

Cool or Clueless?



Is there really any question?

There's no doubt about it: smoking pollutes your body and takes years off your life. Cigarettes are very addictive, very expensive and very unpleasant for those around you. If you do smoke and have thought about quitting, prove to yourself you can do it. It takes a lot of hard work and dedication, but you can live smoke-free if you try.

WAL-MART CORRECTION NOTICE

Video games Fire Emblem (#514657) or Mario Mix (#514644) are advertised for \$57.83 each in our current flyer (expiring Nov 13th). The price does not apply to the Mario Party 7 Bundle (#537164). It will be \$128.83 on Nov 9th.



We apologize for any inconvenience this may have caused.

The fall challenge winds up



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. 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 8: 395 minutes
Campaign total: 2,140

Total for Will Week 8: 395 minutes
Campaign total: 2,175



RICK BONNETTE

Week 8 total: 350 minutes

Campaign total: 2,845 minutes



ACTON SENIORS HIKING CLUB

Total for Week 8: 2,015 minutes
Campaign total: 6,602 minutes

Congratulations you have made it, the Fall Challenge is over! There has been amazing community involvement in this challenge, everyone from older adults, to businesses, to families, to youth logged their time walked. If you have not logged your time please do so before 4 p.m. Monday, November 14. Final results will be released next week.

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 the 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 believes 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."

SIDERoads

of Halton Hills

WINTER EDITION

Coming

November 30

The Independent & Free Press

Your Community Newspaper
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