



## Cooking for a cure

At their third annual KitchenAid Cook for the Cure dinner, organizer Sherrie Louth (right) was given a hand preparing a mountain of salad by Gail McGourty and Rotary Glen general manager Bino Dalli, as they prepared to feed a sold-out crowd of 165 at the Rotary Glen Banquet Hall on Queen Street, east of Mississauga Road in Brampton. In addition to the dinner, there was a silent auction with donated items from various groups and individuals, with all proceeds going to increase breast cancer awareness. Last year's event raised \$14,000 for breast cancer awareness and this year's event is sure to surpass that figure.

Photo by Ted Brown

## Office closed for Thanksgiving

The Independent & Free Press office will be closed Monday, Oct. 11 so staff can enjoy the Thanksgiving holiday.

The office will reopen Tuesday, Oct. 12 at 8:30 a.m.

The Independent & Free Press wishes its readers a safe and happy holiday and reminds motorists not to drink and drive.

# HAPPY 7TH BIRTHDAY

Love Dad, Mom, Shelby and Darryl

Quality, Freshness & Friendly Service at

## GEORGETOWN FRUIT MARKET

(Home of Fresh Fruits & Vegetables)

We absolutely guarantee you'll be satisfied with our huge selection of high quality fresh fruits and vegetables. We also carry a line of groceries, dairy and baked goods which are sure to make your shopping experience a pleasurable one.



Joe, Owner & Proprietor

ONTARIO GROWN No. 1

## TURNIPS



29¢ lb.

PRODUCT OF U.S.A.

## YAMS



89¢ lb.

LOCALLY GROWN

## MacINTOSH APPLES



69¢ lb.

PRODUCT OF CANADA

## Large ROMAINE LETTUCE



89¢ ea.

140 GUELPH ST.

905-877-8882

We reserve the right to limit quantities.

Sale Prices In Effect from

Sat. Oct. 9 to Fri. Oct. 15/04



Christine Preisenhammer

**THE POWER ZONE**  
FITNESS & DENTISTRY

905-702-1774

## FIT TIP

Pregnancy does not mean that you cannot exercise or that you have to put your health club membership on hold. Pregnancy is a state of health not illness. You need not discontinue regular activity such as active living and structured exercise.

There are many benefits to exercise in pregnancy:

- Facilitation of labour
- Prevention of gestational diabetes
- Improved circulation
- Improved Posture and muscular strength
- Increased postpartum recovery
- Weight gain stays in check

Research show that babies of exercising mothers do not seem as stressed during labour. Consistency is the key!

It is important to note that it is not advisable for new exercisers to begin an exercise program until the second trimester. Regular exercisers can continue their current exercise regime to tolerance.

Need to find out more? Unsure of safe exercises?

Contact the Power Zone for individual training or sign up for a Pre- natal class and meet more Moms-to-be!

Pre - Natal classes starting Sunday October 24th until Sunday December 12th  
Cost \$145 plus GST  
Time: 10:30-11:45 a.m.

Christine Preisenhammer

Certified Pre and Post Natal Fitness Specialist  
Certified Personal Trainer, Can-Fit-Pro

905-702-1774

or email: cgallagher@powerzone.ca

# SERENITY SPA



presents ...

## A Hands-on Skin Care Party

Join the team from the world renowned International Dermal Institute and Dermalogica for a fun, hands-on experience that will take the mystery out of skin care! Learn the secrets of the professionals as you enjoy an in-depth skin analysis, face mapping and facial treatment designed to help you achieve the healthy glow you have been looking for.

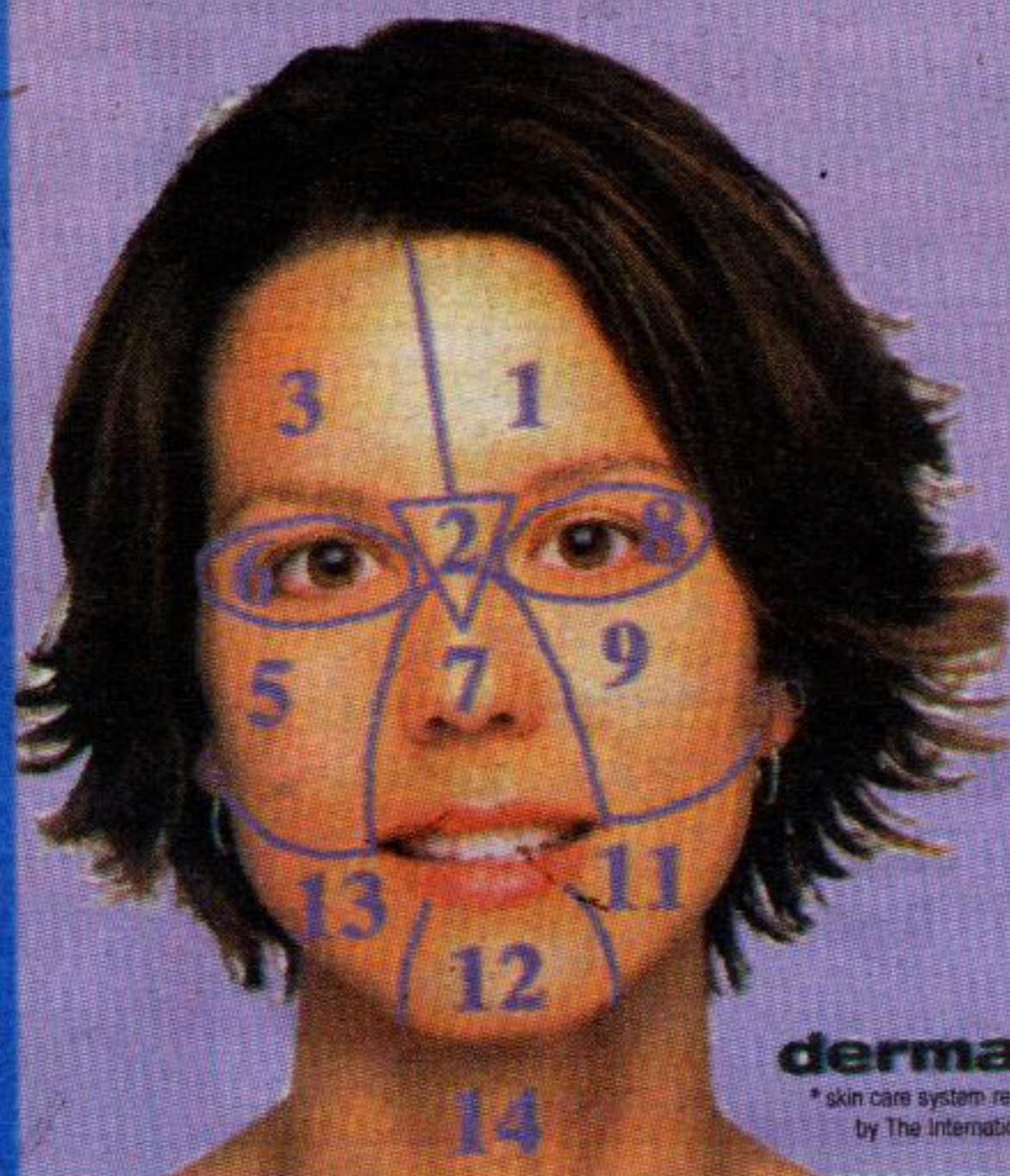
Join us on **Thursday, October 14th** from **6:30-8:30** for a fun girl's night out of skin care, samples, snacks and solutions. Reserve your spot now, as this event is booking quickly.

Tickets: \$5

All proceeds donated to CASHH (Cancer Assistance Service Halton Hills)

Come, play, try and learn. Get the answers, and get the GLOW!

Call to book your space (905) 702-9744



dermalogica  
\*skin care system researched and developed by The International Dermal Institute

See your skin's past, present and future in only five minutes. Only available from your skin care therapist.

150 Armstrong Avenue, Georgetown

905-702-9744

Email: cmurden@cogeco.ca