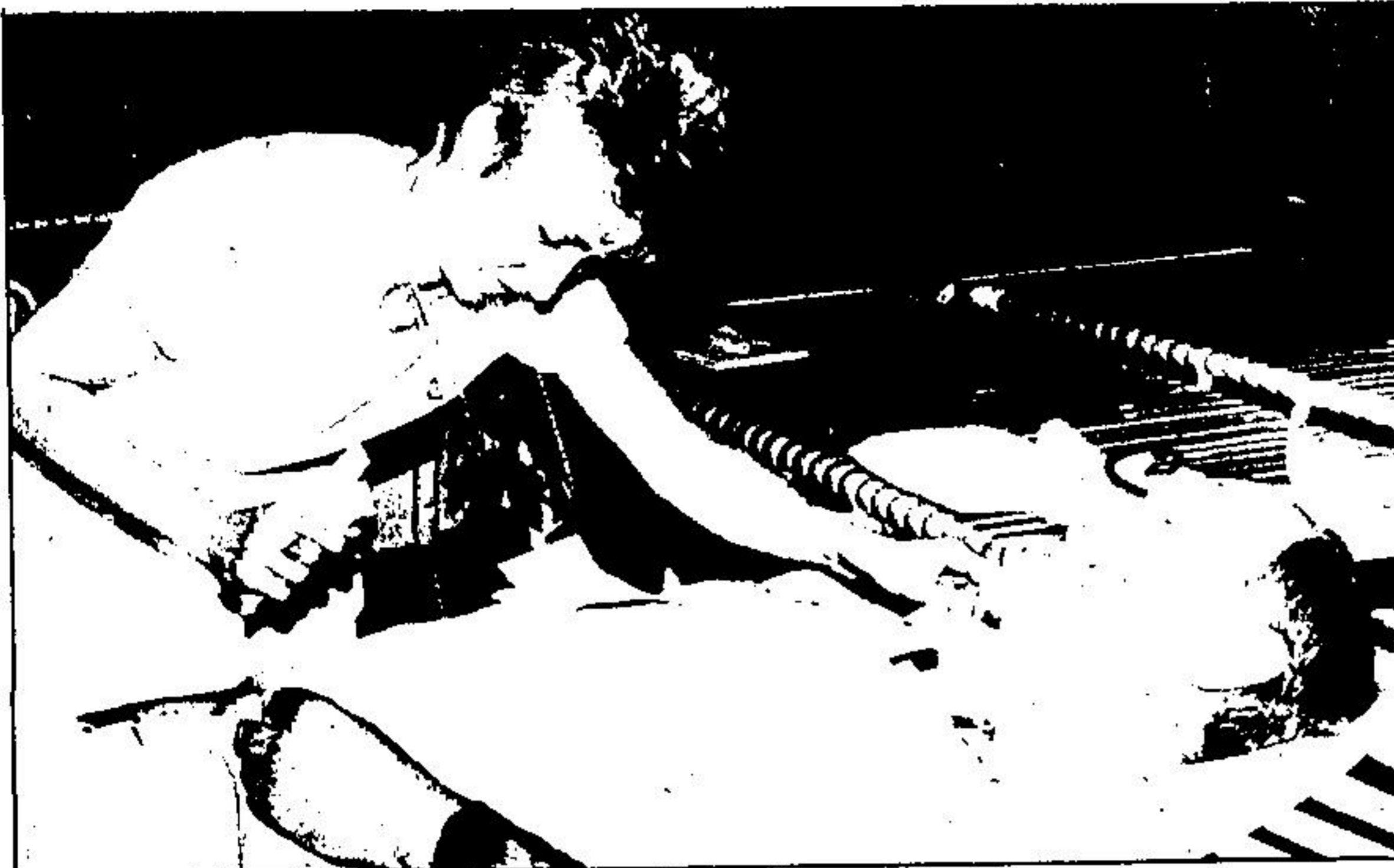


# Outlook on Halton Hills



Donor John O'Reilly, a Glen Williams resident, donates blood for his 86th time Monday as the Red Cross held a Blood Donor Clinic at Holy Cross Church on Maple Avenue. Mr. O'Reilly says he enjoys the half hour rest he gets when donating his half-pint of blood.

## Clinic brings in 292 units

A total of 292 units of blood were donated at an Aug. 8 blood donors' clinic held at Holy Cross auditorium. There were 312 donors who attended the clinic.

Red Cross officials expressed their appreciation for Dr. A.W. Ashenurst, who was on call, the volunteers, staff, nursery helpers and drivers, the clergy, John Ollivier of Halton Cable Systems, Halton Hills Hydro for displaying promotional banners, Dairy Queen for donating juice and cups, Pizza Hut for tea and serviettes, Miracle Mart for coffee, Loblaw's for donuts, Mr. L. Ferguson of Mac's Milk and Coca-Cola Ltd. for soft drinks, members of the CWL for kitchen help, and Mr. C. Domingos for use of the Holy Cross auditorium.

Special thanks were also expressed to Betty Milton and her telephone committee, to Shirley Chaplin for

publicity and promotion, and to Anna Ewen, convener of the clinic.

Organizers were also appreciative of all the people who took time out to give the gift of life.

Donor awards were presented to a number of people to mark their donations: Christof Randohr (50), Enid Scragg (35); and Jeanne Gray and Linda Hamelin (both 20).

Those giving blood for the 10th time included: Elaine Zilio, Alma Sargent, Ronald DeBoer, Linda King, Robert Bourassa, Paul Svoboda, Paul Chaplin, David Walker, Marion Kester and David Westerveld.

The clinic was jointly sponsored by the Independent and A.F. Johnson Real Estate.

The next regular clinic for Georgetown will be Monday, Nov. 14.

## Glen Williams hosts fun day

Glen Williams will once again play host to a Mentally Retarded Children's Fun Day for children this year. The event is scheduled for Aug. 27 at the Glen Williams ball park.

## ASK KATHY

Dear KATHY

### WATER—NATURE'S BEVERAGE

Q: The only time I ever drink water is with my evening meal. A friend of mine informed me it isn't good to drink water with a meal. Is this true?

A: Not at all. It is important to consume adequate liquids, especially water. It will help to soften the food in the stomach and assist in moving food through the digestive system. Water is also important in carrying nutrients, disposing of waste products and regulating body temperature.

Because the body loses approximately 10 glasses of water each day, it is essential to good health that it is replaced. If the body doesn't receive adequate water intake, a poor complexion may result; or the individual



may experience a feeling of sluggishness.

Treat water drinking as any habit you would like to acquire. At first, you must make it a conscious effort. One recommendation is to drink water with each meal, then increase your daily intake to eight glasses. For other healthful hints, contact your local Diet Center.

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