

Reduction in benefits at age 70

By F. Wilkinson

I was reading an insurance policy the other day, and came across this heading: Reduction in Benefits at Age Seventy.

I remember seeing that heading years ago when I was fairly young and 70 seemed a long time away.

However, as I come closer and closer to that specific point, I become more and more aware of how young 70 is in our present-day society. I wonder if the reason for the insurance companies making 70 a point of change is valid any more?

I think of all the interesting, use-

Seniors for the Future

ful and creative people you know, and figure out how many of them are over 70 years. Even when 70 was a "ripe old age" many of the great things were accomplished by those over 70.

It is true that many services cost less as people grow older, but it is also true that as a person grows older, there is need to get more help for living, which often balances out the cost saved for those services. Living at the age of 70 is not necessarily cheaper than at age 60.

But there is another way that this

phrase, reduction in benefits at age 70, may be considered. Society does not need to get a reduction in benefits from these people. Even if the physical stamina is lessened, and the expertise for living is understood mainly by the young, the 70 and over group could bring a lot of wisdom to bear in our daily lives.

Wisdom is ageless, but is only developed as one gains experience. Our society, with its growing numbers of people over 70, may need to find new ways to use people in the work force so that the highest benefit for all is found.

1993 Fun Day for seniors

By F. Wilkinson

Recently I met with 16 other people from District 21 (Halton) Ontario Seniors Games Committee. Those who took part in the games in 1992 will know that the next game will not be until 1994, but will also know that much work is done in between each set of games by this committee.

However, the main business of this meeting was to make final arrangements for a 1993 Fun Day. This Fun Day, or Play Day - by whatever name it is called, is arranged so that any seniors may come and try out the games available to see if there is something they might like to enter for the 1994 games. Getting together in this way gives a person an idea of what the games are all about, and helps develop a camaraderie in the District.

The games which will be offered at the fun day are those which can be held at one venue. The other games in which participants may want to enter will be held at other times, and will be arranged by those in charge of that specific game.

Fun Day will be held July 14 (21st being rain check day) at the seniors centre in Burlington, starting at 9:30 a.m. There will be a pot-luck lunch, and the games will continue until 4:30 p.m. That length of time gives a person the chance to take a hand at many of the different events, and meet many different people as he or she goes from event to event.

A person registers by buying a \$3 ticket which allows one to enter as many events as one wishes. Each event will run for about 45 minutes which gives ample oppor-

tunity for taking part in many different events. Suggested events to be offered are: Euchre, Horse Shoes, Tennis, Swimming, 3 km walk, Triathlon, and maybe lawn bowling.

The other events to be held at other times will be five pin and 10 pin bowling, badminton and golf, and if these are your interests you will get information about them at your club.

So, if you are interested in sports, and also in reaching beyond your own community to build a larger network of friends and a larger community, mark this day on your calendar now so that you will not forget it:

District 21 - Ontario Seniors Games Play Day, Wednesday, July 14, 1993, 9:30 - 4:30; Pot-luck lunch, \$3.00 ticket gets you in to all events at the Burlington Centre.

Tower site search continues

Rogers Cantel representatives told Acton residents at a public meeting Thursday they will look at three or four alternate sites for a communications tower in Acton. Their pledge came in response to stiff opposition to their plans to build a 340-foot tower in the Dublin Line/Highway 7 area near a rural cluster of homes.

Dr. Ron Trenton, a resident of the Dublin Line area, has been the chief spokesperson for residents of the rural cluster. "Cantel feels they have better opportunities on the south side of town," Trenton said Friday during a telephone interview.

Among sites being considered are the former South Spring Well and the Beardmore properties. The former well site, just south of the old tannery property, is owned by the Town of Halton Hills and has an access road.

About 80 Acton residents attended Thursday's meeting in the Civic Centre, Georgetown. Residents interested in the outcome of Cantel's site search will be notified by mail of another meeting (the date of which is not yet known) to discuss the proposed tower.

Students technical olympics

By Oksana Buhel

Georgetown District High School will be holding its 5th annual Technical Olympics on April 7. Students have a choice of 13 different categories in which to compete. These categories are divided into two sections - theory and skills.

"It's important that students have both skills and academic training," insists Dave Lawrence, technical director of the school.

Judging will be conducted by industry personnel. "They (industries) are working with us and really helping out," claims Lawrence. Several businesses have donated money to help run the olympics, and provide prizes as well as materials. Lawrence admits more money is needed, since the competition is expected to cost in excess of \$3,000.

He also praises other technical teachers who have helped organize the competition. "Technical teachers in Halton are committed to the

concept of a Skills Olympics because they see so many positive benefits accruing to students."

Participants are not selected. Students either volunteer or are recommended. "This is supposed to be a fun thing," claims Lawrence.

The top-two placed students in each category will advance to the Halton Skills Olympics, also to be held at GDHS, on April 24. Provincial and international competitions will be held at a later date for successful contestants.

Lawrence is pleased with the outcome of the previous olympics and anticipates this year's competition will be similarly successful. "Often these students have special skills which have not been recognized elsewhere in their school experience, and as a result of this exposure, they take pride in their achievements and re-evaluate their personal goals," Lawrence explained.

Gori is wrong on quarry

By Oksana Buhel

United Aggregates Ltd. is defending its legal right to mine the Acton quarry, said company spokesman, Bill Burkhart.

Acton resident, Giuseppe Gori, is attempting to prevent the company from mining the southern portion of the quarry. He is concerned about

the possible contamination of Sixteen Mile Creek and the wells it supplies. The wetlands in the area may also be harmed by continued mining, said Gori in a published newspaper story.

Gori has recommended two amendments for the Niagara Escarpment Plan. The amendments, numbered 60 and 87, both discuss the danger of mining the mentioned area.

Burkhart, operations manager of the company, explained that United Aggregates has had a license to mine the quarry since the early 1960s, and it has been updated regularly.

Burkhart said the land United Aggregates is currently mining is almost depleted, and insists the company has a legal license to continue mining the remaining portion.

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- Return your denture to your mouth while still wet, by inserting it sideways and then rotating it into place.
- If you have a partial denture, remove it by placing your fingernails over the clasp and use a pulling motion.
- Clean your partial denture in the same way you would clean a full denture. Remove the debris from around the clasps, since they rest directly against natural teeth, and can cause the natural tooth to deteriorate if left unclean.
- When you clean your dentures, you should fill the basin half full with water, or place a towel in the sink so that if you drop your denture, it will not break.
- Never use scouring powder or bleach on your dentures!
- Calcium or tartar deposits may be removed more easily from the dentures by brushing after soaking them in a cup of water to which 2 teaspoons of white vinegar have been added.
- As a general rule, all dentures, partial and complete, should be taken out of the mouth at night. They should be placed in a container of water, as dentures will warp if left out to dry for long periods... If you use a cleaning solution to soak them, the denture should be rinsed thoroughly before you return it to your mouth.

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