



## Scout/Guide Food Drive a success

The 16th annual Georgetown Scout/Guide Food Drive was held recently and once again Georgetown residents came through in a big way as approximately 46,000 lbs. of food was collected for the Georgetown Bread Basket in the one-day blitz. (Left) Volunteer Scott Morrison grabs as much as he can carry while sorting food at Georgetown Alliance Church while (below) Leslie Webb from the 4th Georgetown Venturers Club puts food into bins.

Photos by Sabrina Byrnes



HealthSpan  
NATUROPATHIC

presents...

**"The Healthy Living Makeover"**  
Interactive Lecture Series

A series of FREE information sessions addressing YOUR frequently asked questions about natural health care options.

**Natural Hormone Balancing for Women**  
Wednesday November 22<sup>nd</sup> 6:30pm-7:30pm

Gellert Community Center

No, it's not all in your head! Hormone imbalances CAN affect sleep, mood and your ability to lose weight. From cortisol to estrogen, flax to wild yam—we take you on a tour of the options in hormone testing, and how nutrition, lifestyle and plant-derived medicines can help to move *hormonal havoc* closer to *hormonal harmony*.



Admission is FREE but advance registration is required. Please call HealthSpan Naturopathic at (905) 873-8729 to reserve your spot! info@healthspan.ca

More sessions coming in 2007! Visit [www.healthspan.ca](http://www.healthspan.ca) for details

Helping Smart People Make Smart Decisions About Their Health...One step at a time.

## Blue Springs



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# PADERNO

## Fantastic Fall Factory Sale



PADERNO

**SAVE \$412!** 9 pc Charlottetown set:  
1.5 & 3 L saucepans, 5 L Dutch oven, 3 L steamer,  
24 cm frying pan, 4 covers. ~~\$612.00-~~

**\$199<sup>99</sup>**



# UP TO 80% OFF

## NOV. 15-19 ONLY

**SAVE \$90!**  
45 pc Flatware Set. \$179.99



**\$89<sup>99</sup>**

**50% OFF!**  
5 pc Prestige Non-Stick  
Bakeware Set.  
\$59.99



**\$29<sup>99</sup>**

**SAVE \$82!**  
1.5 L Saucepan. \$109.00



**\$26<sup>99</sup>**

**Under \$25!**  
3 pc Mixing Bowl Set w/Bonus  
Dr. Oetker Lava Cake.  
\$39.99



**\$24<sup>99</sup>**

**80% OFF!**  
20 cm Fry Pan. \$99.00-



**\$19<sup>99</sup>**

**70% OFF!**  
42 cm Multi-Roaster. \$333.00



**\$99<sup>99</sup>**

**75% OFF!**  
25 cm Catering Fry Pan.  
\$99.99



**\$24<sup>99</sup>**

### SALE LOCATIONS

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Acton Home Hardware  
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(519) 853-1730

**GEORGETOWN**  
United Lumber  
Home Hardware  
333 Guelph St  
(905) 857-8007