



### School within a school

Caroline Roberts is one of 18 three and four-year-olds who attend a co-operative nursery school in a classroom at Midland Secondary School. By her right knee is some costume jewellery that she is inspecting.

## Smokers may kick the habit

Smokers who want to kick the habit will have their chance again next week.

A special Five-Day Plan will be conducted in Midland. The Plan consists of regular group therapy sessions, films, and a daily personal control program. The Five-Day Plan has successfully helped many people quit smoking during the past 20 years.

Conducting the program locally will be Pastor H.G. Fischbacher and Dr. E. Camunias. Group therapy sessions will be held at 7 p.m. each evening beginning Monday, at the Midland Secondary School.

Sponsored by the Seventh-day Adventist Church as a community service, the Five-Day Plan aims to help improve the health of the community and to contribute to the national physical-fitness program, Fischbacher explains.

Held successfully in cities all across Canada and the United States and in most countries of the world, the Five-Day Plan to Stop Smoking features such topics as the psychological and physical aspects of the habit, how craving can be lessened, how will power can be strengthened, physical effects of smoking, organizations of a buddy system, and many other techniques designed to break the habit within a five-day period.

A feature will be the film "Countdown," depicting in full-colour a lung cancer operation, to be shown on Monday night, Nov. 2, the first evening of the therapy session. For more information call 549-2771.

Don't put grease on a burn, advises St. John Ambulance. For sun-burn or any other kind of burn, apply cool water.

## High speed chase

OPP from three detachments in central Ontario were involved in a high speed chase early Wednesday night between Parry Sound and the Fesserton Road cutoff on the 400 Extension.

As a result 26-year-old Kenneth W. Unwin was charged with possession of a stolen vehicle and criminal negligence in the operation of a motor vehicle and was to have appeared in Barrie yesterday for a bail hearing.

Neither Unwin, a Calgary resident, nor police officers from the Midland OPP were hurt after their cars collided during the chase.

The police cruiser is said to have sustained \$800 damage while the car Unwin was driving received \$300 damage.

The incident occurred after Parry Sound OPP failed in their attempt to stop a car police say was on their stolen car list. Bala OPP and Midland OPP joined in on the chase before the vehicle in question was finally stopped southeast of here.

### Appointment of interest here

Bill Clapperton, assistant administrator of the Villa Community Care Centre, Midland, has been elected to the board of directors of the Ontario Nursing Home Association.

At a regional meeting held in June, Clapperton was elected Region 5 president and is expected to assume responsibilities at the first regional meeting to be held this month.

Region 5 encompasses the counties of Simcoe, Muskoka, Bruce, Grey, Dufferin and Wellington, representing 45 member nursing homes of a total of 326 member nursing homes in the province.

Previously, Clapperton had spent two years on the regional executive serving as secretary and 1st vice-president.

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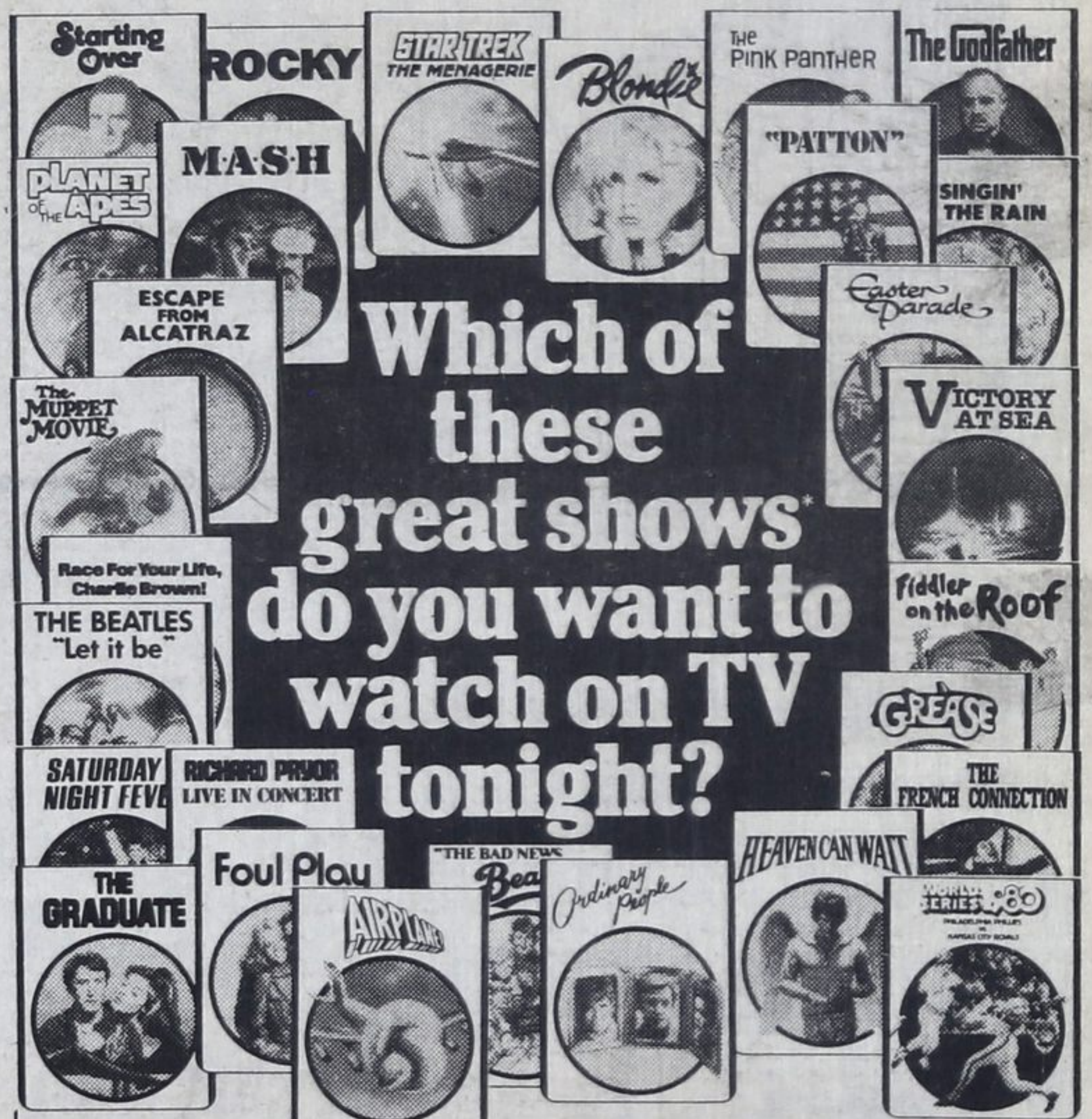
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