

Race for the Hills event scheduled for Saturday

The Town of Halton Hills hosts a 10 kilometre *Race for the Hills*— a spin on the popular TV series *Amazing Race*— Saturday.

Approximately 75 participants will race through the Town and endure both mental and physical challenges with prizes given to the first three teams to finish the race. The race will provide participants with the experience of visiting natural areas, cultural landmarks and historically significant sites through the rolling terrain of Halton Hills.

Race for the Hills was developed with the intent to not only raise awareness of the benefits of active lifestyles, but also provide participants the opportunity to learn more about their community by visiting a variety of sites.

The staging area will be at the Gellert Community Centre (10241 Eighth Line) with check-in at 9:30 a.m., and the awards ceremony set for 1:30 p.m.

For more information on the *Race for the Hills*, contact the Halton Hills Recreation and Parks Department at 905-873-2601 ext. 2262. Information can also be found on the Town's website at www.haltonhills.ca.

Meet the candidates Oct. 26

Halton Hills Chamber of Commerce is hosting a Meet the Candidates Breakfast Thursday, Oct. 26 at North Halton Golf Course.

Only candidates for mayor and regional chairman will take part in the event. Everyone is welcome to attend to hear the issues and ask questions.

Tickets are \$16 for chamber members and \$21 for future members and includes breakfast. Doors open at 7:15 a.m., with breakfast served at 7:30 a.m.

Pre-registration is required. Anyone interested in attending should call the Chamber at 905-877-7119 by Oct. 24.

www.independentfreepress.com



THE CONSERVATION ZONE ENERGY EFFICIENT LIGHTING

Peter Love
Chief Energy Conservation
Officer of Ontario

Every Light Bulb Counts

Did you know that energy efficient lighting...

- uses less energy?
- produces just as much light?
- lasts longer than standard bulbs?
- saves you money on your energy bill?

Energy efficient light bulbs may cost slightly more than traditional bulbs, but they last eight longer and use much less energy. This makes them very cost efficient in the long run.

When you shop for energy efficient lighting look at labels to find bulbs with the desired light output (lumen) with the lowest wattage (amount of electricity used to produce light). New technology lights the way.

Compact fluorescent lights (CFLs) are a great choice for energy efficient lighting. They provide the same light as higher wattage incandescent bulbs but use less than a third the energy.

Recent advances in CFL technology mean you can use them almost anywhere. Just check the labels to see which ones work in your chandeliers, porch lights, with dimmer switches, and in some recessed pot light. They even come in decorator shapes and colours so that you won't need to compromise on décor to be energy efficient!

The most significant lighting energy savers are LED (Light Emitting Diode) lights. You've probably seen them used in holiday lights. Seasonal LEDs use 95% less energy than standard mini-lights and the bulbs last up to 100 times longer. A 70-light string of incandescent bulbs operating for 200 hours costs \$7.70 while an LED string costs just eight cents.

Bright lights on the horizon

In the next few years, consumers will start to see other LED lights for home use, including pot lights, task and cabinet lighting. Some municipalities are switching to LED bulbs in traffic lights to save energy and cut down on maintenance and replacement costs.

And don't forget the simplest way of all to save lighting energy - turn the lights off when you're not using them!

Choosing the products that are right for your home could save you up to 10% on your electricity bill and will help Ontario meet our energy supply challenge. For more information and to learn more about the *Every Kilowatt Counts* money saving coupon program, call 1-866-859-9898 or visit www.ConservationBureau.on.ca

If you think baby boomers have too much, you're right. In the next decade 1 in 4 will have diabetes.



DO YOU WORRY TOO MUCH?

Do you suffer from constant worry & anxiety about a variety of everyday things? Does this worry create excessive tension, tiredness and irritability that affects your daily life? If so, you may be interested in a research study using a medication for the treatment of **GENERALIZED ANXIETY DISORDER**.

For more information, please contact **ANDREW** at 905-521-2100, x76632 or email: andrew@macanxiety.com Anxiety Disorders Clinic, 3G Psychiatry McMaster University Medical Centre (HHS) www.macanxiety.com

See the Light.



\$3. Compact Fluorescent Lights
instant rebate

\$5. Seasonal LED Lights
instant rebate

More Energy Efficient. Last Longer. Save Money.

Compact Fluorescent Light bulbs (CFLs) use 75% less electricity and last up to 8 times longer. Imagine how much you could save by replacing all your incandescent bulbs with CFLs, especially those in high usage areas. Seasonal LED Lights are 95% more energy efficient and last up to 100 times longer. Now you can light up the holiday season and lighten your electricity costs too!

Look for Instant Rebates In Your Mail* and at Participating Retailers.

* Mailing will take place during the first 2 weeks of October. Offer expires November 30, 2006

conservationbureau.on.ca

