

YOGA CLASSES

Yoga is for everyone. For those who do not like exercise, to those who work out. Learn to stretch and tone muscles. Increase body awareness and learn some simple meditation techniques. Beginners and intermediate students welcome. Work with experienced, supportive Hatha Yoga teacher. Bright spacious studio.



TIMES

Sunday Mornings 9:00 & 10:30
Friday Mornings 9:15

Classes held at Halton Hills School of Dance
142 Mill St., Georgetown

Registration Required ~
Call 905-703-0418 for details.

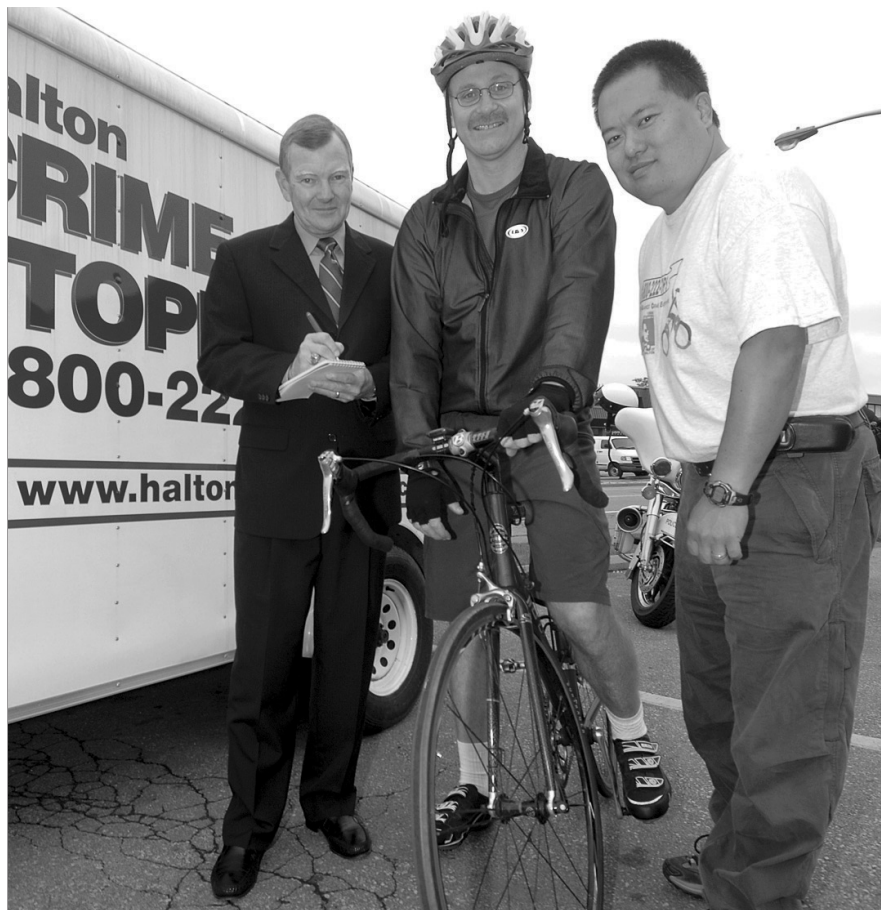


David and Ellen Carter of Norval are pleased to announce the marriage of their son James Carter to Jacquelyn Shalma of Toronto. They were married in Norval on July 29, 2006.

Crime Stoppers on tour

For the third consecutive year, Halton Regional Police Staff Sergeant Ray Bruce (centre) former co-ordinator for Crime Stoppers of Halton, cycled throughout Halton Region Thursday and Friday, to build awareness of the Halton Crime Stoppers program. Bruce rode 150 kilometres over the two days, setting out Thursday morning from Ares Restaurant in Georgetown (following a kickoff breakfast) to finish at Burlington Legion Friday afternoon. Halton Police Chief Gary Crowell (left) recorded Bruce's mileage, with help from Crime Stoppers of Halton Inc. chair Glenn Matsuo.

Photo by Ted Brown



Town urges residents to Race for the Hills

The Town of Halton Hills is looking for participants for its own version of *The Amazing Race* to be held next month.

Participants in the 10 km Race for the Hills will endure a number of physical and mental challenges using their bikes, bodies and brains as they go through checkpoints, detours, road-blocks and pit stops.

The race will be held Saturday, Oct. 14, and begins at the Gellert Community Centre.

Aaron Matthews, recreation supervisor for the Town, stressed the event is not about speed.

"This is all about teamwork, the spirit of competition and getting out

and getting active," said Matthews. "There are opportunities for every skill level and athletic ability because there are different challenges along the way."

Matthews would not divulge where the race will take participants through the town, or any details about the challenges.

"You don't need to be able to run 10 km in 45 minutes. Some of the other challenges may even it out a little bit," he said.

Like the Town's previous event "Walk the Hills," the aim of the race is to encourage area residents to be more active and is part of the Active 2010 initiative funded by the Ministry of Tourism & Recreation.

Participants must be 18 years and over and have a bicycle and a helmet. There is room for 25 three-member teams in the event.

To date, Matthews said, about 12 teams have signed up.

The cost per team is \$75, which includes race entrance, registration prize package and t-shirt. There will be a prize for the top team.

Check-in at Gellert Community Centre will be 9:30 a.m. Saturday, Oct. 14. Awards will be handed out at 1:30 p.m.

For more information or to register for Race for the Hills visit www.halton-hills.ca, click on the Active Halton Hills logo or call 905-873-2601 ext. 2262.

Internet Opens Up a World of Shopping Options

Online shopping offers vast new opportunities for Canadian shoppers to access unique, high-quality merchandise from retailers in the United States and beyond, and have it delivered directly to their doorsteps. At the same time, many U.S. retailers are looking northward and finding new ways to accommodate a nation of potential new customers, for whom online shopping is a growing pastime.

U.S. retailer JCPenney has seen Canadian business on its e-commerce site, jcp.com, grow double digits in the past 3 years. The retailer says Canadian customers are drawn to jcp.com's vast assortment of fashionable apparel and home merchandise that provides high quality at smart prices.

JCPenney was the first U.S. department store to sell via the Internet, and today, jcp.com consistently scores high marks in independent surveys of speed, quality and ease of shopping. Online sales via jcp.com surpassed \$1 billion for the first time in 2005, and continue to grow at a rate of 20 percent to 30 percent year over year.

Shopping Your Way

Internet shoppers can take advantage of expanded merchandise offerings that many retailers offer online. JCPenney calls jcp.com its "largest store" because the web site offers more than 200,000 items and is backed by 6 million square feet of warehouse space. Offerings include 17,000 distinct items in window coverings; men's shirts in sizes up to 5XL; and heavyweight, all-cotton JCPenney Home Collection towels in 42 colours.

"Our goal is to provide customers with the best online experience in the industry," said John W. Irvin, President of JCPenney Catalog and Internet. "We know customers appreciate the convenience and breadth of merchandise our site offers, and the trusted quality and value JCPenney is known for."

The site features many popular brands such as Levi's and Nike, and many that can't be found anywhere else online, such as decorative home accessories and home textiles by Chris Madden for The JCPenney Home Collection, comfortable and classic casual wear by St. John's Bay, and career apparel by Worthington for women and Stafford for men.

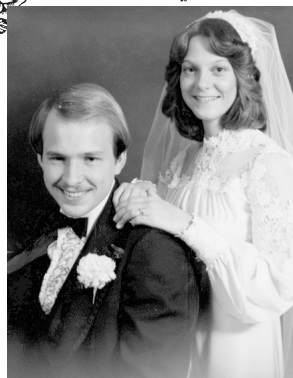
Keep It Safe and Sound

JCPenney offers its Canadian customers trouble-free transactions. Canadian purchases on jcp.com usually are delivered to the customer's home within seven to 10 business days and order totals include all applicable taxes, duties and shipping costs.

With more than 40 years' experience selling directly to consumers via its legendary catalogues, and more than a decade in online retailing, JCPenney has earned a high level of trust from its millions of customers. "Our site uses the latest encryption technology, which assures customers that sensitive information can be transmitted safely and securely and won't fall into the wrong hands," says Kevin Gebhardt, Vice President and Director of Multi-Channel Coordination for JCP Direct.



Barry and Joyce (McDonald) Layton are pleased to announce the engagement of their son Sean McDonald to Tavia Dault daughter of Terry and Jennifer Dault of Owen Sound and Sandra Totten of Meaford. Wedding to take place in Owen Sound, October 2007



Happy 25th Wedding Anniversary "Endless Love"

With Love and Best Wishes
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Dale & Leslie Holman

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For information Call: (905) 702-0082
Email: info@coachmanon.com

Starting date: September 25, 2006
Time: Mondays 8 to 9:30 pm
Location: GoodLife Fitness Clubs
Real Canadian Superstore
171 Guelph Street, Georgetown

In Partnership with
Helen MacCormack CFP
of Partners in Planning
& GoodLife Fitness Clubs



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