocated rooms and granted upon presentation of a current VIA Rail ticket and proof of age.

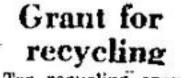
To obtain your free Ambassador Card, write VIA Rail Ambassador Card, 6555 Vanden Abeele, Ville St-Laurent, Quebec, H4S 1S1.

For further travel discounts consult your travel agent.

Boat WE ARE YOUR FRIENDLY NEIGHBORHOOD rentals

Paddle boats and canoes are available for rent at Fairy Lake in Acton. Hours of operation are 12 noon to 8 p.m., weather dependant.

For more information, call the Recreation and Parks Department, 877-5105, ext. 219.



Ten recycling operalions in 15 Ontario municipalities have received grants totaling \$890,000 under Environment Ontario's support program for source separation waste recycling projects.

Halton's Recycled Resources Inc. received \$321,000 in grants.



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NAME ADDRESS

Ontario's Provincial Parks

For more information write: Ontario Travel - Parks, Dept. N.D., Queen's Park, Toronto M7A 2E5. CALL TOLL FREE:

1-800-268-3735

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ommendations can be purchased at the

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the Publications Services Section, 5th

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1-800-268-7540. Cheques and money

orders should be made payable to the

Copies can be examined free of charge

-the offices of the Provincial Secretary for

Resources Development, Room 1620

Whitney Block, 99 Wellesley Street

-the offices of the Niagara Escarpment

Commission at 232 Guelph Street,

Georgetown, Ontario, L7G 4B1 or the

Commission's sub-offices at 166 Main

Street West, Grimsby, Ontario L3M 1S3

and 11-13 Marsh Street, P.O. Box 9,

-the offices of the Clerks and Planning

Departments of the 44 municipalities

affected by the Niagara Escarpment

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Clarksburg, Ontario N0H 1J0.

ment area.

Treasurer of Ontario.

WEDDING BELLS



Mrs. Patricia Jepsom is happy to announce the marriage of her daughter Susan to Watson C. Rowe, son of Mr. and Mrs. Alan Rowe, all of Brampton. The ceremony will take place Aug. 4 at St. Paul's United Church in Brampton.



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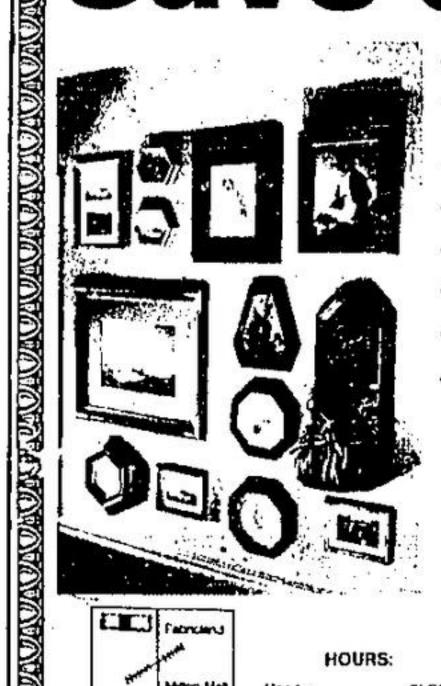
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PUBLIC NOTICE

RE

Recommendations to the Ontario Cabinet by the Provincial Secretary for Resources Development

THE NIAGARA ESCARPMENT PLAN

The Hon. Norman W. Sterling, Q.C., Provincial Secretary for Resources Development, wishes to advise that he has completed his review of the January 1983 report of the Hearing Officers on the Proposed Plan for the Niagara Escarpment, an area of scenic, natural and geological significance lying between Niagara-on-the-Lake in the-Region of Niagara and Tobermory in the County of Bruce.

The Provincial Secretary's recommendations arising from the review have been submitted to the Ontario Cabinet for a final decision on the Niagara Escarpment Plan.

Please note that some of the Provincial Secretary's recommendations differ from those in the report of the Hearing Officers. In accordance with Section 10, subsection 10 of the Niagara Escarpment Planning and Development Act, all those with an interest in the Niagara Escarpment will have until 5:00 p.m. on September 14, 1984 to make representations in writing to the Cabinet on this subject. Cabinet will examine these representations along with the recommendations made by the Provincial Socretary.

Submissions to Cabinet in duplicate should be delivered or mailed to:-

 Assistant Clerk of the Executive Council **Executive Council Office** Legislative Building Government of Ontario Queen's Park

Toronto, Ontario M7A 1A1

This public notice is given under Section 10, subsection 10 of the Niagara Escarpment Planning and Development Act, 1973.



Provincial Secretariat for Resources Development

Hon. Norman W. Sterling, Q.C. **Provincial Secretary**