



Pictured, left to right: Kim Faris, Lite 99.9; Dan Foley, Montgomery County Commissioner; Judy Cook, Mayor of Oakwood; Deborah Lieberman, Montgomery County Commissioner, Dr. Paula Termuhlen, Medical Director of the Breast Cancer Task Force of the Greater Miami Valley; Rhine McLin, Mayor of Dayton; and Judy Dodge, Montgomery County Commissioner.

**Mayor** from page 9  
 She concluded her speech by encouraging all to promote a healthy lifestyle in the fight against breast cancer. She cites the Public Health Department of Dayton and Montgomery County

campaign: "5, 2, 1-Almost None." This simple ditty means:

- 5 daily servings of fruits and vegetables
- 2 hours limit to recreational screen time
- 1 hour of physical activity

- Almost no sugary beverages

Mayor Cook encourages us all to spread the word and to practice good prevention. The healthier we are, the better we can fight breast cancer and other diseases that may come our way.

**THE LITTLE EXCHANGE FINE GIFTS** **Holiday Open House**

Sunday, November 1st 11a.m. - 5 p.m.

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Complimentary Gift Wrap ~ Light Refreshments

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- ◆ Face Painting ◆ Balloonist ◆
- ◆ Clowns ◆ Games ◆

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 University of Dayton  
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