

## Salvation Army launches Kettle Campaign



Holiday helpers - Major Paul Gilbert of the Salvation Army joins volunteers Leila Robertson, Donna Calder and Teresa Benson for the official kick-off of the local Salvation Army's "Kettle Campaign" at Essex Zehrs Nov. 17.

## 'Feet on the street' needed for February

Too many people you pass on the street are impacted by heart disease and stroke.

Your feet on the street can help the Heart and Stroke Foundation change that.

Join the winning team of volunteers now for the Heart and Stroke Foundation next February. February is Heart Month and it takes just a few hours

going door-to-door in your neighbourhood to have a far-reaching effect for research and health education in Windsor and Essex County.

To become a Heart Month volunteer contact the local Heart and Stroke Foundation Office at 519-254-4345 or visit [www.heartandstroke.ca/heartmonth](http://www.heartandstroke.ca/heartmonth).

Please join the Heart and

Stroke Foundation and the hundreds of volunteers in Essex County who are helping collect donations and distribute healthy living information during Heart Month next February. All funds raised support research into the root causes of heart disease and stroke.

Call and volunteer today and see what happens when you put your heart into it!

## Parenting workshop on communications

Parenting is the most important job you'll ever have and the Windsor-Essex County Health Unit is offering a free workshop on that topic from 6:30 to 8:30 p.m.

Wednesday, Dec. 6 at Sun Parlour Junior School in Essex.

This workshop will help you to encourage your child to be their best! You will

learn communication skills that will enhance your relationship with your child.

Registration is required. For information or to register call 519-258-2146 ext. 1260.



We invite you to

## "Ladies Night"

Thursday, November 30th, 2006  
5 pm - 8 pm  
at



A Fashion Jewellery Event  
featuring Chocolate Diamonds

Your opportunity to fill out a Wish List Card.

Make their shopping easier and get what you've always wanted this Christmas.

Nothing says "I Love You" like a gift from Nova Goldsmiths

## "Men's Night"

Thursday, December 7th, 2006

14 Division St. South, Kingsville • 519-733-3618



## Dental Optometric Centre

is now accepting

new **Eyes and Smiles!**

We welcome all patients to  
our **New Office**

located in

**The LaSalle Heritage Plaza**  
(Beside Windsor Crossing Outlet Mall)

**DR. R. HEISER D.D.S.**  
**Dental Optometric Centre**

**Tel: 519-250-5056**



# SX HEATING & COOLING

**YOUR ENERGY EFFICIENCY STORE!**

**PRE-PAID INSPECTION.**  
PLAN EQUALS 2 VISITS PER YEAR.

**WIN a Kingsman Fireplace**  
**installed in time for Christmas.**

**HURRY- LAST CHANCE TO WIN!**

(The Draw will be held Nov. 25, 2006 after the Santa Claus Parade.)

**12 month no Payment, no Interest Financing.**  
**10 year warranty on parts and labour.**

\*Certain Conditions apply. See store for details.

**Call now to book your**  
**Winter Furnace Check Up!**



**32D Arthur Ave.,**  
**Essex ON N8M 2M9**

**519-776-4021**  
**E-mail: [sx\\_craig@yahoo.ca](mailto:sx_craig@yahoo.ca)**