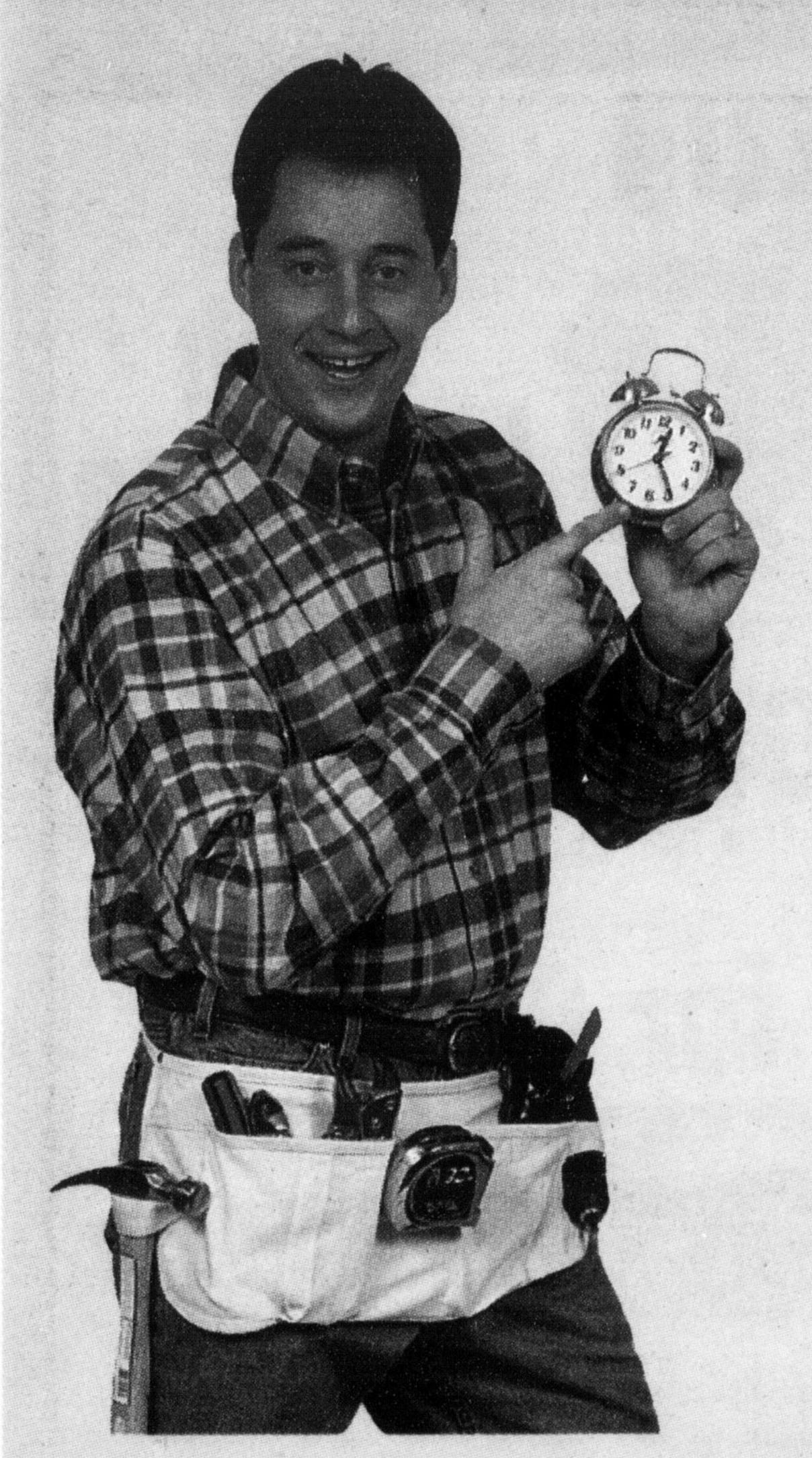
# "Watch For Great Fall Home & Garden Tips" .... Coming September 20th in your Canadian Champion



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### Colour And Texture In The Fall Garden

Cool nights and warm days are traditionally the first signs of fall but for every gardener the first hardy mum to flower reminds us that autumn is here! Fall is a great opportunity to fill the garden with splashes of colour. Fall Mums come in a rainbow of colours and shades are are great when planted towards the front of the garden bed, in hanging baskets and containers. Mums can easily replace any spring planted annuals that are starting to look tired or are placed throughout the garden.

Why not try adding some fall grasses and Asters for complete autumn garden alive with colour and texture.

Stop by one of our garden centres this week and be dazzled by the fabulous colours of fall.

Listen To



Burlington located on Hwy. #5 between 905-332-3222

Waterdown

located on the corner of Brant Street and Guelph Line Hwy.#6 at 5th Concession East 905-689-1999

Milton located at Britannia and Trafalgar 905-876-4000

# Canada's UV Index world standard

(NC)-OTTAWA - The Ultraviolet (UV) Index celebrated its 10th anniversary this year.

Environment Canada scientists developed the index to keep Canadians informed about the strength of the sun's UV rays, and to raise awareness about the need to take action to protect skin from damage. Over-exposure to UV rays can cause sunburn, skin cancer, skin aging, cataracts and may suppress the immune system.

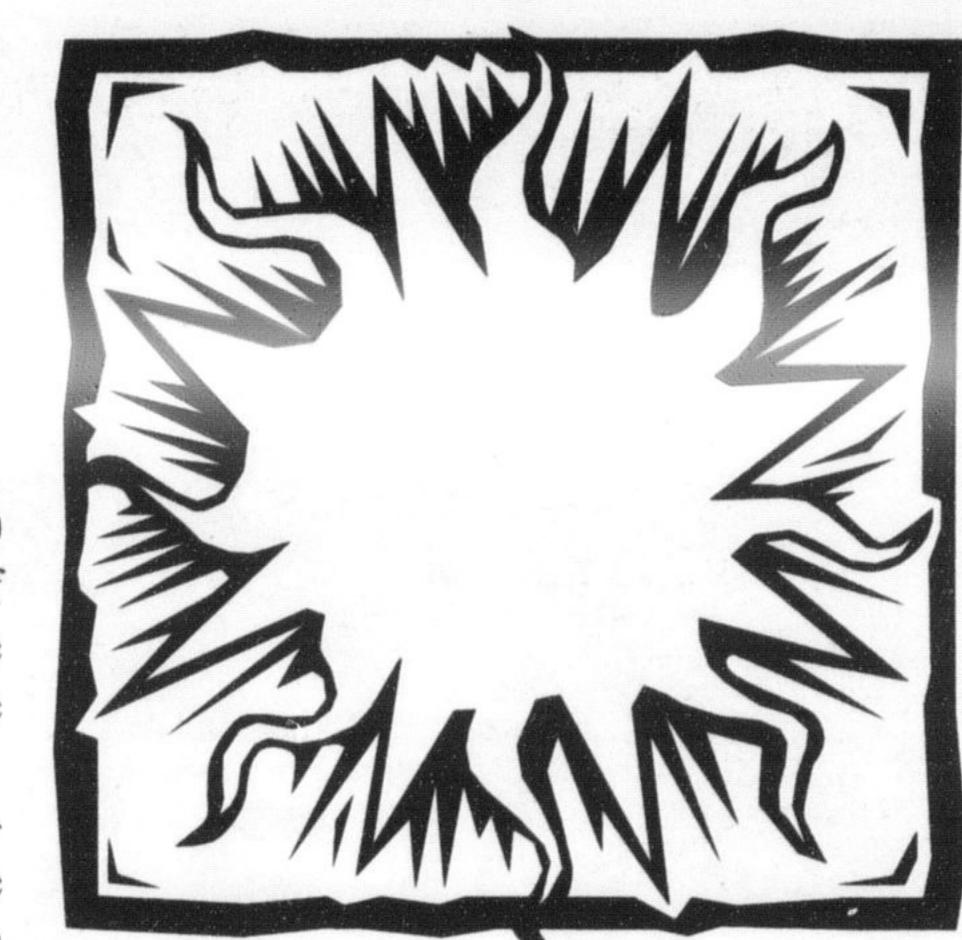
Twenty-six countries now use the index. The World Meteorological Organization and the World Health Organization adopted the index in 1994 as an international standard for weather services around the world.

The UV Index uses a numerical scale to inform people about the strength of the sun's rays. The higher the number, the stronger the sun and the greater the need to take sun-wise

precautions. More than 80 percent of Canadians are familiar with the index.

It was developed in close co-operation

with health partners including the Canadian Dermatology Association, the Canadian Cancer Society and Health Canada. Environment Minister David Anderson congratulated his department's scientists for "creating such a useful tool, one that has helped save lives in Canada and around the world."



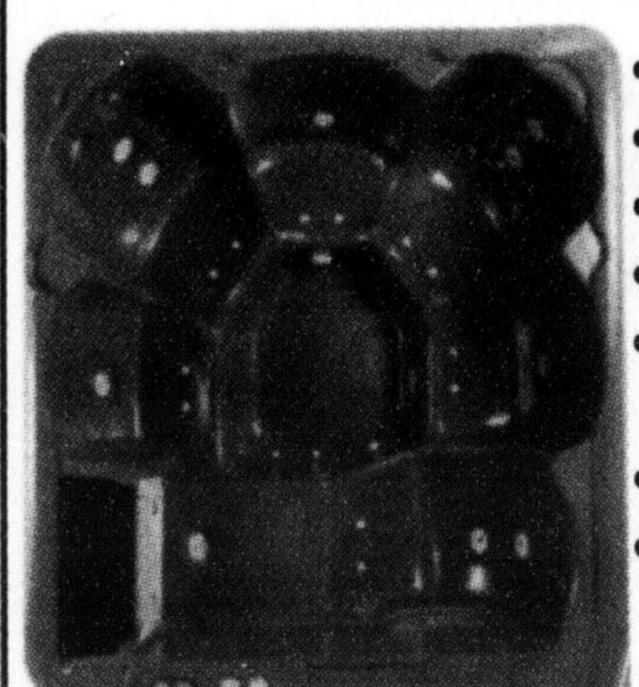




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