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THE BENNETT HEALTH CARE CENTRE

(a non-profit foundation affiliated with the Georgetown & District Memorial Hospital)
1 Princess Anne Drive, Georgetown, Ontario, L7G 2B8, 877-0117

Your Week Ahead Horoscope

- ARIES**
Mar. 21-Apr. 19 Social groups and entertainment activities keep you going at a fast pace. An amiable disposition keeps things under control.
- TAURUS**
Apr. 20-May 20 Career concerns seem to be threatening the status quo. Others are critical of your aggressive attitude, and resentment flares.
- GEMINI**
May 21-June 20 Probing into the affairs of a distant relative present or long gone, opens up a can of worms. Let it rest.
- CANCER**
June 21-July 22 Like Gemini, your prying instincts are working overtime. You could be led astray financially if you rely too much on intuition.
- LEO**
July 23-Aug. 22 A change is likely in partnership matters. Assuming more of a leadership role will enhance your position.
- VIRGO**
Aug. 23-Sept. 22 Monday's lunation falls in your employment sector. Be prepared for additional responsibilities, and the rewards will follow.
- LIBRA**
Sept. 23-Oct. 22 Creative fields of your life are stimulated. Heed danger signals. A love affair may come to a head.
- SCORPIO**
Oct. 23-Nov. 21 Exciting events transpire around home and family. Exercise care in handling a sticky situation. Be sensitive to another's feelings.
- SAGITTARIUS**
Nov. 22-Dec. 21 Let go of inner tension. You need peace and quiet. Spend some time reading and catching up on correspondence.
- CAPRICORN**
Dec. 22-Jan. 19 Watch your assets. Look into an investment proposal that seems sound and worthy of further scrutiny. There may be some hidden benefits.
- AQUARIUS**
Jan. 20-Feb. 18 The new moon falls in your sign, and promises action and excitement. Hold on to your emotions, especially with family members.
- PISCES**
Feb. 19-Mar. 20 Start laying plans to put into action later in the year. Keep quiet about changes you have in mind until you're ready to act.

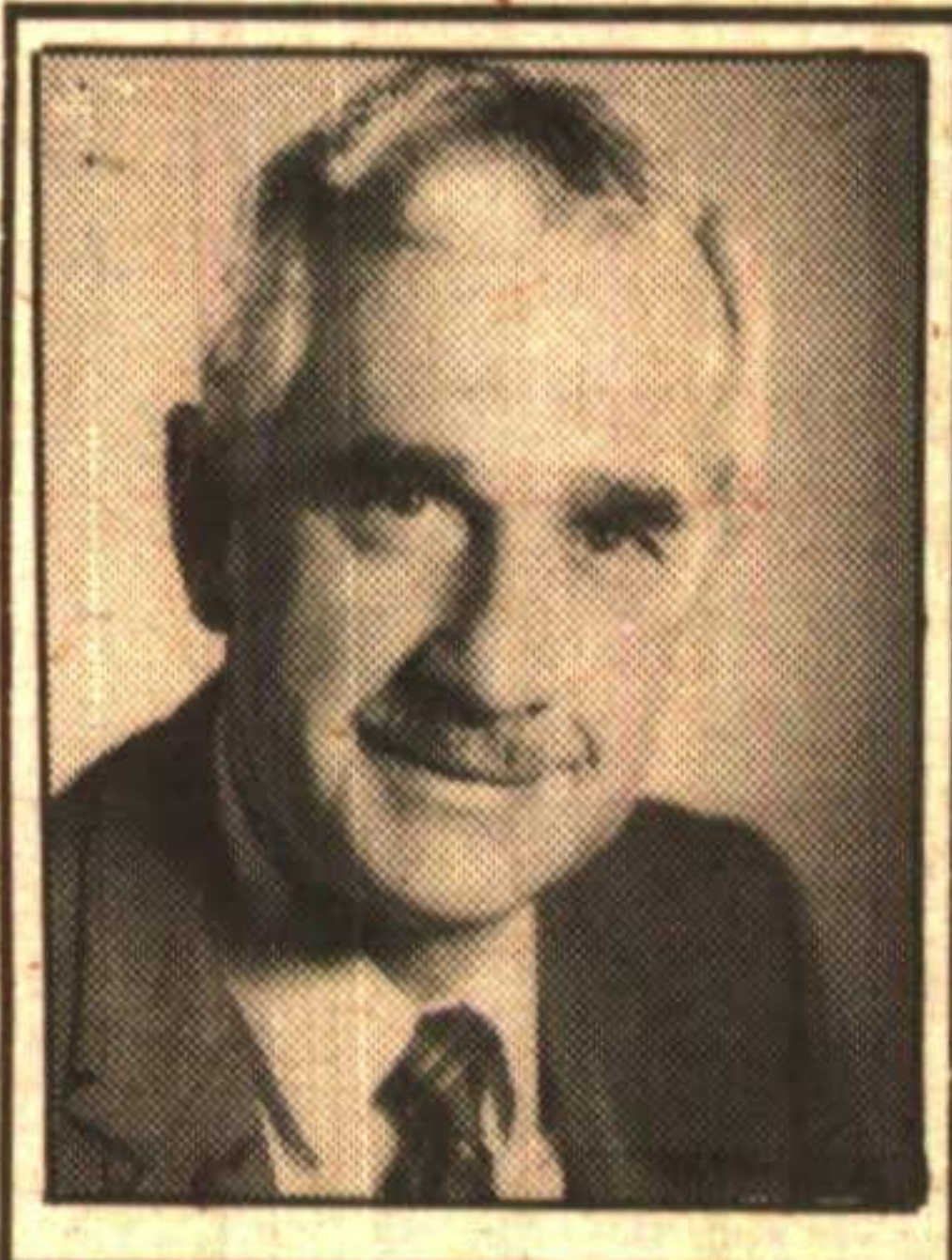


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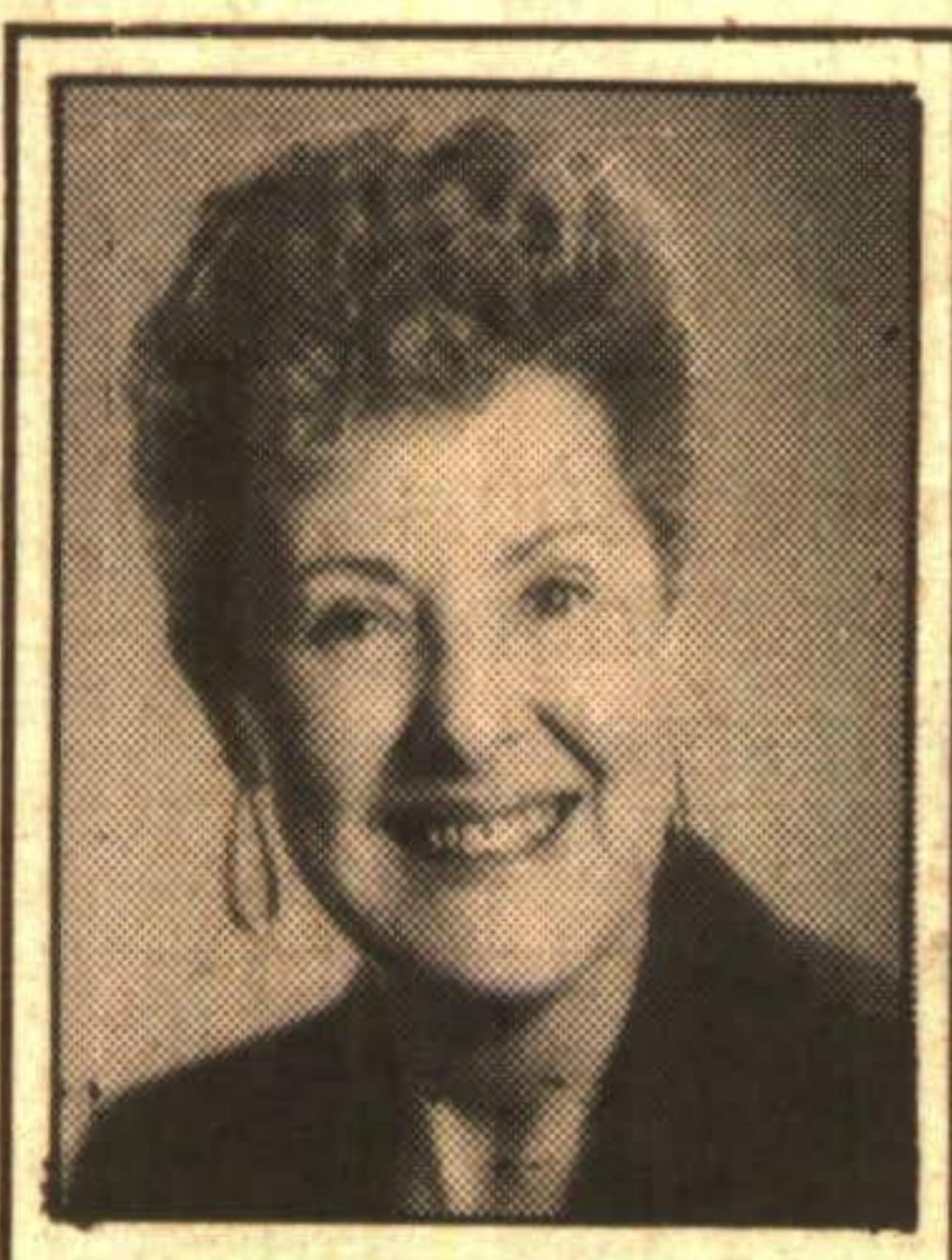
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HOW TO OPERATE ELECTRIC POWER TOOLS SAFELY

Attitude is one's first line of defence when working with anything to do with electricity. An attitude of SAFETY BEFORE EXPEDIENCY will prevent many unnecessary injuries and even deaths.

Before using any new electrical power tool, read the manufacturer's manual carefully. There may be information therein which may prove vital to its safe operation.

Whenever the intended use requires working out of doors or down in a cellar, either plug the tool into an outlet equipped with a ground-fault interrupter (GFI), or use a power bar type extension cord that has a GFI.

SOBERING THOUGHT: One-tenth of an ampere - about half the current required by a 25-watt bulb - can kill a man if it passes through his body for as little as two seconds. So, play it safe; use a GFI when working under conditions where dampness may be involved.

Children like to mimic their parents, but playing with power tools should never be allowed to become a part of their repertoire. When not in use, power tools should be stored out of the reach of children, or, if this is impractical, then the tool should be rendered inoperable.

However, as they grow older and begin to show an interest in such activities, children should be trained in the proper use of power tools, and that, of course, means SAFETY FIRST.

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Nature's Way Don't mess with Mother Nature

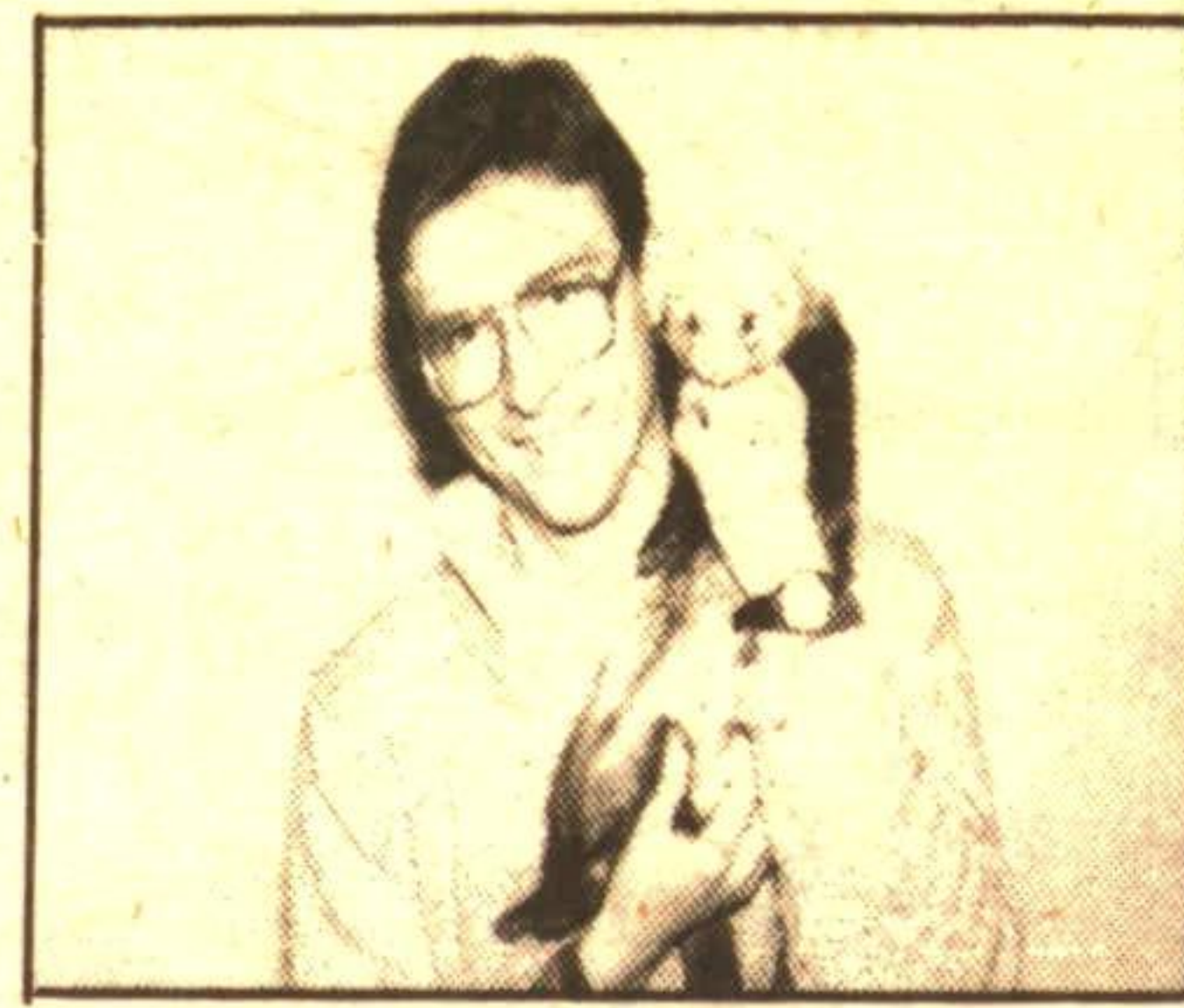
By KEVIN CALLAN

People have always feared the unknown forces of nature. Ancient legends characterize wolf packs to be merciless "hounds from hell" waiting to track down a lone soul in the woods. The bear has also been displayed as the villain of the forest.

And even the devil himself is thought to be disguised as the vicious wolverine.

I have to admit, there have been times while traveling through the woods alone, especially at night, when I have the sudden urge to check behind me on the trail, imagining such creatures lurking in the shadows waiting for the right moment to attack; but when I come back to reality the "hounds of hell" become peaceful callers of the night, the bear becomes a symbol of respect, and the devilish wolverine changes into a curious weasel.

There is one powerful enemy in nature, however, that I truly fear. It attacks without warning, turning a memorable trip amongst the secluded forest into a horrifying nightmare in the wilderness. This uncontrollable menace is what



Mother Nature calls 'weather'.

I've fought with this unpleasant giant of the wilds during many excursions, and I always come out a loser. In Haliburton I was beached on a small island overnight while the tail end of a hurricane ripped my tent to shreds. I ended up wasting an entire day trying to dry out what was left of my equipment and caring for a grounded homing pigeon and half-drowned chipmunk. During a summer camping trip in the Rocky Mountains an unexpected snowstorm almost buried me alive. And during a canoe trip in Killarney I prayed all night long that my tent wouldn't become the next Noah's Ark.

Last weekend while staying at a friend's small cabin in Kinmount I went out for a walk through the back woodlot. I stayed out later than I planned and suddenly became engulfed in one of the darkest nights imaginable. The only light illuminating the path was created by quick flashes of lightning leaking through the dismal clouds overhead.

Of all the times I was face to face with the power of the weather, it was this particular moment when I felt most vulnerable.

It didn't make sense that in the middle of January, when I should be thinking of protecting myself against the harsh elements with a heavy parka and snowshoes, I had to resort to a trench coat and rubber boots. Something was definitely wrong.

For three winters now we have been enjoying mild temperatures and low snow accumulation. Everybody is happy, but no one has taken the time to think of the future effects.

Disease spreads like wildfire during weather changes like this; just look at the number of cold and flu bugs infecting our own species in the last two months. Certain animals which adapted their lifestyles to the snow covered land have extreme problems. The snowshoe hare for example; an animal that turns white during the winter to camouflage itself from predators sticks out like a sore thumb.

It's about time we opened our eyes to the destruction of our precious weather control centre—the delicate ozone layer. But, of course like always, we will wait for the last minute to try and do something and find out it's too late. And it won't be the naturalists who will convince the governments to put an end to the destruction, but the businesses that rely on nature's "winter wonder" to gain profit.



A dusting of snow has settled on what used to be a lake bottom at Mountsberg Conservation Area near Campbellville.

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