



### - Did You Know?

That CASHh provides practical assistance, emotional support, educational material and some financial assistance.

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This community minded message brought to you by:

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14 Acton/Georgetown, Friday, November 4, 2005

**THE Solid Wood Bed & Table COMPANY**

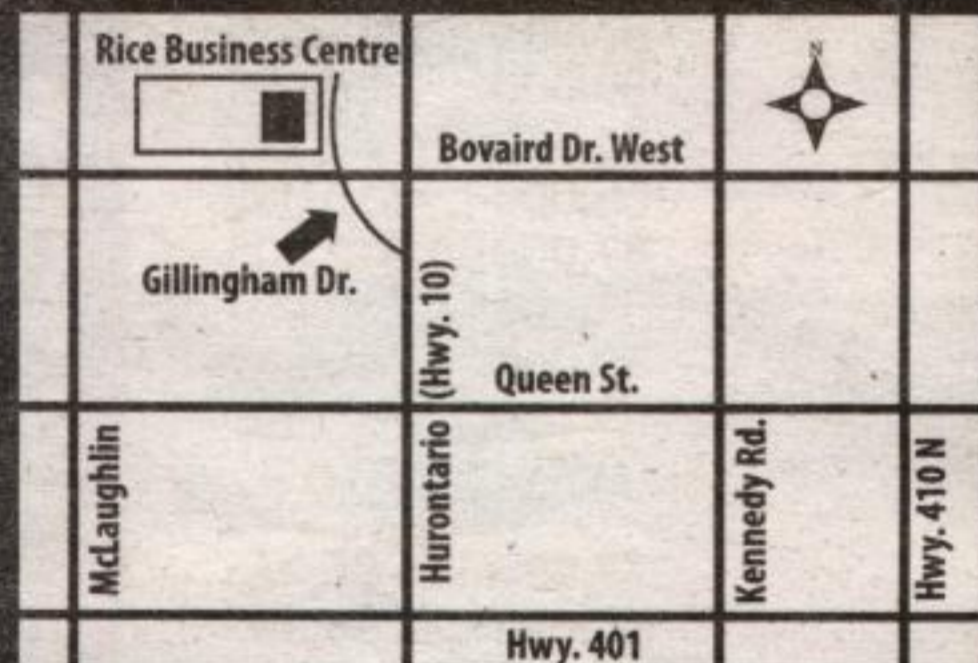
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**FURTHER MARKDOWNS HAVE BEEN MADE!**

VILLAGEOIS CANOEL Sklar Peppier DECOR-REST



**YOU SAVE WE LOSE!**

**SPECIAL SALE HOURS:**  
 MON/TUES: 10-6  
 WED-FRI: 10-9  
 SAT: 10-5  
 SUN: 12-5

190 BOVAIRD DR. WEST, UNIT 58, BRAMPTON  
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ALL SALES FINAL • NO REFUNDS • NO EXCHANGES • ALL ITEMS SUBJECT TO PRIOR SALE

*The fall challenge has begun*

**Walk the Hills!**

Walk the Hills is a community campaign designed to get the residents of Halton Hills physically active through walking. Fill out the time you spend walking each day on your Personal Walking Log. Personal walking logs are available at all Town facilities throughout Halton Hills and on-line from the Town website at [www.haltonhills.ca](http://www.haltonhills.ca). Click on the 'Active Halton Hills' logo. Check here each week to follow the progress of our community Active Champions.

**Active Champions**

**ALEX AND WILL**

**Total for Alex Week 7:**  
250 minutes  
**Campaign total:**  
1,745 minutes

**Total for Will Week 7:**  
250 minutes  
**Campaign total:**  
1,780 minutes

**RICK BONNETTE**

**Week 7 total:**  
300 minutes

**Campaign total:**  
2,495 minutes

**ACTON SENIORS HIKING CLUB**

**Total for Week 7:** 1,190 minutes  
**Campaign total:** 4,587 minutes

*Motivational quote: Walking is a huge step towards better mental & physical health. This is the last week of the Fall Challenge so get out and get active!*

**Walk of the Week:** Take advantage of all Halton has to offer! Check out Conservation Halton at [www.conservationhalton.ca](http://www.conservationhalton.ca)

**Who they are**

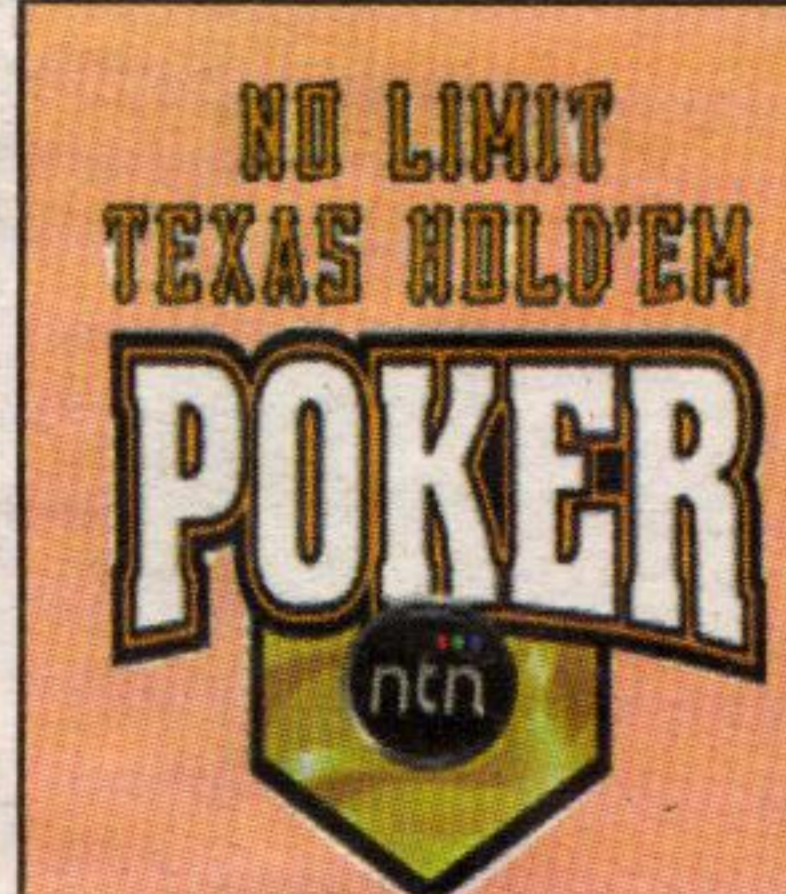
- Mayor Rick Bonnette is pleased to once again be an Active Champion for the Walk the Hills Campaign. A strong proponent of a physically active lifestyle, Mayor Bonnette understands the benefits of regular exercise. He logged over 4,500 minutes in Summer Challenge and encourages all Halton Hills residents to get walking.
- Alex and Will are involved in lots of active pursuits! Alex, 7, is actively involved in soccer and Will, 10, is an avid hockey player. Alex and Will are excited to be part of 'Walk the Hills' this fall and look forward to motivating others to 'get active'.
- The Acton Seniors Hiking Club believe hiking the trails of our beautiful and scenic Halton Hills is a wonderful and invigorating experience and provides excellent health benefits. "Feeling energetic, happy and alive, our steps follow some of the rugged slopes of the Niagara Escarpment. After one or two hours on challenging trails we find a place to relax, chat and snack. Having fun and feeling fantastic is our goal."



**BP Boston Pizza**

*Your Place For Sports*

315 Guelph St., Georgetown  
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