

THE VALLEY VOICE

AND EAST COAST

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A FEW FACTS ABOUT INFLUENZA

The season for those lingering lay-you-low bouts of flu is almost upon us. Winter is drawing closer and we will soon have flu viruses, seranades of hacking, sniffing, groaning and shivering openly testifying the flu bugs have arrived.

Every year endless strains of influenza rain down on thousands of lives, and while a vaccine may mean you are spared this season's menace, you'll remain helpless against next winter's assorted afflictions. You will also be left wondering why you are such easy prey.

Virologists define influenza as a highly contagious, viral infection of the upper respiratory tract—the nose, throat, and sinuses. Flu usually spreads from person to person through droplets of moisture expelled into the air when an infected person coughs, sneezes or talks. These droplets contain the virus that is then inhaled by potential victims.

A virus can be defined as a self-reproducing agent, that multiplies only within living, susceptible cells.

Since these particles are parasites they cannot be obliterated without also wiping out the cells hosting them—the reason why most viral infections, including flu, can't be effectively treated and must, at best, be left to "run their course".

Vaccines have been developed to protect against some viral diseases but many others cannot be prevented. Flu viruses were not even isolated until the 1930's when engineers finally developed the electron microscope used for viewing this smallest of all life forms.

Thanks to great advances in virology over the past 20 years or so, most strains of influenza (there are many) have been isolated, cultured, and studied. This however, is not quite so reassuring as it sounds, since, from time to time, so-called "mutant" strains of influenza appear, apparently spontaneously, which are just different enough in their genetic make-up to produce brand new—and often treacherous—forms of the disease.

Symptoms of flu include fever,

chills, headache, soreness and body aches, dry cough, sore throat, runny nose, weakness, and overall discomfort. With a common cold, upper respiratory symptoms, such as a stuffy nose are more severe than with flu, but "whole body" symptoms such as chills and aches, are lacking.

If at all possible, stay at home and baby yourself for a few days after fever and other symptoms have disappeared. Then pace yourself, keeping on a lighter-than-usual schedule for a while until strength is fully restored. You should not try to carry on in spite of flu.

You need complete bed rest to fight the virus, and to minimise your chances of contracting a really hazardous secondary infection.

Just about anyone is susceptible, though some of us are more vulnerable than others. Children, old people, and those of us who are run-down and weakly resistant are especially good targets. And nobody is wholly safe. Having had a particular strain of flu provides an immunity but only to that specific strain.

Individuals who run the highest risk from influenza and its complications include those 65 or older as well as anybody suffering from chronic heart, lung or kidney disease, severe anaemia, or a metabolic disorder such as diabetes. Even among this high-risk group, however, it isn't influenza itself that leads to serious illness or death but rather the secondary infections, like pneumonia, which so often follow.

Flu vaccines are widely available but immunisation against influenza is normally only recommended for persons falling in one of the high-risk categories.

You should not be vaccinated if you are allergic to eggs. The flu viruses used in making the vaccine are grown in eggs, and minute quantities of egg may remain even after purification.

Certain people can't tolerate many kinds of vaccines, including the one against flu, but for high-risk individuals the danger of vaccination is considerably less than

CLASSIFIEDS

FOR SALE.....Gas Stove and old style kitchen cabinet. Phone 722123. Can be viewed at Lot 17 Thomas Street, Scamander from Monday 23 - 26 March after 4.00pm.

FOR SALE.....5 piece tan, velvet modular couch. Three years old, good condition. \$500. Phone 725306.

PEAKES BUS SERVICE, ST. MARYS BICHENO AND SWANSEA. PASSENGERS, PARCELS AND PAPERS. PHONE 722390.

MT. ELEPHANT "PANKCAKE PARLOUR" is open 9am - 6pm 7 days a week. For evening bookings and functions phone 722263. "Under new Management". PAULA & ANDREW WYMINGA & SONS.

FOR SALE.....1 Jersey Heifer \$200
1 Jersey Bull \$250
(both 11 months old)
1 Jersey Milking Cow with cross bred heifer calf (5 months old) \$350
Phone 742243

REDLINE COACHES. Delivers this paper quickly and efficiently. Statewide passenger and parcel service. Phone 722445.

PAINTING: For all exterior painting. TOP QUALITY work. FREE quotes. Reasonable rates. Phone 722329.

FOR PRIVATE SALE.....Modern 3 bed-room weatherboard home. Fully carpeted throughout with built in w/robes, carport, workshop and lawn locker. Phone 722414

FOR ALL YOUR NEEDS CHECK THE DISPLAY ADS IN THE VALLEY VOICE. TRADE AND SHOP LOCAL - AND SAVE.

ATTENTION: IS YOUR CHIMNEY DIRTY? THEN WE'LL CLEAN IT! VERY REASONABLE RATES. PHONE 722187 or 722458.

RICHARDS HOME FURNISHERS

67 Cecilia Street, St. Helens
Phone 761147

it is the place to go if you....

ARE BUILDING A NEW HOME OR RENOVATING

We have stock of foamback and hessian back carpets, also 2mtr. 3 metre and 4 metre wide vinyl.

Come and visit our showroom full of manchester, curtains, and home furnishings.

LAYBY NOW

Perhaps you would like to choose from our large range of samples.

WANTED TO BUY.....For Fingal Neighbourhood House. Sofa, Table and chairs. Ph. 742119 or 742344

WANTED TO BUY.....Fowler Bottling Outfit. Ph. 742183

F.V.P.C.V.C.
Meeting 26th March, 7.30 at J. Kruse's House.

THUMBS DOWN
To those people who do not know or want to know where the St. Marys official rubbish tip is, as they are dumping their rubbish with papers and letters with their names and address with it. (Lets hope that somebody will pick it up and return it to them) up near the St. Marys Hospital.

ST. MARYS LIONS CLUB

A family BAR-B-QUE will be held at St. Marys on Saturday 21st March commencing at 6pm followed by a COUNTRY DANCE at 7pm Admission to dance \$2 and \$1.

ST, MARYS COMMUNITY HALL

TIM FOWLER

O P T O M E T R I S T

VISITS

THE ST. MARYS DISTRICT HOSPITAL
REGULARLY

PHONE 341566

FOR APPOINTMENT

THINGS IN

FLOWER SHOW &

PHOTOGRAPHIC SHOW

MARCH 21, 1987

TOWN HALL 2.00pm

ADMISSION \$2.00

(children free)

Afternoon tea included in admission price.

ST. MARYS HOSPITAL FAIR

Friday 20th March

1.30pm

Variety of Stalls. Chocolate Wheel, Afternoon Tea, Drawing of Raffle.

PLEASE SUPPORT YOUR DISTRICT HOSPITAL. DON'T FORGET 1.30pm

Friday 20 March - St. Marys Community Hall.

FINGAL VALLEY POLICE & CITIZENS YOUTH CLUB

This terms programme will commence (9 March, 1987).

Mondays - Juniors 3.30pm-4.30pm Youth Club Hall

Mondays - Seniors 6.30pm-8.00pm Youth Club Hall

Tuesdays - Gymnastics - Girls 3.30pm-5.30pm School Gym

Wednesdays - Rifle Shooting 3.30pm-4.30pm Youth Club Hall 10 years and over.

Thursdays - Gymnastics - Boys & Girls 3.30pm-5.30pm School Gym.

Anyone interested in helping with the supervision of any of these activities will be very welcome. Phone Sally Spilsbury 722294 or Ann Kruse 722368 for further information.

BINGO

Every Tuesday at St. Marys

R.S.L. Inst. Two Jackpots.

This Tuesday March 24th.

1st Book \$170. on 57 calls

2nd book \$140. on 54 calls.

MUNICIPALITY of FINGAL

ELECTION

ST MARYS WARD

SATURDAY 28 MARCH

BETWEEN 12 noon and 7.00pm

VOTE ☐ BRUCE GLATTE

Polling Booths: St. Marys Library
Greens Store,
Scamander
Cornwall Hall

Authorized by K.A. Glatte
Frank Street
St. Marys.

AN INVITATION is giving to join the Mother's Union at Cornwall for a service and morning tea to follow for Lady Day or feast of the Annunciation. Time 10.30am. Venue: Cornwall Church. All welcome.

THUMBS DOWN.....to those brainless persons who broke bottles around the Fingal-South Esk swimming area.

A VERY big axe to the people who are using the Anglican Church Ground as a rubbish dump.

OLD PUB UPDATE

The Tasmanian Hotel Centre, Fingal currently has two exhibitions available for your viewing, both of local interest.

- (1) The Wilderness Society's photographic exhibition of the Douglas-Apsley National Park and
- (2) The Police Department's photographic production of old prison buildings and the home-
stead of Bona Vista, Avoca.

Also available for your viewing and purchase are the paintings of local artists Judy Spilsbury, Patricia Williams, Meryl Diprose, R. Woodard and N. Cochrane. Also a great variety of gifts and souvenirs available.

BLACK & GOLD BOUTIQUE

ST. MARYS

Phone
722441

REDUCED JEANS IN MOST SIZES ALWAYS AVAILABLE

UNBEATABLE VALUE ON OUR SUMMER BARGAINS

EXCITING NEW WINTER STOCK

NOW ARRIVING!!!

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

WORSHIP SERVICES

Scamander	8.00am	2nd & 4th
	Sunday	
Fingal	9.45am	every week
St. Marys	11.00am	" "
St. Helens	7.00pm	" "
Rossarden	7.00pm	3rd Tues

SUNDAY SCHOOLS EVERY WEEK

Scamander	9.30am
Fingal	9.30am (F.S. 3rd Sun)
St. Marys	9.45am (combined with Salv. Army)
St. Helens	Mondays 3.30pm-5.00pm (KUCA CLUB)

MINISTER: Rev. A. Renton

ANGLICAN PARISH OF ST. HELENS

St. Pauls Church	
8.00am	Eucharist every Sunday
11.00am	Every Sunday
7.00pm	Every Sunday

St. Michael's and All Angels Church

Pyengana	
9.30am	2nd & 4th Sunday

Falmouth Church

9.30am	1st & 3rd Sunday
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ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday March 22

9.00am	H.C.	Fingal
10.30am	H.C.	St. Marys
3.00pm	H.C.	Mathinna
7.00pm	H.C.	Avoca

Sunday March 29

Parish Camp weekend (Bicheno)
10.50am Holy Communion
(all Morning Services in the Valley cancelled.)

Fingal	E.P.	7.00pm
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SALVATION ARMY - CORNWALL

Morning Service - 11.00am
1st and 3rd Sunday in month

Sunday School - 10.00am weekly

Home League - 2.30pm
1st, 3rd, 5th Wednesday

ALL WELCOME TO WORSHIP WITH US

Envoy and Mrs. Betts - Sunny Banks
Phone 722352

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption
Sundays March 22, 29 9.00am

St. Helens - SS Helena & Stanislaus.
Vigil Mass Saturdays 6.00pm

Fingal - St. Joseph
Sunday March 22 10.30am

Mangana - Our Lady of the Sacred Heart
3rd Sunday each month 10.30am

Mathinna -
Sunday 29 March 11.00am

Bicheno - Community Church
1st Sunday each month 5.00pm

Reconciliation in the Sacrament of Penance: You may go to Confession in each church before Mass, and at other times as announced. At any time by private arrangement.

PARISH PRIEST:

Father Connolly, The Presbytery,
St. Marys, 7215. Phone 722252.

March/April

Sunday	22
Monday	23
Tuesday	24
Wednesday	25
Thursday	26
Sunday	29
Monday	30
Tuesday	31
Wednesday	1
Thursday	2

MEALS ON WHEELS FINGAL VALLEY

ST. MARYS

Jeff Faulkner
Pam Peake
Pat Thomas
Joan Lohrey
Atholic Greenwood
Bruce Glatte
Lorraine Horsman
Denise Dawson
Michelle Bennett
Maryanne Mitchell

FINGAL

Prev Mills
Sutton Lowe
Carol Woods
Stephanie Parker
Debbie Speers
Cheryl Rankin
Pam Davenport
Heather Mills

MANGANA

Neil Ward
L. Walters
K. Francis
C. Upton
M. Ward
K. Ward
J. Miller
K. Salisbury

ST. MARYS GOLF NOTES

by Tee Up

St. Marys officially opened the 1987 season on Saturday 4 March. A marvellous turn up and a very enjoyable day was had by all. I believe that not only was golf the only sport carried out successfully by one of our members who I have been told has been promoted to "Chef". Well done Frank.

Members Stroke

Best Gross Div. 1

R. McGiveron	73
S. Dawson	76
S. Wilmot	76
K. Davern	79

Best Nett Div. 1

R. McGiveron	(11)	62 nett
L. Stingle	(17)	65 nett
S. Wilmot	(8)	68 nett

as only 1 trophy per person, L. Stingle was the winner.

Best Gross Div. 2

L. Newman	89
B. Macbeth	89
J. Newman	90
G. Little	90

Best Nett Div. 2

B. Macbeth	(26)	63 nett
G. Little	(27)	63 nett
J. Newman	(23)	67 nett

Associates 18th Hole Stroke

<u>Best Gross</u>	N. Hayes	86
	K. Wright	94
	C. McGee	94

<u>Best Nett</u>	K. Wright	(32)	64 nett
	N. Hayes	(21)	65 nett
	C. McGee	(29)	65 nett

Members Nine Hole Stroke

A. Furlow

9 Hole Mixed Foursome Canadian

Best Gross

Chris Davern & N. Hayes	38
R. McGiveron & K. Wright	40

Best Nett

R. McGiveron & K. Wright	(10½)	29½
C. Davern & N. Hayes	(8)	30

Nearest Pin

5th	L. Newman
a.m.	7th S. Dawson
p.m.	7th L. Cook

Associates Stroke

I. Francis	(34)	56 nett
M. Nolan	(28)	61 nett
Y. Davern	(25)	65 nett
J. Lohrey	(25)	65 nett
K. Wright	(32)	65 nett
K. Blair	(24)	65 nett
H. Fleming	(32)	65 nett

cont.

GOLF NOTES CONT.

Eclectic

I. Francis	(16)	27
K. Wright	(16)	28
K. Blair	(12)	29
C. McGee	(14½)	29½

Members Stroke

R. McGiveron	(11)	on c/b
S. Cooke	(13)	63 nett
Drew Berwick	(9)	64 nett
S. Jansen	(25)	64 nett

Nearest Pin 7th - T. Viney

The Club is holding the Targett Memorial Trophy this weekend over 36 holes, 12.00 noon by draw Saturday 21 March and leading players first Sunday 22 at 12.30pm. This is the 10th Annual playing and we hope that all that can will make it.

ST. MARYS MENS VOLLEYBALL ASSOCIATION

5.3.87

Warriors d Tigers

12.15, 15.13, 15.6, 15.3

C.M.S. d Teachers

11.15, 10.15, 15.7, 15.7, 15.12

St. Helens d Pub

15.5, 15.1, 15.3

12.3.87

Tigers d C.M.S.

13.15, 15.11, 15.13, 15.10

St. Helens d Teachers

6.15, 15.13, 15.16, 15.7

Warriors d Pub

15.1, 15.2, 15.5

LADDER

St. Helens	12	220.89%
Warriors	12	170.96%
C.M.S.	4	95.32%
Teachers	4	85.79%
Tigers	4	78.14%
Pub	0	44.51%

ST. MARYS LADIES VOLLEYBALL

9.3.87

Green d Red

16.14, 3.15, 15.12, 15.1

Pink forfeit to Purple

White d Blue

15.7, 15.6, 15.6

16.3.87

Pink forfeit to Red

White d Green

15.2, 15.2, 15.5

cont. page 7

ST. MARYS DISTRICT HIGH SCHOOL

SCHOOL FAIR:

WHO CARES? - WE DO!

Why do teachers and parents bother pouring their energies into school fairs? The answer is obvious! Immediate funds are made available for items which enrich the school learning programme and environment, the end result being direct benefits for our students.

Last year's school fair raised in excess of \$4000 and enabled the school to purchase curtains in the primary and secondary blocks, text books and equipment and subsidise the school magazine.

This year St. Marys District High School will continue the trend and hopefully will enjoy the success of the previous year. We aim to combine a money-raising venture with entertainment for both parents and students. Apart from the bargains to be had on various stalls there will be entertainment provided by the students and by outside interests.

The school appreciates the assistance given by many people and the support of all to make the '87 fair a success.

J. Ashwood

SCHOOL FAIR
FRIDAY, 10th APRIL

MOTHERS CLUB:

The following office bearers were elected at the Annual General Meeting of the Mothers Club held on Wednesday, 11th March.

President: Mrs. Jane McNaught
Secretary: Mrs. Mary Targett
Treasurer: Mrs. Cheryl Hendley

PARENTS AND FRIENDS ASSOCIATION:

The following office bearers were elected at the Annual General Meeting held on Tuesday, 17th March.

President: Mrs. Patsy Burgess
Secretary: Mrs. Jenny Willans
Treasurer: Mrs. Kerin Glatte

Mr. George Shaw, M.L.C., was again appointed Patron of the Association.

SUMMER SPORTS EXCHANGE:

On 10th and 11th March, Cressy District High School students visited us for the annual summer sports exchange.

Results were as follows:

SOFTBALL -

Cressy defeated St. Marys 26-21

GIRLS TENNIS

Cressy defeated SM 2 - 1

GIRLS VOLLEYBALL

Cressy defeated SM 2 - 1

BOYS VOLLEYBALL

Cressy defeated SM 2 - 0

CRICKET

Cressy defeated SM 127 - 116

BASEBALL

SM defeated Cressy 8 - 4

GOLF

SM defeated Cressy by 68 shots

BOYS TENNIS

SM defeated Cressy 4 - 2

VICORO

SM defeated Cressy
23 & 74 - 46 & 31

Damien's dad went in the bush and he found a snake skin.

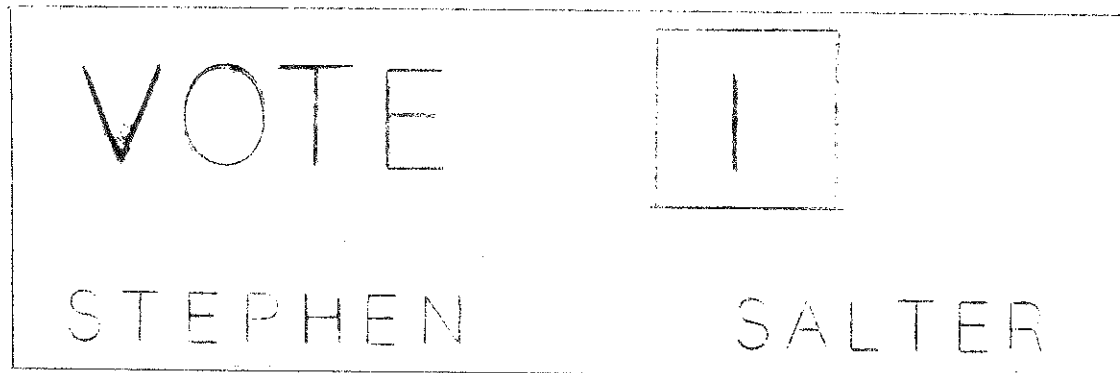
The snake skin feels like plastic and the inside looks like plastic too.

The snake skin has little holes in it and it tears like paper.

by Anushka Oosterloo,
Grade 2

I am offering myself for re-election because I am as enthusiastic as ever to help develop this Ward and Municipality.

If re-elected I will continue to work for the progressive improvement to all Council services with a review of Ward boundaries, and continue my support for existing industries and support new developments.



I have listed below some of my community involvements:-

Deputy Warden and serve on various council committees.

Vice Chairman of the St. Marys Hospital Board.

Member St. Marys Lions Club

Involved in the St. Marys and Districts Chamber of Commerce.

Assisted Sporting Organisations achieve better facilities.

Vitally concerned for the provision of homes for the elderly and disadvantaged.

Delegate on the East Coast Regional Tourist Association.

Have served on Education Committee and was involved in the establishment of Grade 11 at St. Marys District High School.

My experience in State Parliament is most helpful and my present position, as Government Liaison Officer, is compatible with my duties and responsibilities as a Councillor.

VOTING IS NOT COMPULSORY, BUT IT IS IN YOUR INTERESTS
TO DO SO

POSTAL VOTES ARE AVAILABLE FROM COUNCIL CLERK OR MYSELF

Authorised by Dale Wright
St. Marys.

ST. MARYS VO LLEYBALL NOTES cont.

Purple d Blue
15.0, 15.5, 15.2

Ladder

BLUE	0
GREEN	8
PURPLE	12
RED	4
WHITE	12

Roster

23.3.87

Green	v	Purple	Blue
White	v	Red	Purple
Blue	-	Bye	

30.3.87

White	v	Purple	Red
Blue	v	Red	White
Green	-	Bye	

TENNIS

The St. Marys Tennis Club enjoyed a full day of tennis last Sunday in the Mixed Doubles Tournament. It was most pleasing to see so many new players competing with 26 in the competition. We hope this has whet their appetites for more tennis and they continue to play next season. It was a little disappointing that some members were unable to take part. The highlight of the day was David Murfett's ace.

The final was won by Stephen Cooke and Maureen Bushing with Neil and Jenny Stewart the runners-up. A fun doubles tournament with Scamander Tennis Club had been planned for this coming Sunday, but this has had to be cancelled. The singles tournament is nearing completion and the finals are planned for the afternoon of Sunday 29th March. Any interested people are welcome to come along and watch. The St. Marys Tennis Club has had a very good season with the Red team winning the pennant shield with Bicheno Club runners-up.

DON & BERNICE
(TARGETT)

ST. MARYS

Milk Bar & Take Away (formerly Don & Dinahs) are open 7 DAYS a week for your convenience. We stock groceries and general milk bar items as well as delicious Take-A-Ways.

SPECIAL

As from next Wednesday, Hamburger or Steak Sandwich with a can of coke.

TENNIS NOTES CONT.

The Club will hold its annual dinner at St. Marys Hotel sometime in May.

SWAGGIE
TREK

AROUND

TASMANIA

DREW KETTLE

AND LADDIE

WITH THE SUPPORT OF THE
ST. MARYS LIONS CLUB
WALK-A-THON 10KM

KILLMOON TO

ST MARYS

SATURDAY 21ST MARCH COMMENCING AT
2.45PM

IN AID OF

DIABETES

RESEARCH

DONT FORGET
A FAMILY BAR-B-Q

& A COUNTRY

DANCE
AT NIGHT FROM

6 P.M. ADMISSION TO DANCE \$2 &
ST. MARYS COMMUNITY HALL \$1

D.K. & C. M. BARNES

ST. MARYS

PHONE 722367 or 722265

WE WILL MAKE OR DELIVER

FRESH FLOWERS

or

ARTIFICIAL WREATHS

also

BRIDAL

BOUQUETS

W. LOCKETT & SONS

FUNERAL DIRECTORS
CAMPBELLTOWN

ENQUIRIES MAY BE DIRECTED THROUGH

MR. D. CASBOULT
St. Marys

Phone 722143

or

MR. T. PEARS
Campbelltown

Phone 811167

BRUCE DAVIDSON - FUNERAL DIRECTORS

B. & J. A. SPILSBURY

B.P. SERVICE STATION
ST. MARYS

SEE

BRUCE

FOR

THE

GOOD

JUICE

PHONE ST. MARYS 722233

or

722155

FOR SINCERE PERSONAL
AND DIGNIFIED SERVICE
ANYWHERE ANYTIME

DARAL BAILEY & SON

A.F.D.A.

FUNERAL DIRECTORS
ST. HELENS

PHONE 003 761153 All Hours

THANK YOU

To all our relatives and friends.
Thankyou for the prayers, cards,
phone calls, and numerous kind deeds
during Graeme's (Tommy) hospital-
ization in Melbourne. The continued
support and thoughtfulness is a
great comfort. We will be forever
grateful.

Graeme and Kathleen Blair

I would like to thank Dr. Waidoo and
the Staff for being so kind to me
during my recent stay in the hospital.
I appreciated it very much.

Doris Cooper

BROWNIE NOTICE

Due to insufficient interest and
the number of girls, the 1st St. Marys
Brownie Pack has a real chance of going
into recess. If this happens, it will
be very hard to get anyone interested
again.

Girls from the age of 7 years are able
to join. They can learn many interest-
ing things such as craft, compass
work, go on trips to places of interest
camps and meet girls from other packs.
If there are any girls interested and
their parents would like to know more
about Brownies please ring J. Costain
on 722147.

If nothing is heard from anyone in the
next few weeks, the lack of interest
shown, will lead to the closure of the
Brownie Pack.

HANDY HINTS

TREATMENT FOR CARPET STAINS

Alcohol: Blot up as much as possible
immediately. Sponge the area with a
clean towel wrung out of warm water.
Then use detergent solution to lightly
wet a piece of towelling. Repeatedly
sponge the stained area, blotting up
with dry cloths as you work. Sponge
with a series of damp cloths to remove
suds.

Butter or margarine: Remove as much
as possible with a pliable spatula or
knife. Sponge lightly with dry clean-
ing fluid, blotting with tissues as
the grease dissolves. However, if the
pile is set in rubber or has a synth-
etic backing, instead of using fluid
make a paste of powdered starch, or
cornflour or talcum powder and white
spirit and work this deeply into the
pile. When it dries, vacuum the area
and repeat if the stain is still
apparent. Finally, sponge the area
with carpet shampoo, leave it on for
several hours, then vacuum.

STARDUST

Week commencing 19th March 1987

PISCES February 21 - March 21

You will be in top gear, full of ideas and interesting topics. This is an excellent time for anything involving a partner or a close relationship.

Best Days: 23, 30.

ARIES March 22 - April 20

The stars this week focus mainly on the homefront, with many interesting things happening. You could possibly be in for a lot of visitors making unexpected appearances.

Best Days: 19, 26.

TAURUS April 21 - May 21

There could be some significant developments or changes in your love life, social activities, hobbies and all the good things in life. Life will be worth living now.

Best Days: 20, 30.

GEMINI May 22 - June 21

Now is the time you could expect to see an old friend who has been overseas or who you just haven't seen for sometime. So there could be unexpected trips to places you are both familiar with.

Best Days: 21, 25.

CANCER June 22 - July 23

Be careful not to let tension build up in a marriage or a close relationship. Just relax and take life nice and easy. Also watch your financial position, don't go overspending.

Best Days: 22, 26.

LEO July 24 - August 23

Around now you could have something very special happen to you, in the form of opportunity, happiness, love, success or just plain good fortune. So play your cards right and let lady luck appear.

Best Days: 24, 30.

VIRGO August 24 - September 23

Avoid problems or mistakes with money and don't mix it with friendship. It is also likely you could meet a person who will become a true friend or partner.

Best Days: 25, 31.

LIBRA September 24 - October 23

You will certainly do something to broaden your horizons or widen your interests, whether it is through travel, higher education or just by meeting new and exciting people.

Best Days: 20, 1.

SCORPIO October 24 - November 22

If you are unattached and eligible someone wonderful could enter your life. This could be the time for fulfilling most of your dreams and also strengthening this relationship.

Best Days: 22, 25.

SAGITTARIUS November 23 - Dec. 22

Be careful what you might say now as you could possibly end up hurting a loved one or someone who is very close to you. Think carefully before you speak.

Best Days: 19, 28.

CAPRICORN December 23 - Jan. 20

This is the time to do all those tasks and unfinished jobs around the house. Also think carefully before making an important decision.

Best Days: 27, 29.

AQUARIUS January 21 - Feb 20

If you are feeling bored with routine and would like to do something unusual and experimental do so now. You will also find a lot of pleasure with a friend or family.

Best Days: 26, 31.

ST MARYS
BUTCHERY

PHONE
722274

PHONE TOBY NOW !!! BECAUSE
WE DON'T KEEP THE BEST.....
WE SELL IT !!!!!

FOR TV SERVICE
SEE RAY WALLER

C O L O U R S E R V I C E
(SOLID STATE)

ALL WORK GUARANTEED

Main Road, St. Marys. ph 722349