

Don't play Australian lotto

Halton Regional Police are warning people not to participate in a lottery called the Australian Gold Lotto.

According to police, residents in Halton have received lottery game boards as advertising sent by the Australian Players Service LOTTO 6/45 in Australia.

The advertising directs

people to send their gameboards to a postal bag — number 60 — in Australia along with their cash or charge card number.

"This lottery is not licenced in Canada (and) participation in the lottery is a criminal offence carrying a maximum fine of \$2,000," a police spokesman said.

Your Week Ahead Horoscope

ARIES
Mar. 21-Apr. 19

Hold important business discussions with those at the helm. There could be a change of address involved.

TAURUS
Apr. 20-May 20

A holiday vacation trip should be interesting and relaxing. A reunion with relatives, near and far, brings forth memories.

GEMINI
May 21-June 20

The financial picture looks good. Signs point to an unexpected development being a new source of income. Take advantage.

CANCER
June 21-July 22

An important decision will be forthcoming this week. Proceed confidently and study the situation in depth. You can't miss.

LEO
July 23-Aug. 22

Others sense a quiet strength about you. Keep your aims high. Try not to deceive anyone, especially yourself.

VIRGO
Aug. 23-Sept. 22

New associations and attachments are favored. You may be inclined to take a leadership role in organizational activities.

LIBRA
Sept. 23-Oct. 22

An important individual in a position of authority is likely to contact you regarding professional activities. Go with the flow.

SCORPIO
Oct. 23-Nov. 21

A holiday picnic in the park is not without peril. Food handlers should observe all rules of sanitation.

SAGITTARIUS
Nov. 22-Dec. 21

Make adjustments in your social life and your financial arrangements with others in business. It's time to update a few things.

CAPRICORN
Dec. 22-Jan. 19

A temperamental flare up between partners could find you caught in the cross fire. It's time for a change.

AQUARIUS
Jan. 20-Feb. 18

Difficulties among co-workers might carry you into some new line of work. You can overcome negative conditions.

PISCES
Feb. 19-Mar. 20

Romance is in the picture but it's only fair to tell you that a ride on the roller coaster would be safer.



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Halton women's self-health project receives breast-examination grant

The 'Halton Women's Self-Health Project' has received funding of \$22,410 from the Ontario Ministry of Health to help women become proficient in conducting 'breast self-examination' (BSE). The project is being sponsored by the Burlington Breast Cancer Support Services, a self-help organization that provides information and emotional support to women who are dealing with issues around breast cancer.

The project developed out of a meeting last summer, hosted by the Halton District Health Council. Twenty-five women's organizations heard a presentation about the 'risks of breast cancer' and positive action women can take in 'self-health'. A planning committee from these women's groups directed the development of the project which will increase women's awareness and skills in practising 'breast self-exam regularly and proficiently'.

The project will complement

those services being delivered by health care professionals as well as the newly initiated Provincial Breast Screening Program.

Breast cancer is the leading cause of cancer deaths in Canadian women, and the number one cause of death in women aged 35-39. Eleven thousand new cases of breast cancer are diagnosed in Canada each year, affecting approximately 10 per cent of Canadian women.

Between 1984 and 1986, 360 cases of breast cancer were diagnosed in Halton Region and just under one-third of these women died. On the basis of these numbers, it is conceivable that approximately 10,000 to 12,000 women in Halton will be at risk for developing breast cancer in their life-time.

The program will be delivered in 'small informal groups' led by a trained facilitator. In a series of three sessions, women will have demonstrations and practice sessions on BSE but equally important have an opportunity to ask questions, share concerns and receive ongoing support from other women.

Factors found to facilitate BSE learning are: small group settings, all female participants, and detailed demonstrations and practice sessions. Encouragement

to continue practising BSE will be provided through a 'Buddy System' and a six month follow-up session.

It is anticipated that by working with and through women's organizations and clubs that the program will be able to reach 1,000 women in a one-year period. The program will commence this fall.

Women's groups or individuals interested in finding out more about the program can contact Marlene Longdon, Executive Director of the Halton District Health Council (842-2120).

Correction

In Saturday's Halton Hills Weekend a cutline about the Maple Ave. Nursery School incorrectly had the school's location at the Baptist Church. The school is actually located at Cedarvale Community Centre. The Independent/Free Press regrets the error.

Free information

Information about cancer can be obtained free of charge by calling the Cancer Information Service at 1-800-263-6750.



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A national program to encourage giving and volunteering

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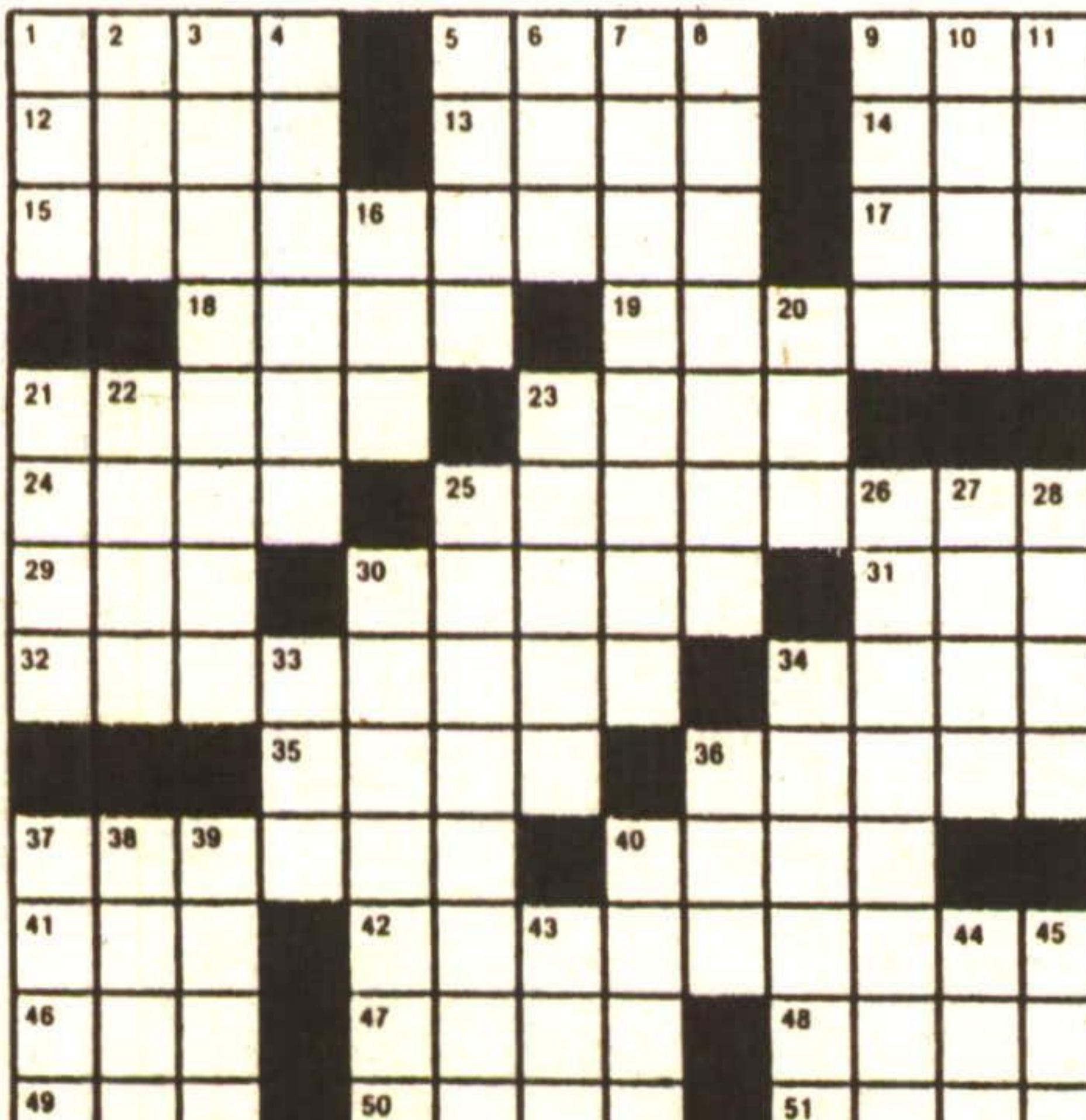
THIS WEEK'S PUZZLE ANSWER

ACROSS

- Stuff
- Swiss peaks
- Norton and Sullivan
- Venetian explorer
- Sodom king
- Spigot
- Labrador or Golden
- Walled item
- Is not
- Groaned
- Mexican Indian
- Fish appendages
- Mr. McCartney
- WWI soldier
- Conclude
- of Endearment
- 52 lo Negro
- Chooses again
- Swallow
- God of love
- Salad green
- Actress Hedy
- Of ... ising
- High card
- Lady of Spain (3 wds.)

DOWN

- Red Cross course
- vs Wade
- Height
- Tasty tidbit
- Encourage
- Gold coin
- Bonuses
- Lamour dresswear
- British school
- Hamlet e.g.
- Raced
- Incorporated (abbr.)
- Type of iray
- Mimic
- Writer Grey
- Wayne and Worth
- Adorn
- Sinatra feature (2 wds.)
- Rembrandt paintings
- Barks
- Irish or Welsh
- Meadow
- Zorba's land
- Chairman (abbr.)
- Northern nomad
- Pain
- Chow
- 40 Related
- Actor Ackroyd
- Can. province
- Shoshonean



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LEN TUITMAN AND STAFF PRESENT

PERENNIAL BEARDED IRIS

The bloom is recently off of the iris plants. But, when in full bloom they are the centre of interest. Annually they are dependable bloomers with a minimum of care they will continue to bloom for generations. In order to keep them at their best, the clumps should not be allowed to become too crowded. Avoid this by dividing them every few years. Bearded irises can be transplanted during late summer up until September.

Most iris plants have fleshy, tuber-like roots called rhizomes. When divided and planted the fleshy, root structure should be placed so that it is barely covered with soil. They do best when planted shallow in a light, well drained soil. There is a danger that they will rot if planted too deep. They thrive in a hot, sunny location, with an application of fertilizer in the spring that is high in phosphorous and potash.

All grass and weeds should be regularly removed. If they become overgrown it is extremely difficult to remove them from amongst the shallow rhizomes.

Old, finished flower stalks should not be removed until they are well ripened — yellow and starting to dry up. The foliage must be left on the plant until the fall, when it can be cut back to about 5 to 6 inches tall. And any dead leaves and stalks can be also removed.

Each week Christine Cole of Tuitman's Garden Centre and Landscaping, Highway 25, 1 mile south of Acton, 853-2480, will be presenting helpful tips and information to assist you in creating your garden showplace!



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