

# Don't lose cool during heat wave

Back in January we longed for summer, but now that the temperature is soaring some of us may be losing our cool. If you get hot and bothered when the temperature climbs above the mid 20s, don't sweat, because there are steps you can take to stay cool, and they won't necessarily cost you a lot of money.

Keeping cool for less is based on two principles. First, design your house is such a way that overheating is minimized. This involves the use of things such as awnings, on south-facing glass, reflective drapes on east and west windows, vents on attics, sun control films and of course, draftproofing and insulation.

Remember that air sealing and insulation can keep heat out as well as in. Once the structure is as efficient as possible, and you still need additional cooling, try to use air conditioning equipment as efficiently as possible.

When buying an air conditioner, it's important to choose an efficient unit that is the right size. An air conditioner with a cooling capacity that is too small may run all the time but not do the job. One that is too big will go on and off frequently. It will cool the room quickly, but will not remove humidity, and you'll end up with a cool, damp room.

Using the Imperial system of measurement, the cooling capacity of an air conditioner is expressed in BTU's/hour (British thermal units per hour). If you are buying a window-mounted air conditioner, the dealer will need to know the dimensions of the room in order to select the correct size. It will also help to describe how well the room is insulated, and the exposure of the room (north, east, south, or west). If you plan to shade your windows, or if the air conditioner is primarily for night-time use, you will need a slightly smaller unit. If the area to be cooled includes a kitchen you will need a larger unit. It is better to select a unit that is slightly undersized, as it will remove more humidity.

If you are considering central air conditioning, the dealer should visit your house and calculate your cooling load. You might also look at heat pumps, which can provide both cooling and heating. Window-mounted units are used mainly for cooling individual rooms. If you need to feel cool only at night when sleeping, then an air conditioner in the bedroom may be enough.

For more information about making your house energy efficient, visit the Ontario Renovation Information Centre, operated by the Ontario Ministry of Housing. The Centre is located at 16 Howland Road in the Riverdale area of Toronto. Call (416) 461-7577 for details.

'Keep Cool Week' at the Centre from August 1 August 9 will feature product and information displays or practical, effective ways to keep your house cool.

## In the hills

### 25th anniversary

By KAY WILSON  
Herald Special

NORVAL -- Paul and Mark Carney sons of Robert and Karen Carney, RR 2 Brampton, hosted a surprise 25th wedding anniversary party for their parents in Norval Presbyterian Church.

The church ladies catered to around 50 relatives, friends and neighbors. Following the afternoon reception, 14 family members enjoyed a dinner at the Terra Cotta Inn.

### Surgery over

NORVAL -- Friends of Campbell Sinclair, Georgetown, will be pleased to hear of his return to Georgetown hospital following a three-week stay in Toronto General Hospital for surgery.

### Bob recuperates

NORVAL -- Bob Alexander of Rexway Drive, Georgetown, is recuperating at home following a lengthy stay at the Western Hospital in Toronto and later at Hillcrest rehabilitation centre.

### Break and enter

Halton Regional Police are investigating a break and enter at the Hi Neighbor Variety store at 110 Main in Georgetown Aug. 2. About \$400 in cash was stolen from the store. Police are not sure how the bandit gained entry but there was some damage to the back door. The robbery took place between 7 p.m. and 11 p.m.

### Leferink re-hired

Leferink Transfer Ltd. of Georgetown has been rehired to operate the temporary transfer container for domestic and non-hazardous solid industrial waste on

Armstrong Avenue. Halton's Planning and Public Works Committee rehired the firm July 29.

Leferink transfers the materials collected there to the landfill site in Burlington or the Occidental Chemical energy from waste plant in Niagara Falls, New York.

### Hot dog day

An event in Acton Aug. 20 will be held to raise funds for the Halton Hills Anti-Drinking and Driving campaign.

Mayor Russ Miller and Regional Councillor Pam Sheldon will be at the IGA parking lot from 11 a.m. - 5 p.m. cooking hot dogs.

There will be prizes, balloons handed out along with bumper stickers and scratch 'n' win tickets. Hot dogs will cost 25 cents and drinks also a quarter.

### La Leche meeting

La Leche League of Acton welcomes all women interested in breast feeding information to the next meeting on Monday, August 10 at 7:30 p.m. at 16 Wilbur Street N. Discussion will include nutrition, introducing solids and weaning. For more information call 678-4732.

### Canoe weekend

The YWCA is offering two weekend get-a-ways that are well within the average woman's budget.

A Fall Canoeing and Tripping Skills Instructional Weekend is available for women who wish to learn or advance their canoe skills. This is an in camp weekend not an overnight canoe trip. The Canoe Weekend is Sept. 11-13 and the fee is \$85 including accommodation, meals and instruction.

The Fall Weekend, Oct. 2-4, is \$75 including accommodation, meals and use of the facilities.

To reserve a place, call the YWCA Tapawingo Outdoor Centre office at (416) 961-8100.

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# STREET

## It Can Be Your

Every year thousands of young children become innocent victims of abduction that results in physical and mental abuse and quite often a cruel and unjust death. It's hard to believe that in our society there are people who are capable of such terrible and morbid actions.

Even though this cruelty will never stop completely, there are courses that can be taken to help educate both parent and child about precautions to take that may stop a possible abduction. One course that is available is CHILD FIND'S STREET-PROOFING PROGRAM. This course is available to different parent groups, be it a church group, block parents, day care centres, community groups or a group of concerned parents. In a two-hour lecture, parents are first shown a video tape of abducted children; two speakers then review various lures that are used in the abduction of children. Guidelines to follow as well as precautions are outlined and questions are answered.

The aim of streetproofing is to teach children personal safety.

The purpose is to teach personal safety and increase public awareness by developing within a child an understanding of what a potentially dangerous situation could be, and to equip them with knowledge needed to identify and react confidently to such situations whenever they feel threatened.