

Tammy King had the duty of helping to lead the cows for judging July 14 at the Laidlaw farm on Winston Churchill Boulevard near Steeles Avenue, during the Twilight Meeting of the Halton-Peel Holstein Club. photo by Simon Wilson/HHTW

Halton Cable Systems upgrades facilities

As part of a continuing upgrade of facilities, Halton Cable Systems has installed a new emergency generator at their antenna site. The new unit replaces a gasoline fueled standby system which

was almost 15 years old. Halton Calbe expects to add a number of additional channels to the service as they become available over the next several years, and a more reliable alternative elec-

trical supply is needed.

"We have been subjected to hydro outages and low voltage where our antenna site is located," said General Manager John De Jong. "The old generator still worked, but it was getting cranky, and we felt it didn't have the capacity we want through the next decade or so. Because of its limitations, we couldn't run all the special test equipment and the air conditioning, but now, we have more than enough power."

Since it is run on propane gas, the modern standby generator is much easier on the environment when compared with the older gasoline driven model. It can produce 100 amperes of power and a run for a week, if necessary, while the retired unit could only manage 15 amps, and last for a few hours before refilling the tank.

The company also uses line power supplies with battery back-up which can last three to four hours during hydro power failures. "Mind you," added De Jong, "all this doesn't help if storms or accidents knock our cables down. When that happens, it's a scramble to get the lines repaired as quickly as possible."

Hot weather spells danger

Hot weather can place a dangerous strain on your body, especially your heart. Temperatures above 90°F can be very dangerous, especially when the humidity is also high.

Your chances of getting sick in hot weather are increased if you have a weak or damaged heart, suffer from hypertension, problems with circulation, diabetes, a previous stroke or are overweight.

Many prescription drugs can make you much more vulnerable to the heat. Check with your doctor or pharmacist for advice.

Heat stress can cause physical and mental changes. These changes are warning signs that your body is in danger. These signs include dizziness, rapid heartbeat, diarrhea, nausea, throbbing headache, dry skin (no sweating), chest pain, great weakness, mental changes,

breathing problems, vomiting and cramps.

Keeping Your Cool

- Spend your time in cooler surroundings indoors, in a cool room in your house or an air-conditioned shopping mall, public library or movie;

- Use fans to draw cool air into your home at night, and to provide circulation during the day;

- Cool baths and showers provide relief;

- Wear as little clothing as possible. Lightweight, loose-fitting cotton is best;

- Your body needs more water in hot weather, drink it often. Avoid coffee, tea or alcohol;

- Avoid hot food and heavy meals, they add heat to your body;

- Watch your salt use - Do not increase salt use or take salt tablets without your doctor's permission;

- Slow down! Physical activity produces body heat.

Immunization clinics

Halton Regional Health Department offers community immunization clinics monthly in Oakville and Burlington and bi-monthly in Georgetown and Milton. Vaccines available through these clinics include mumps, measles, German measles, diphtheria, polio, whooping cough, tetanus and haemophilus B. Mantoux testing for tuberculosis screening is also available. This service is free to residents of Halton. Clinics in all locations are held from 3:30 to 6 p.m.

Oakville clinics are held the third Tuesday of every month at the Health Department office at 123 Maurice Drive. Call 625-6060, ext. 7855 to make an appointment.

Burlington clinics are held the first Wednesday of every month at the Health Department office at 460

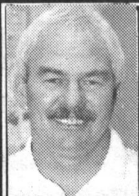
Brant Street. Call 639-5141 for appointments.

Future clinics in Milton will be held at the Health Department office at 251 Main Street E. on Tuesdays, August 10, October 12, December 14 and February 8. For appointments, call 878-7261.

Upcoming clinics in Georgetown will be held at the Health Department office in Georgetown at 93 Main Street S. on Tuesdays, September 14, November 9, January 11 and March 8. Call 877-7261 for appointments.



POOL & SPA TIPS



with **Mike Finn**

SELECTING THE RIGHT ALGICIDE: EDUCATION IS KEY TO SUCCESS

Swimming pools, especially those that are exposed to the outdoors all year long, are prone to suffer from "algae-itis" from time to time. But it is not difficult to cure when you know how to do it properly. Choosing the right algicide to cure your pool simply means knowing a thing or two before you begin.

There are three basic types of algae that infiltrate a pool: green, black and mustard. Even though they are similar in structure and in some cases, appearance, each must be treated in a special way.

For starters, analyze what the pool water looks like. Water that resembles pea soup could have a case of green algae. PolyGard™ may be the best choice because of its quick kill and reasonable cost. Using BioGuard® Algae Inhibitor™ right after helps prevent its recurrence.

Blue or black spots may indicate infestation of black algae, which grows on the surface of the pool. Spot Kill™ also kills and removes tough black algae spots. Always use according to package directions.

Another form, somewhat more difficult to remove, is mustard algae. As the name suggests, this orange coloured algae loosely attach to pool surfaces and are generally chlorine-resistant. But, it usually can be treated with the right combination of killing agents. BioGuard MSA™ is particularly helpful against this tough algae strain.

The best cure is prevention. Keep your pool clean and safe the easy way with the BioGuard Three Step System.

Mike Finn is owner of Acadian Pools, 134 Guelph St., Georgetown. For more information contact him at 873-3320.

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Purely Pastel

"Purely Pastel", an Ontario group of pastel painters, is holding its annual exhibition of members' work at the Halton Hills Library and Cultural Centre, 9 Church Street, Georgetown.

The exhibit continues through Aug. 1 on Tuesdays-Thursdays, 10:30 a.m. - 8:30 p.m. and Fridays-Saturdays, 10:30 a.m. - 5 p.m. It will also be on view to theatre patrons at the Cultural Centre.

The "Purely Pastel" painters are a non-profit group who are concerned with enhancing the reputation of this medium by exhibitions and also workshops conducted from time to time throughout the province.

Anyone who would like further information may call Ursula Reese in Campbellville at 416-854-0887.

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