

New gym opens up

Milton's newest business aims to pump you up.

The GoodLife Fitness Centre held an open house last night and opens its doors today, with hundreds already signed up and raring to go.

Managed by Gen and Ken Van de Haar, the Steeles Avenue gym features 40 new pieces of state-of-the-art cardio equipment including treadmills, StairMasters, rowing machines and bikes.

Strength training free weights and a full line of Nautilus and Hammer Strength equipment are also available.

The Milton facility is the 37th GoodLife centre in Ontario.

For more information on fitness programs and packages, call the GoodLife Fitness Centre at 876-3488.

Murray is lauded

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"People who Dean has taught or worked with have recognized this."

Ms Singleton said students have commented that Mr. Murray is an extraordinary and compassionate teacher who makes mathematics a part of real life for students.

Mr. Murray admitted he strives to keep students interested in math by breaking up the monotony in class lessons through telling stories, and he often gives extra attention to struggling pupils or those in need of direction.

"I don't just teach I talk to the students," he said. "Math can get pretty dry."

Outside the classroom, Mr. Murray is chair of the Grand Valley Mathematics Association, representing 14 regions and counties.

"In his role, Dean has increased membership significantly in Halton," Ms Singleton said.

He has also been a longtime member of Halton's Regional Professional Development Committee.

Awards aren't new to Mr. Murray. Two years ago he won the Prime Minister's Award for Teaching Excellence in Science, Technology and Mathematics.

Other recipients of the Rene Descartes Medal have included John Del Grande, former co-ordinator of mathematics at the North York Board of Education and Ronald Dunkley, who received an Order of Canada for his contributions to math.

Tiger Jr. is in the house

Miltonians will be grappling with more than just car negotiations tomorrow at Gallinger Motors.

Those visiting the Main Street Ford retailer between 11 a.m. and 3 p.m. will have the chance to meet World Wrestling Federation (WWF) competitor Tiger Ali Singh.

Tiger (who's real name is Mick Hans) was recently honoured for his anti-drug campaign during a celebration of the Sikh new year in Toronto.

The 27-year-old wrestler says he will be gaining more exposure in Vince McMahon's stable over the next few months.

Stay off tracks, rail police are warning

Trespassing on private train tracks is both dangerous and illegal.

That's the message coming from Canadian Pacific (CP) these days, as they attempt to guard against railway fatalities.

"It's tough to judge a train's speed, even if you're in a wide open area," said CP Rail Police

detective Ron Morrison. "A train can bear down on trespassers and surprise them in an awful hurry."

"Just a few years ago a child was killed on the bridge at Mill Pond while several adults have been injured along the Martin Street tracks. There were 64 related fatalities in Canada in 1996 alone."

Most recently local residents have been using

the Court Street tracks as a short cut. Once a public crossing, the tracks now present a dangerous avenue through which to pass.

"It's also illegal, it's private property. But we've been getting ongoing complaints about trespassers there since early 1997," detective Morrison.

The penalty is a \$65 fine.



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