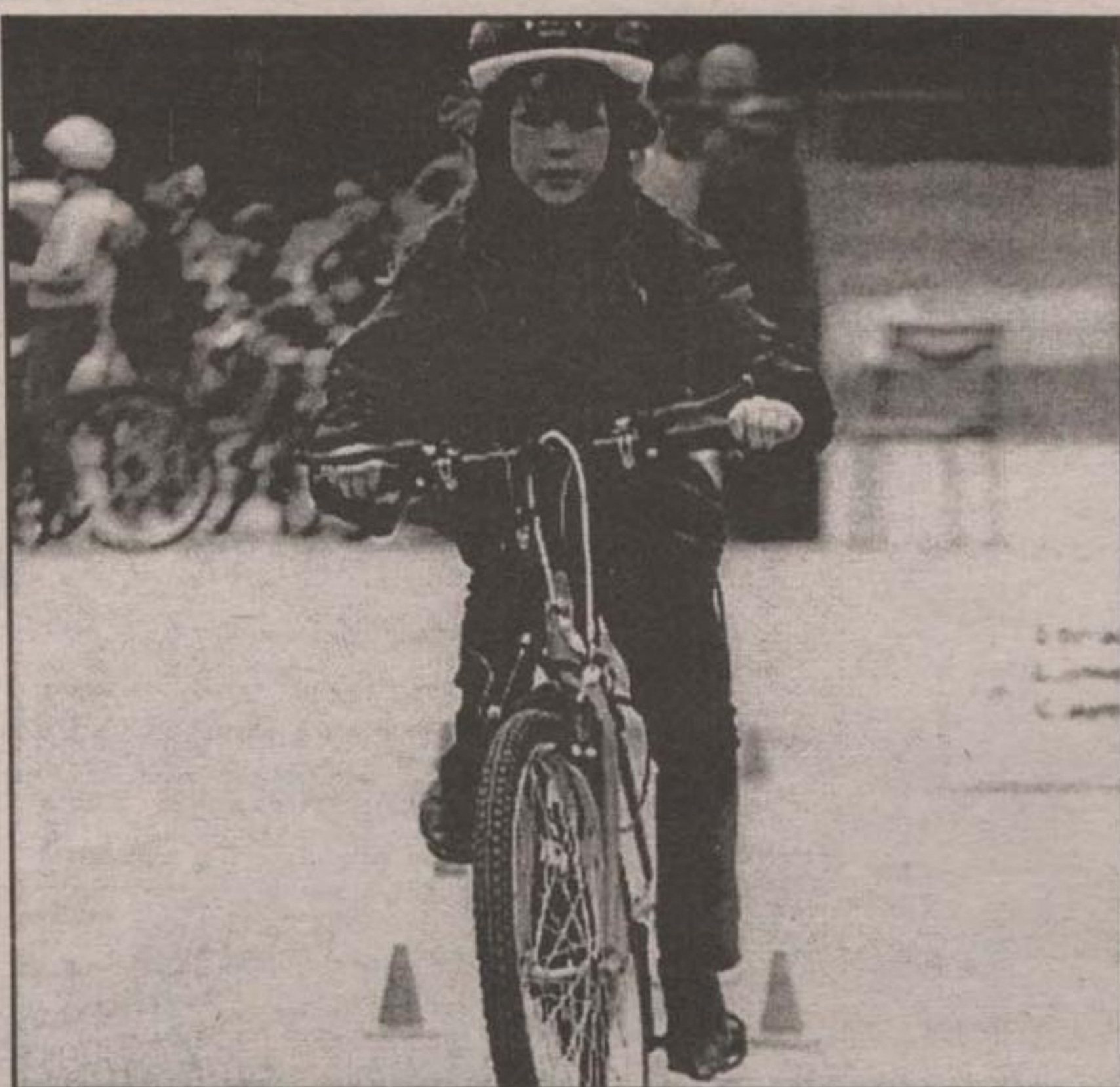
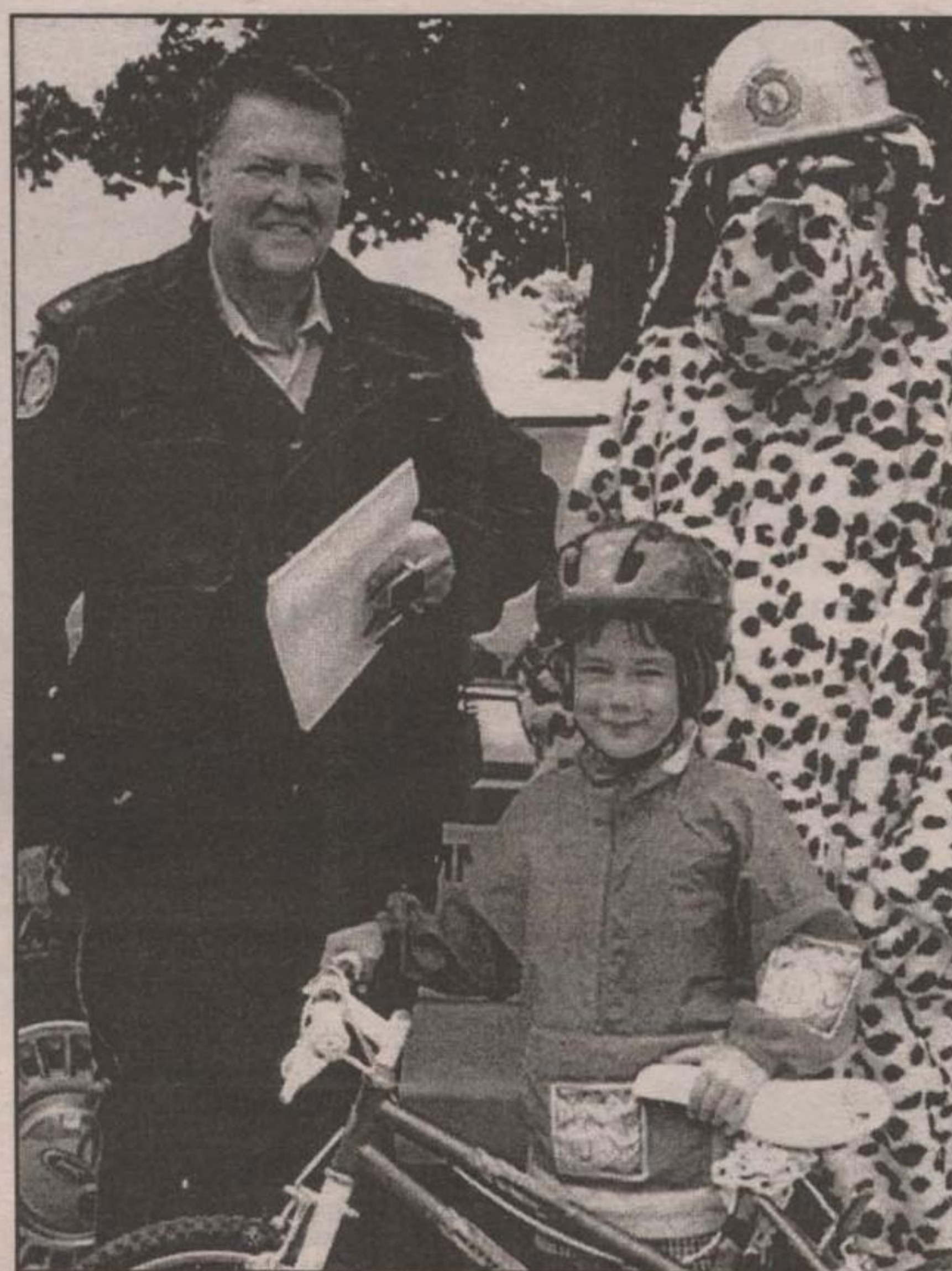




HELPING HANDS: Acton Legion President, Carl Fisker (left) and Acton Legion Ladies Auxiliary President, Fern Schultis (right) with the new trailer the branch helped purchase with the Georgetown Legion for the Halton Hills Fire Department.



ALLISHA MARTINEAU, Grade 3, tries her luck at the obstacle course at the bicycle rodeo at McKenzie-Smith Bennett. — Angela Tyler photo



CONSTABLE RIDDLE and Sparky the Firefighter Dog insepet Vicki Rolfe's bicycle as part of the bicycle rodeo at McKenzie-Smith Bennett this past Wednesday. — Angela Tyler photo

Dan C. Dolliver
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Streetproof your kids

I have had a lot of requests to provide information to parents regarding streetproofing of children. The following is a checklist of responsibilities of parents.

1. Explain to your child that a stranger is anyone he does not know, even if the stranger seems to know him.
2. Parents should know the areas that their children play.
3. Make sure that your child knows his home area; point out landmarks to him.
4. Teach your child his phone number and his address.
5. Parents — do not let your child wear clothing with his name printed on the outside where strangers can readily identify him by name.
6. Instruct your child that if someone is bothering him to yell "You are not my daddy," or "my mommy", etc. Tell them to run if they can.

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Are You ready to Groove

ALL IN A DAY'S WORK: Don Pickett of Milton was the winner of "1st Low Gross" with an 80 at the Paul Murr Memorial Golf Tournament on Monday at Blue Springs. — Angela Tyler photo

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Don'ts for children

1. Don't hitch hike.
2. Don't tell anyone on the phone that you are home alone.
3. Always know how to contact your parents.
4. Tell your parents where you are going and when you will be back.

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Natural Health News

An Alternative to Prozac?

Are you concerned about the possible side effects of Prozac? Nature has a solution for your anxiety or depression without any known side effects.

Recent studies have shown that St. John's Wort is quite effective in relieving anxiety and emotional difficulties. In fact, in Germany St. John's Wort is being prescribed for these mental problems about 20 times more often than Prozac.

In addition, this great herb is also effective for gastrointestinal disorders such as stomach ulcers. It is also a muscle relaxer which has been used in the treatment of severe menstrual cramps. (ref. "Earl Mindell's Herb Bible" by Earl Mindell, R.PH, Ph.D.)

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