

Bob Price Home Inspection LTD.
NO MONEY DOWN to hold your registration
 Register now for your 3 month
GUARANTEED SPECIAL RATE!

Fall Sale! \$ **283.03** + GST
 Any Size House

AAA **BBB**

Please Call:
 (519) **999-9399** Email: robert770@sympatico.ca



LAST CHANCE!! TO ORDER
Trees Still Available!
 Deadline extended to
 Tues. Oct 17, 2006.
 There are still several
 species of trees
 available in large stock sizes.
 Must own 2 acres.



Essex Region Conservation Authority
 Please call Paul Giroux at
 776-5209 ext. 377

Countryside Upholstery
 "For all your furniture needs"

- Foam for cushions
- Furniture Reupholstery
- Repairs
- Antique Restoration
- Pick-Up & Delivery
- Free Estimates

737-6720
 Proprietor Tom Collins
 "Serving the Community for Over 30 Years"



Craft Show
OCTOBER 21, 2006
 10:00 A.M. - 4:00 P.M.
 PROCEEDS TO BENEFIT RESIDENTS OF ILER LODGE LONG TERM CARE.

ILER LODGE
 111 ILER AVE., ESSEX



Wheatley Woods
 Native Plant Nursery and Garden Centre

Trees, Shrubs, Perennials, Ferns, Grasses,
 Bagged & Bulk Soil/Mulch

Delivery and tree planting services,
 landscape design and house calls

We specialize in Native Plants

2448 Essex Road 14, P.O. Box 765
 Wheatley, Ontario N0P 2P0
 T: (519) 825-4217 F: (519) 825-7239
 www.wheatley-woods.ca



The Essex Cook House
KARAOKE
MUSIC
LIMITED TICKETS

ADULTS ONLY!

presenting... **A Halloween Murder Mystery Dinner**

October 28th, 2006

Cocktails 5:00 p.m.
 4 Course Dinner 6:30 p.m.
 Cost \$40.00 per person

Walkerville C.I. Actors.
 Halloween Attire preferred.
 Halloween Party to Follow Dinner.

DINNER CHOICES: Prime Rib Au Jus, Stuffed Chicken Breast in Champagne Sauce & Yellow Fin Tuna in Rosemary Butter

19 Laird Avenue, Essex 519-776-5469



County roads can be hazardous, bicycle safety programs warn

BY DANIEL SCHWAB

One year after Leamington migrant worker Alberto Tableros was hit by a car and killed while riding his bicycle, two programs are working to make local roads safer for cyclists.

The first is Share the Road Ride, an effort to raise public awareness about creating bike friendly roads.

The second annual event is planned for Oct. 21, and organizers are anticipating more than 100 bike riders to participate.

Last year, the event highlighted Seacliffe Drive as potentially hazardous for migrant workers whose only mode of transportation is a bicycle. It took place just hours before Tableros was killed on Highway 3.

Later that month, Share the Road Ride organizer Tom Omstead drafted a petition, which has now been signed by more than 1,100 supporters. It calls for government to address the safety issue by painting the safety issue by painting the biking symbols and posting signs on key bike routes

around Essex County. It also asks that some roads be widened to include designated lanes for cyclists.

Omstead spoke about the petition on Oct. 6 from his temporary residence in Canmore, Alta.

"We find in Alberta, there is a lot of awareness about motorists sharing the road with cyclists," Omstead said. "Most of the roads have paved edges for bikers. People are alert to bikers being on the road. When we go back to Essex, the difference hits us like a ton of bricks."

Since Tableros' death, Omstead has worked with County Engineer Tom Bateman to post signs in both Leamington and Ruthven. There is still more that needs to be done in Essex and the rest of the county, Omstead said. Tableros was 46 when he was killed riding home from work on Highway 3 near the intersection with the Graham Side Road in Kingsville. Tableros did not have reflective gear on his bicycle, Ontario Provincial Police officers said. Three

migrant workers have been killed riding their bicycles in the past three years.

This year's ride will begin at Essex town hall and continue 20 kilometres to Cottam and back, highlighting potential hazards on County Road 34.

"That road should be more bike-friendly," Omstead said. "That is the key message- bikers do have a right to be on the pavement. Most motorists know that, but there's always one in a thousand that don't get it."

The second program working to ensure safety for cyclists focuses on educating migrant workers about the rules of the road.

Last July, Leamington's Migrant Worker Community Program teamed up with the town and the Guest Workers' Safety Committee to start a series of bicycle education training workshops.

Co-ordinator Zakaria Chol said the program has reached about 500 workers at 12 greenhouses in Leamington and Kingsville.

barriers and educate workers about riding on busy county roads, Chol said. He said many migrant workers don't recognize street signs and are used to riding against traffic, instead of with it.

"It's a cultural barrier," Chol said. "It's not because they're not law abiding, it's just because they don't understand."

With \$5,000 in funding from the towns of Leamington and Kingsville, the program has secured equipment for the workshops, distributed 2,000 bike safety flyers and produced a TV commercial geared toward migrant workers on CFTV 34.

Chol said the program has also helped get some greenhouse operators on board, who now supply reflectors for bike-riding workers.

"The whole program exceeded our modest expectations," Chol said.

The program will come to an end in November, but Chol said he hopes it can be reintroduced next year.

SEE COUNTY ROADS, 11

The week of October 16th only, Curves is waiving the service fee when you make a donation to any Canadian breast cancer charity.

Make a donation to a Canadian breast cancer charity and join for free.*

My name is Mary Antonuzzo. I am a 61 year old mother of two grown sons and two grandchildren.

When I decided to visit Curves - Essex almost a year ago, I found a friendly, energetic and informed staff who helped me immensely to make my decision and assured me that I could handle the circuit.

My first day at Curves amazed me. I realized that I could really do this, and was a little afraid to admit that I actually enjoyed my workout. By the end of the first week, I could not believe how much my energy level had increased, and I was able to do more than I had ever done in a very long time.

I am having knee replacement surgery soon, and when I asked the surgeon what the success of this surgery depended on, he informed me that it was weight and exercise.

I have gone from a size 26 to a size 14. I have lost 49 pounds, 42-1/2 inches and my body fat percentage has decreased 8.80%.

Honestly, I now look forward to my 30 minute workout with enthusiasm, and for someone who has been overweight all of my life and thought she was allergic to exercise, Curves has definitely made me a believer!

Mary Antonuzzo

*Charitable contributions made within the last 12 months are eligible. Offer based on first visit enrollment, minimum 12 mo. c.d. program. Not valid with any other offer. Valid only at participating locations through 10/21/06. ©2006 Curves International

A full body workout including cardio and strength training.

Curves
 The power to amaze yourself.

Essex
 (519) 776-8660
 316 Talbot St. N.

Kingsville
 (519) 733-4524
 25 Main St. W.

Leamington
 (519) 322-5370
 254 Oak St. E.

Over 9,500 locations worldwide • curves.com

