

Marchand's fight against cancer to continue at Relay for Life

Sandra Marchand understands the true meaning of hope.

In April 2006, three months after the birth of her second son, this single mother was diagnosed with brain cancer. As Marchand fought the cancer, her family and friends gathered around her and her two sons.

"When I was diagnosed I was so sick I couldn't even hold my son," Marchand said. "But my family and friends have been my strength. Their support has given me so much hope."

Hope is the underlying message in the upcoming Relay for Life, an annual fundraiser for the Canadian Cancer Society.

This year's Milton event will take place

June 15 to 16 at the Milton Fair Grounds. Teams of 10 people will join together and walk for 12 hours — from 7 a.m. to 7 p.m.

It's an evening of celebration for those who have conquered cancer, an evening of hope for those who are battling cancer and an evening of remembrance for those who have lost someone to cancer.

Last year, Marchand was too sick to attend the relay. Her family and friends gathered a team and did the walk in her honour. This year, Marchand is putting together a team called 'Sandra's Hope'.

She said it's her opportunity to get involved and give back to someone else who needs the support she was shown.

"This is such a wonderful evening of

hope and sharing of experiences," Marchand said. "The reality seems to be that everyone has been touched by cancer. Relay For Life is an opportunity for people to bond and to raise money in the fight against cancer."

In the 12-hour relay, activities are always happening to keep participants awake, active and remembering why the event is so important.

Event co-chair Tarah Cherwoniak explained one of these events is the luminary ceremony.

"The luminary ceremony is one of the most amazing parts of the entire event. Our community comes together to honour those who have survived this terrible disease and to remember those we have lost," she said.

"The luminaries light the way for participants to walk the track all night. During the moment of silence, photos of our loved ones are shown and it's truly a touching moment."

Luminaries can be donated in memory or in honour of a loved one by visiting www.cancer.ca. If you'd like a loved one's photo to be included in the ceremony, e-mail it to miltonluminaries@hotmail.com.

Another touching moment is the Survivor's Walk, in which cancer survivors walk the ceremonial first lap.

To register a relay team, volunteer or walk as a survivor, call (905) 332-0060 or visit www.cancer.ca/relay.

Water fluoridation to be discussed at meeting

Water fluoridation will be the topic of the night at an event in Waterdown Thursday evening.

Dr. Paul Connett, a toxicologist and chemist from St. Lawrence University in New York, will be the guest speaker for the evening at Pause Awhile Tea Room, 31 Main St., Waterdown.

Admission is free, but those interested in attending must call (905) 689-4255 or e-mail cindymayor@hotmail.com to reserve a seat.

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...Use Restraint Every Time You Drive!



Here are just a few lifesaving tips all parents should know about the correct way to use child restraints.

Take A Back Seat

It's the safest place in a crash, and if your car has a passenger air bag, it is essential that children under 12 ride in the back.

Do An About Face

Babies up to one year (up to 20 lbs) should ride in a car seat facing the rear, in the back seat.

Keep a Tight Rein

When installing a car seat, make sure your car's safety belt stays tight around the safety seat. Harness straps go over the child's shoulder and should be adjusted so that you can slip only one finger underneath the straps at your child's chest.

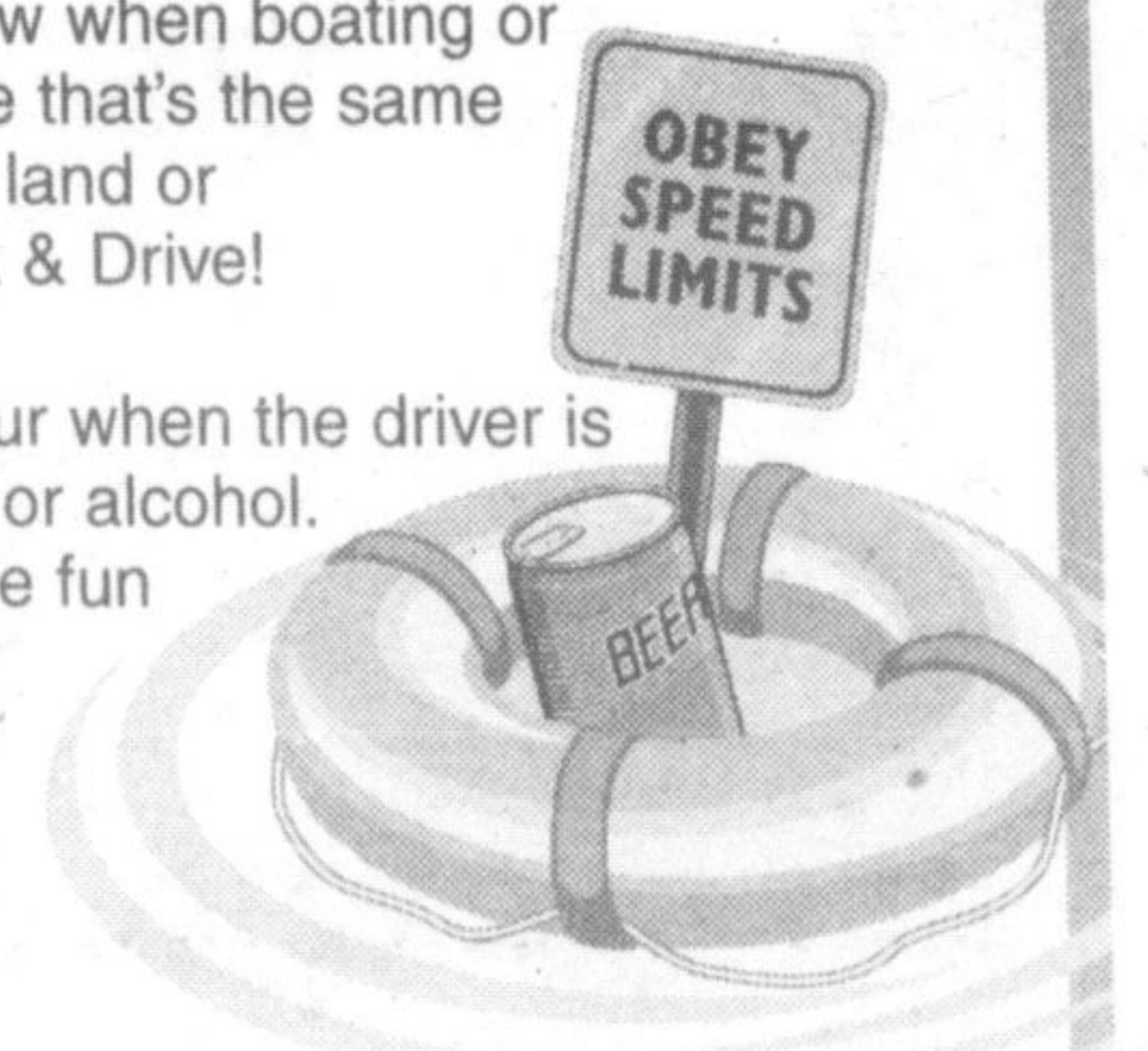
Don't Slouch On Safety

Generally, children up to 40 lbs. should remain in a car seat. After that, a booster seat may be used along with the car's safety restraint system. The lap belt should fit tight across the upper thighs, the shoulder belt over the shoulder and across the chest.

Be Boat Smart.

There are many rules to follow when boating or driving, but there is one rule that's the same whether you're on land or at sea—Don't Drink & Drive!

Many boating accidents occur when the driver is under the influence of drugs or alcohol. Your day on the water can be fun and enjoyable if you stay sober and in control of your vessel.



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