

Optimist set to honor youths

by John Sommer

In our present day world, education has become the key that is opening the doors to advancement. Without education, no personal nor collective development and prosperity is possible.

The people, in particular the young people, are our greatest resource. But without an effort to educate the young and train them for the daunting tasks ahead, this resource will remain untapped. A country that neglects the education and training of the young will fall behind in the, by now frantic global competition for markets and wealth.

Optimist Clubs throughout North America have recognized this fact since 1954. In that year, the Optimists inaugurated Youth Appreciation Week to spotlight the positive actions and contributions of our young people, and to select some from the many that leave a mark on their communities and schools, for awards.

Optimists believe that society rests on many pillars. Some, like the family, the schools, religions, political and economic institutions, have worked so well in the past that they deserve the support of all well-meaning men and women. They

will benefit us all as long as they promote tolerance and peace.

The Optimist Club's Youth Appreciation Week is the culmination every year of the Optimists avowed responsibility to assist young people through the transitional stages towards adulthood. Schools and religious institutions point out exceptional young people to the Optimist Club's Youth Appreciation Week Committee.

This committee conducts careful interviews that have the goal to find the best candidates for awards in senior and junior categories.

In Halton Hills, Youth Appreciation Week will be from November 22 to November 28 this year.

On November 24, a dinner will be held at the Optimist Hall to honor this year's award winners and their parents. John Beeton, the superintendent of schools in Peel, will be the speaker of the evening. Regional Chairman Peter Pomeroy and Mayor Russ Miller will present the awards.



November is Diabetes Month. Here, Mayor Russ Miller and Jim Akers of the Georgetown chapter of the Canadian Diabetes Association encourage Halton Hills residents to give generously to canvassers and help fund diabetes research.
Photo by Wendy Long

Seniors Drop-in

Glen Williams and surrounding area seniors are invited to attend all or part of the Wednesday activities at a new Seniors Drop-in Centre. From 10-11:30 a.m. Tai Chi, 11:30 a.m. to 1 p.m. Coffee (bring brown bag lunch), 1 to 3 p.m. a variety of activities will be offered. Come join us, a warm welcome awaits you. St. Alban's Church Parish Hall, Glen Williams. For more information call Lillian Bumford 873-1318 or Peggy Dallimore 873-7603.



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From the kitchens of Weight Watchers

TROPICAL OATMEAL COOKIES

- | | |
|---------------------------------------|--|
| 6 ounces uncooked quick oats | 1/2 teaspoon baking soda |
| 3/4 cup all-purpose flour | 1/3 cup plus 1 tablespoon plus 1 |
| 1/3 cup plus 2 teaspoons dark raisins | teaspoon reduced-calorie sweet margarine (tub), melted, cooled |
| 1/4 cup granulated sugar | 1/4 cup thawed frozen egg substitute |
| 2 tablespoons shredded coconut | 1 teaspoon vanilla extract |
| 1 ounce chopped walnuts | |

1. Preheat oven to 375°F. In large mixing bowl combine first 7 ingredients; set aside.
2. In small mixing bowl combine remaining ingredients; add to oat mixture and stir to combine.
3. Using half of dough, drop dough by tablespoonfuls onto nonstick cookie sheet, forming 12 equal cookies and leaving a space of about 1 inch between each. Bake in middle of center oven rack until cookies are golden, 10 to 12 minutes. Transfer cookies to wire rack and let cool (cookies will harden as they cool).
4. Using a cooled cookie sheet, repeat procedure 1 more time, making 12 more cookies.

Approximate Total Time: 20 minutes (includes baking time)
Makes 12 servings, 2 cookies each.

Each serving provides: 1 Fat; 1/4 Protein; 1 Bread; 1/4 Fruit; 25 Optional Calories
Per serving: 163 calories; 4 g protein; 6 g fat; 24 g carbohydrate; 15 mg calcium; 44 mg sodium; 0 mg cholesterol; 2 g dietary fiber

Recipe from "Healthy Life-Style Cookbook",
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