



THANKS, MOM! Rockwood Centennial Kindergarten student Kellie Masalas, 4, is walked to the school bus by her mom Athena after the first day of classes on Thursday. Athena was volunteering as a Kindergarten bus helper. (Doug Harrison photo)

Equestrian Centre speaker

ROCK-A-LONG REPORT

The September meeting of the Rock-a-Long Women's Institute was held at the home of president Mrs. Myrtle Mitchell with eight members and one visitor present.

Mrs. Mitchell introduced Mrs. Lynn O'Brien of Sunrise Equestrian and Recreation Centre for the Disabled. She showed a video "Share The Dream," featuring Ian Miller and his horse Big Ben.

Ian is a sponsor of therapeutic riding and Lynn explained how children and adults with handicaps are helped by riding. The Centre has a therapeutic, equestrian, recreation and life-skills program to handicapped members.

The Sunrise Centre leases a farm near Guelph Lake. Since this is an outdoor arena, they can only operate from April to October.

Meditations were by Ruth Bayne — "There is sunshine in a smile!"

Coming Events: There will be a Fall Rally on Wednesday, Sept. 28 at 7 pm at the Arthur High School and the theme will be "W.I. on the road again."

The Guelph Area Convention is Oct. 5 and 6 at St. Agatha and Joan Ramsey will be our delegate.

W.I. Educational Committee for Wellington and Halton will hold a workshop on Feb. 18 at Melville United Church, Fergus.

Wellington and Halton Education Committee are having an evening of education, communication and fellowship at Arkell United Church, Oct. 24 at 7 pm.

Joan Ramsey was Courtesy Convenor for Jessie Ramsden and we are invited to her home Oct. 4 at 7:30 pm for our next meeting.

Free kit available

SENIORS' NEWS

The Ontario Ministry of the Attorney General, offers a *Power of Attorney Kit*, available free of charge from the Eramosa Senior's Resource Centre.

The Substitute Decisions Act allows for you to designate someone you trust, in advance, to make decisions about your property and finances or your personal care on your behalf, should you become mentally incapable.

The kit consists of the necessary forms for each of the two

areas of decision making as well as a handbook "Power of Attorney, What You Need To Know, What You Need To Do."

Please drop into the Eramosa Senior's Resource Centre at 126 Main St. S. in Rockwood, Thursdays 10 am to 3 pm to pick up your kit.

If you would like to reach us on a day other than Thursday, please use our toll free number to Erin 1-800-640-0928. No long distance charge!

Call us if you have any questions or suggestions for your Senior's Resource Centre.

Car crash

Police report an auto accident on Hwy. 24 at Conc. 3 of Eramosa, last Tuesday at 6:30 pm.

The driver, a 17-year-old Elora woman, was charged with careless driving after she lost control of her 1992 Mazda.

The car rolled twice but the driver escaped without injuries.

Fish story

A homeowner on Main Street in Rockwood noticed the smell of gas last Saturday at 8:28 am. She suspected a gas leak of some sort and called the fire department.

It turned out to be something stored in her garage.



FROM TRAVIS TRITT TO TINA TURNER

CDS • CASSETTES • SHEET MUSIC • MUSIC BOOKS
GUITAR & INSTRUMENT ACCESSORIES
VIDEOS • T-SHIRTS • GIFT IDEAS
MUGS, STATIONERY & JEWELLERY

Why drive to the city when there's a great music store just minutes away — offering all categories of music!

ROCKWOOD MUSICLAND

178 Alma St., Rockwood • 856-2591

Special orders available!



ROCKWOOD FOOD MARKET



SUPERMARKET
WITH CUSTOMER SERVICE

Mon - Fri. 8am to 9pm • Sat. 8am to 6pm • Sun. 10am to 5pm

WATCH FOR LOCKED IN PRICES!

Kraft Plain Special Price With Coupon
Cheez Whiz **4.99**
1 kg Jar Special Price Without Coupon 5.49

Kraft Special Price With Coupon
Cheese Singles Slices **4.99**
1 kg Pkg. Special Price Without Coupon 5.49

Maple Leaf
Cottage Rolls **1.79**
lb.
"Sweet Pickled" 3.95 kg

Snowy White Cauliflower **.89**
ca.
Product of Ontario Canada #1

T-Bone or Wing Steak **4.99**
lb. 11.00 kg
Cut From Canada "A" Grades Beef Loin

Knechtel Pure
Apple Juice **.79**
1 Litre Bottle

COME IN AND SEE US BEFORE CAMPING, BOATING, PAINTING OR FARMING

NOW OPEN SATURDAYS 8:30 AM TO 1:00 PM

LOTS OF IN-STORE SPECIALS

At Hwy. 7 and Milton Fifth Line, Between Acton & Rockwood

HOURS
MON - FRI 8:30 AM - 5 PM
SATURDAY 8:30 AM - 1 PM



856-4505

