

Book sale to support local charities

Fraser Direct, a Georgetown distribution company, is holding a charity book sale on Saturday, Nov. 15, from 8 a.m. to 4 p.m. at its plant, 100 Armstrong Ave. in Georgetown.

This is an annual event, which raised over \$25,000 for local charities last year. More than 1,000 people attended, as book lovers and bargain hunters waded through piles of books, games and puzzles, looking for Christmas gifts. All products are new, with some books slightly damaged. Most are in perfect condition.

Hardcover golf & fishing books, as well as hundreds of videos on outdoor subjects, *Puzzlemania*, great kids books, woodworking, health, gardening, arts & crafts—you name the subject and there are books, videos, audio and other miscellaneous items.

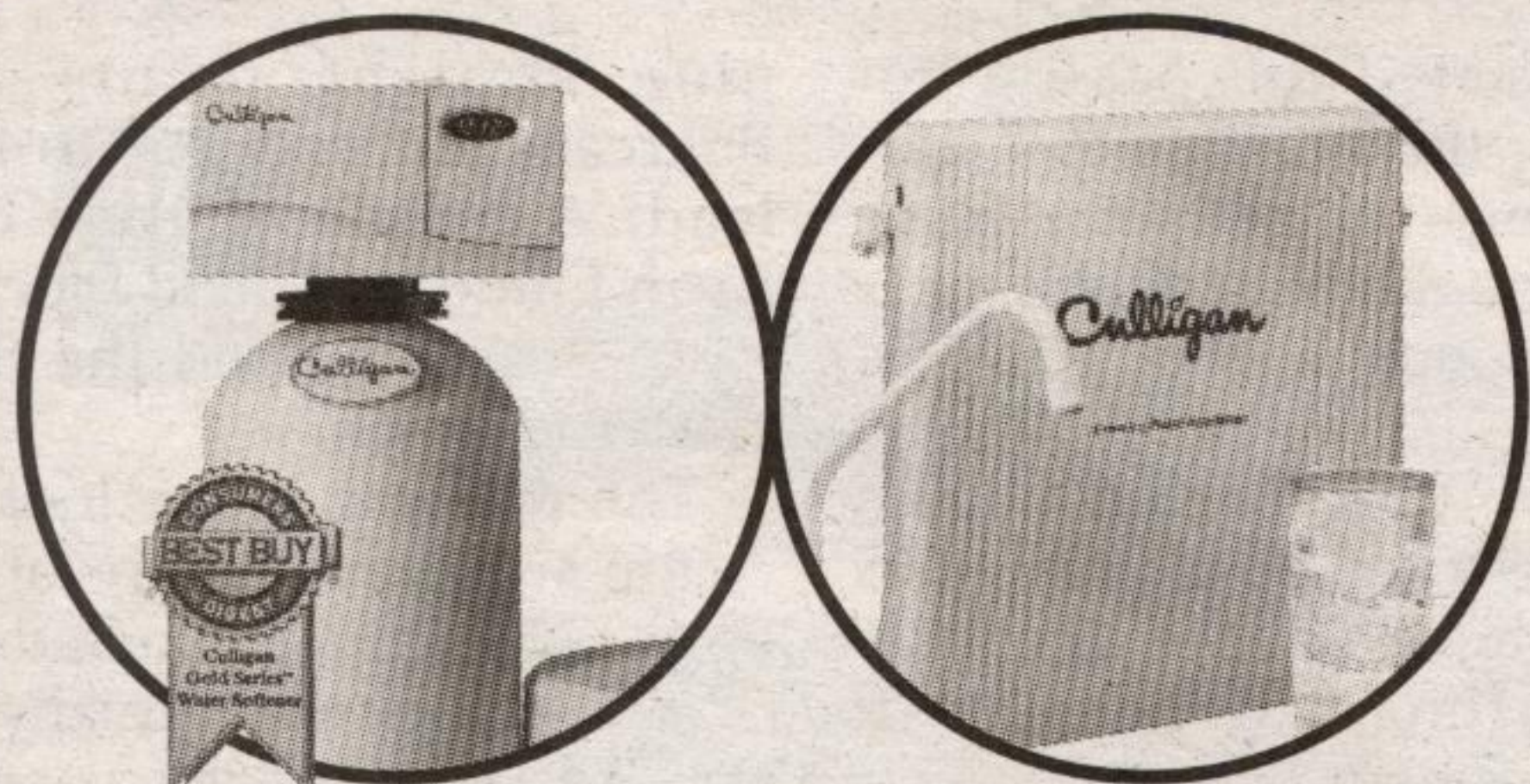
Many of the items have retail values up

to \$50 but will sell for \$10 or less—maximum five books per title. All sales are final. Payment is in cash or by personal cheque only — Fraser Direct is unable to accept credit or debit cards.

Net proceeds from the sale will be donated to local charities. Fraser Direct employees donate their time in order to get as much money to these recipients as possible. This year's beneficiaries will be the Salvation Army, William Osler Health Centre (Georgetown), Halton Women's Place, Cancer Assistance Services of Halton Hills (CAS-HH), Dominion Gardens Project and Literacy North Halton.

"It's our chance to give back to our community," said Lois Fraser, Fraser Direct owner, "We are grateful to the community for coming to the sale to help us support these worthy organizations."

Soft water is not hard to get.



Culligan Gold Aqua-Sensor Water Conditioner

- Save over 2½ tons of salt and 20,000 gallons of water with our high-efficiency systems**
- Enjoy softer, cleaner clothes, silkier, shinier hair and softer skin
- Consumers' Digest "Best Buy"

RENT and the first three months are **Free***

BUY and pay **no interest** for 12 months and get free installation*

Culligan Water Tower Drinking Water System

- Purified, odour-free water right out of the tap!
- The most advanced system you can buy that will reduce contaminants by up to 99.9%.

Call your Culligan Dealer today.

Georgetown
905-877-6242
1-800-265-2857
5 Mountain View Road N

Culligan
Trust the Water Experts.

* Special limited-time introductory offer. Certain restrictions apply. O.A.C. See participating dealer for details. Free installation applies to basic install only.
** When compared to a Culligan Medalist Series 8" with Soft Minder Meter.



CANNEBERGES

invites you to enjoy our

2 Can Dine for **\$49.00**

Fine Dining Evenings

Available every Thursday until Dec. 18/03

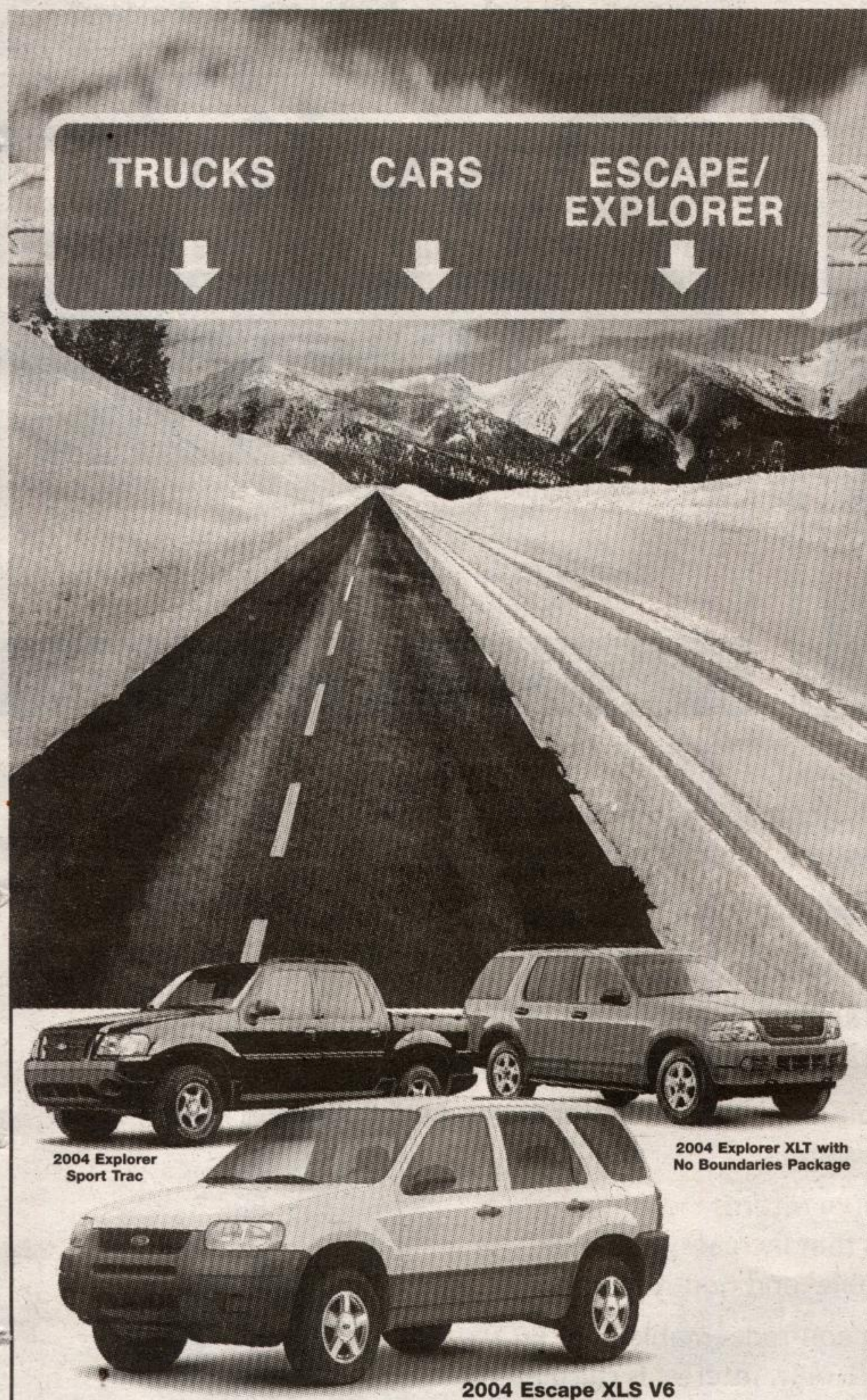
From our specially selected menu, your dining experience includes:

- Appetizers • Entrées • Desserts

* Call for Reservations *



126 Main Street South
Downtown Georgetown
(905) 877-1923



TRUCKS CARS ESCAPE/EXPLORER

2004 Ford Escape XLS V6

\$299*

per month/48 months with \$3,700 down, \$350 security and \$895 freight

Or Purchase **\$24,995****

- 201 hp 3.0 Litre V6 Engine
- 4-Speed Automatic
- AM/FM/Cassette/CD Player
- Air Conditioning • 15" Aluminum Wheels • Power Windows/Locks/Mirrors • Remote Keyless Entry
- Premium Console • Up to 1959L (69.2 cu. ft.) cargo area

PLUS 50 MORE STANDARD FEATURES!

2004 Ford Explorer XLT with No Boundaries Package

\$499*

per month/48 months with \$4,735 down, \$575 security and \$895 freight

Or Purchase **\$40,990****

- 210 hp 4.0 Litre SOHC Engine
- 5-Speed Automatic with Overdrive
- AM/FM/Cassette/CD Player
- Air Conditioning • 17" 5-Spoke Aluminum Wheels • Platinum Tubular Step Bars • Auto Headlamps
- Power Windows/Locks/Mirrors

PLUS 55 MORE STANDARD FEATURES!

2004 Ford Explorer Sport Trac

\$359*

per month/48 months with \$3,340 down, \$425 security and \$895 freight

Or Purchase **\$31,155****

- 210 hp 4.0 Litre SOHC Engine
- 5-Speed Automatic with Overdrive
- AM/FM/Cassette/CD Player • 16" Aluminum Wheels
- Air Conditioning • Speed Control/Tilt Steering • Remote Keyless Entry with Keypad
- Power Windows/Locks/Mirrors

PLUS 40 MORE STANDARD FEATURES!



Introducing the 2004 SUVs at your Ontario Ford Dealer

Built for life in Ontario

ford.ca

WISE BUYERS READ THE LEGAL COPY: *Lease a new in-stock 2004 Escape XLS Duratec 4x2/Explorer XLT V6 with No Boundaries/Explorer Sport Trac 4x2 with Convenience for \$299/\$499/\$359 per month based on an annual lease rate of 6.9%/3.9%/3.9% and a 48 month lease from Ford Credit to qualified retail lessees, on approved credit. Total lease obligation is \$18,052/\$28,687/\$20,572. Some conditions and a mileage restriction of 80,000 km over 48 months apply. A charge of 8 cents per km over mileage restriction applies, plus applicable taxes. First month's payment and \$3,700/\$4,735/\$3,340 down payment or equivalent trade required. **Purchase a new in-stock 2004 Escape XLS Duratec 4x2/Explorer XLT V6 with No Boundaries/Explorer Sport Trac 4x2 with Convenience for \$24,995/\$40,990/\$31,155. Taxes payable on full amount of purchase price. All offers exclude freight, licence, insurance, administration fees and all applicable taxes. Some conditions may apply to the Graduate Recognition program. Limited time offers. Offers may be cancelled at any time without notice. Some conditions apply. Unless specifically stated, all offers are mutually exclusive and cannot be combined. See Dealer for details. Dealer transfer may be required. Not all dealers may have specially equipped models in stock. Ontario FDA, P.O. Box 2000, Oakville, Ontario L6J 5E4



Curtis Medina



FIT TIP

Last time I discussed water intake now lets get to the heart of the matter. Cardiovascular training or in gym lingo simply, "cardio". Cardiovascular exercise strengthens your lungs, heart, even your bones. What is the best type to do? How long should I do it for? Is there a fat burning zone? Here are a couple of tips to melt those hips.

- When you start training take it slow. More is definitely not better. Start with a walk around the block and work up from there. No more than 30 minutes at a time in your first 8 weeks.
- Training does not have to be continuous to be effective. Walk in the morning, aerobic class at lunch; play with the kids in the evening.
- There is no true fat burning zone. As you increase your intensity you increase the calories being burned - not only during exercise but more importantly during rest. - Cycling, boxing, skipping, running, and aerobic classes - these are all forms of cardio. There is no one perfect exercise. Do what you enjoy.
- Balance is the key. Cardiovascular, resistance training and stretching must be done equally to get all the benefits of exercise.

Elite Training will be providing Personal Training and Team Sports Conditioning at the Power Zone Fitness Centre.

Take advantage of our special presale offer - **no initiation fee for the first 100 members!** Save \$175.00. Our presale office will be open on Thursday, November 13th from 1:00 pm to 7:00 pm - located in the same building.

The Power Zone Fitness Centre.
Curtis Medina - Personal Trainer,
Strength Conditioning Coach



Call 905-702-1774



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

YOUR ATTITUDE IS SHOWING

Avoid stereotyping or reinforcing incorrect perceptions about seniors - show older people as you know them to be: active participants, using a full range of abilities in a full range of roles and activities.

Especially avoid ageist language (that categorizes seniors negatively) such as "the aged", "the elderly", "senile", "feeble", etc.

Beware of patronizing, condescending or childish expressions and tone when talking with or about seniors.

Keep in mind that seniors are generally wise shoppers whose lifelong experience comes in handy in detecting flattery and insincere deference.

Remember that the way you use language reflects your attitudes and your respect for the audience.



We care about your hearing!

Professional Arts Building
99 Sinclair Ave., Suite 210
Georgetown
(905) 873-6642