Residents to put best paw forward

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ride features 25 and 160-km courses. The event, expected to attract between 200 and 300 cyclists, is held as a tribute to the life and legacy of Karen Tobias, her son Kirk said.

The Ride for Karen raised about $100,000 in the past two years. The money is used to help build and furnish new cancer care facilities to provide much needed resources for cancer support and to send children with cancer to camp.

Thousands of women at sites across Ontario, including Unionville and Newmarket, will join their families and friends in the annual Cheerios Mother-Daughter Walk for Heart and Stroke Sept. 26.

Last year, the event raised more than $2.5 million. This year's goal is $3.3 million.

At Toogood Pond in Unionville, participants will have a choice of a three or six-km walk. The Fairy Lake walk in Newmarket offers a two and four-km route. Check-in time at both locations is 8 a.m, while the run gets under way at 10 a.m.

More women than men are now dying from heart disease and stroke, according to the Heart and Stroke Foundation.

"With our aging population, it's critical to understand the underlying causes of these diseases," event spokesperson Diane Hargrave said. "Raising money through events such as the Cheerios Mother and Daughter Walk for Heart and Stroke is vital for the research and health promotional activities of the foundation."

York Region residents are being asked to put their best paw forward and join the Ontario Society for the Prevention of Cruelty to Animals' dog walk Sept. 26 in Richmond Hill.

The annual Mutt Strut gets underway at Richmond Hill's Richmond Green Park. Special guests this year will be Global Television anchor Christine Crosbie and 92.5 Jack FM radio host Rob Christie.

Wendy Cooper, manager of fundraising for the York Region branch of the Ontario SPCA knows there is a large number of groups reaching out for the charity dollar through runs and walks.

"There's always going to be competition," Ms Cooper said.

"We're hoping people who especially love animals will come out and support our event. You're never going to get rid of the competition."

Scotch abounds at pub

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scooping up all the hot, gooey dip. The quesadilla was simply overflowing with melted cheese, tomatoes, peppers and onions. Although shown as an appetizer, it make a substantial meal.

For entrees, my dining companions and I thought we'd try some of the pub fare and some of the restaurant's other popular menu items. The captain's melt ($9.99) stole the show with juicy Angus beef topped with caramelized onions and melted cheese all piled on a soft, garlic roll. The hand cut fries or home-made mashed potatoes make an excellent side dish.

Never one to pass up an opportunity for liver and onions that I don't have to make myself, I decided to try the Crow's Nest's version ($10.99) based on our server's assurance it was a best-seller. One bite and I could see why; the liver, seasoned, breaded and pan fried to a buttery soft texture, was simply smothered in sweet sautéed onions.

The traditional halibut and chips ($8.99) could only have been more authentic if it was wrapped in yesterday's London Times. And, since The Crow's Nest is a pub, there is a ridiculously large assortment of single malt scotch available—39 in all and all for less than $8 for a one-ounce serving. Of course, you'll find stout and hard cider, along with a fine selection of imported ales and lagers. Daily specials and quick lunches are also available.

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