

# Groups urged to apply for Heart Action grants

Heart Action York Region is one of five heart health promotion projects in Ontario funded by the Ministry of Health. The mission of Heart Action York Region is to promote heart-healthy lifestyle choices for people who live and/or work in York Region.

Heart Action York Region, through its Community Development Fund Initiative, will award grants of \$500 to community groups, individuals, or non-profit organizations interested providing a heart-healthy program in York Region.

## Glad Days are starting

Glad Days are blooming again. Starting tomorrow, volunteers will be selling beautiful gladioli flowers all around York Region in support of the community's estimated 11,000 adults and children living with epilepsy.

Due to ongoing cuts in social service spending, community support is increasingly important to not-for-profit organizations.

All proceeds from the Glad Days campaign will help maintain services provided by Epilepsy York Region. Since 1988, the agency has provided support groups, public education, counselling and a resource centre for those directly and indirectly affected by seizure disorders.

**26TH ANNUAL UXBRIDGE - SCOTT HISTORICAL SOCIETY**

**STEAM THRESHING DAYS**

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- PIONEER artifacts & machinery, Arts & Crafts
- Entertainment & Dancing • Refreshments

**Adults \$5 • Students & Seniors \$3 • Children \$2**

The program should emphasize active living, healthy eating, and/or being smoke-free. The fall deadline for grant requests is Aug. 29. For more information and application forms, contact Health Action York Region at 836-4744 or 1-800-267-2328.

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Markham	85.60	48.15	Nobleton	48.15	32.10
Concord	42.80	26.75	Oak Ridges	58.85	32.10
Island Lndg	80.25	42.80	Pefferlaw	139.10	74.90
Richmond Hill	107.00	64.20	Richmond Hill	58.85	32.10
Geary	64.20	37.45	Sharon	80.25	48.15
King City	53.50	32.10	Schomberg	64.20	37.45
Markham	48.15	32.10	Stouffville	80.25	48.15
North York	64.20	37.45	Sutton	128.40	69.55
North York	90.95	48.15	Thornhill	53.50	32.10
			Unionville	58.85	32.10

Total price includes GST. Senior citizens discount 10%. Special Fare - each additional person \$10.00, children under 3 yrs. no charge. Animal cages, golf clubs, side extra luggage \$5.

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From Stouffville: 10:35 am, 1:35 pm, 4:35 pm



Owners Tracy and Michael Lin of Sunshines Seafood Restaurant in Stouffville serve great homemade food.

## The freshest ingredients and the best prices at Sunshines Seafood Restaurant

The owners of Sunshines Seafood Restaurant on Main Street Stouffville offer their customers large portions of delicious homemade food at low prices.

"Everything is the best - the best food and the best prices," said Michael Lin who owns the restaurant with his wife Tracy.

Other than two waitress, Michael and his wife are the only ones who work at the spacious restaurant that serves everything from salads, soups and appetizers, chicken and steak, pastas, homemade thin crust pizza and a wide variety of seafood. This allows the two to offer the low prices found at the three-month-old restaurant. Prices start at \$1.95 for a small caesar salad or an order of garlic bread and go up to \$14.95 for a fresh lobster or a 10 ounce steak with mushrooms, red wine sauce and shrimps scampis.

The restaurant also offers a number of lunch specials starting at \$3.25 and free soup or salad with an entree. It also has takeout and delivery.

**The restaurant is located at 5812 Main St. and is open daily from 11 am to 10 pm, Friday and Saturday from 11 am to 11 pm, Sunday from 4 pm to 10 pm. For details: 640-6115**

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