

EXPRESS SALT DELIVERY

SELECT Water Softener Salt

\$9.95 DELIVERED & Poured Into Your Softener!
BAG

Save your back. Save your money.
Call 877-9075 NOW!

Neilson

Quality Dairy Products Since 1893

279 GUELPH STREET
GEORGETOWN
(416) 453-2333

VARIAN CANADA

45 RIVER DRIVE
GEORGETOWN
877-0161

ROYAL BANK

Two Branches To Serve You In Halton Hills

83 Main St. **877-5181**
232 Guelph St. **877-2244**
GEORGETOWN

BASF
Intermediate & Fine Chemicals

PROUD TO BE A PART OF HALTON HILLS Since 1968

80 TODD ROAD
GEORGETOWN, ONTARIO
877-6952

TEACUPET BATH

Division of Halton Floor Fashions Ltd.

26 Guelph St.
Georgetown, Ont.
877-9896

Zellers

GEORGETOWN MARKET PLACE
Guelph Street
877-5131

GENERAL REPAIRS & SERVICE
SAFETY INSPECTION & ROAD SERVICE

JAKE'S
AUTO SERVICE LTD.

5 ARMSTRONG AVENUE
GEORGETOWN, ONT. L7G 4S1
TELEPHONE 877-6353

RAVES
hair fashions

THE HAIR CARE, WAXING,
MANICURE SPECIALISTS!

OPEN EVENINGS

118 Guelph Street
Georgetown
873-0865

Belamy's Restaurants

265 Guelph St.
Georgetown
873-1868



HEART AND STROKE FOUNDATION OF ONTARIO

The Heart and Stroke Foundation of Ontario is a volunteer-driven, not-for-profit organization that provides funds for research and education to reduce death and disability from heart disease and stroke.

Why your dollars are needed

Canada's #1 killer is heart disease and stroke, claiming 80,000 lives EACH YEAR — more than any other disease. More than 4 in 10 deaths in Canada are due to heart disease and stroke.

- 27,000 deaths are attributed to heart attacks
- 14,000 deaths are attributed to stroke
- 38,000 deaths are attributed to other cardiovascular conditions.

A 1988 Statistics Canada report states that improvements in diagnosis and treatment, as well as individual lifestyle changes, have resulted in 35,000 lives being saved PER YEAR.

Research projects

Currently, the Foundation is funding 67% of all heart disease and stroke research in the province. Yet we can afford to fund less than half of the amount requested.

In 1990/91, the Heart and Stroke Foundation of Ontario allocated more than \$15.5 million in support of 196 medical and sociobehavioral research projects across the province.

During its 38-year history, Foundation research funding has made possible lifesaving advances in:

- cardiac surgery
- pacemakers
- nutrition
- angina
- irregular heart rhythms
- heart transplants
- stroke
- high blood pressure
- atherosclerosis
- treatment for congenital heart

Education programs

The Heart and Stroke Foundation of Ontario, through its 86 chapters, provides a variety of public and professional education programs related to the prevention, intervention and rehabilitation of cardiovascular and cerebrovascular disease. These activities include:

- High blood pressure programs
- Smoke-Free Spaces programs for children and in the workplace
- Heart Smart — a healthy diet program
- Public/professional education programs
- Emergency Cardiac Care/CPR training
- Heart to Heart — a support and education group for heart attack/surgery patients and their partners

1. Blood pressure begins v
 2. Blood pressure stays th
 3. Blood pressure helps th
 4. A blood pressure readi
 5. You can tell what your
 6. A healthy person could
-
1. **TRUE.** When the heart b created by the force (pres through them.
 2. **FALSE.** Blood pressure, sleep and gradually rises changes in blood pressure
 3. **TRUE.** Everyone has blo keeps us healthy by helpi
 4. **TRUE.** Systolic pressure It occurs everytime the h lowest pressure in the art
 5. **FALSE.** You cannot tel
 6. **TRUE.** The normal rang or larger number), and b

BLUE DRAGON

NEW AGE & METAPHYSICAL
• BOOKS • CRYSTALS • INCENSE

• Tarot • Pewter
• Ceramic Unicorns & Dragons
• Hologram Pendants
• Jewelry • Artwork
• Videos & Nature Recordings • ENLIGHTEN YOURSELF

Interested in Astrology or
Iridology Introduction Classes?
Call and Inquire!

MOUNTAINVIEW PLAZA
10 MOUNTAINVIEW RD. S.
GEORGETOWN, ONT.
L7G 4J9 **873-6879**

Knechtel's
For Meat That Does More Than Compete!

Come and See Us at
68 Main St. N.
Moore Park Plaza
873-3963

KIYO'S
JAPANESE CAR SERVICE

Motor Vehicle Inspection

21 Mill St. **877-1687**

COMPLIMENTS OF
GEORGETOWN CINEMAS
235 GUELPH STREET - 873 1999

FINE ENTERTAINMENT FEATURING ALL THE TOP MOVIES!

★
PLEASE GIVE GENEROUSLY!

WE'RE YOUR INSURANCE BROKERS WE UNDERSTAND!

PAUL C. ARMSTRONG
INSURANCE BROKERS LTD.
143 MILL ST.
Halton Hills (Georgetown) Ontario
877-0133

Lakeview Centre
FLOORING SPECIALIST

853-1190
126 Main St. N.
ACTON

RA
Boucher & Sons Aluminum Ltd.

R.R. 2, Conc. 8
Georgetown
877-8830

GLENLEA
Drug Mart LTD.

294 QUEEN ST. E.
ACTON, ONT.
853-2220

Ladies & Men's Hair Styling

10% OFF For Seniors on Wednesdays
Corrie's Hairplace
21 Mill W. 853-3461 Acton

A Sp