

Closed Mondays

GEORGETOWN GARDEN CENTRE

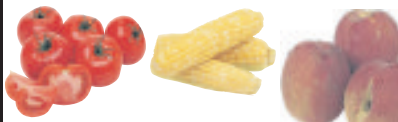
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Local lifeguard ready to take on Lake Ontario

By **EAMONN MAHER**
Staff Writer

Just a few days after 14-year-old Annaleise Carr became the youngest person to swim across Lake Ontario, Georgetown's Amanda Kelessi will attempt to make the 51.5-km trek from Niagara-on-the-Lake to Toronto's Marilyn Bell Park.

As difficult an athletic achievement as that may seem, the 22-year-old lifeguard for the Town of Halton Hills is confident that her extensive open-water training this summer will have paid off and the weather forecast appears to be co-operating as well.

In one respect, her mission can already be declared a success because Kelessi has already doubled her fundraising goal of \$5,000 for Sick Children's Hospital in Toronto.

"Sick Kids helped save a lot of the kids who have change my life and that's going to always be in the back of my mind in the water," said Kelessi, who will begin a full-time job as a special needs instructor at Bloorview Kids Rehabilitation Hospital in Toronto next month.

"A few of the kids are going to be



AMANDA KELESSI

waiting for me at the finish. I'm a little nervous but I've trained hard. I'm sure there'll be a few butterflies at the start, but once I get in the water they'll go away because I enjoy swimming so much."

Kelessi, who swam with Carr a few times during her training, departs Niagara-on-the-Lake at 7 p.m. Friday and was reluctant to predict a finishing time. Last week, she completed back-to-back 16-km swims in times of seven hours and 5:45, respectively.

Her schedule calls for breaks every half hour to drink and eat.

Expect delays on Trafalgar Road

Starting next week, Halton Region will begin road improvements on Trafalgar Road (Regional Road 3) between Steeles Ave. and Highway 7 that will result in temporary lane restrictions until the project is completed in November.

Work will include road resurfacing, speed management improvements and the replacement of a retaining wall on Trafalgar Rd. at 15 Sideroad.

Drivers should expect delays and allow extra time to travel through the area.

The project is part of Building a Better Halton, the Region's infrastructure construction plan for roads, water, wastewater, and waste management projects across Halton Region. For more information on this project or the Building a Better Halton plan, visit www.halton.ca/construction.

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NEW

FITNESS THEORY

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Recreation & Parks' Fall & Winter Program Registration begins August 29th!

Visit www.haltonhills.ca/recandparks, see the Town's Activity & Service Guide or call 905-873-2601 x2275 for details.