

## Debbie Bechamp to perform at Century Church Theatre

Debbie Bechamp returns to the Century Church Theatre on Sunday, Dec. 6, presenting a Christmas concert— A Country Christmas— with family and friends.

Ontario Theatre circuit veteran, Aaron Solomon, returns for the third season bringing his excellent voice, virtuoso violin skills and light comedy to the show. For the first time, Orangeville's own Melissa Mouck joins Bechamp. Mouck has a beautiful voice and is also excellent on the fiddle. She appeared at the Century in Footlight Follies a couple of years ago, and her step dancing was a highlight of the show. So there will be a little bit of motion in the commotion.



DEBBIE BECHAMP

Bechamp's youngest daughter Ruby also returns to the show, bringing her own style to Christmas classics. Elder daughter Faye just had her first baby, a boy called Noah, who will be three months old by the concert date, so the company is not sure if Noah will have his parts down yet.

There is one show only at 2 p.m. Tickets are \$25, and may be reserved by calling the Box Office at 519-855-4586, [www.century-churchtheatre.com](http://www.century-churchtheatre.com)

## Audition call for Century Theatre Guild's spring comedy

Century Theatre Guild will be holding auditions on Saturday, Dec. 12, 10 a.m., for the spring comedy, *The Second Time Around*, by Henry Denker.

The play calls for four couples, of three generations, the older couple 65+, two couples 35-50, and the grandchildren 18.

Rehearsals will start in late March, with show dates May 27-June 5.

More details can be found by visiting [www.centurychurchtheatre.com](http://www.centurychurchtheatre.com), and following the link to Auditions. Rehearsal sides (scripts) are available by contacting [jophenix@sympatico.ca](mailto:jophenix@sympatico.ca).

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**Q:** What are my options for replacing a missing tooth?

**A:** I'm so happy you are going to replace that tooth. You will be back to your old self in no time and ready to take on a jumbo turkey leg like a viking or something.

Permanent replacement solutions for a single missing tooth fall into two categories. Bridges and dental implants.

A bridge utilizes the teeth on either side of the space to support a false tooth. This can be a great option if those neighbouring teeth have had medium to large-sized fillings placed in them, because the bridge will essentially 'crown' these teeth and strengthen them. The downside is that they are harder to clean and floss and may need replacing due to the relatively small crime of getting a cavity on one of these supporting teeth.

So most of the time, a dental implant is the treatment of choice. A titanium screw is placed into the extraction site and a false tooth attaches onto this implant after a period of healing. No worries about tooth decay or overly stressing the neighbours. They are strong, comfortable, and natural looking. Best of all you can tell your friends that you are now partially bionic!

There are many different factors that need to be considered before deciding what is right for you. So speak to your dentist and get your tooth back. You will be happy you did.

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### Ten Tips to Start the New Year with Confidence

Many individuals come to coaching to increase their self confidence when they are at a cross road in their life or wish to take on a new challenge. As the New Year is upon us, it will soon be time to set new goals for 2016. I thought I would share some ideas on how to increase your level of personal confidence.

1. Start with looking at all your personal strengths. Make a list of them. If you don't know what they are, go online and complete a strength inventory or ask people you trust. Leverage your strengths as often as you can.
2. Remind yourself of your past achievements and successes.
3. Stretch yourself. Try something new.
4. Look at opportunities that lay ahead and ask yourself how you can make them happen.
5. Open yourself to possibilities and talk yourself into them.
6. Hold your negative self-talk in check.
7. Act "as if you were already there". Have you heard of "fake it until you make it"? Being apprehensive when starting something new is normal. Just acknowledge the feeling. No need to go with it.
8. Set realistic goals and measures of success. Achieving does not mean you need to be perfect.
9. Celebrate each accomplishment.
10. Regularly set new goals. The more success you have the more successful you will feel. Success builds confidence!

If you'd like to gain more insight into how to boost your confidence, consider speaking with a coach to get started. Call Manon Dulude Ph.D, RP, PCC at 905-873-9393 or email [info@forgecoachingandconsulting.com](mailto:info@forgecoachingandconsulting.com).