

Guelph Mercury

Who to call

Main Switchboard

519-822-4310 or call toll-free across Canada: 866-871-9868

Missed papers and subscriptions

If you haven't received your newspaper by 5 p.m. daily and 9 a.m. Saturday please call Circulation at 519-822-7771

Circulation Fax 519-822-7459

Phone hours:

Monday-Friday: 8:30 a.m. to 6 p.m.

Saturday: 7 a.m. to 1 p.m.

Leave a message after hours.

How much (Single copy)

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Saturday \$1.25

(Carrier home delivery)

Monthly by carrier \$15.66
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6 Months (Prepaid) \$90.41
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Breaking news

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Getting it right

Our accuracy pledge

Nothing is more important to us than accuracy. We always strive to ensure the information we provide is factual and correct. But sometimes we make mistakes, and when we do, we will correct them promptly and prominently. If you see a factual error, please contact the newsroom at 519-823-6060 or by email at editor@guelphmercury.com.

Lottery results

Yesterday's unofficial winning numbers:

Lotto 6-49: 5, 19, 27, 32, 44, 46. Bonus: 25

Ontario 49: 4, 25, 34, 37, 48, 49. Bonus: 6

Pick 3: 6 1 3

Pick 4: 1 5 7 2

Keno: 4, 8, 12, 14, 16, 18, 19, 21, 25, 28, 34, 43, 44,

51, 57, 58, 63, 65, 69 and 70

Encore: 1581380

Ontario Press Council

The council considers specific, unsatisfied complaints about the conduct of the press.

Complaints should go to:

- The Ontario Press Council
2 Carlton St., Suite 1706
Toronto, Ont., M5B 1J3
- info@ontpress.com
- fax 416-340-8724

Share the abundance of local food

March is national nutrition month with this year's theme celebrating food, from field to table.

Guelph has an abundance of fresh fruit and vegetables, depending on the season. Every Saturday, hoards of locals cram into the small Farmers' Market building to stock up.

We are urged to buy local, and encouraged to purchase only what has been grown within a 100-mile radius of our kitchen, which is more difficult in the winter, but manageable in spring and summer when crops are plentiful.

When the season is high and crops are bountiful, there are many ways to take advantage:

- Support local farmers by shopping at the market on Gordon Street (www.guelphfarmers-market.com).

- Take part in the Community Shared Agriculture program run through the Ignatius Jesuit Centre (www.ignatiusguelph.ca/csa). In the program, members buy a "share" at the beginning of the season, and pick up their weekly box, full of fresh veggies, fruit and herbs. With the box is a newsletter with notes on how to use the ingredients, as well as recipes.

- Take part in the Garden Fresh Box Program. The program is a non-profit, fresh produce buying service created to help people access affordable fresh fruits and vegetables and also to support our local farmers.



MELODY WREN
community
editorial board

Run throughout the year, there are two choices of boxes: large is \$20; the smaller is \$15. The boxes contain loads of fresh vegetables, fruit, and occasionally fresh herbs. Included is a newsletter which explains exactly what neighbouring farms the goodies are sourced from, and contains recipes explaining how to use the more unusual ingredients that might not be familiar.

I have taken part in this program for about a year now, and get quite excited when it is 'garden fresh box day,' never knowing what to expect! There is such enormous value in the box, I really don't know how they do it, but they do it well. (www.guelphchc.ca).

However, there is a profound disparity between buying local, participating in the 100-mile diet and local residents living on or below the poverty line lining up for one of our local food banks.

Our community has such a wealth of fresh local food on one hand and such a lack of food for a growing number of the population at the other end of the spectrum.

What can you do as a local citizen to help bridge the gap between abundance and lack?

- Donate food or money to the local food bank.
- Sponsor a family through the garden fresh box program. Many families want to buy the monthly box, but simply can't afford it. For the price of a few coffees a month, you can make a difference for an impoverished family who would enjoy and benefit from eating fresh fruit and vegetables. If they sincerely want to eat fresh, shouldn't they be able to? Contact: 519-821-6638, ext. 344, or email gfbbox@guelphchc.ca.
- If you grow more vegetables than you need in your garden and have too much to deal with, you can donate it to the food bank or Sister Christine's drop-in centre. A simple delivery is a simple solution.

Spring is the time to go local or go home, whether you plan it, buy it or share it, while supporting local farmers. There is no excuse for not picking and sharing at least a few lettuce leaves this season.

Melody Wren is a member of the Mercury's community editorial board.

MARCH MADNESS MELTDOWN!

SAVE LIKE MAD!!! FROM MARCH 4 TIL CLOSING, MARCH 27, 5PM!

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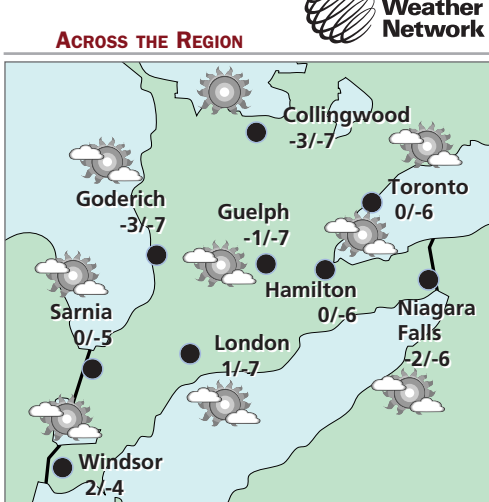
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WEATHER

TWN incorporates Environment Canada data

ALMANAC	TOMORROW	SATURDAY	SUNDAY	MONDAY
Normal High 4.7° Normal Low -4.7° Record High 17.8°/2000 Record Low -16.1°/1974 Precipitation Today's Normals 2.2mm	Mainly sunny H: -1 L: -7	Variably cloudy H: 4 L: 0	Showers H: 7 L: 1	Mainly sunny H: 8 L: -5

CANADA TODAY	TORONTO	WORLD TOMORROW	MADRID
Calgary m.sunny 15/1	showers 10/-8	Amsterdam cloudy 13/7	showers 13/5
Charlottetown m.sunny 6/-4	rain 11/6	Beijing p.cloudy 12/5	Mexico sunny 25/8
Edmonton p.cloudy 8/-5	Vancouver rain 11/7	Berlin cloudy 21/9	Miami tstorms 29/17
Fredericton sunny 11/-6	Whitehorse p.cloudy 2/-16	Berlin cloudy 23/11	Moscow cloudy -1/-14
Halifax m.sunny 8/-3	Winnipeg sunny -7/-13	Brussels p.cloudy 13/11	New Delhi sunny 37/22
Iqaluit snow -8/-16	Yellowknife flurries -14/-26	Hong Kong p.cloudy 23/15	Paris rain 17/10
Montreal showers 12/-11		Honolulu p.cloudy 26/20	Rome cloudy 19/10
Ottawa showers 11/-11	RESORTS TOMORROW	Jerusalem showers 15/6	Seoul p.cloudy 5/1
Quebec C. showers 9/-14	Acapulco sunny 33/25	Kiev p.cloudy 9/3	Singapore p.cloudy 31/26
Regina p.cloudy -3/-7	Barbados sunny 31/25	Las Vegas sunny 21/9	Stockholm cloudy 6/0
Saskatoon p.cloudy 2/-6	Bermuda cloudy 22/17	Lisbon p.sunny 17/12	Sydney sunny 32/24
St John's rain 3/1	Havana p.cloudy 30/21	London cloudy 13/8	Tel Aviv tshowers 22/12
	San Juan sunny 27/26	Los Angeles sunny 18/12	Tokyo sunny 9/4



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www.heartandstroke.ca