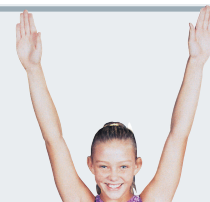




### IT'S ACHOO TIME

Pharmacist group provides tips  
to keep your family healthy

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### BOOSTING SELF-ESTEEM

Research shows overweight kids are  
twice as likely to have low self-esteem

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# PARENTING

Special pullout section

## Downtowns, others to host ghoulish events to scare all

### Saturday, Oct. 30

Downtown Georgetown invites children (age 10 and under), accompanied by their parents to enjoy Masquerade on Main—a trick or treat event from 11 a.m. to 1 p.m.

Children are entertained by street entertainers, while visiting each business to ask for treats! Main Street is closed during this event offering a fun-filled and safe trick or treating environment, all within the historic setting of Downtown Georgetown!

Special events this year includes face painting and workshops by KASE, 138 Mill St., A Haunted House at the McGinley Academy (between Mill and Park Sts.), Jack O'Lantern Play Bounce. There will be prizes for costumes and the colouring contest and lots more. For details go to [www.downtown-georgetown.com](http://www.downtown-georgetown.com) or call 905-873-4970.

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Hey kids, between the ages of 1 and 12, come Trick or Treat on Mill & Main in Downtown Acton, 12-3 p.m. Come to the parkette at the corner of Mill and Main St. and follow the map and get your treats from downtown merchants. Info: [www.downtownacton.ca](http://www.downtownacton.ca)

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Dare you venture into the Halloween Haunted Forest, 6-9 p.m. at Terra Cotta Conservation Area. Friends of Terra Cotta invite you and your family out for an evening of Halloween fun. Activities include a BBQ, haunted maze, wagon rides, mad scientist lab, bonfires, and much more! Tickets are \$5 in advance, \$7 at the gate, and adults are free when accompanied by a child. All proceeds go to the Terra Cotta Centre for Environmental Learning. Info: [www.creditvalleyca.ca/foundation/events/hauntedforest](http://www.creditvalleyca.ca/foundation/events/hauntedforest) or Julie, 905-670-1615 ext 418.

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The Greig Families Haunted Hotel, 19 Frederick St. N. in Acton, which raised over 200 pounds of food for Acton Foodshare last year, will be at it again this year. Only this year the hours have changed— opening three whole nights for your scaring pleasure— Friday, Oct. 29, Saturday, Oct. 30 and of course, Halloween Sunday, Oct. 31. The doors open at 7 p.m. when Dr Death makes his grand appearance! Admission is simply a food donation. Be prepared to get scared!

### Sunday, Oct. 31

Come to the Meet and Treat Halloween Party, 1-5 p.m. at the Upper Credit Humane Society Shelter, corner of Trafalgar Rd. N. and Hwy 124. Celebrate Halloween with the animals with treats for the humans and the animals. Wear a costume and be eligible to win the best costume prize!

Marie St. Pierre of Party Balloons and Gifts, 90 Main St. S., (905-877-1214) entertained and 'treated' the youngsters at last year's Masquerade on Main. The event will be held this year on Saturday, Oct. 30, 11 a.m. to 1 p.m. For details go to [www.downtowngeorgetown.com](http://www.downtowngeorgetown.com) or 905-873-4970.



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