

# Healthy Living

## From Classics to CASHH

Classics Against Cancer car show committee members presented a \$31,113 cheque from this year's show to Cancer Assistance Services of Halton Hills (CASHH). On hand for the presentation were (from left) Classics committee member Dan Wagstaff, chairman Moe Lamothe, CASHH vice president Bob Stuart, executive director Sheila Smith and director Ted Gorth. Ted Brown photo



Chest, Back, Shoulders, etc.

## LASER HAIR REMOVAL

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## A+ and O+ blood types needed at donor clinics

Canadian Blood Services is holding two blood donor clinics in Halton Hills to top up blood supplies to area hospitals.

Recent surgeries and trauma-related cases have required high quantities of blood over the past month. All blood groups are needed, especially types A+ and O+.

The first will be held tomorrow, (Thursday) at the Acton Legion Hall, 4-8 p.m. and the second, on Monday August 13, 2-8 p.m. at Maple Ave. Baptist Church.

Bring your donor card or your photo i.d. Eligible donors are between the ages of 17 and 70. Please take an hour to give the gift of life— one donation can save up to four lives.

# Do It Yourself!

*Ideas & How To's:*

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- Design Guide
- Technical Guide
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CANADIAN CANCER SOCIETY SOCIÉTÉ CANADIENNE DU CANCER

Call 1-877-99Daffodil or www.cancer.ca  
Dr. Robert Phillips and Rae Ellen, Survivor

## HAPPY 50TH ANNIVERSARY MOM & DAD

He came from Norval & she's from the Glen Who could have known way back then That 4 simple words... "Will you marry me" Would someday lead to their "Golden Anniversary" They started in a trailer and that was just fine As long as they were living on the 10th Line In want of more space, he built a home on the hill And believe it or not, they live there still They raised their two boys as great parents should, With caring and love...just as much as they could 50 years of marriage is quite a feat Certainly a milestone I hope to repeat You've shown me the way and how to succeed It's with what you've got, not what you need So...of all the wishes that I've ever had I know one came true... cause I've got you Mom & Dad

Aug. 4, 1951 - Aug. 4, 2001 Love Rick xoxo

## SHOPPERS DRUG MART

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# BABY DAYS EVENT

August 10th and August 11th

**DRAW'S**

**PRIZES**

**Win a Lil Tykes rocker**

**Huggies & Pampers . . . . . \$14.99**  
**Tempra Drops 24 ml . . . . . \$4.99**  
**Life Brand Baby Wipes 160s . \$4.99**

**TONS OF DEALS!**

**TWO DAYS ONLY! DON'T MISS OUT**

## LE CAFE

### Serving Breakfast & Lunch

*We combine quick, friendly service with high-energy, healthy food.*

**Breakfast:**

- organic coffee
- multigrain granola & yogurt
- homemade granola & bagel
- muffin - wheat free and more!

**Lunch**

- Famous wraps
- homemade soup
- grilled organic chicken
- gourmet quiches & pizzas
- fresh organic salad greens
- grilled sandwiches

**Juice and Smoothie Bar**  
- made with fresh fruits and vegetables

78 Main St. South  
Georgetown  
(905) 877-2677

Hours: Monday to Friday 7 am - 3 pm, Saturday 8 am - 3 pm