



The Halton Hills Gymnastic Club are turning head over heels during the Georgetown Santa Claus Parade last weekend. Upper left, these youngsters see the parade the easy way.

LEN TUITMAN AND STAFF PRESENT

GREEN THUMB GARDENING

THE BENEFITS OF PLANTS

The benefits of plants are highly valued in our man-made world. Plants provide our basic contact with nature, and make our surroundings visually pleasing. They accomplish this through their variety of colors, forms, textures and their ability to soften or accentuate structural forms (buildings and fences). In addition plants can offer refreshing shade, scents and soothing sounds.

However, besides their obvious aesthetic benefits, plants also modify the air and temperature, reduce noise, control erosion.

Plants should be considered as nature's air conditioners. They absorb dangerous pollutants such as sulfur dioxide into their leaves. At the same time they produce oxygen, and generally increase the air quality. Since evergreens retain their foliage year round, they are especially useful for maintaining air quality.

Evergreens also alter the surrounding temperature all year. However, all plants create shade and absorb heat as they grow, which reduces the surrounding temperature. Plants also reduce the wind speed, producing an area of calm air, that is especially beneficial in winter.

Noise produced by automobiles, machinery, animals, and people can be significantly reduced by plants. Those with dense, and tall growth habits reduce noise more effectively. As well, the plants should be as close to the source of noise as possible, to be beneficial. In this way plants hide the source of noise as well as reducing its volume.

The presence of plants will also reduce the distinctive effects of erosion. Bare soil will erode quickly by wind and rain. But, plants will reduce the force of wind, and their leaves will soften the fall of rain, while the roots will hold the soil and absorb the water. The natural leaf mulch around the base of plants further reduces the effects of water movement. Plants provide many benefits that are not always immediately obvious or appreciated.

For information on our gardening classes please contact the Garden Centre at 873-2480.

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!

WOULD YOU LIKE TO PLAY AN ACTIVE ROLE IN CONSERVING HALTON'S NATURAL ENVIRONMENT?

The Regional Municipality of Halton invites applications for membership on the Halton Ecological and Environmental Advisory Committee [EEAC].

WHAT IS EEAC?

EEAC is a voluntary committee appointed to provide technical advice and assistance to Regional Council on current development and policy planning matters which affect Halton's natural environment. EEAC promotes and monitors Halton's Environmentally Sensitive Areas through field work, technical document review, and environmental education. EEAC formally meets once each month.

WHO MAY APPLY?

Anyone with professional or practical experience in dealing with environmental issues and who is prepared to devote several hours per week for meetings, field work, and the review of technical documents is encouraged to apply. Individuals with a background in environmental planning / engineering, botany, ecology, fish and wildlife biology, environmental education, and hydrogeology are particularly needed to complement the current membership.

HOW TO APPLY ?

Application forms are available from the Halton Planning and Development Department at the address below. A letter and resume outlining the applicant's environmental background, activities and interests should also be attached. All applications should be submitted by **Friday, January 4, 1991.**

Suzanne McInnes

Planning and Development Department, Regional Municipality of Halton
1151 Bronte Road, P.O. Box 7000, Oakville, Ontario L6J 6E1

For further information please contact Suzanne McInnes at: [416] 827-2151 ext. 309 or Kathy Kielt at ext. 629.

**Louise Temple
Regional Clerk**



Your Week Ahead Horoscope

- ARIES**
Mar. 21-Apr. 19
The holiday social scene brings many invitations. The friendliness and love you send forth is returned to you in like manner.
- TAURUS**
Apr. 20-May 20
Persons and circumstances facilitating your work are favorably inclined toward you. An older person takes on the role of "guide".
- GEMINI**
May 21-June 20
Holiday travel promises to be quiet enjoyable. You are attracted to people of a totally different culture.
- CANCER**
June 21-July 22
A love relationship takes on a deeper intensity. Recognize the subtle changes and be ready to deal with them.
- LEO**
July 23-Aug. 22
Understand the need of partners, co-workers, all those you deal with. Create a good emotional balance in all your encounters.
- VIRGO**
Aug. 23-Sept. 22
Practical matters must be faced in all relationships. There is no room for entertaining mental fantasies.
- LIBRA**
Sept. 23-Oct. 22
Take an active part in creating community good will and holiday spirit. You have the artistic talents.
- SCORPIO**
Oct. 23-Nov. 21
Enjoy the closeness and warmth of family and friends at home. Get the home "Picture-Postcard" ready.
- SAGITTARIUS**
Nov. 22-Dec. 21
You are very sensitive to the beauty around you, and want to share it with family and friends.
- CAPRICORN**
Dec. 22-Jan. 19
Financial opportunities arise and you are in a receptive mood. Really big decisions should be shelved until after the holidays.
- AQUARIUS**
Jan. 20-Feb. 18
The atmosphere brightens and you enter a phase of fun and frivolity. Others find you attractive and seek your company.
- PISCES**
Feb. 19-Mar. 20
Caring for another calls for unselfishly giving of yourself. Be careful you don't fall into the "martyr" trap.



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KEN THOMSON



Tooth Chatter

by **ALEX TRENTON,**
Denture Therapist

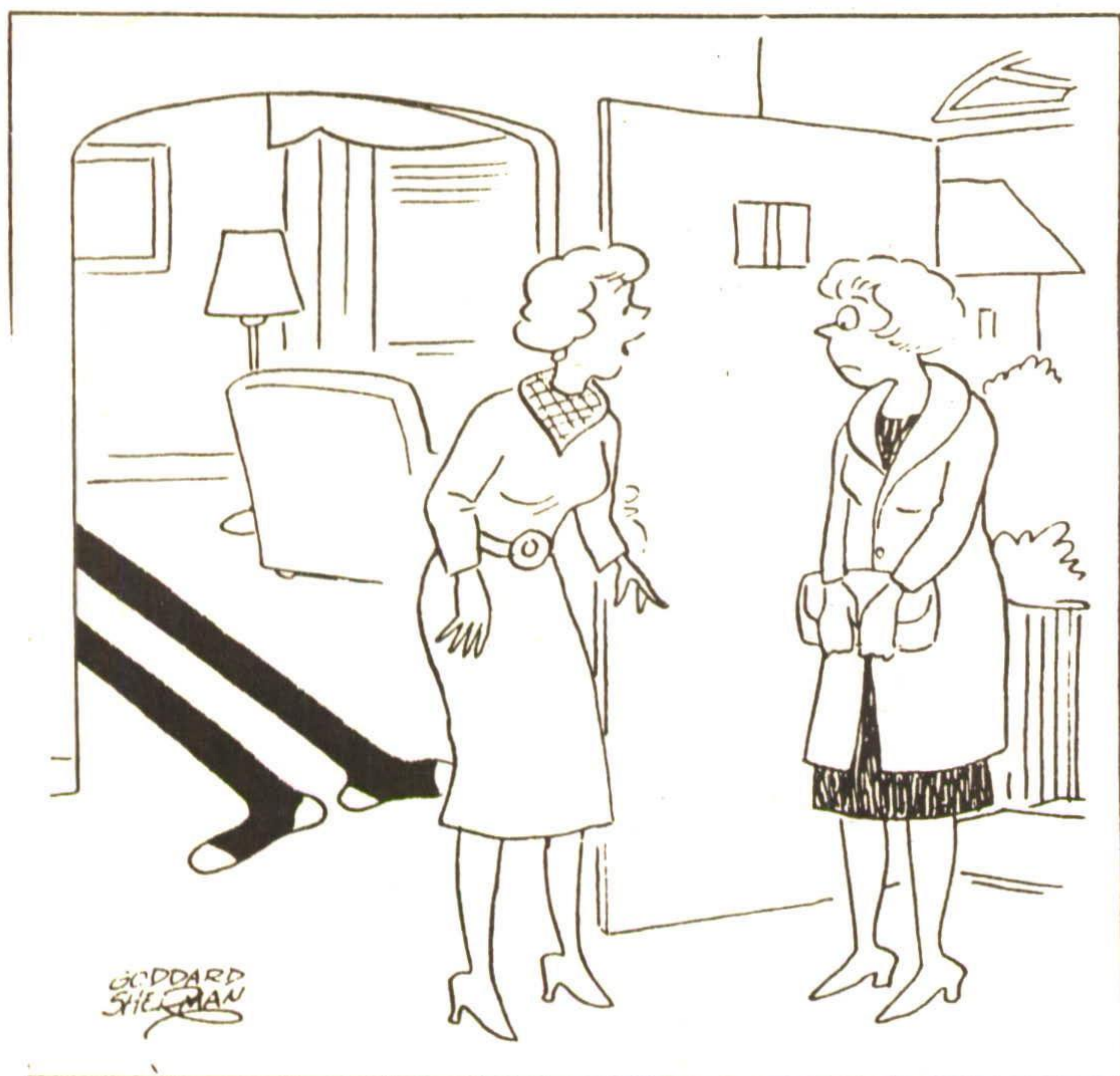
NEW DENTURES CAN ERASE WRINKLES

Vertical wrinkles around the mouth may be caused by illfitting dentures. False teeth that may once have fit well, change considerably as time goes by. When no teeth are present, the gum and bone tissue become unnecessary and nature removes them. They shrink upward, therefore causing the cheeks to sag. Wrinkling and gauntness in the face are two things you must deal with as you grow older, but old or illfitting dentures can be responsible for some of these lines.

Because your gums are constantly shrinking, you must update and change your dentures regularly, in order to keep them fitting snug, which fills out the face, therefore smoothing out wrinkles. The unattractive appearance is not the only problem with poor fitting dentures. The incorrect bite often causes discomfort or pain. Ear and jaw joint pain, soreness in opening the mouth and headaches are caused by poor fitting teeth. This pain can produce a constant tenderness in the facial muscles, which in turn can contribute to a premature drawn, aged look.

It is very important to have your dentures checked on a regular basis.

A.W. Trenton, D.T.,
Denture Clinic, 18 Church Street,
Georgetown, Ont. L7G 2A5
(416) 877-2359



"You're just in time to see Claude try on the socks I knitted for him."

FOR TRAVEL INFORMATION - GIVE US A CALL



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