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Mayoral race hits double digits

By JOSEPH CHIN
Staff

Even with Mayor Hazel McCallion still sitting on the fence, the number of mayoral candidates has hit an unprecedented double figures.



Dave Cook

Yesterday, former City of Mississauga councillor and local historian Dave Cook and community volunteer Masood Khan became the ninth and 10th hopefuls.

McCallion has called a press conference for today to make "an important election announcement." She's playing it coy when asked whether it's to declare she's seeking a 12th term in office.

"You'll have to come out to find out," she told *The News*.



Blues and at Southside

By CHRIS CLAY
Staff

Tens of thousands of blues and jazz fans will descend on Port Credit this weekend (Sept. 10-12) for the annual musical smorgasbord known as the Tim Hortons Southside Shuffle Blues & Jazz Festival.

The popular festival, which features more than 170 artists playing over three days, opens on Friday. Some 75,000 people attended last year.

The Angus MacKay Memorial Park Main Stage, in Port Credit Memorial Park, will feature Friday night concerts by Raoul and The Big Time as well as Downchild, a band that includes Mississauga vocalist and Southside founder/artistic director Chuck Jackson. The evening closes with legendary rockers Ronnie Hawkins & the Hawks.

The music continues Saturday with main stage performances by Watermelon Slim and Elvin Bishop. American country pop act, Dr. Hook, featuring Ray Sawyer, will close the evening and is expected to perform hits such as *Cover of the Rolling Stone*, *Sylvia's Mother* and *Sharing the Night Together*.

On Sunday, festivities get started with Mark Stafford's Junior Jam followed by Monkeyjunk and Mark Hummel's Blues Harmonica



Naturopathic Doctor Carol Morley released a new cookbook called *Delicious Detox*. The launch was recently held at Morley's Zawada Health Clinic. *Staff photo by Fred Loek*

Doctor dishes up the recipes

Naturopathic doctor Carol Morley treated the public to dishes from her new cookbook at her Zawada Health Clinic last week, to celebrate health week.

The recipes in the book, *Delicious Detox*, were developed by Morley in her family's own kitchen and tried by many of her patients.

"Whenever I recommend a detox to a patient or friend, I'm always asked the same question: 'what can I eat?' This new cookbook answers this question, and gives step by step

instructions to cooking vegetables, chicken and fish in a detox-friendly way," said Morley.

Morley believes a three-week detox is a great way to clean the body of toxins and allergens, because, she says, it involves the elimination of caffeine, alcohol, wheat, dairy, and sugar and may result in energy boost, decrease in pain, improved digestion, and increased focus.

Zawada Health Clinic is located at 201 City Centre Dr.