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Recipe of the week:
Applesauce spice cake
Page 14



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by losing weight**



Page 29

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INSIDE



MacGillivray
sets the pace
in Italy

Page 28



Parenting:
Boys-only choir
ready to launch

Pages 22, 23

Editorial	6
Ted Brown	7
Const. Borak	12
Sports	27, 28
Classifieds	32-36
Calendar	37, 38

WEDNESDAY...

Town council has reversed its position and will now seek a heritage designation for the Barber Mill property.

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C'mon mom, let's salsa!

It would appear that five-month-old Colin Culligan enjoyed the 'Salsa Babies' dance class as much as mom Jennifer during the recent classes at the Community Room of the Great Canadian Superstore. The exercise program integrates learning Latin dance steps with exercise, including the babies.

Photo by Ted Brown

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