

Soar to new heights

Flying gliders is fun flying at its best; there is a challenge and exhilaration for the pilot who learns to use nature's energy to keep his motorless craft aloft.

Each year the Erin Soaring Society offers a ground school for anyone interested in learning more about this flying sport.

Classes are held each Wednesday evening from 7:30 p.m. to 10 p.m. at the Terry Miller Recreation Centre on Williams Parkway in Bramalea Feb. 10 and until April 27.

For information call the Erin Soaring Society at 451-3165 or register at the Terry Miller Centre Feb. 10. (Photo submitted)

Courteous merchants

Dear Sir,
On Thursday, January 5, 1983, I lost an 85-year-old man's ring given to me by my Grandfather.

I had been at a number of retail outlets including Northstar Dry Cleaners, BI-Way, Young's Pharmacy, Loblaw's in Georgetown and the L.C.B.O. in Acton. The temperature was low and I had my gloves on and off numerous times.

As the item was irreplaceable, I retraced my steps, advising the staff of each of the above-mentioned establishments of my loss and concern. Some of the people involved

know me by name, others had never seen me before. Some were teenagers, others closer to my age of semi-retirement.

Without exception, they were warm, helpful and sympathetic. It was a great example of people caring about the other person's problems.

Through your paper, I should like to acknowledge publicly, the great cooperation received from a fine group of people.

Yours truly,
J.S. Romp,
Limestone, Ont.

P.S. I found the ring too.

Auto club opening

Dear Sir,
Jan. 22 is the day I have been looking forward to for a long time. As the fifth office in the network of HAC offices, we are delighted to open the doors of our Georgetown office to serve our many existing and future members.

to serve our current and future members. It is a fulfillment of our commitment to take our personalized services closer to our members.

Yours truly,
A.U. Oakie, President,
The Hamilton Automobile Club

Ever since the early 60s your community has worked with the HAC in the all important School Patrol Program. We have shared the cost of equipping and operating the school patrols in your area on a 50/50 basis.

It is now with great pleasure we open our doors here in Georgetown

26 Guelph St.
Georgetown, Ont.
877-9896
Division of Hutton
Floor Fashions Ltd.

Citizens' forum

Smoking hazardous

Dear Sir,
Smoking is hazardous for your heart. Smokers run more than three times the risk of being among the 80,000 Canadians who die from heart attack or stroke each year. And the chances of sudden death from cardiac arrest are two to four times as high for smokers.

Quitting brings quick results for your heart and vascular system. After you quit, your risk drops rapidly. After a few years, it's almost as low as if you had never smoked at all. In fact, quitting smoking is one of the best ways of improving your odds against Canada's leading killers - heart disease and stroke.

Smoking has a direct effect on your cardiovascular system. The relaxed feeling you get from smoking is actually the opposite. Smoking causes the small arteries to tighten up and immediately increases your blood pressure. At the same time, your heart rate increases. Your heart is working harder because the carbon monoxide in the smoke cuts down the amount of oxygen going to the heart muscle.

Smokers are more likely to have hardening of the arteries in the heart and main artery, and are more like-

ly to have blood clots cut off blood supply to the hands and feet.

The risks increase for smokers with high blood pressure or high levels of fat (cholesterol) in the blood. Among smokers, the risk increases with the amount smoked. Those who smoke a pack a day have twice the risk of a person who has never smoked.

So if you're considering quitting during National Non-Smoking Week, do it for the sake of your heart. The immediate benefit is reduced risk of heart attack and stroke. For information on the effects of smoking, how to quit the habit, the Smoke-Free Spaces for Kids program and more, please contact your local chapter of the Heart and Stroke Foundation of Ontario.

Yours truly,
Wendy Lovley,
Heart and Stroke Foundation
of Ontario

APPLE
Auto Glass
WINDSHIELD REPAIRS
We Handle All Insurance Claims
360 Guelph St. Unit 7
Georgetown **873-1655**

"ONION & APPLE BAKE"

- 6 medium-sized onions
- 4 medium-sized apples
- 3 slices bacon
- ½ c. soft bread crumbs
- ¼ c. chicken stock (salted)

Peel onions, peel & core apples and cut all into thin slices. Cook bacon well, then chop it into fine pieces. Use a little of the drippings to toss and barely coat the crumbs.

In a greased baking dish, layer the onions, apples and bacon. Pour the stock over all and top with crumbs. Cover and bake at 375° F for 30 minutes, then uncover & bake about 15 minutes to crisp the crumbs.



SPECIAL

CHICKEN SOUP BASE

(No M.S.G.)
***1.29/lb.**

VICTORY "V" LOZENGES

(Remember?)
30% OFF
***5.39/lb.**

HOT CHOCOLATE POWDER

Plain or with Marshmallows (Just add water)
***1.49/lb.**

Foodstuffs

92 Main St. S.
Georgetown
877-6569

Alzheimer awareness

Dear Sir,
Can you help us to inform the public of two special January events?

Firstly, Jan. 28 at 7:30 p.m., our Society is sponsoring a meeting, open to the public, at which the guest speaker will be the Honourable Mavis Wilson, Minister for Senior Citizens' Affairs for Ontario. Her topic will be "Future Action for Alzheimer Families: Turning the System Around." The meeting will be held at the Central Branch of the Hamilton Public Library, 55 York Boulevard, Rooms A and B. There will be a time for questions from the audience following her address.

Secondly, January is Alzheimer Awareness Month. We hope to increase knowledge and understanding about the seriousness of the disease, and how individuals and their families are affected. We would be pleased to provide further information to anyone who may enquire.

We are pleased to announce that we have a new Resource Centre and Office at 875 Main Street West, Lower Mall, Unit 6. As of January 20, staff will be on hand to talk to anyone. Previous to that date, contact can be made by telephone at 529-7030.

Thank you for helping us with this publicity.

Sincerely,
Georgia Wood,
President,
Board of Directors
Alzheimer Society



Save Hundreds!

THIS WINTER YOU CAN ENJOY A GRAND CRUISE AT GRAND PRICES!

That's Right! This Winter, Goliger's Travel agencies are able to offer you dollar-stretcher rates on a wide range of NCL Caribbean cruises.

Ship	Itinerary	Ship	Itinerary
NORWAY	MIAMI ST. THOMAS ST. JOHN ST. MAARTEN GREAT STIRRUP CAY (Bahamas)	SKYWARD	MIAMI CANCUN COZUMEL GRAND CAYMAN GREAT STIRRUP CAY (Bahamas)



DON'T YOU DESERVE A FABULOUS NCL CRUISE THIS WINTER? FOR FURTHER INFORMATION AND YOUR OWN COPY OF NCL'S CRUISE PLANNING GUIDE CALL:

Goliger's

Serving Travellers Since 1955

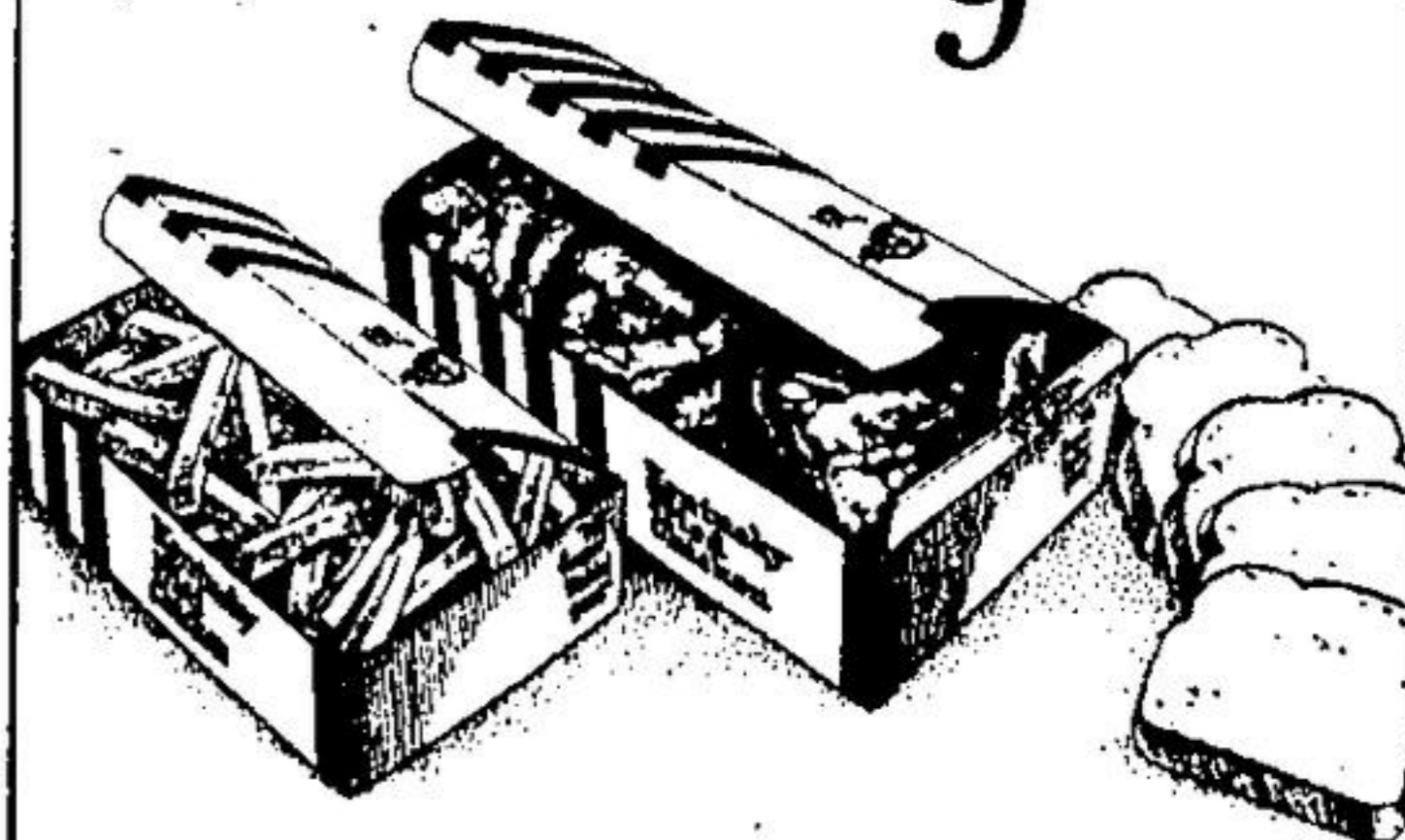
877-0103

YOU'RE WARM

YOU'RE GETTING WARMER

YOU'RE HOT

Get a hot deal on a hot meal. Stop by your nearest Kentucky Fried Chicken outlet and pick up a 9-piece Thrift Box of great-tasting Kentucky Fried Chicken, plus medium fries and a loaf of hot, buttered bread.* Get it while it's hot, from January 11 until January 31, for just **\$9.39**



Kentucky Fried Chicken

116A GUELPH STREET GEORGETOWN 877-5241

*Bread may differ from illustration.

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good coverage.
good price-
That's
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