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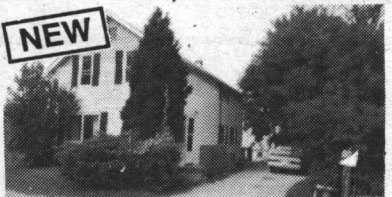
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AFFORDABLE COUNTRY LIVING \$159,900

NEW



This spacious 3 bedroom home with a wood stove in the livingroom features a main floor laundry, updated roof, well and septic system and an excellent frame barn set on a half acre lot just minutes east of Acton. Call HEATHER (WHITING) SCOTLAND** at 853-2086. RMAC93-77


A REAL SHOWPLACE \$279,900

REDUCED



This versatile 3 bedroom farm house has been updated and upgraded yet retains its original character. The separate family room wing with 3 pc. bath could suit a home office or in-laws and the detached double garage contains a workshop and finished office. To discuss the possibilities, call HEATHER (WHITING) SCOTLAND** at 853-2086. RMAC93-07

MATURE NEIGHBOURHOOD \$159,900



This well maintained 4 bedroom family home features upgraded windows and broadloom, cosy rec room with woodstove and backs onto a treed ravine. See it today with HEATHER (WHITING) SCOTLAND** 853-2086. RMAC93-50

COMMERCIAL PROPERTIES

COMMERCIAL/INDUSTRIAL. Newer steel building with highway exposure (approx. 2,000 sq. ft.) presently M-1 industrial but commercial zoning is pending. \$239,900.

COMMERCIAL/RETAIL. Highway location property with 4,000 sq. ft. of show-room, offices & studio plus a 2 bedroom apartment. \$299,900.

FOR LEASE. Approx. 1,200 sq. ft. office/commercial, may be divided, on a good highway location. \$1,000 per mo. net.

SPACIOUS SEMI \$144,900



This spacious 3 bedroom home features a main floor family room, a rec room at ground level, a country size eat-in kitchen and scenic location across from the conservation area and playground. Call HEATHER (WHITING) SCOTLAND** for more details 853-2086. RMAC93-47

DESIREABLE END UNIT \$114,900



Spacious Phase II end unit features 3 bedrooms, master ensuite, slider walkout to 12 x 13 deck overlooking pond, super pine bar and rec. room and 5 appliances. Call HEATHER (WHITING) SCOTLAND** at 853-2086. RMAC93-54

VACANT LAND

5 or 10 acres (Erin)	\$99,900
10 acres, treed, escarpment (Halton)	\$109,900
12 acres, rolling (East Garafraxa)	\$89,900
22 acres, qualifies for severance (Erin)	\$99,000
97 acres, recreational on highway (Halton)	\$389,900
.75 acres, Credit River Pines (Erin)	\$149,900

Please call Heather (Whiting) Scotland** (519) 853-2086



Derek Harrison (left), 14-year-old Black Belt, Debbie Crispin, 2nd Dan Black Belt and James Harrison, 16-year-old Black Belt, display some of the silverware they collected in recent tournaments, representing Georgetown's Promar Karate.



Promar Karate cleans up

Members of Promar Karate of Georgetown (318 Guelph St., telephone 877-9009) have been competing in the U.S. over the summer and came home with an impressive number of wins. The most recent outing was Aug. 6 & 7 in Buffalo, New York at the Can-Am Karate Classic. Four Georgetown Black Belts brought back eight trophies.

Chief Instructor Mark Yates took 1st place in Black Belt Men's Self-Defense. This win places Sensei Yates as the #1 Canadian Adult Self-Defense Competitor and #4 Internationally - as rated by Sport Karate International. Black Belt James Harrison took 2nd in Junior Black Belt Self-Defense and 4th in Junior Black Belt Sparring.

Black Belt Derek Harrison took 2nd place in 13-14-year-old Black Belt Sparring. Chief Instructor Deborah Crispin was 3rd in Ladies Black Belt Weapons and 4th in Ladies Black Belt Sparring and Kata. Sensei Crispin also took 2nd in Sparring in Cleveland, Ohio in late July and a 3rd, 4th and 5th in Weapons, Kata and Sparring in an earlier June Buffalo tournament.

The Promar Karate crew has just started back on the tournament scene after a three-year layoff. "Raising a young family and building a strong club took up a lot of time. Now at the new location things are running smoothly, giving us more time to compete," said Sensei Crispin.

"Going to tournaments is a great way to learn. You see other stylists - what works for them and what doesn't," said Sensei Yates.

"The main thrust of Promar Karate's philosophy is Self-Defense - hence our great showing in Self-defense divisions. But being a well-balanced club we also do well in other areas like Sparring and Weapons" said Sensei Crispin. One of the important things about this tournament tour is we conducted ourselves like ladies and gentlemen and maintained a high degree of sportsmanship - we've earned the respect of other competitors and made some friends as well. "When I compete," said Sensei Yates, "I don't feel as if I'm competing against others, but I'm competing against myself - trying to turn in the best performance possible. If my best means five guys finish ahead of me, that's okay, too. I'll watch them and learn from them."

As well as competing this summer, Promar Karate has also held two week-long Kid's Karate Camps at their Georgetown location. "The children have a lot of fun and learn a lot in the week-long sessions."

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Queen Set	\$399 ⁰⁰	\$199 ⁰⁰
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Double Set (25 Year Warranty)	\$699 ⁰⁰	\$259 ⁰⁰
Sealy Double Set Orthopedic (Limit 2 Per Customer)	\$647 ⁰⁰	\$299 ⁰⁰
Sealy Queen Set	\$735 ⁰⁰	\$349 ⁰⁰
Orthopedic King Set (20 year Warranty)	\$1299 ⁰⁰	\$499 ⁰⁰
Simmons Queen Set	\$799 ⁰⁰	\$499 ⁰⁰
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