

Introducing...

**koswireless**

to the County.

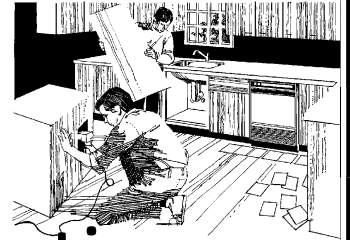
- Up to 6mbps (speed)\*
- 5 e-mail addresses
- Dial-up access
- Personal web space
- \$44.95 per month

\*Depending on range

SENDING THE SIGNAL

968.7137 info@kos.net www.kos.net

## Kitchen



## Renovations

Save by re-facing your existing cabinets with new solid wood raised panel doors and drawer fronts.

Cabinet Work  
by

**Kevin Cole**

Milford, Ontario  
Phone 476-2789

## The Maker's Hand

October 31 - November 2, 2008

A signature show of the Prince Edward County Arts Council returns to showcase internationally and locally renowned artists and artisans and introduce new ones to the scene. Browse Eastern Ontario's most exciting show and sale for unique pieces from a collection of work including wood, metal, mixed media, glass, jewellery, clay, fibre and wearable art.

Location: Picton Fairgrounds Community Centre

Time: Daily 10:00 am to 5:00 pm

Admission: \$5.00

Contact: Phone: 613 476 4811

email: [pecartscouncil@bellnet.ca](mailto:pecartscouncil@bellnet.ca)

Website: [www.themakershand.com](http://www.themakershand.com)

## Personal and Family Nutrition Counseling Rejuvenate your body. Revitalize your spirit.

Learn how to make mouth watering, nutritious raw food meals with Erika Wolff  
The County's Raw Food Expert

For more information about,

- All Day Hands-on Living Foods Workshops
- The Seven Part Lecture Series
- Weekend and Fasting Retreats
- Private personal and family counseling

Call **613-476-0302**

or visit [www.powerofraw.com](http://www.powerofraw.com)

Read Erika's blog at  
[erikasrawjournal.com](http://erikasrawjournal.com)

Erika Wolff is certified by the Hippocrates Health Institute.

**[www.powerofraw.com](http://www.powerofraw.com)**

