

THE VALLEY AND EAST COAST VOICE

Vol 11. No 5 P.O. Box 100, St. Marys. Friday June 30, 1978 Price 10¢
Registered at the G.P.O., Hobart for transmission through the post as a
periodical.

FEELING FINE?

Do you want to feel fine? Then forget about absolute self-control. Forget complete relaxation. Forget the promises of total fitness. Few of us are capable of such ideal states. But all of us have the capacity to feel fine - to live happily in a stressful world without being overwhelmed - if we will only take charge of our lives and become involved in a programme of self-care. This doesn't mean life should be a matter of constant self-denial. In fact, the full enjoyment of life is the best prescription I know for staying healthy. To feel fine, you have to know what your feelings and desires are and pay attention to them. Of course, you can't neglect diet or physical fitness; they're both part of feeling fine. But just as important are emotional and mental health, the keys to our total well-being. Here are three suggestions for making you healthier and happier. Remember: don't just read them, do them.

1. Break a taboo. Did you ever want to read a book in bed all night, but found yourself turning out the lights at the regular hour? Have you ever wanted steak for breakfast, but wound up eating eggs again?

We all live with restrictions that may have been appropriate when we were children, but are no longer applicable to our adult circumstances. You can break out of inhibiting habits if you make a list of some of the things you've never done but would like to do. They may be small things such as those mentioned above. Or big things - like talking to strangers, or doing something you avoided in the past because men or women simply "don't do" such things. Today or tomorrow, deliberately break a taboo or two.

2. Wake up your senses. How often do you touch - without feeling? Eat - without tasting? Breathe - without smelling? Look - without seeing? Listen - without hearing? Most of the time your senses are asleep. You turn them off so they won't distract you from the tasks you are doing. Start to awaken your body to the pleasures that lie within. Cut a piece of fruit or a fresh vegetable into slices. How

does it taste? Look closely at a familiar surface - a door, a leaf, the back of your hand. How many things are there that you never noticed? Close your eyes and count how many different sounds you can hear in three minutes. Take half a dozen jars from your spice shelf. Close your eyes and smell each one separately. How long does it take you to distinguish among them without reading the labels? Gently massage your temples. Which spot provides the most relaxation? These are only a few of the opportunities waiting to stroke your senses - if you let them.

3. Spend a dollar. In this age of inflation, not even a millionaire can afford to live like one. But you don't have to be, or live like, a millionaire to feel like a million. How often have you decided that a small, spur-of-the-moment gift that you knew a friend would enjoy wasn't good enough to give - because it cost only a dollar? Or not spent a dollar on yourself because the purchase wasn't something you really needed? Try seeing how much pleasure you can squeeze out of a dollar - or two if you really feel high spirited. Treat someone to a cup of coffee. Buy a flower and give it away. Give a dollar away, as a present to yourself.

by Dr. Art Ulene.

* * * * *



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AND GIFTS

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or separate HR Holden sedan without motor.
All else intact. G. Kerrison, St. Marys.

FOR SALE....One 5 speed road racing bike
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FOR SALE....2 new mattresses. Phone
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ringer tyre in good order. One dining
table polished top and four chairs to
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CLASSIFIEDS

GLAMOUR GOWNS are the bridal specialists:
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gowns for sale also. Inquiries welcome
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FOR SALE....6 muscovy ducks - one drake
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each. Phone Scamander 72 5161.

WANTED TO BUY.....Enough second hand roofing
iron to cover 14 square feet. S. Targett
72 2344.

FOR SALE....as new mauve and white Steelcraft
pram, storm cover, carrier underneath.
\$80.00 Phone S. Targett 72 2344.

REDLINE BUS SERVICE delivers this paper
quickly and efficiently. Why not let them
work for you??

FOR SALE.....One pusher, one bassinette,
one carrying basket, one walker, one car
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FOR SALE.....ANTIQUES: Quality period furni-
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37 Quail Street, St. Helens, Phone 76 1499

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CARPETS CURTAINS VINYLs

LOVELY LOUNGE & DINING SUITE TO MATCH

New blankets just arrived!!

SPECIAL THIS WEEK

Robe was \$229 reduced to \$199

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STREET

ST. HELENS

ijs

NEW

STOCK

JUMPERS

LONG SLEEVED T SHIRTS

SKIRTS & WINTER SLACKS

DRESSES WITH LONG OR SHORT
SLEEVES

PIFFLE

CHRISTINE WARD of Hobart spend the weekend with her parents Mr. & Mrs. Neil Ward of Mangana.

Mrs. OLIVER of Mangana has returned home after several weeks with her daughters in Hobart.

FRIENDS have heard from Eric Eberhard and he is enjoying his holiday at Katoomba.

CLASSIFIED ADVERTISEMENT CONTINUED

FOR SALE....One 5 cf freezer as new, one sunbeam skillet, as new, one 5hp rotary hoe, Wolsley "Merry Tiller" as new, one hp electric motor, one centrifugal pump. Quantity of H.B.C. power poles 24 feet long, firewood (2 foot long) \$12 per ton, free delivery in St. Helens area, for garden use: oaten straw, 50c per bale and poppy seed trash \$2 per trailer load. Phone 76 1441 or call at Rauenbusch, Long Hill, St. Helens.

RESULTS OF RAFFLES

St. Marys Football Club Ladies Committee: Teddy Bear won by Kylie Newman, Drawn by R. Costain.

"Esk Trail Bike Club"

1st Graeme Woods, 2nd Danny Hall, 3rd Mary Shernon.

POSITION VACANT

Young Intelligent Girl 15-18 Years For Shop Work. Must be clean and Honest.

Phone Bicheno 75 1192.

WHATS ON

MEETING WITH CES AND SOCIAL SECURITY

On Thursday 6th July at St. Marys Community Hall, there will be a meeting with representatives of the Commonwealth Employment Service and the Department of Social Security. It is requested that all the unemployed in the Fingal Valley and other interested people attend. For more information please contact Michael Watts at the Council Chambers, Fingal.

R.A.F.T. A morning tea and trade table will be held on Tuesday 18th July at 10.00am in The Fingal Presbyterian Hall. All welcome.

CHILD HEALTH CENTRE, St. Marys. Sister will be in attendance at the Clinic this Friday, June 30th from 1pm.

IMMUNIZATION DAY at the hospital on Monday, July 10th from 1pm.

RED CROSS ANNUAL MEETING will be held in the R.S.L. Hall on July 3rd at 8pm. All welcome. Ladies a plate please.

THE ANNUAL MEETING of the St. Marys Child Health Association will be held on Thursday, July 13th at 7.30pm at the Clinic. This will be followed by supper. All welcome. Members a plate please.

LADIES FELLOWSHIP will meet 10th July at 8.00pm at Mrs. Olga Targett's. Bring couple of pieces of flowers, leaves etc., for floral arrangement. All welcome.


R.A.F.T. A meeting will be held at Bicheno in the home of Mr. & Mrs. G. Bullock on Wednesday, July 12 at 2.30 p.m. All Rheumatic and Arthritis sufferers are invited to attend. The Domiciliary Sister will attend. Any inquiries to Mr. Royle, Mrs. Tanner or Mrs. Bullock.

SATURDAY NIGHT. St. Helens Football Club Presentation to Queen of Queens by Mr. Andrew Lohrey M.H.A. and a Gala Cabaret at St. Helens Hotel.

A MEETING of the Seamander Tennis Club will be held at the home of Mr. & Mrs. Don Smith on Wednesday, 5th July at 7.3. p.m. Would all interested persons please attend.

CLASSIFIEDS (Con't)

FOR SALE : 1 14" Western Saddle. Fully carved and stitched. Near New \$350. Also - 1 14" B & W Chrysler T.V. \$55. Phone 74 2179



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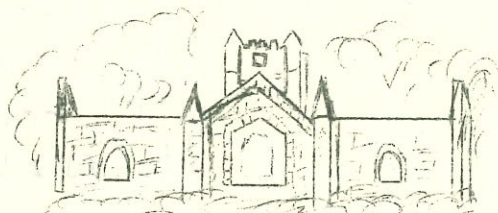
SALES REPRESENTATIVE for St. Helens Fingal and surrounding districts.

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TORANA AND ALL GMH VEHICLES
CONTACT

CLEM TREZISE

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CHURCH



NEWS

UNITING CHURCH IN AUSTRALIA FINGAL - PORTLAND PARISH

Sunday July 2

Fingal	7.00pm	Vincent
St. Marys	11.00am	Vincent
St. Helens	5.00pm	Denney

Sunday July 9

Fingal	9.30am	Vincent
St. Marys	11.00am	Vincent
St. Helens	5.00pm	Vincent

CHURCH OF ENGLAND - ST. HELENS PARISH

Sunday July 2

St. Helens	8.00 a.m.	H.C.
St. Helens	11.00 a.m.	H.C.

Sunday July 9

St. Helens	8.00 a.m.	H.C.
St. Helens	11.00 a.m.	H.P.
Pyengana	2.30 p.m.	H.P.

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Marys of the Assumption
Sundays July - December 9.00am

St. Helens - SS Helena & Stanislaus
July Vigil Mass 5.30pm

Fingal - St. Joseph
July - 1st, 2nd & 4th Sundays 10.30am

Mangana - Our Lady of the Sacred Heart
3rd and 5th Sundays 10.30am

Bicheno - Community Church
July 1st Sunday of each month 10.30am

CONFESSIONS heard in each church 15 mins.
before Mass and at other times as announced.
Any time by appointment.

WEEKDAY MASSES as announced on Sundays
Parish Priest: Father Geoffrey Jarrett,
The Presbytery. St. Marys 7215. Phone
(003) 72 2252.

MAELS ON WHEELS

JULY

Sunday	2
Monday	3
Tuesday	4
Wednesday	5
Thursday	6
Sunday	9
Monday	10
Tuesday	11
Wednesday	12
Thursday	13

ST. MARYS

M. Leedham
G. Gill
Y. Salter
J. Lohrey
W. Aulich
B. Cook
M. King
M. Richardson
P. Burgess
C. Cox

FINGAL

A. Oliver
Ruth Saunders
K. Johnson
J. Klug
Sharon Hall
M. Saunders
H. Mills
B. Hughes
Shirley Miller
L. Parker

MANGANA

M. Bean
Mrs. Sweeney
M. Francis
J. Miller
c. Cox
R. McGee

FROM THE BEST SELLING BOOK.

Perhaps one of the best known chapters of the New Testament is the thirteenth chapter of first Corinthians where Paul speaks of faith, hope and love.

What better equipment could one have to face the future than faith and hope and love.

To have faith is to have an implicit trust. Indeed, we live by faith every day of our lives.

As the word in Hebrew says, "Now faith is the substance of things hoped for, the evidence of things not seen." To have faith is to forsake all and trust Him.

When a man had hope he will face all odds. He will face trial and difficulty with courage and fortitude. And remember we are talking about Christian hope.

But the greatest of these is love. Hate begets hate and fear begets fear, but love is the greatest conqueror of all. Love bears and forbears, it forgives and embraces. Remember, Christ loves you.

Go out in faith and hope and love.

VALLEY FASHION WEAR

PHONE 74 2214
Main Road
FINGAL

GOOD RANGE FLEECEY LINED WINDCHEATERS

WINTER WEIGHT CARDIGANS
WOMEN & CHILDREN

ASSORTED SIZES

SPORTS

ST. HELENS GUN CLUB

Results of shoot held 18/6/78

Event 1. 15T DB H/Cap s/stakes

B. BAILEY 15/15 Best 11m - J. Groves

Best 12m - R. Groves

Event 2. 5T Continental eye-opener s/s

shared by H. Thomas, T. Aulich,

D. Nicholls and T. Pulford 5/5

Event 3. 20T Continental Championship

A Grade - B. Bailey 20/20, B Grade -

T. Singline 18/20, C Grade - P. Lohrey

19/20 D Grade R. Groves 14/20

Event 4. 15T Single Barrel H/Cap

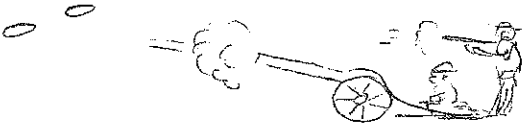
1st - R. Groves 17/17

2nd - M. Herring 16/17

Event 5. (novelty) 10T DB from 25m

B. Bailey 9/10

Shooters really found out all about winter conditions during this shoot, as well as the cold, frequent showers and blustery winds combined to really test the concentration of all shooters. Despite the conditions several shooters showed good form, R. Groves from Gladstone won three trophies including the D Grade section of the main event and the 15T Single Barrel handicap. Brian Bailey shot extremely well to take out the first event with the only perfect score (15/15), the A Grade Continental Championship, the high gun badge over events 1, 3 & 4 as well as the last event (10T DB) which was shot 25 metres behind the prap-house. The club raffle of 6 bottles of cheer was won by Mrs T. Pulford of Campbelltown. Our next shoot is set down for Sunday 16/7/78 and has as the main event 20T Double barrel and the supporting events will be 10Pr Double Rise and 10 "mini" targets from H/cap marks. The shoot previously organised for multicap unfortunately had to be cancelled owing to the weather conditions but all those shooters who were dissappointed will have their chance again shortly, as soon as a suitable date can be organised we will try again this time with hopefully better weather conditions.



LIONS BINGO \$100 JACKPOT

TUESDAYS 7.30 PM

HOG FIRES

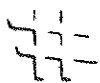
FISHING NEWS

Forthcoming events:- Saturday 8th July Scamander Angling Club annual meeting & dinner at 6-30 pm at Scamander Hotel. Sunday 16th July - Multicap surf boat test at Four Mile from 11 am to 4 pm with barbeque lunch.

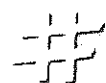
The annual inter-club contest at Four Mile last Sunday was won in a canter by St. Helens after being postponed on the previous Sunday due to rough weather. The fabulous Franks fishing family showed exactly how to catch fish & weighed in a total of 19 lb 14 oz to beat Scamander on their own. Heaviest fosh was landed by Max Franks at 3 lb 10 oz, & second was son Bill with 2 lb 15 oz. Mike Rowe from Scamander saved the grand slam & won third prize with a 2 lb 12 oz black-buck. Then Mrs Doug Kelly arrived at the last minute with a 3 lb salmon to win ladies trophy. All in all, it was a black day for Scamander & St. Helens will hold the shield for 12 months. St. Helens team averaged 3 lb 4 oz per member, while Scamander would prefer to forget all about it.

"THE AMBITIOUS ANGLER"

All my life I've had but one wish,
That some day I'd catch a really good fish,
One I could pose with and savour the pride
As they photo'd the monster with me by its
Acclaimed by the throng when they'd loudly
applaud,
While I'm presented with my fishing award,
But til the time comes I'll just keep on
trying,
Concealing my efforts by outrageous lying.



TRENDSSETTA



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Mattel, Tolttoy, Matchbox and Blue Box Brand toys available now as

advertised on T.V. New range of gifts now in stock.

RETURN THANKS

GREAVES: Douglas William George (Bill) His wife Valerie and family wish to thank friends and relatives for cards, floral tributes, visits, phone calls and personal expressions of sympathy in our sad loss of much dearly loved husband, father and friend. As tributes were too numerous to answer personally, please accept this our heartfelt thanks. Thanks to all who attended the service at the Church and Graveside, also thanks to Dr. Naidoo and the Staff at the St. Marys District Hospital and special thanks and gratitude to Mr. & Mrs. P. Llewellyn for their kindness and help shown during our sad loss. Also special thanks to Ian Bradbury.

CARMEN SUMMER wishes to thank all donors and collectors who assisted with the Multicap Door Knock Appeal, including members of the Youth Support Group and Kath Lohrey and Mr. Trevor Underwood also Roy Reid for their help.

I WOULD like to thank relatives and friends for their kind thoughts while being in L.G.H. and staff of the St. Marys District Hospital. Also thanks to Val Leedham for doing my washing and taking me back to the Doctor.

Jessie Barnes.

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HIGHEST SAVINGS BANK INTEREST
IN TASMANIA.

SEE YOUR LOCAL LAUNCESTON BANK
FOR SAVINGS BRANCH MANAGER NOW.

COOPER Austin Herbert

The wife and sons of the late Austin Herbert Cooper would sincerely like to thank relatives and friends for their kind messages of sympathy extended to them in the recent sad loss of a husband and father. Very special thanks to Dr. Cheung and nursing staff of the St. Helens District Hospital for their devoted care and attention given while he was in hospital. Also special thanks to all those who offered their help in so many ways, would all please accept this as a personal expression of our gratitude and thanks.

OBITUARY :

It is with deep regret that during the past few weeks the St. Marys area has lost three prominent and well-known citizens who have left their marks on our lives.

In remembrance we think of Mr. Jim Owens, who came to the district as manager of the Jubilee Coal Mine, then he was our Baker for several years also we will not forget his wonderful musical voice and its outstanding beauty and quality at Christmas Carols at the St. Marys District Hospital.

Also we remember Mr. Bill Greaves. He was a well-known miner at Cornwall for several years. I remember once a part of the mine was flooded and one of the pit ponies strayed into the flood tunnels. Bill Greaves was the man who volunteered to go and rescue the pony. And often the underground manager recalls Bill's brave deed.

We also remember Mr. Bob Hinds who for many years has been an active member of the council, St. Marys and Bicheno Bowls Clubs. He was also a well-known bookmaker for many years as well as being the R.S.L. President for many years. He was always thinking of the welfare of the district.

We must also think of their families and our sympathy is with them also.

T.G. Hall.



Sports can't

Golf Notes

Twenty four members played Fitzgeralds Trophy.

B. Fletcher 76 net July 1-2
Mixed foursome championship 12 30 draw
Associates Championships have been
deferred till a later date.

Portland Council News

Letter received from Portland Council.
26th June, 1978..

Mrs S. Rawnsley,
Secretary,
Scamander Tennis Club,
SCAMANDER.

Dear Mrs Rawnsley.
At the Council meeting last week the
following resolution was passed:-

Resolved: That Council note that in
letter dated 20th December 1977 the
Minister for Main Roads advised the
Scamander Tennis Club of a \$500.00 Grant
and that it has taken the Tennis Club
six months to advise Council of the
grant and the conditions thereto;
and the Council Clerk draft a reply for
the Tennis Club with a copy for the
"Valley Voice" which has printed articles
condemning Council in relation to this
project.

During the debate on this resolution
most Councillors expressed concern
that the Scamander Tennis Club had
failed to advise Council of the grant
and the conditions thereto; and con-
sequently, our Works Committee, in all
good faith and having regard to the
problems with part of our plant and
the traversities of the weather, had
re-programmed the work for your Club
during 1st June.

This lack of liaison by your Club is not
conducive for good public relations
and Council trust that you will in future
advise Council of such grants and not
rush to the press in an endeavour to
embarrass Council.

George Nelson
COUNCIL CLERK

Letter from Secretary of Scamander Tennis Club.

The members of the Scamander Tennis Club
wish to inform the public that they have
been able to secure the \$500.00 grant
from the Department of Main Roads, by
putting a \$500.00 deposit on the cyclone
fencing they will use to enclose the
court. We would like to thank Mr Andrew
Lohrey (M.H.A) and his staff for their
help in this matter as well as the phone

calls to the Portland Councils on our
behalf, and as a result of this I am
pleased to report the work has been done.
I would like to stress the point that
although the council is using the excuse
that we inform them about the grant.
The following explanations are:-

1. We didn't know that the grant had to be
spent by 30th June 1978 until the 14th June
1978 or it would be withdrawn.
2. HAD the councillors made the effort
to attend the meeting they were invited
to on the 5th April they would have known
as this was the purpose of their attendance
and to ask for their advice and help on
certain matters and ways of handling things,
as we are a newly formed club their experi-
ence and knowledge would have been very
valuable to us.
3. If the work had been done at the
promised time (March/April) before the
adverse weather etc. came upon us, we would
have had our grant through by now.

The letter in the Valley Voice was not to
embarrass the council, but to put the pub-
lic who have been generously helping us in
the picture as to why the work has not
been done, and hope that with everyone's
cooperation we will have the court in use
by this coming season.

Signed S. Rawnsley.
[Signature]

SPORT DO YOU KNOW ?

The earliest National Championship was
unusually the Australian Womens
Amateur Championship played at Geelong
Vic., on 29-30 Aug. 1894. This was
shortly followed by the first mens
Amateur Championship at Caulfield on
9th Nov. 1894.

There is a record that Golf was played
on cleared farmed land at Ratho, Bothwell
Tasmania before 1890 by a Scot, Alex
Reid Bothwell G.C. (9 holes) occupies
the area today.
Bruce Crampton (Aust.) (b. 1935) was
reported by February 1973 to have amassed
a life time earnings of "over \$A560,000"
Much of it in the United States

EAST

COAST

DISCO

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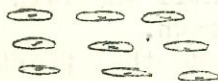
PASTIES

BUNS

PASTRIES

CAKES

ETC.



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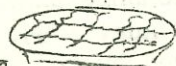
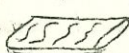
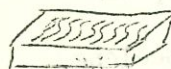
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CHAIN SAWS

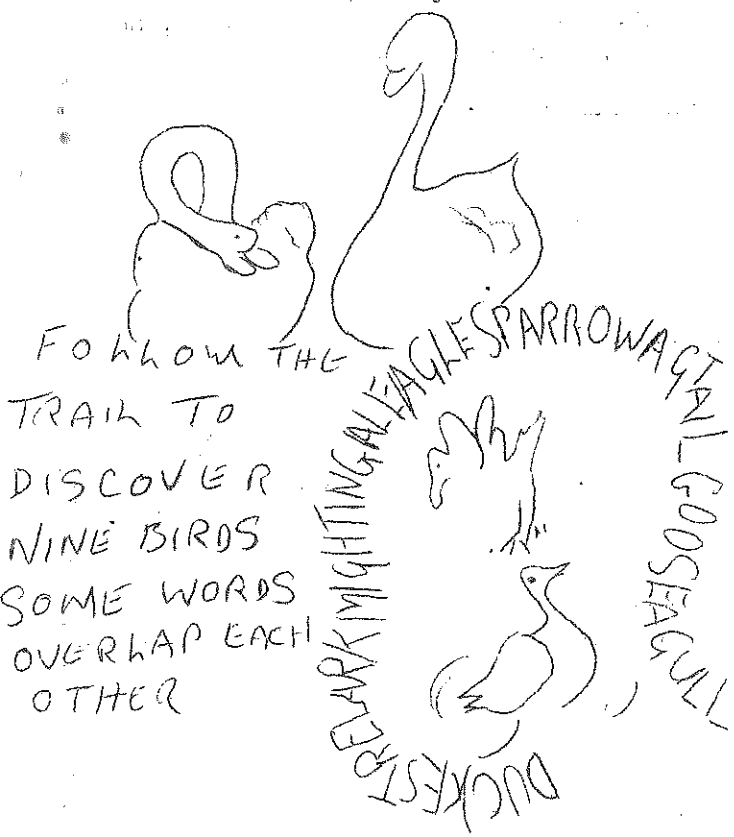
SEE BRUCE

FOR

THE GOOD JUICE

Hi! KIDS

WHATS THIS?
WHERE ARE
THE ANTS?



R A T E H
CAN YOU SPELL TWO
FIVE LETTER WORDS
BY USING ALL THE
ABOVE LETTERS TO
SPELL EACH WORD?
ALPHABET RIDDLES.

1. WHAT LETTER NAMES AN INSECT?.
2. WHAT LETTER NAMES A BIRD ?.
3. WHAT LETTER SUGGESTS A VEGETABLE ?.
4. WHAT LETTER NAMES A BODY OF WATER ?.
5. WHAT LETTER SUGGESTS PART OF THE HEAD ?.
6. WHAT LETTER SOUNDS LIKE PART OF A HOUSE ?.

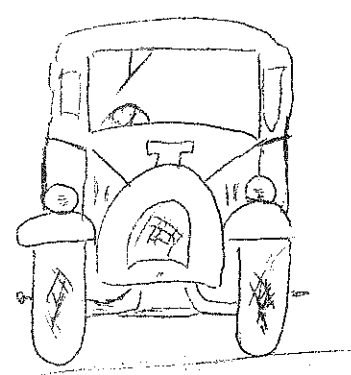
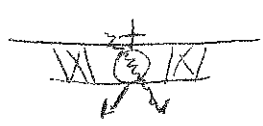
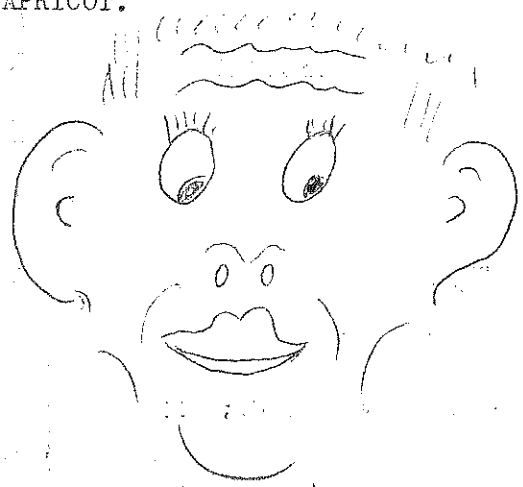
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A GAME OF FEELIES

HALF FILL A PILLOW CASE OR A BAG WITH PUZZLING THINGS, PEOPLE PLAYING TAKE TURNS TO FEEL INSIDE THE THEN WRITE DOWN WHAT THEY FIND, THESE THINGS ARE HARD TO GUESS IF YOU CAN NOT SEE THEM:- A HAIR CURLER, A 50 CENT PIECE, A BROKEN COMB, A PEANUT, A COCOON, A POTATOE, ADRIED APRICOT.

ANSWERS TO RIDDLES.

1. B. 2. J. 3. P. 4. C. 5. I. 6. T. (Shape).
BIRDS :- DUCK, KESTREL, LARK, NIGHTINGALE, EAGLE, SPARROW, WAGTAIL, GOOSE, GULL.



STARDUST

By Mercury

Fortnight from June 30.

ARIES : Mar. 21 - Apr. 20

Make a point of keeping harmony with a friend, you are needed, enjoy it. Your work life is busy and good rest is vital. Lucky days 1, 4.

TAURUS : April 21 - May 20

The cycle can bring a new friend who will prove of much value. Take part in Community work without growls or regrets. Co-operative venture brings good results and lifts a load. Lucky days 4, 6.

GEMINI : May 21 - June 20

A major change may commence. Give more thought to career and finances than anything else. Don't neglect the children. Value your home and family. Lucky days 10, 12.

CANCER : June 21, - July 22

Avoid anger at what others have to say. Conditions differ very much between you and some others. Do not travel just now, unless you have to. Word will reach you of a young person's success; rejoice with them. Lucky days 4, 9.

LEO : July 23 - Aug 22

Your habits must be kept the best possible for health and other matters of importance. Schedule time to work out your budget; unexpected things could plague your endeavours. Lucky days 6, 11.

VIRGO : Aug. 23 - Sept. 22

A good cycle for work. Don't worry about a vacation if its not due to you. Money promised for group enterprise needs sober consideration before signing your name. Lucky days 9, 11.

LIBRA : Sept. 23 - Oct 22.

Show goodwill to a person who has had trouble lately, the cycle is full of work just now and many demands, your temper can get short, don't go off half cocked. Lucky days 6, 11.

SCORPIO : Oct. 23 - Nov 22.

You may have a chance of earning money through creative work as fiction, writing, photography or art but don't get into debt over it, only pay what you can afford, so get busy. Lucky days 5, 9.

SAGITTARIUS : Nov. 23 - Dec 21.

You may travel quite a bit in your work; do not try to dominate people, but have a good social get together. Try not to be showy as you are sometimes tempted to be. Lucky days 5, 11.

CAPRICORN : Dec. 22 - Jan 19

Seek quiet peaceful places when ever possible, you need some solitude to find your way into a more pleasant feeling. You need extra tact, people around you can be touchy and uptight, ready to quarrel. Go gently. Lucky days 5, 10.

AQUARIUS : Jan 20 - Feb. 28

The unexpected can happen and part of it can be good, you would be wise to make plans ahead, and act on them. You may be feeling uneasy about a certain matter, but do one thing at a time as well as you can. Lucky days 4, 10.

PISCES : Feb 19 - Mar 20

Try not to talk about your private life too much, protect it and keep it to yourself. Helpfulness may come from an unexpected place and someone seldom noticed may come to the fore. Lucky days 2, 5.

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