



Ladies - start your hamsters!

The 'Great Canadian Hamster Race' took place last Wednesday evening outside #1 Pet Centres, located in Moore Park Plaza and 31 hamsters and their owners challenged for prizes. A 'Rat Race' also

took place, with limited entries. Tiffany the hamster, owned by Melanie Varley, took top honors. (Photo submitted)

Lung Association offers free program

Would you like to learn how to overcome breathlessness, breath in more fresh air, build your strength, and make your energy last through the day?

The Lung Association - Halton Region helps those suffering from emphysema and chronic lung problems through the Better Breathing club.

Being ill affects every part of your life. Your daily activities, your ability to work, your relationship with other people, and even your deepest beliefs and feelings about yourself are touched. How can you handle all those changes? Are there ways you can find satisfaction and pleasure in your life, despite the changes? Come and join the Better Breathing club, where we can deal with some of

these concerns.

The support group runs in Burlington at Joseph Brant Physiotherapy Gym, September 24 and consecutive Mondays till November 12, in Oakville at Oakville Trafalgar Hospital Physiotherapy Gym September 26 and each Wednesday till November 14th. We also offer a program in Milton at Oakville Trafalgar Hospital starting

September 24 till November 12. These all run from 7:00-8:00 p.m.

If you suffer from a chronic lung problem, contact the Lung Association - Halton Region for information or to register for Better Breathing - 632-8499.

A free program sponsored by Christmas Seals.

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Foodbank planning special yard sale

The Love and Christ Foodbank, which operates out of the Mountainview Baptist Church in Georgetown, only has about half of the amount of donations it had in April, said the foodbank's director, Laura Elison.

To raise needed funds to compensate for the shortage in donations, Ms. Elison said, the foodbank will be hosting a yard sale Saturday between noon and 3 p.m. The yard sale will be held at the Baptist Church and all proceeds will go towards buying food supplies, said Ms. Elison.

In conjunction with the yard sale, the church will be running a free clothing day during the same hours as the yard sale, she said.

"We have a lot of good school and winter clothes," said Ms. Elison. Free clothing is for anybody in need, added Ms. Elison.

The foodbank is used by about 300 people, most of whom reside in Acton and Georgetown. It is open every Wednesday, usually from 10:30 a.m. to 3 p.m. But recently Ms. Elison has had to close the foodbank around 1 p.m. because the food donations have run out, she said.

Ms. Elison attributes the

decrease in donations to it being the summer. A lot of people are away, she said. As well, people have a lot of barbecues and salads during the summer, foods not conducive for donations to a foodbank, explained Ms. Elison.

"We're in desperate need of Ensalac Formula" - a special formula for premature babies - she said. The foodbank currently supplies the special formula to families with premature babies, said Ms. Elison.

"Over half of our clients are families with small children," added Ms. Elison.

Ms. Elison said the foodbank will accept any type of foods ranging from perishable goods to peanut butter to canned goods. The foodbank is equipped with a refrigerator so perishable goods can be stored, explained Ms. Elison.

Despite the low level of donations now, Ms. Elison expects the amount of donations to increase in the Fall.

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Congratulations Melanie Varley

#1 Pet Centres would like to congratulate all the participants of the "Great Canadian Hamster Race" held last Wednesday, August 9th at Moore Park Plaza.

This is the first time the race has been held in the Georgetown area and we were all very pleased at the excellent participation from local merchants and the wonderful turnout by all the families.

The gifts donated by the merchants were distributed to 1st, 2nd and 3rd prize winners of each of the six heats. Thanks to one and all, and we'll see you all next year.



Left to Right (top) - Tausha Faul, Clare McAllister, Jennifer Armstrong, Doogan, Mrs. Assenheim
Left to Right (bottom) - Melanie Varley, Trisha Morrow

We would like to give special congratulations to the finalists of the race, shown here with "Doogan" the dog, a member of #1 Pet Centres Friendly Five, and store manager Clare McAllister-Gass.

Melanie Varley (Bottom Left) and her hamster "Tiffany" roared to victory in the speed streak racer final and became our first place winner.

Other contestants placed as follows:
2nd place - "Smokey" the hamster

Owned by Tausha Faul

3rd place - "Juliette" the hamster

Owned by Trisha Morrow

4th place - "Snowball" the hamster

Owned by Jennifer Armstrong

5th place - "Dopey" the hamster

Owned by Mrs. Assenheim

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