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COMPETITORS PRICES ...
AND FAST!



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(Corner of Guelph & Mountainview)
873-3050

Grand Opening



**GRAND
OPENING
OF NEW
GEORGETOWN
LOCATION
AUGUST 30/93**

**PROFESSIONAL DRIVER TRAINING
AT A PRICE YOU CAN AFFORD!!**

WE OFFER:

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- Quality Instruction
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- Choice of Instructors
- Standard Instruction
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- Insurance Reductions
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- Member of OSL & Driving School Assoc.

COURSE DATES

4 Day Course	Milton	Aug. 23 - Aug. 26	9:00 a.m. - 4:15 p.m.
4 Day Course	Georgetown	Aug. 30 - Sept. 2	9:00 a.m. - 4:15 p.m.
3 Week Course		Sept. 27 - Oct. 20	6:00 p.m. - 10:00 p.m.

(Mondays & Wednesdays, Milton/Georgetown)
*Course dates may be subject to change due to enrollment.

CALL US TODAY TO RESERVE A SPACE

**WHEELS DRIVER
TRAINING**

CALL THE LOCATION NEAREST
YOU!

Milton	Georgetown
878-4135	873-7138

(IN EFFECT AUG. 16/93)
245 Commercial Street Moore Park Plaza

Mental Health group benefits from hike

A man who had a brush with mental illness as an overworked nurse will stop in Halton on his trek along the Bruce Trail to raise awareness about stress and support the Canadian Mental Health Association (CMHA).

Andrew Hamilton, 29, of Toronto suffered burnout and panic attacks a year ago after working 60 to 80 hours a week as a registered nurse. Hamilton's panic attacks taught him the importance of getting help early, when preventive techniques are most effective. He decided to use hiking, his favorite stress reliever, to raise awareness about the warning signs of stress.

He was met by representatives of the CMHA, Halton Region and Hamilton-Wentworth branches at the Royal Botanical Gardens in Burlington for a picnic on Aug. 17.

Hamilton started from Tobermory on July 10 and is expected to complete the 776km of the Bruce Trail and arrive at his destination in Queenston Heights the last week in August.

Hamilton has been communicating with CMHA branches along the way. His aim during the visits is to discuss his episode with burnout and how he has learned to use his energy in the form of fulfilment to prevent it from reoccurring.

Peggy Grall, program director at CMHA, Halton, said the local mental health agency endorses Hamilton's message that it's okay to get help when you need it.

"It's important to take care of your mental health by monitoring your stress levels and making adjustments when necessary. The desire to hike the winding ribbon of natural beauty has long been a wish of Andrew's, and accomplishing that goal is one more step on his path to recovery," Grall said. "We heartily support his endeavor and look forward to meeting with him to congratulate him on his accomplishment."

CMHA, as a branch of a national, voluntary association, provides people in Halton with opportunities to enhance their mental health, and to increase their understandings and acceptance of mental health issues, through support services, consumer and community involvement, education and advocacy.

A six-week series Energize Your Life Through Stress Control will be held at CMHA's Oakville office starting Oct. 14. Fee is \$80 and pre-registration is necessary.

For more information about stress control or any of CMHA's programs, call Kenzie Hunt at 681-6776.

Fox Run challenge

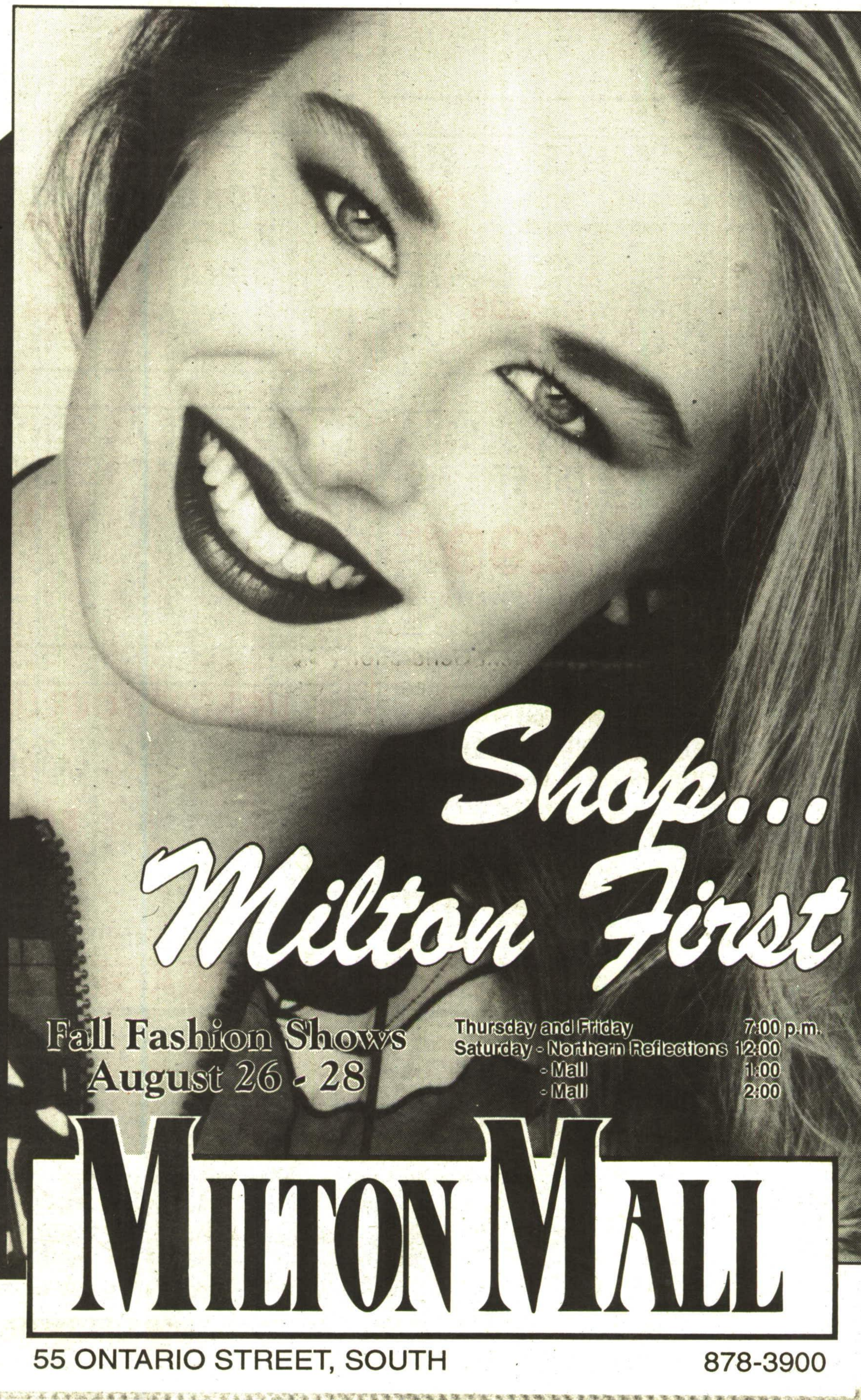
The committee for The Terry Fox Marathon of Hope has challenged all local Georgetown businesses to collect the highest dollar value of pledges for this year's run.

All restaurants, banks, businesses, social clubs and schools etc. are encouraged to meet the challenge.

The run is set for Sunday, September 19th 1993 at 9 a.m. with the starting and finishing line at the Halton Hills Civic Centre. On completion of the run, all donations will be tallied and the group with the highest dollar value of pledges will be recognized for their hard work and dedication. Pledge sheets are currently available at your local chartered banks.

But the fun of the day does not stop there! Throughout the day, they have a variety of entertaining events scheduled including facepainting, music by CFNY, karate demonstration, square dancing performance, draws for prizes and a whole lot more.

There will also be a barbecue and refreshments available with all proceeds being donated to The National Cancer Institute of Canada.



*Shop...
Milton First*

**Fall Fashion Shows
August 26 - 28**

Thursday and Friday	7:00 p.m.
Saturday - Northern Reflections	12:00
- Mall	1:00
- Mall	2:00

MILTON MALL

55 ONTARIO STREET, SOUTH 878-3900