



Stick with your high blood pressure treatment, or you may be in for a nasty surprise.



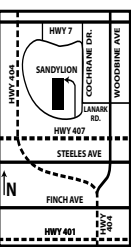
Canadian Coalition for High Blood Pressure Prevention and Control  
http://aorta.library.mun.ca/bp



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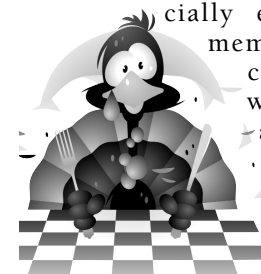


*Church invites community to Thanksgiving Dinner*

Residents of Halton Hills are invited to enjoy a Thanksgiving Dinner with members of the Georgetown Christian Reformed Church, 11611 Trafalgar Rd on Monday, Oct. 13.

This invitation is hosted by the deacons of the church and is especially extended to members of the community who are alone and not able to join family members for this festive holiday. Doors open at 1 p.m. and the dinner is served at 1:30 p.m.

To make reservations call the church office, 905-877-4322 or Dan Roffel, 289-891-9009.



**Donations wanted for local food banks**

**Georgetown Bread Basket**

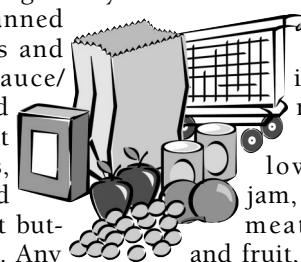
The Georgetown Bread Basket (food bank) is very low on some food items. If you can help, please drop off at any of the grocery stores: canned pasta, canned meat, canned vegetables and fruit, rice, jam, pasta sauce/tomato sauce, canned tomatoes, cereal, instant coffee, dry soup, cookies, baking goods, canned juice, large jars of peanut butter. Thanks for your help. Any items can be placed in the food bank bins at any of the grocery stores and food bank volunteers will pick up.

**Salvation Army-Acton**  
The Salvation Army in Acton is appealing to members of the community for help in stocking its Food

Cupboard. Throughout the year, individuals and families, are in need of a helping hand, to put food on their table. Its Family Services Office has seen an increase in clients this year, who are struggling with limited income to provide the necessities of life.

Shelves are running low of peanut butter, jam, Kraft Dinner, canned meat, stews, vegetables and fruit, soup, dry pasta, pasta sauce, juice, instant coffee, tea and sugar. Any and all donations would be greatly appreciated.

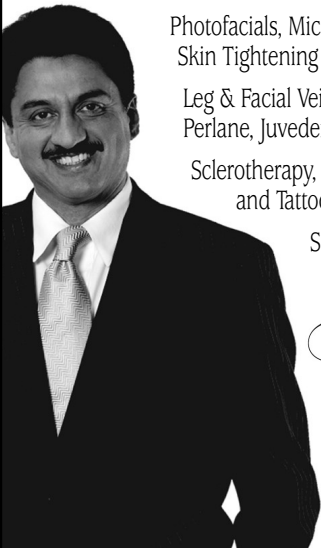
Items can be brought to the Acton Salvation Army Church or Thrift Store, 120 Mill St. E. A drop-off Donation Box has also been placed at the Acton Sobeys Store.



**DR. A. MALIK MD FRCS FACs** *Principal owner & founder of Peel Laser*

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**30% off Yonka Products**



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*Gift Certificates Available*  
**108 Main St. S. Georgetown**  
Mon. - Sat. at Dr. Hassard's Office.



Roberta Vaughan of Georgetown and Rick Hasting of Toronto are proud to announce the engagement of their son,  
**Jason Taylor Vaughan to Charlotte Lynn Brown**, daughter of Joe and Sue Brown of Tilbury

**STAG & DOE**  
**Sat. Oct. 4, 7 pm - 1 am**  
**Lion's Hall**  
**Tickets \$10 at the door**  
**Raffle: Bills & 49ers tickets**

**Halton District School Board's Parent Involvement Committee CONFERENCE**



Parent • Involvement • Committee

The Halton District School Board's Parent Involvement Committee invites parents and community members to attend a one-day conference, featuring Oakville motivational speaker Carole Bertuzzi Luciani, on:

**Saturday, October 25, 2008**  
**8 a.m - 3:30 p.m.**  
**White Oaks Secondary School**  
**1330 Montclair Drive, Oakville**

- Workshop topics include:
- developing resiliency in children
  - differentiated instruction
  - literacy
  - homework support
  - helping kids make safe choices
  - bullying
  - nutrition

A light breakfast and lunch will be provided. Lunch-time community awareness displays will be available and child-minding will be provided for children 3 years and older. Interpreters will be available.

Please register on-line by **Wednesday, October 15<sup>th</sup>** at <http://info.hdsb.ca/picreg>

**Halton District School Board**  
Wayne Joudrie Gillian Tuck Kutarna  
Director of Education Chair of the Board  
2050 Guelph Line, Burlington, ON L7R 3Z2  
(905) 335-3663 (905) 842-3014 (905) 878-8451  
Fax: 335-9802 www.hdsb.ca

*Congratulations on your engagement Peter & Bobbi*

*We are all very happy for you.*

*With Love from your Family*  
Tim, Denise, Hugh & Gisela, Geoffrey & Kim, Paul & Natalie, Max, Scott, Zach, Lucas

*Duane & Evelyn Frerichs of Georgetown are pleased to announce the forthcoming marriage of their daughter*

**Gail to Kevin Legault**, son of Mrs. Dorothy Paul & the late F. Ernest Legault of Oakville.

*Wedding to take place Oct. 18, 2008 in Burlington.*

offer code 0001243

**FALL SALE**

**HIDE HOUSE**

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Hwy 401 to Hwy 25 North  
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Offer valid until Oct 15, 2008

Mon. - Sun. 10am - 6pm  
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