

Outlook on Lifestyle



Top achievers

Georgetown District High School handed out awards for top marks in various subjects this week. Front row, left to right, Rosemary Davison (Sociology, Grade 11), Tracey Mau (Moderns, Grade 12), Sandra Wilson

(Dramatic Arts, Grade 11), Stefanie Takahashi (Moderns, Grade 11), Kathi Hillard (Biology, Grade 11). Back row, Nina Fear (Technical awards, Grade 12), Tara Burroughs (Grade 11, Physical Education),

Steve Chaffey (Geography, Grade 12), Jill Lusby (English, Grade 11) and Eric Shynal (Computer Science, Grade 12). (Herald photo)



Talent night

The Centennial Alumni Choir sang a variety of songs at the Sixth Annual Talent Night sponsored by the Parks and Recreation Department Oct. 15 at the John Elliott Theatre. Joanne Wilson organized the night

which saw participants as young as four years-old to senior citizens perform. The show also featured the Sixth Liners, Cheri Lindsay's Dance Studio and the Halton Hills School of Dance. (Herald photo)

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Health Tips

Never eat to be polite, or merely because others are eating. Say "no" graciously, but firmly. If you aren't hungry, you can sip some ice water or juice while you visit.

Before dining out, take the edge off your appetite by eating a low-calorie snack, such as an apple and a glass of water. Overeating won't be such a temptation.

Four calls for firefighters

Firefighters responded to four resuscitator calls last week.

The first came at about 11 a.m. Sunday at the Fourth Line and 32 Sideroad. Firemen then responded to a second resuscitator call about 11:30 a.m. at 34 Mill St., Acton.

At 5 p.m. Sunday rubbish fire brought firefighters to 96 Mill St., Georgetown. No damage was reported.

Two resuscitator calls in Georgetown on Monday took firefighters to 114 Armstrong Ave. at about 12:30 p.m. and to St. John's Anglican Church at about 2 p.m.

In all resuscitator calls, firefighters were not needed by the time they reached the location.

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