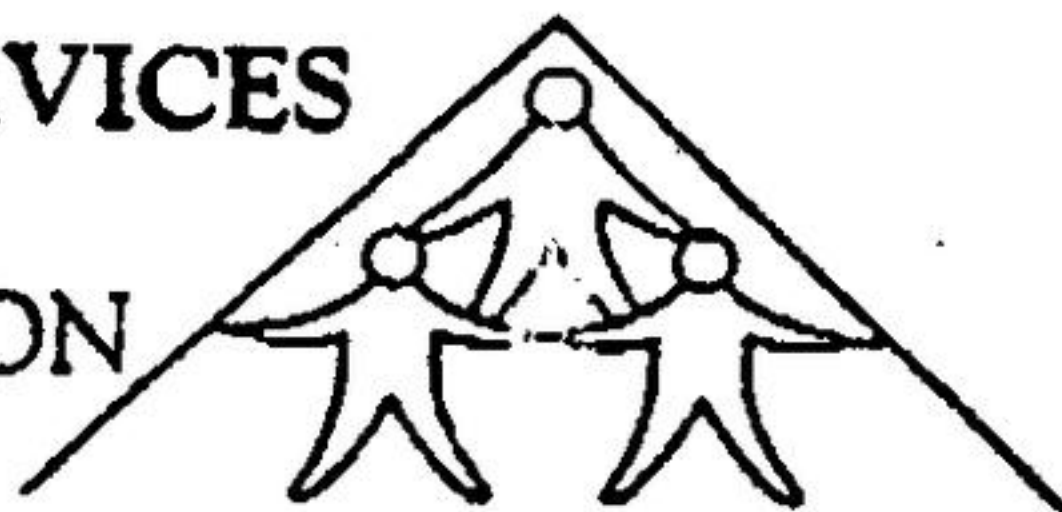


**ACTON
SOCIAL SERVICES
AND
INFORMATION
CENTRE**



Proper rest a must

GET A GOOD NIGHTS SLEEP
If you want to live an active lifestyle, you need a good nights sleep!

- Do's and Don'ts for Good Sleep
- Do - maintain a daily schedule of activity, meals and sleep.
- Do - exercise regularly in the late afternoon or early evening.
- Do - set aside a special time during the day to: collect your thoughts, mull over the day's events, plan for the future, and work out unsolved problems. Leave the day's problems at your bedroom door.
- Do - relax in evening before bedtime in whatever way is enjoyable for you.
- Do - eat a light snack in evening if hungry. Milk and Ovaltine and tuna fish are especially soothing.
- Do - make your bedroom as quiet and comfortable as possible. Room temperature between 64°-66° F tends to consolidate sleep.
- Do - have a regular routine for preparing for bed.
- Do - get up at the same time every morning no matter how much sleep you have gotten.

Don't - nap during the day. If sleepy relax, breathe fresh air and get "second wind."

Don't - use bedroom for any activity other than sleeping (and sex).

Don't - go to bed until you feel sleepy.

Don't stay in bed more than 15-20 minutes if you do not fall asleep. Staying in bed makes you become more anxious and stressed.

Don't - take sleeping pills as part of your regular routine. Although sleeping pills have their place at times of great stress, their use should be limited to not more than twice in one week. Sleeping pills have not been shown to be effective for more than four weeks of nightly use. The sleep they produce is not normal sleep, but is very light, restless and with many awakenings. Sleeping pills may make you feel groggy in the morning, dull your thinking, slow your reflexes.

Elliott Phillips "Get a Good Night's Sleep"; Prentice Hall, Englewood Cliffs.

**Acton student
in police program**

Acton High School student, Sonia Bujan will get a first-hand opportunity to see what being a police officer is really like as part of the third Halton Police Ethnic and Cultural Education Program (PEACE) launched this week.

Miss Bujan will spend seven weeks with the patrolling constables and investigators at 11 Division in Georgetown, where she'll be involved in a diversity of

police activities from patrol service with the Chief of Police.

She is one of nine high school students who were chosen for the program which was created and implemented by the Halton police in 1989. It's designed to give youth and police within Halton an opportunity to gain mutual understanding, cooperation and respect. At the same time, the program also provides summer employment for the students.

Student job hints

Some of us may find the job interview to be a frightening experience, but it is a key tool for securing a job. All your efforts throughout the job hunt have led to this opportunity and it is your chance to show what you know and what you can do.

Before the date of the interview, you'll want to do some preparation and keep some tips in mind. First, learn as much as you can about your employer, and the job position. Write down any questions you may wish to ask during the interview. You should also think of some possible questions the interviewer will ask you and mentally prepare answers for them. Try to arrive ten to fifteen minutes early - never be late! If you're wondering about what to wear, consider the type of job you're applying for and pick clothes that relate to it. Finally, don't forget to bring a copy of your resume with you.

If you've never had an interview before, you may not know what to expect. During the interview, the employer will be evaluating you and your performance. You can expect to be asked what your strengths and weaknesses are, what qualifications you have that make you suitable for the position, and what type of experience you have had in this job field. Some employers will ask what you already know about the company, so be prepared! Sometimes an employer will present you with a difficult situation and will want to know how you would go about resolving it. During the interview, don't be afraid to take a few minutes to mentally prepare before you reply. A well thought out answer is what the employer wants to hear. Most importantly, be natural and honest. It will help you to relax and you'll appear more confident.

After the interview, there are a few more things to do to increase your chances of getting hired. Send the employer a follow-up letter to express your appreciation for the interview. Follow-up with a telephone call if the interviewer promised to contact you by a certain date and hasn't. These steps reinforce the

memory of your interview in the employer's mind. Although the thought of an interview may seem scary, it is essential to getting a job. Don't

worry, they get easier with practice! If you need help thinking of answers to some questions, call the Canada Employment Centre for Students at 877-7797.

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Olde
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Scavenger Hunt

YOU CAN WIN \$1000
TO SPEND IN OLDE GEORGETOWN PLACE

HERE'S HOW TO PLAY:

Each week for a total of 5 weeks, there will be 10 different Olde Georgetown Place businesses featured in this space. You must visit each business and pick up a special "Scavenger Hunt Play Piece" to win. At the end of the Five Weeks you will have a total of 50 Pieces which you will submit with your name, address and phone number to enter a draw for the winner. Contest closes: Monday, July 8th at 6:00 p.m. Please drop off entries at one of the participating businesses. You must have 50 pieces to win. Photo copies are not acceptable.

WEEK ONE:

Sun's Gas Bar—Foodstuffs—Riverside Fitness—Victoria Lane—Pictures & Presents Up, Up & Away—The Village Shoppe—My Generation—John Boughton Jewellers—The Halton Hills Herald.

WEEK TWO:

The Cellar—Outdoor Power Equipment—North Star Dry Cleaners—Downtown Pizza and Submarine—Pet Junction—C & S Printing—The Final Touch—Fletcher's Family Shoes—Elizabeth's Fashions—Target Food Stores.

WEEK THREE:

The Cellar—The Village Shoppe—North Star Dry Cleaners—Victoria Lane—Pictures & Presents—Target Food Stores—My Generation—Carpet Barn—The McGibbon Hotel—Elizabeth's Fashions.

WEEK FOUR:

The McGibbon Hotel—Elizabeth's Fashions—Victoria Lane—Pictures & Presents—North Star Dry Cleaners—The Village Shoppe—Target Food Stores—The Cellar—My Generation—Carpet Barn.

WEEK FIVE:

The Village Shoppe—Target Food Stores—The Cellar—The McGibbon Hotel—Elizabeth's Fashions—Pictures & Presents—Carpet Barn—North Star Dry Cleaning—Victoria Lane—My Generation.

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