



JOYCE
BEATON

It's All In Your Head

Joan Sutton of the Toronto Sun, in her recently published book *Lovers & Others*, says, "If you would make love to me, then you must first get inside my head, for sex happens between the ears."

I have to agree with her there. I believe every action we take begins with the mental decision to do so. Sometimes these decisions were made so long ago we can hardly remember the moment, and at other times we act on our decisions made just moments before.

We really can't in all honesty hide behind the excuse that we "didn't think" before we did something. I believe we all "think", we just don't take time to listen to ourselves. Of course this imposes the burden of being responsible for our actions and many of us find it more comfortable behind the excuses.

My recent post-operative visit to my gynecologist proved very revealing. I thought I recovered quickly from the hysterectomy because I didn't have it as badly as some of the other women who were dragging themselves around. Not so. He tells me the surgery was extensive. He also tells me he knew I would recuperate quickly the first time we met. "It's all in your head," he said. "You had no time in your busy life to dwell on your problem so you dealt with it expediently."

Mind over matter

Very interesting. A matter of mind over matter. A matter of positive thinking. Perhaps the secret behind faith healing. Perhaps the fact of not accepting contentions as a crutch nor illnesses as excuses.

There's also the times in our lives we are faced with situations outside our abilities to change. These are the situations where we learn to make the best of a bad time, when we work through the unchangeable.

On the other hand I find it difficult to have much patience with those who are forever griping about their lot in life, about the job, the kids, wife, home, lover, etc. instead of making the necessary changes to improve it. Nine times out of 10 the changes aren't made and the griping continues because we'd rather put up with a bad situation than to what's necessary to take control of our lives.

Vibrations

We're all susceptible to the vibes of those around us. How many times have you started the day in a terrific mood, to be shot down by noon by a pessimist? We really can psyche ourselves to disregard the tension but it's pretty darned hard sometimes. We even find ourselves changing perfectly sound decisions because of the moods of those around us.

Nobody really rules us, we really should be responsible for ourselves and we really have to get it into our heads we're capable of doing so. In the end we all have the choice of making life miserable or liveable for ourselves and for those around us.

Sexual performance

Joan's comment about loving her first between the ears could be extended into a whole discourse on sexual performance. That also begins between the ears. You really turn me on. Why? Because in my mind I visualize being able to perform with you. The excitement of a lovers rendezvous begins in their individual imaginations. Thinking about any pleasurable event can be half the fun and enjoyment.

Sound outlook

A sound mental outlook can't take too much of our time to build. When our minds are messed up our bodies are useless. Anyone who has endured the agonies of a mental depression knows they can't stand to look at themselves in the mirror. We are really affected physically, as well as mentally.

The most successful weight losses at any weight wacher's class are from the persons who mentally see themselves thin. And the theory applies to any form of self-discipline - it all begins in your head.



BEAVER



REC-ROOM VALUES

See Beaver For Low Prices
And Great Selection

Pre-Finished Panelling

Now's a great time to start panelling your rooms for Spring! These authentic-looking woodgrain panels are economical and easy to install! They give the rich, warm look of real wood at a fraction of the cost! And they're available in such a wide selection of wood patterns there's sure to be one to suit your decorating plans! Get your home in shape for Spring—visit Beaver today! Each panel is 4' x 8'.

379
Harvest Oak
or Pecan

579
Trailblazer
Gold

629
Acadian Pecan
Acadian Cedar
Chateau Walnut

679
Heritage
Cypress



HALTON HILLS RECREATION and PARKS

This week we will look at Georgetown's other arena, the Gordon Alcott.

The Gordon Alcott Memorial Arena was built in the fall of 1974 and was officially opened to the Public May 1st, 1977 by Mrs. Gordon Alcott and Mayor Tom Hill.

The building was built due to the overloading of the Georgetown Memorial Arena through the rapid growth of the community.

During the winter months, it is full of recreational programmes to accommodate all age groups. Learn to Skate. Improve your Skating & Power Skating lessons are operated by the Recreation Department.

Public and Family Skating sessions are regu... held weekly. Figure Skating, House League Hockey and All Star Hockey for both girls and boys. For men there is Industrial Hockey, Non-Contact Hockey and Intermediate Hockey.

With programmes such as these the arena is open approximately 18 hours per day, or, 126 hours per week, approximately 4,695 persons pass through our doors each week, either to participate or to spectate.

The Community Hall is also programmed by the Recreation Department, with a Saturday Morning Club for the younger ones, Square Dancing lessons for all ages, also Learn & Improve your Golf Lessons.

The Hall is also available for Club Meetings, Wedding Parties, etc. The Intermediate Hockey Club also use it for a Booster Club while their hockey games are in progress.

During the Summer months the Arena is used for the operation of Summer Figure Skating and Hockey Schools, there are also hours allocated for Public Skating, Shoney Hockey and casual ice rentals.

The staff operating the Arena are: — Mr. Don Gosling, Arena Manager, assisted by Mr. John Knight, Mr. Dan Engley and Mr. Cecil Peacock. The canteen is operated by Mrs. Lorraine From.

A local and well qualified man, Mr. Keith Moore, has offered to run a trampoline class at Limchouse Public School this spring. The classes will be conducted Thursday evenings 7:00-8:30 p.m. and offered to any boys 10 years and over. Mr. Moore received his trampoline instructor qualifications in England.

NEW OFFICE...



same good neighbor

Here's my new State Farm office, where I can serve you with the best value in car, home, life and boat insurance. I invite you to call or drop in any time.

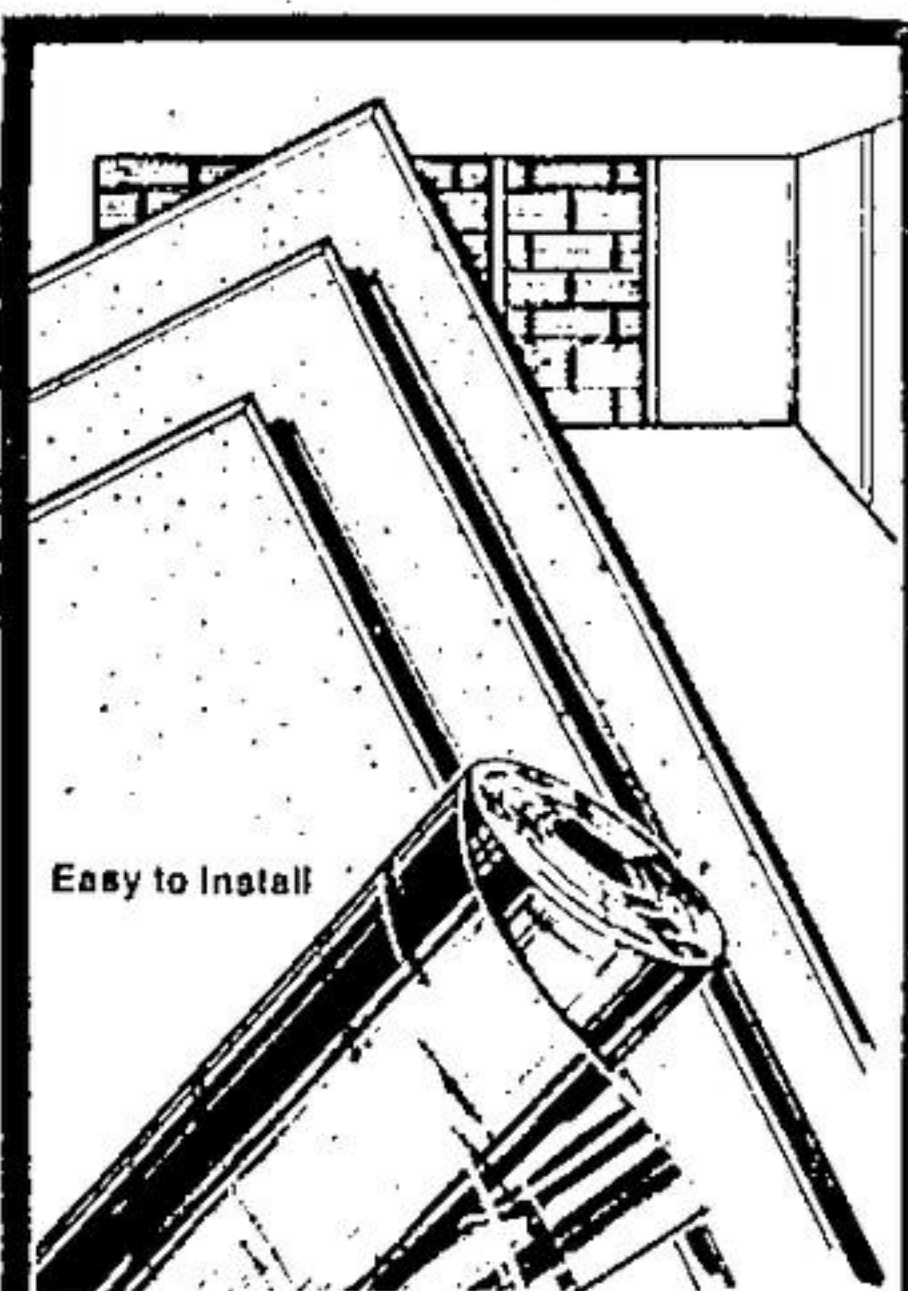
ROBERT TAIT

101 GUELPH STREET 877-4814 877-6148

101 a good neighbor and your best friend.



STATE FARM
INSURANCE



Easy to install

Durafoam Insulation

Rigid foam insulation that's easy to install and easy to handle. 4' x 8' x 3/4" sheets

244
sheet

Polyethylene Insulation

Strong and durable clear 2 mil. film that can be used as weatherproof, too. 102" x 60" roll.

377
roll



Suspended Ceiling System And Components

An easy to install metal grid system that's a quick and economical way to a new ceiling! Start on yours today!

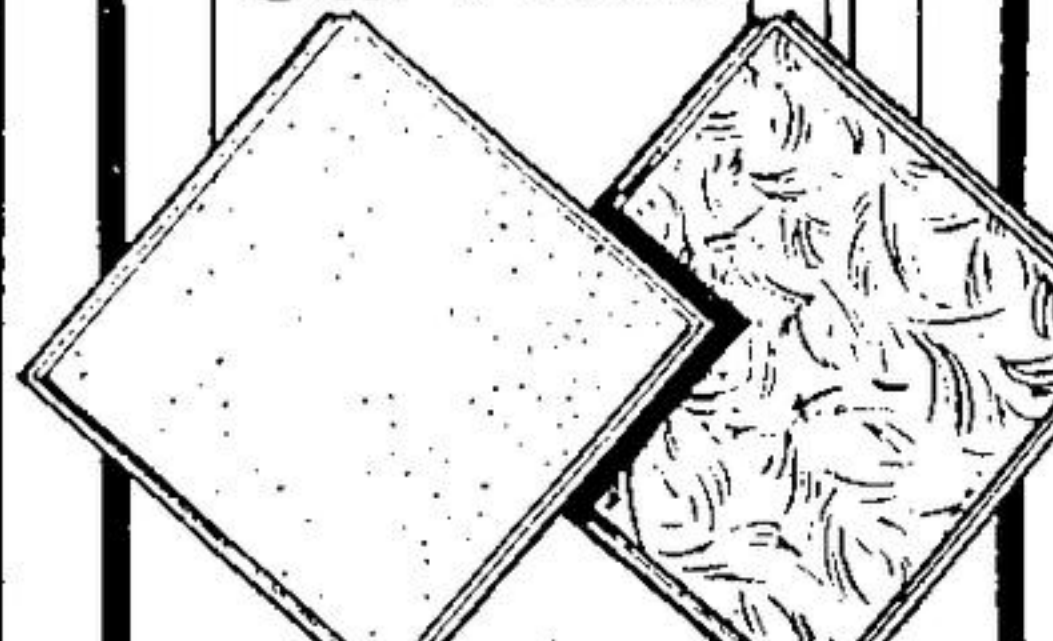
169
2' x 4' White Lay-In Panels.

White Colour Components:

119 8' Main Beam **29c** 2' Cross Tee

59c 4' Cross Tee **79c** 8' Angle Mould

Compare Our Price



Ceiling Tiles

Tongue and groove style tiles for easy installation. Will add beauty, acoustic correction and light reflectance to your ceilings. 12" x 12".

1557
Micro

1697
Plain Stpl

1797
Whirl or Granada

Spruce Lumber

1 x 2 x 8' **22c**

1 x 3 x 8' **34c**

2 x 2 x 8' **49c**

2 x 3 x 8' **79c**

Hardboard **299**

4 x 8 x 1/8" **399**

Pegboard **809**

4 x 8 x 1/16" **809**



BEAVER

STORE HOURS: * Mon. 9 a.m. - 6 p.m. * Tues. 9 a.m. - 6 p.m.
* Wed. 9 a.m. - 6 p.m. * Thurs. & Fri. 9 a.m. - 9 p.m.
* Sat. 9 a.m. - 6 p.m.

316 Guelph Street E., Georgetown — 877-2234

WE ACCEPT
• Beaver Charge Accounts
• ChargeX
• Master Charge