

CMHA increases services

As a result of its continued program expansion into Milton and Halton Hills, the Canadian Mental Health Association (CMHA) is opening an office in Milton.

CMHA regionalized to form the Halton Region Branch in 1990. Since then, it has been steadily increasing the number of community mental health services available to the residents of Milton and Halton Hills.

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

The office will be staffed one day a week, on Wednesdays. It is located out of the Milton Community and Information Services office at 311 commercial St., Milton. Telephone 876-4756.

CMHA has run a number of programs in Milton for some time. Seminars for the Separated, an education and support group for people undergoing separation and divorce, has run twice a year since CMHA regionalized. A series is currently running in Milton and a Pre-Seminars group will run in Georgetown starting Feb. 16.

A school mental health program, Living Colour, is used by schools and family centres in Milton and the Public Education program has been available in that community for some time.

The Oasis Program offers people who have experienced mental health problems opportunities to live to their fullest potential through social interaction and life skills. It runs on a daily basis in Acton and once a month in Milton.

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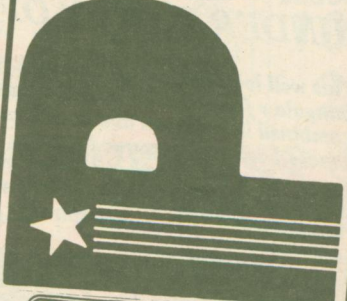
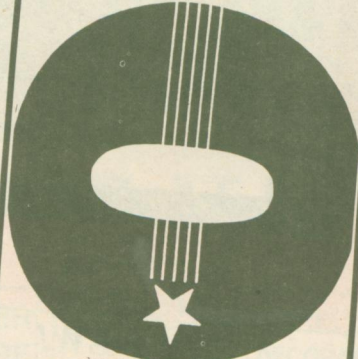
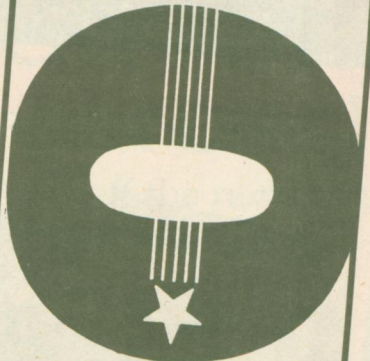


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T A B L E S



Brenda Snow of Up, Up and Away on Main St., Georgetown had a friendly companion in the form of this eight-foot tall Santa Claus made out of balloons. The decorations was ordered by a local firm for their Christmas party.

Dear Abby

DEAR ABBY: I was moved by your thoughtful reply to "Tall in Bergenfield". I am a man who adores tall women. The only thing more beautiful than a tall woman is a tall woman in high heels.

By the way, another plus for tall people: We don't do drugs. We are naturally "high."

Lars R. in Los Angeles

DEAR ABBY: I'm a native of Texas, and it's true - they grow em bigger in Texas. I am a 29 year-old female who has been 6 feet tall ever since I can remember. I love being tall. Granted, there are some drawbacks: It's hard to find clothes; people take it for granted that you played basketball in high school; and you're con-

stantly asked, "How's the weather up there?" I have a stock answer: "About the same as it is down there!"

Walking tall in Texas

DEAR ABBY: I am a male who stands 6 foot 1. During World War II, I was in the U.S. Navy, stationed in Brisbane, Australia. One Saturday night, I went to a dance and saw this pretty young woman sitting alone, alongside the wall, so I asked her to dance. When she stood up, I was delighted to see that she was exactly my height. And could that lady dance!

I asked her for the next dance, then other fellows tried to cut in on me. She said, "No, thanks - I have already found my man!"

By the way, Abby, I am 75 years old, and I am still attracted to tall women.

Lee Morgan in Georgia

From the kitchens of Weight Watchers

ROSY CRANBERRY APPLESAUCE

- 2 small apples (about 1/2 pound [240g]), cored, pared, and cubed
- 1 1/2 cups (375 ml) applesauce (no sugar added)
- 1 cup (250 ml) cranberries
- 1 tablespoon (15 ml) plus 1 teaspoon (5 ml) firmly packed dark brown sugar

1. Spray 1 1/2 quart (1.5 L) saucepan with nonstick cooking spray and heat; add apples and cook over medium-high heat, stirring frequently, for 1 to 2 minutes.

2. Add applesauce, cranberries, 1/4 cup (50 ml) water, and the brown sugar and cook, stirring occasionally, until cranberries pop, about 10 minutes. Let cool slightly. Transfer to bowl; cover and refrigerate until ready to serve.

Makes 4 servings, about 1/2 cup (125ml) each
Each serving provides: 1 1/2 Fruits;
15 Optional Calories

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