



NEW LIONESSE EXECUTIVE

The Lioness Club of Halton Hills met Wednesday night to elect a new executive. Seen here are (front row, left 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) bustling Dorothy Hansen, treasurer Gayle Laroche, director Edith Lacey, secretary Lynne Chapman, director Mary Zorge, Lioness tamer Billie Idzi. Absent were past-president Marcella Neely and director Pat Mason.

SENIOR SCENES By Morley and Laurotta Mills 877-3915

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

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 is 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 VIA Rail Ambassador Card.

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 learning.

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 for the final session of this excellent program. Children from the age of seven up are eligible 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 worthy 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?

Go to Canada's Wonderland by MINI BUS
CENTRAL TAXI
- 7 DAYS A WEEK
- FROM GEORGETOWN MARKET
PLACE AT 9:30 A.M.
- RETURN TO GEORGETOWN AT 6:00 P.M.
877-1114
FEE INCLUDES ENTRY INTO PARK.
\$20.00 FOR DAY

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 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, 877-5185, ext. 219.

WE ARE YOUR FRIENDLY NEIGHBORHOOD HAIR SALON
PLEASE ASK US
PLEASE ASK US
74C Main St. N. Moore Park Plaza
HOURS: MON WED 9:00-5:00, THURS & FRI 9:00-7:00, SAT. 8:30-6:00
873-1555

HEART DISEASE

... the leading cause of death for Halton residents

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 65. 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 relationships have yet to

be proven, there is considerable evidence linking heart disease with lack of exercise, smoking, diet, excess alcohol and competitive and aggressive personality traits.

A 1980 study showed that men who engaged in vigorous exercise had less than half the chance of heart disease than their non-exercising colleagues after an eight and half year follow-up.

In another study, it was found there was a higher incidence of heart disease in heavy smokers than in light smokers.

It was also reported that smokers who stop smoking have a significantly lower incidence of heart attack than cohorts who continue to smoke.

Many studies show that salt intake is related to hypertension which is a major risk factor for coronary artery disease, which increases the chance of heart attack.

Reducing serum cholesterol in the diet was found to decrease the risk of heart disease in a recent study in Toronto and 13 other major medical centres throughout the U.S.A.

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 moderate amounts.

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 the village of Terra Cotta.

For further information on this program and others offered this summer at Terra Cotta Conservation Area please call the area at 877-9550.

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.

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.

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.

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.

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.

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.

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 events at doorstep

The Halton Hills Recreation and Parks Department's Travelling Activity Centre is off to a flying start visiting parks, ball tournaments, and our various summer activity programs. This free program has been a great success entertaining children with parachute games, special crafts and other exciting events.

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 information, call 877-5185, ext. 263.

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.

PICTURE FRAMING
Save 50%

- 200 FRAME Styles Available
- 200 MATT Colours and Acid Free
- Regular GLASS or Non-Glare
- All LABOUR Charges
- All CUSTOM Framing
- All FRAMED Pictures
- All FRAMED Mirrors
- All STRETCHING Needlework and Petitpoint, etc.

BUY DIRECT-NO MIDDLEMAN

547 Main St., Unit 12 Milton 876-1548
71 Mountainview Rd. N. Georgetown 877-6642

HOURS: Monday 10-6, Tuesday 10-6, Wednesday 10-6, Thursday 10-6, Friday 10-6, Saturday 10-5

AFTER FIVE
AND THINGS TO DO AND PLACES TO GO

PREMIER MILTON CINEMAS
SEE REGULAR AD FOR THIS WEEK'S SHOWS AND TIMES
HWY. 25 - S of 401

The McGibbon Hotel
LISTENING & DANCING PLEASURE
79 MAIN ST. S. 877-3388

Jack TANNERS
CANADIAN ODEON THEATRES
225 George St. Georgetown 877-6232

PUBLIC NOTICE

RE
Recommendations to the Ontario Cabinet by the Provincial Secretary for Resources Development
ON
THE NIAGARA ESCARPMENT PLAN

The Hon. Norman W. Sterling, O.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.

Copies of the Provincial Secretary's recommendations can be purchased at the Government Bookstore, 880 Bay Street, Toronto or obtained through the mail from the Publications Services Section, 5th Floor, 880 Bay Street, Toronto, Ontario M7A 1N8 for \$10 each. Telephone (416) 965-6015. Toll free long distance 1-800-268-7540. Cheques and money orders should be made payable to the Treasurer of Ontario.

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.

Copies can be examined free of charge at:

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 Secretary.

the offices of the Provincial Secretary for Resources Development, Room 1620 Whitney Block, 99 Wellesley Street West, Toronto, Ontario M7A 1A2
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, Clarksburg, Ontario N0H 1J0.
the offices of the Clerks and Planning Departments of the 44 municipalities affected by the Niagara Escarpment Plan, and most libraries in the Escarpment area.

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, O.C. Provincial Secretary