

# Environmental myths pose problems

By BARBARA HALSALL  
BE INFORMED

This week I will continue to share environmental myths that are part of a Pollution Probe pamphlet. There is much confusing information. P.O.W.E.R. tries to verify all items before they are printed so that we do not contribute to misinformation.

Myth 4: Canadians do not contribute to the destruction of tropical rainforests.

Truth: What we do in Canada has a major impact on the preservation of tropical rainforests. Canadian banks and federal government agencies help to shape the policies of international funding agencies which, in turn, fund large mega-projects such as dams and mines. As consumers, Canadians buy fur-



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niture made from tropical woods and purchase other goods that contribute to the destruction of the tropical rainforests.

Myth 5: Controlling industrial pollution can solve the global warming problem.

Truth: Pollution caused by industry is only one part of the equation. Cars produce most of the nitrous oxides which is a major

cause of acid rain and a substantial amount of carbon dioxide which contributes to global warming. Cars also burn up scarce, non-renewable oil and create ground-level ozone smog in most Canadian cities. In Canada, we know that each year approximately 110 million litres of motor oil is not recycled and is dumped into the environment.

Myth 6: Composting is complicated.

Truth: Actually, composting - the recycling of organic materials such as lawn clippings, table scraps, leaves - can be very easy and need not take more than a few minutes of your time every day. There are just three rules to follow. 1) do not put in bones, meat, fatty oils, plastics or especially matter containing toxic substances; 2) periodically mix the contents of the compost; and 3) ensure that the contents are neither too wet nor too dry.

Myth 7: Only environmental initiatives within industry will improve Canada's drinking water.

Truth: Industrial activities do contribute to a large portion of toxics, but a significant amount is dumped down sewers and improperly disposed of at landfills by individuals. Most of the cleaners and detergents used in Canadian households today contain many of the same chemicals used by large industries. Pollution Probe estimates that an average Canadian household generates between 20 to 40 litres of toxic liquid waste annually. So changes by industry alone will not be enough, all of us must make changes.

Keeping in mind that reusing items is a much better choice than recycling, a local resident, Cathy Robinson, called to recommend that plastic pots and flats from

nurseries can be returned to the nursery. I checked with Haas in Brampton and they would gladly accept flats and pots. Even better would be if you can return pots from several neighbours in the

same trip. P.O.W.E.R. welcomes questions and suggestion on how to save our planet. YOU CAN MAKE A DIFFERENCE!



## Home Post Scripts

By Glenda Hughes

In the event that this column was missed by you last weekend, I thought you might be curious as to where I disappeared to, so suddenly. Without going into all the boring details preceding the event of my doctor admitting me to Georgetown and District Memorial Hospital (a.k.a. The Georgetown Holiday Inn) and then whipping me into surger, it is suffice to say, that I am now minus a gall bladder and recovering very well. However, it has made me a whole lot more aware of the other side of being well, and the wonderful blessings of being able to come home.

Like most of you, I have a tendency to regard my good health as natural and not unusual, but when lightning strikes, it hits with such a force, that it leaves one shaking in their boots and feeling a whole lot more vulnerable. Such are the lessons of life.

While recovering from the talented fingers of my surgeon, I had many thoughts and lots of observations. Perhaps you might like to share some of these with me - if so, read on:

-Hospitals are no place to recover in - noisy, uncomfortable, and the food is pretty lousy. My suggestion: if at all possible, plead to get released to home as soon as possible with home care, and while in the hospital, become good friends with the food delivery service in town.

-Like all professions, there are some who are born to be in the health care field, and some who should have never passed the exams. Recognize the difference, and go along with the ride. Remember how good home feels - and you'll be there soon.

-Keep your sense of humour about you - laughter is really the best medicine of all - besides your roommate and nurses will love you more.

-When you finally walk into your home again, remember the feeling for a long time - for home is the best place to be, even if you are sick.

So with the above thoughts in mind, I'm sure you can figure out that my pleadings about making your home a wonderful place to return to, are even more high pitched this week. Make it beautiful and comfortable, where not only you feel like kicking off your shoes, but even those who enter through your front door will feel that way also.

There really is no place like home!

### "Homes Sold Creatively"

Glenda Hughes is a Sales Representative with NRS Brand Realty in Georgetown.

**Kasual Katering**  
by Geri & Lori Kentner

### OYSTERS ROCKAFELLER

Fresh shucked oysters  
1 Lemon  
1 Head of spinach  
1 lb. shredded mozzarella cheese fresh ground pepper

**Method**

Wash spinach and remove stems. Place in boiling water until mushy. Remove and rinse under cold water.

Lay oysters in baking dish, place enough spinach to cover oyster on top. Then sprinkle fresh lemon juice on each one. Sprinkle shredded cheese on top of spinach and grind pepper on the very top.

Bake in oven at 400 degrees, 5-7 minutes.

Serve hot. (As an appetizer serve 4-5 oysters per person.)

**Helpful Hint:** For a special treat cut lemons in half and wrap in cheese cloth and tie with a fancy ribbon. Then squeeze lemons through cheesecloth and nobody gets seeds on the oysters and it is very pretty!

### LUSCIOUS LEMON CHEESECAKE

2 1/2 lbs. cream cheese softened  
1 1/2 tsp. or more to taste of grated lemon peel  
1/2 tsp. vanilla extract

Gradually add the following, beating until smooth after each addition:

13/4 cups sugar  
3 tbsp. flour

Beat the following together and add to cream cheese mixture beating after each addition:

5 eggs  
2 egg yolks  
Blend 1/4 cup heavy cream

Pour into prepared spring form pan, lined with graham wafer crust. Spread evenly. Sprinkle 1/2 cup reserved crumb mixture over top.

Bake at 250 degrees for one hour. Turn off heat.

Let stand in oven one hour longer. Remove to cooling rack to cool completely 4-6 hours. Chill in refrigerator several hours or overnight. Serves 16-20.

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