

# Outlook on Lifestyle



## Seniors celebrate

Acton's seniors advisory committee organized Senior's Day at Acton Arena on the afternoon of June 15. The day was held in recognition of Senior's Week. Seventy-five people representing the different areas of North Halton were treated to a variety of games, music and eats. Coffee and desserts were supplied by

The Acton Trinity United Church. The committee members are (left to right) Angela Palmer, Ruth Payne, Dot Redekop, Larna Clarke, Peggie Balkind, Helen Dubeau, Margaret Helliwell and Joyce Rennie. Absent are Bob MacArthur and Eileen Eberts. (Herald photo)

## How to keep that new job

By PATRICIA D'SOUZA and JENNIFER LUSBY

Herald Special

Congratulations! Now you have that job you worked so hard for. Here's a list of things you can do to keep the job:

1. Be there and be on time. If for some reason you can't make it into work, be sure you have a valid reason and let your boss know as soon as possible.

2. Dress properly. Find out what you're expected to wear once you've been given the job.

3. Give 100 per cent. This goes almost without saying. The more effort and enthusiasm you put into the job, the better. Employers look favorably upon keen and energetic employees.

4. Ask questions. There are always a lot of things to learn when you first start work at a new job. If you don't understand what's ex-

pected of you, make sure you ask.

5. Be a good team player. A worker is considered to be part of a team; therefore it's important to learn to get along with other people. If you're having difficulties with one of your co-workers or with your boss, try to look at the situation from their point of view.

6. Keep learning. You can always upgrade your skills by taking courses or reading books.

7. Leave properly. For whatever reason you decide to leave a job, always give your employer at least two weeks notice. Try to finish as much of your work as you can before you leave. Before you do actually leave, ask your employer for a letter of reference. A letter saying that you were a good worker will be useful if you're ever looking for a job again.

When it comes right down to it, keeping the job is probably the

easiest step in the whole job search process. The suggestions mentioned above are based on common sense. If you have any questions don't hesitate to call the Canada Employment Centre for Students at 877-7751 or 877-7797. Our office is located at 232 Guelph St. in Georgetown and we're open Monday to Friday 8:30 a.m. - 4:30 p.m. For those students in Acton, we will have office hours at the Acton Social Services Building on Willow St. from 2 p.m. - 4:30 p.m. on Wednesday, June 28.



## Teen volunteers

Awards were handed out to teen volunteers at the Georgetown and District Memorial Hospital last week. The hospital is looking for more people this summer. Left to right, from the back are Shieila Lightle, Jenni Cook, Janice Fowler, Emily Ranson, Heather Lovegrove, and Becky Helmiller. (Herald photo)

## ASK KATHY

Dear Kathy:

I am aware of the problems associated with high cholesterol and want to lower my cholesterol level. Will dieting help?

Reply:

High cholesterol has been shown to increase the risk of heart disease and many people are working to lower their cholesterol levels. While it's true that losing weight by any means will lower cholesterol to some degree, a proper diet and exercise program is the most effective way to lower cholesterol.

A recent evaluation study of the Diet Center Program showed that in only eight weeks dieters were able to lower their total cholesterol by over 13 percent! The study concluded that



KATHY HAJAS  
Diet Center Counselor

the Diet Center Program is an excellent way to lose weight, lower cholesterol and generally improve health.

**David A. Dew Registered Masseuse**  
 Located at Carols, 65 Main St. S.  
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 For All Your Fine China,  
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**SPECIAL OF THE WEEK**  
 - EVERY THURSDAY -  
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 • Vegetables  
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**\$3.95** Reg. \$5.25  
**MARTY'S TOO RESTAURANT**  
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HOW TO WIN AT THE LOSING GAME  
**DIET CENTER**  
 Business Number 877-2900  
 Home Number 853-0780  
 98 Mill St., Georgetown  
 Personal Consultation By Appointment

SHOP LOCALLY & WIN!!  
**LUCKY LICENCE NUMBER**  
 HERE'S HOW TO WIN:  
 Each week the Herald will select a licence number from the parking lot of a different Halton Hills retailer and publish that number in this feature. The owner of that vehicle then has seven (7) days to claim his/her prize of a FREE Lube, Oil and Filter.  
 THIS WEEK'S NUMBER:  
**ZNL 961**  
 PLAY THE GAME!  
 WIN A LUBE, OIL & FILTER FROM  
  
**SUPER LUBE**  
 AND COMPLETE CAR CLEANING  
 5 Armstrong Ave. (Armstrong & Mountbatten St.)  
 Prize Includes: - UP TO 5 LITRES OF 10W30 OIL - OIL FILTER - LUBE (IF REQ'D)  
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