

Outlook on Halton Hills



The pipes are calling

Members of the Georgetown Legion Color Guard were among the 8,000 individuals and organizations that marched Saturday in the annual Warriors' Day Parade. The parade, hosted by the CNE since 1921, was watched by

approximately 20,000 viewers lining the parade route and sitting in the exhibition stadium. (Thomson News Service Photo)

Water situation back to normal

After what has been an "unusually" hot, dry summer, Halton Region has lifted the ban on water restrictions.

"The demand for water isn't here. We're back to normal," said Halton's Manager of Water Plant Operations, Vince Suffoletta.

The region imposed the first voluntary ban in May. In June, a mandatory ban was imposed, and two weeks ago, a voluntary ban was re-imposed, said Mr. Suffoletta. The final ban was lifted Tuesday, Aug. 23.

Halton Region has discussed water restrictions in the past.

"(But) this is the first time we've imposed restrictions... this is the first year we've had to," said Mr. Suffoletta, regional manager since 1982.

Lack of rainfall, including a dry stretch from May 15 to July 9, was responsible for the water shortage in Halton, but extreme heat and "doubled water consumption" were also factors, said Mr. Suffoletta.

Now, "the weather's been fine and the numbers indicate things are back to normal," he said.

Rainfall for the Toronto area for July totalled 81.2 mm. So far in August, 43.2 mm have fallen.

ASK KATHY

Dear KATHY

THE NUTRIENT AGE

Q: As I was growing up, there was very little talk about nutrition. Now, more discussion is devoted to nutrients. Exactly what are they?

A: Nutrients, like gas in a car, keep your body running in good condition. Your body can adapt to a poor diet, but it will not be as healthy, and can be more susceptible to illness.

Although the word nutrient may sound unfamiliar, fats, proteins, carbohydrates, vitamins, minerals, and water (all nutrients) are terms that are widely used.

Your nutritional requirements will vary according to age, sex, weight and physical activity. If you are skipping meals, you can become undernourished. People often



KATHY HAJAS
Diet Center Counselor

believe they are eating well but are actually deficient in one or more nutrients. Fatigue, irritability or depression are all signs of an inadequate diet.

Good nutrition doesn't just happen. It requires awareness, knowledge and planning. Contact your Diet Center Counselor at

Quilt auction highlights Pioneer festival

One of the most popular fall fairs in the Toronto area returns, as Black Creek Pioneer Village presents the 32nd Annual Pioneer Festival, on Saturday, Sept. 17, from 10 a.m. to 4 p.m.

The highlight, as it is each year, will be the auction of homemade Mennonite quilts at 12 noon. Funds raised by the auction and the sale of Mennonite goods go to the Mennonite Central Committee relief fund.

Also on sale will be Mennonite and Pennsylvania German homemade foods, including pies, cakes, preserves, breads, sausages, and more. In addition, there will be a farmers outdoor market, crafts, and a bargain emporium run by the C.W. Jeffreys Chapter - IOOE and the West York District Women's In-

stitute. On the day after the Pioneer Festival, on Sunday, Sept. 18, Black Creek presents the Fall Agricultural Fair. Children who entered the seed-growing contest at the Spring Agricultural Fair will have their plants exhibited and judged.

The Fair will also feature a display of pioneer preserves, baked

goods, vegetables, and apples, as well as livestock and ploughing demonstrations.

Black Creek Pioneer Village is open daily, 10 a.m. to 6 p.m. on weekends. It is located at Jane Street and Steeles Avenue, in northwest Metro Toronto. It is accessible via Highway 400, and by TTC. For more information, call (416) 736-1733.

Rehearsals commence

The Georgetown Choral Society will begin rehearsals for the new season starting Monday, Sept. 5 at 7:30 p.m. at Knox Presbyterian Church, Main Street, Georgetown.

The Society is looking forward to a season of interesting and challenging music. Auditions will be held Monday evenings.

For more information call 877-0074 or 877-1581.

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Notice of Meetings

PROPOSED ACTON QUARRY LANDFILL

A series of meetings will be held to present and discuss technical aspects of a proposal by Reclamation Systems Inc. (RSI) of Milton to develop a solid waste landfill in the Acton Quarry. The next meeting will commence at 7:00 p.m. and will take place at:

Gordon Alcott Arena
Upstairs Hall
221 Guelph Street
Georgetown, Ontario

All meetings are open to public observation. Consultants will be available from 6:30 p.m. to 7:00 p.m. and following each meeting to answer questions.

The topic for discussion for the next meeting to be held on Wednesday, August 31, 1988 is "Detailed Hydrogeology".

Questions, comments and requests for further information should be directed to:

Ms. Jillian Daffern
Project Liaison Officer
Eco Logic Inc.
143 Dennis Street
Rockwood, Ontario
N0B 2K0

Phone: (519) 858-9591

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