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Student honored for saving child's life

Last summer Jenny May, 15, of Stouffville, saved a young child's life when she performed the Heimlich Manoeuvre on him to dislodge a candy which had become stuck in his throat and was threatening to choke him.

She was honored by Whitchurch-Stouffville council for her efforts and her story, which appeared in The Tribune, was picked up by organizers of Kids Sense, a Canadian Public Service Safety Awareness Program. Shannon MacDonald, communications co-ordinator for Harbourfront's Queen's Quay Terminal, contacted the newspaper to advise us that the organization wanted to honor Jenny and other eligible young people with a Safety Hero Award on April 26. The award will be presented at Queen's Quay Terminal during a program of events which will include greetings from dignitaries, a display by the City of Toronto's fire boat and a musical performance by The Feeling Tones.

FASHIONS FROM THE HEART The Whitchurch-Stouffville Heart and Stroke Chapter is hosting Spring Fashions for Heart at Sleepy Hollow Golf and Country Club on Sunday May 7. Guests are invited to arrive at noon to browse among the many unique and beautiful items available at the boutiques before enjoying a delicious



heart smart luncheon at 1 p.m. There will be a balloon pop with fabulous prizes and Peppertree Classics of Markham will supply fashion items for the show. A guest speaker will give a talk on women and heart disease. Tickets are \$30 each and all profits go to support the Heart and Stroke Foundation of Ontario. To reserve your tickets, call 640-3902.

MIND MAZE 95 Orchard Park Public School will present its third annual Mind Maze Tuesday, May 2. The theme of the day-long program is technology and language and students in grades 4 to 8 will have the opportunity to participate in three different workshops from a total of 24 offered. Among the topics covered are Insight Into Eyesight, Composing with Synthesizer and Computer, Behind the Scenes with YTV, How to Communicate a Character through Make-up and Lights, Camera, Action! Be a News Anchor. Louise Cullen, a professional musician, will be the keynote speaker for the day.

MS CARNATION CAMPAIGN Whitchurch-Stouffville will be among the communities participating in the Multiple Sclerosis Carnation Campaign, which runs May 11 to 13. On the Mother's Day weekend, volunteers will be selling carnations at shopping malls, offices, hospitals, high schools and beer and liquor stores in the area to raise funds for multiple sclerosis, the most common neurological disease affecting young adults between the ages of 20 and 40. Tens of thousands of Canadians have MS, with almost twice as many women as men being affected by the disease. Give your mother carnations on her special day and your donation will go towards the search for a cure.

GALA DINNER Tickets are now available for the Chamber of Commerce Gala Dinner, which is being held May 16 at the Maples of Balantrae. The event has been organized by the chamber and the Stouffville B.I.A. as a fund-raiser for the construction of a replica of the original Stouffville Station for the York-Durham Heritage Railway Association. Mayor Hazel McCallion of Mississauga will be guest speaker at the dinner and tickets are \$50, \$25 of which will go directly as a charitable donation to the YDHRA. For tickets and information call 642-4227.



FOR EARTH WEEK REDISCOVER THE RECYCLING DEPOT

WITH ITS

NEW MIXED PAPER BIN NO MORE SORTING! BOXBOARD TOO!

THURSDAY MORNINGS: 10 AM - NOON
 SATURDAY MORNINGS: 9 AM - NOON
 MEMORIAL PARK ACROSS FROM THE TOWN POOL

The Recycling Group says: Reduce, Reuse, Recycle
 Look for Recycling Group/Horticultural Society Info-desk at the Library on Saturday



Earth Day

Take better care of the planet every day

Every year, people around the world celebrate April 22 as Earth Day - a day to remember the planet we all derive our life from and a day to remember that we should be taking better care of it. But one day isn't enough. We all need to make every day Earth Day, and make changes in our lifestyles that are kinder to the planet.

The main thing to do is reduce our consumption, and avoid wasting precious resources.

Here are 15 relatively easy things you can do to show your regard for the planet and for the future generations who will live on it. (Many of these tips will also save you money).

1. Replace paper towels and napkins with reusable cloth products. (They even feel better!) Use handkerchiefs instead of tissues.
2. Carry a mug

avoid buying coffee and other drinks in disposable cups that end up in the garbage.

3. Use your public library for magazines and books. If you do purchase these, pass them on to a friend, community centre or day-care when you're finished.

4. Use compact fluorescent light bulbs and energy efficient appliances.

5. Insulate your home against heat loss, and fix leaks with weatherstripping.

"We all need to make every day Earth Day, and make changes in our lifestyles that are kinder to the planet."

6. Conserve fuel by turning your heat down at night.

If you work outside your house during the day, turn down the heat then too.

You can buy a programmable thermostat to automatically turn down the heat at certain times, and turn it up again before you get home so you'll be comfortable.

7. Wash your clothes in cold water.

8. Avoid using cars whenever possible, especially if you live in a big city. Walk, cycle or use

public transportation.

9. Install a low-flow shower head and faucet aerator, available at most hardware stores.

10. Put a dam in your toilet tank to reduce the water used to flush. If you're replacing your toilet, buy one of the new low-flush water-saving toilets.

11. Avoid letting your tap run unnecessarily while brushing your teeth or washing your dishes, for example.

12. Reduce, reuse, compost and recycle.

13. Avoid using chemicals. Buy (or make your own) biodegradable cleaners; avoid pesticides and use only natural lawn care products.

14. Avoid excess packaging. Ask companies and stores to stock products with less packaging.

15. Use recycled, non-bleached paper. Use the backs of note paper. Reuse envelopes. Buy toilet paper made from recycled paper.

For a free copy of Greenpeace's fact sheet "The Power of One" which has more tips on what individuals can do to protect the environment, please write to Greenpeace, 185 Spadina Ave., Suite 604, Toronto, Ontario, M5T 2C6

GREENER GRASS MYSTERY SOLVED!

The secret is out! Lawn care experts agree that grass clippings fertilize your lawn. Just leave them be - nature will do the rest. They call it *grasscycling*...it makes your lawn greener...without raking or bagging.

Here's how:

- Any mower can do the job. Make sure the blades are sharp.
- Cut only 1/3 of the grass height with each mowing.
- Cut grass to its ideal height of 2 to 3 inches. This encourages deeper roots and reduces evaporation.
- Cut when the grass is dry.
- Water your lawn 1 inch per week, early in the day.
- Dethatch your lawn in spring or fall and compost the thatch.
- You can also use modest amounts of clippings in flower beds and vegetable gardens as a fertilizer.
- Compost small quantities of excess clippings.



Grass clippings — nature's fertilizer

For more information on Grasscycling please contact your municipal office at:

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|-------------------------------------|----------|----------|----------|----------|----------|----------|-------------------------------|
| | | | | | | | |
| (905) 668-7721
or (416) 869-3751 | 420-4630 | 683-2951 | 668-3437 | 725-7351 | 623-3379 | 852-9181 | 985-7393 |
| | | | | | | | (705) 426-7723
or 432-2920 |

EARTH DAY APRIL 22, 1995

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LET'S ALL PRACTICE THE 4 R'S

Reduce, Reuse, Recycle, Recovery

Four ways to be kind to trees

Forests are the lungs of the earth, and help our planet to breathe. Trees are necessary for our survival. We'll probably always use paper, but you could start using less in these easy ways:

- Reduce your consumption of disposable paper products. Replace paper towels and napkins with reusable cloth ones. Use handkerchiefs instead of tissues.
- Use your public library for books and magazines. If you do purchase these, pass them on to a friend, library or school when you're finished.
- Buy toilet paper made from recycled paper. Use recycled paper stock in your office copier.
- Reuse paper whenever possible. Reuse your envelopes, and use the back of note paper before discarding. Use the back of sheets for typing paper or for drawing paper for the kids. Photocopy on both sides.