

Outlook on Halton Hills



Rick's Running

Ward 1 Regional Councillor Rick Bonnette formally announced he is seeking re-election in November's municipal election. Coun. Bonnette, who has represented Acton for six years, made the announcement at a barbecue for about 140 supporters June 25. He also used the occasion to announce a new battery business to be located in Acton by owner Klaus

Schmidt. The business will employ between 35 to 40 people. Coun. Bonnette thinks waste disposal, particularly the Acton quarry dump proposal is likely to be the key issue in the election. Here, Coun. Bonnette stands prepared for the election with his co-campaign chairman Roger Haggitt and Bob Lindsay. (Herald photo)



Pioneer Package

Georgetown's own Pioneer baby was born to Margaret and Robert Millika of RR4 Georgetown. Kathleen six pounds, 11 ounces was born Saturday morning at

Georgetown and District Hospital. Penneleworth shop in downtown Georgetown presented Kathleen and her mother Margaret with a silver bear bank as a gift.

Young parents

Open Door's Young Parent's Program has a great deal to offer.

Any young people under the age of 25, who are expecting a baby, or have young children, will be able to find a friendly place to meet with other parents and their children.

For residents of Halton Hills, the Young Parent's Program offers weekly mother's groups, and mother and child groups, free transportation, child care and meals, and mom and child outings which are scheduled every two weeks.

For more information on the Young Parent's Program, contact Star McGuire, an Outreach Worker at 877-2966.

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Local couple helps out with race

Georgetown is a lucky community according to Anne Jack, one of the organizers of the Tottenham 10-km road race, which is run annually on the second Sunday of July in Tottenham.

The reason Georgetown is fortunate is that Jim and Marion Manning hang their hats there.

The couple run a small business called Toy Magic in the town itself, and reside in nearby Stewarttown.

For eight years, Jim and Marion have risen at 6 a.m. on the second Sunday in July in preparation for their hour-long journey to Tottenham, where they run a computer for a race they would otherwise miss.

Why?

Part of it is a filial obligation because it is Jim's brother, Bob, who organizes the race.

But the rest of it is Jim and Marion themselves.

Once contacted with the request, the two have shown kindness, unselfishness, and a willingness to bend over backwards to help others.

They give up their Sunday morning, one of the precious few they have when they can enjoy the luxury of sleeping in late, and drive to Tottenham with no reimbursement for their expenses or time, just to push a button on a computer every time a runner crosses the finish line.

When not doing this, they are feverishly trying to feed the computer new information on late entry runners.

No one ever sees them because they're hidden from view in a van. Yet because of them, the runners have the exact time they finished and the results are properly categorized, and released just 30 minutes after the last runner finishes.

In 1987, Jim and Marion drove the race clock back to Guelph, a rather

In the past, they have enjoyed a pancake breakfast with the racers but it is little reward for their fine efforts, and certainly not one of their main reasons for attending the race.

Jim quietly sums up their enthusiasm for the important role they play in the race.

"I could have stayed home, slept in until 10 o'clock, and still had a pancake breakfast," he says.

Lucky Georgetown.

10-K race

The ninth annual TOTT-10-KM fun and fitness run is being held Sunday, July 10, beginning at 8 a.m. at Keogh Street Park in Tottenham.

The top three finishers in both men's and ladies' divisions will receive awards. In the two divisions, runners will be divided into under-20, 20-39 years old, and 40 and up.

Entries should be postmarked no later than July 5. Entry fee is \$5, if arranged in advance of the due date, or \$6 after that.

Registration for all competitors will be at Keogh Street Park on race day from 7 a.m. to 7:45 a.m.

For more information, contact race director Bob Manning at 936-2546.

DID YOU KNOW?

At the age of two months, children should be immunized against diphtheria, tetanus, whooping cough and polio.

ASK KATHY

Dear KATHY

I like to watch television in the evenings, and I seem to be generally less active then. Could that be the reason I'm beginning to put on weight?

Reply:

Watching television, in and of itself, does not cause weight gain. However, if you replace your regular exercise session with television, you may find that the decrease in activity may cause your weight to climb slightly. Also, many people find that watching television is almost impossible without having snacks. If these snacks are high in sugar and/or fat they may, combined with the inactivity, prove to be somewhat fattening.

At Diet Center we recommend exercise as an excellent way to encourage weight loss. But we realize that you will spend time watching



KATHY HAJAS
Diet Center Counselor

television each day. In addition to helping you lose your excess weight and keep it off, we will teach you what snacks are least likely to cause television watching to be fattening. Call or come in today for a free consultation and let us show you how we can change your life!

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