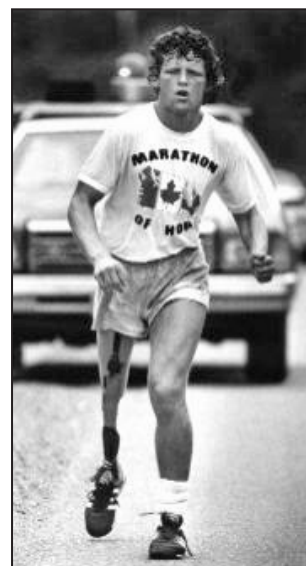


# Terry Fox Run Sunday

By Rebecca Ring

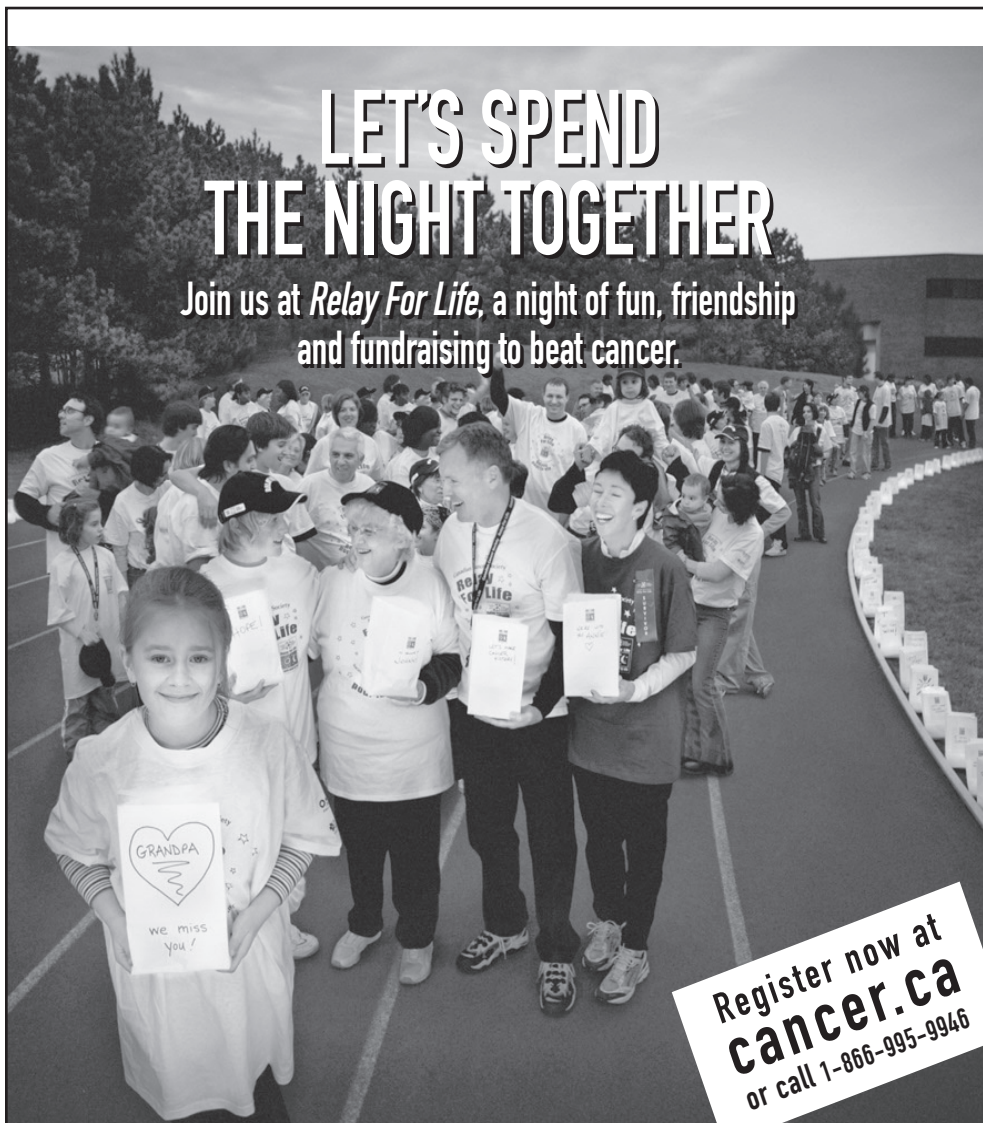
It has been 26 years since Terry Fox ran his *Marathon of Hope* in 1980. He had a



to see his dream realized in February 1981. Since then, over \$400 million has been raised worldwide in his honour. Last year, \$17 million was raised in Ontario alone.

This Sunday, September 17, Rockwood will once again hold its Terry Fox Run. Register and run, walk or wheel from 12:30 to 2 PM. The starting point is at Rockwood Centennial School, in the teacher's parking area. Rollerblades and bikes are welcome. There are both 5 and 10-km loops. Donations are welcome. For more information, contact Steve Thomson at (519) 856-2402 or [ssthomson@sympatico.ca](mailto:ssthomson@sympatico.ca).

dream to raise one million dollars per Canadian for cancer research. Terry lived



## LET'S SPEND THE NIGHT TOGETHER

Join us at *Relay For Life*, a night of fun, friendship and fundraising to beat cancer.

## CANADIAN CANCER SOCIETY RELAY FOR LIFE



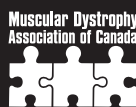
Canadian Cancer Society

ONTARIO DIVISION

81 EVENTS ACROSS ONTARIO

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Until there's a cure, there's us.

### HOW TO RAISE A MONEY-SMART CHILD

Teach your children or grandchildren solid money-management skills, and it can last a lifetime. Please join us as we talk with Susan Beacham, CEO of Money Savvy Generation, an organization honored by Business Week, USA Today and the Parents' Choice Foundation for its mission of Helping Kids Get Smart About Money.™

Come learn about teaching tools like the "Money Savvy Pig" savings bank and coloring and activity book designed to help children learn how to set goals and make wise money choices.

For free admission, call or visit today. Hurry - seating is limited.

Date: Tues. Sept. 19

Time: 11:30 am & 6:30 pm

Place: Edward Jones

Archie Braga  
Investment Representative

315 Queen St. E.  
Acton, ON  
519-853-4694

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### CAPSULE Comments



If Canadians didn't drink alcohol, smoke or use illegal drugs, we could save our healthcare system about \$8.8 billion yearly. Added to this is the loss in productivity of over \$23 billion and you can see the real effect that these addictions have on Canadian society.

Want to live longer? Eat less and exercise more. You actually can do it two ways. One way is to reduce your energy intake by 25% or you can reduce your energy intake by 12.5% and increase your exercise by 12.5%. Simple ideas but more and more evidence is supporting it.

Blood pressure normally rises at higher altitudes. A blood pressure at sea-level of 105/65 could rise to 115/75 as altitude increases. Staying at that higher altitude will allow your body to acclimatize itself to the environment and blood pressure should stabilize. If you are visiting areas above 6000 feet in altitude, check with your doctor if you are concerned.

If you are over the age of 50, be sure you get enough vitamin B-12 in your diet or as a supplement. As we age, we don't produce as much stomach acid needed to extract the B-12 from food proteins. A good multivitamin should have at least 6 mcg in it.

We have a lot of knowledge about vitamins. Let one of our pharmacists, Mary & Maija, advise you on the right formula for you.

**ROCKWOOD PHARMACY**  
178 Alma Street, Rockwood ON (519)856-9486

# 2006 CURLING 2007 ACTON CURLING CLUB

### General Rates (excluding tax)

Mens/ Ladies	\$258.00
Ladies Night	\$176.00
Couples	\$457.00
Kids	\$ 60.00
Seniors/Students	\$159.00

YOU ARE INVITED TO AN OPEN HOUSE!

Enjoy free curling every night from 7:00-9:00 pm from October 10-13, 2006  
Instruction and equipment provided

## JOIN THE FUN!

### LEAGUE PLAY

Men's	Mon @ 7 & 9 pm
Ladies	Tues @ 7 pm
Mixed	Wed @ 7 & 9pm
Or	Fri @ 7&9pm
Junior	Thurs @ 6:30-8:30pm
Seniors	Tues & Thurs @ 8am & 10am



★ Registrations due by Oct. 13th ★  
Leagues start week of Oct. 16th!

BRING A FRIEND!

For further information, call Sue @ (519) 853-2386 or Lori @ (519) 856-4033 or leave a message at the Club @ (519) 853-0110

Acton Curling Club · 242 Churchill Rd. N., Acton L7J 2M2

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