

This brown and white Holstein heifer is one of a breed Laura Marshall is familiar with. As Halton Dairy Princess and a contestant in the Ontario Dairy Princess pageant,

Halton Dairy Princess seeks Ontario crown

Laura Marshall is heading into the Ontarlo Dairy Princess competition at the Canadian National Exhibition with an edge this year.

The 22-year-old rural area resident was in the same position three years ago and that experience has boosted her confidence.

"I'm looking at it more realistically this time," she said in an interview last week. She has just completed a summer cooperative semester which left only two weeks to prepare. The two-time Halton Dairy Princess is studying business adand will begin her fourth and final year of study next year.

Preparation for the competition includes writing six speeches covering various aspects of dairy farming and its product. The last time Laura competed she had only four speeches to compose.

The final contest is Wednesday, August 29. It begins at 11 a.m. but will not open to the public until 6 p.m.

The Halton representative is currently a member of Halton Junior Farmers and has participated in several 4-H Clubs including ministration at Wilfred Laurier University the dairy calf club.



CLAT NO PUIZBEZ

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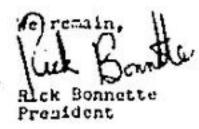


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Fri.

7:00 - 7:30 Stretch

7:30 - 8:00 Stretch

9:15 - 10:15 Aerobics

10:30 - 11:30 A. Dance

12:00 - 12:30 Stretch

12:30 - 1:00 Stretch

1:15 - 2:15 Aerobics

2:30 - 3:30 Aerobics

4:00 - 5:00 Aerobics

5:30 - 6:30 Aerobics

7:00 - 8:00 Aerobics

BABYSITTING

is available

OPEN: Mon. to Fri. Saturday

Fall Class Schedule

7:00 - 7:30 Stretch

7:30 - 8:00 Stretch

9:15 - 10:15 Healthy

Back

10:30 - 11:30 Aerobics

12:00 - 12:30 Stretch

12:30 - 1:00 Stretch

1:15 - 2:15 Aerobics

4:00 - 5:00 Aerobics

5:30 - 6:30 Aerobics

6:30 - 7:30 Pre/Post .

Natal Class

2:30 - 3:30 Open

7:30 - 8:30 Jazz *

8:30 - 9:30 Aerobics

Tues. & Thurs.

Mon. & Wed.

7:00 - 7:30 Stretch

7:30 - 8:00 Stretch

9:15 - 10:15 Aerobics

10:30 - 11:30 A. Dance

2:00 - 12:30 Stretch

12:30 - 1:00 Stratch

1:15 - 2:15 Pre/Post

2:30 - 3:30 Aerobics

4:00 - 5:00 Aerobics

5:30 - 6:30 Aerobics

Back

A. Dance

7:30 - 8:30

6:30 - 7:30 Healthy

Natal Class

7 a.m. - 10 p.m. 9 a.m. - 1 p.m. -

giving Sat & Sun 10 4 p m

Thanks

NOTE: Weight training availbale to members during

all business hrs. Sat.

9:00 - 10:00 Aprobles 10:00 - 11:00 Aerobics 11:00 - 12:00 Jazz + 12:00 - 1:00 Ballet # 2:00 - 3:00 Aerobics

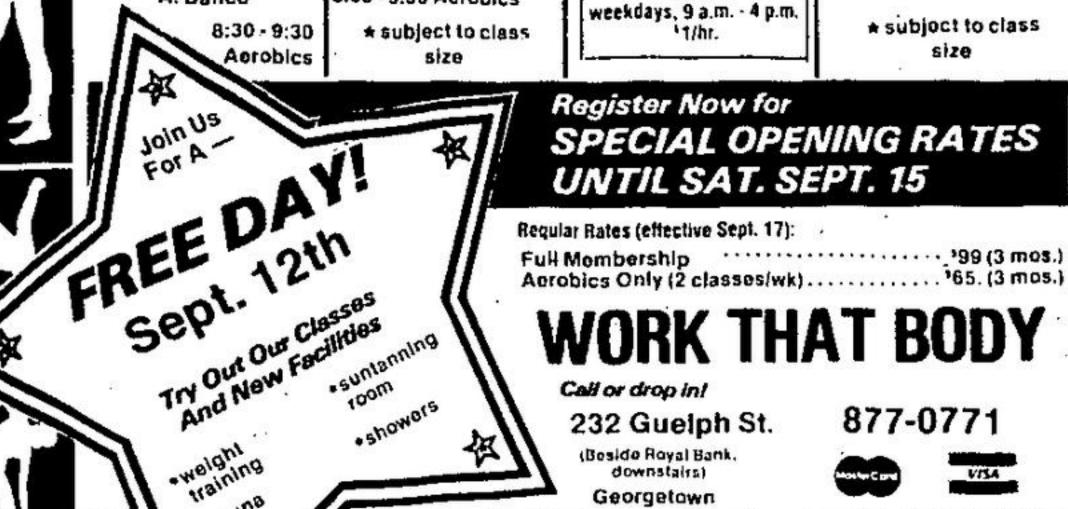
Sun.

(AFTER THANKSGIVING)

(AFTER THANKSGIVING) 10:00 - 11:00 Aerobics

11:30 - 12:30 Aerobics 2:00 - 3:00 Aerobics

> * subject to class Size



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