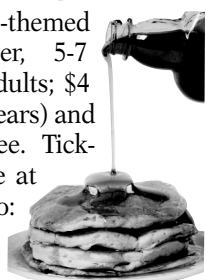


Local churches serving pancakes tonight

Local churches are hosting Pancake Suppers tonight (March 8) in honour of Shrove Tuesday.

- 5:30 p.m. at Huttonville United Church— just \$5 per person.
- 5-7 p.m. at St. John's United Church, 11 Guelph St. Enjoy the fun and fellowship of a traditional pancake supper served with sausages, local pure maple syrup, fresh fruit and beverages. Cost: adults \$6; youth 12 & under \$3; family rate \$15. Info: 905-877-2531; www.stjohnsuc.ca
- St. John's Anglican Church, Stewarttown, at Trafalgar Rd. and 15 Sideroad, will be holding

a Mardi Gras-themed Pancake Supper, 5-7 p.m. Cost: \$6 adults; \$4 children (6-10 years) and preschoolers free. Tickets are available at the door. Info: 905-873-2216.



- 5:30-7 p.m. at St. Alban's Church parish hall, 537 Main St., Glen Williams All welcome! Free will donations gladly accepted with all proceeds going to Primate World Relief and Development Fund.
- Norval United Church, 486

Guelph St., 6-7:30 p.m. Everyone is invited to supper at the church, guaranteed great food, great company and great time— bring your friends, family and neighbours Info: 905-877-6122, norvalunited.ca

- St. Alban's Church in Acton at 6 p.m.
- St. George's Anglican Church, 60 Guelph St, Georgetown (beside Georgetown High School), 5-7 p.m. to enjoy pancakes, sausages, strawberries, syrup and a beverage. Tickets \$6 each, two for \$10, family \$20. Info: 905-877-8044 office@stgeorgesgeorgetown.com

Wednesday, March 9

Esqueuing Historical Society: author of *Towers of Time: Ontario* Marc Boileau, University of Guelph, will speak on the architecture of Public Works Canada by focusing on the history of the Customs and Post Office buildings, 7:30 p.m. at Knox Church, Main St. South, Georgetown.

Bruce Trail hike: Level 1, 5-6 km loop hike on local trails. Depart at 9:30 a.m. from mall parking lot between Zellers and the grey medical building. Leader: Maureen, 905-873-9757.

Music At One concert: 1 p.m., free, in the Gallery of the Halton Hills Cultural Centre. Featured: Georgetown Choral Society.

Ash Wednesday Service in Glen Williams: Prepare for the Lenten season by joining the people of St. John's United Church, 7 p.m., in their Glen Church, 533 Main St., Glen Williams. Info: 905-877-2531; www.stjohnsuc.ca.

Ash Wednesday Service: at St. Alban's Church, 537 Main St., Glen Williams. Begin your Lenten Season at 12 p.m. All are welcome. Info: 905-877-8323.

Community Calendar

Acton/Georgetown La Leche League: meets 7:30 p.m. at Immanuel Lutheran Church, 100 Mountainview Rd. S., Georgetown. Info/or breastfeeding support call Joanna, 519-833-8539.

Thursday, March 10

Lego Contest: at Halton Hills Public Library, Acton Branch. Kids can drop off their best Lego creation March 10-17. Vote for favourites March 18-23. The theme is "All Things Munsch". Info: www.hhpl.on.ca or 519-853-0301.

Halton Carvers: Come out try your hand at carving or burning, Tuesdays and Thursdays, 7-9 p.m. in the Glen Williams Mill. Lessons. Info: 905-873-9182.

Senior Men's Luncheon: 12 noon at St. Andrew's United Church. Speaker will be Ryan Scott, assistant greens superintendent at The Club at North Halton. All retired men are invited for only

\$10. Info: 905-877-6029.

Free job seminar: 1 p.m. at Links2Care Employment Resource Centre, 45 Mill St. E., Acton, 519-853-5014. Info: on Employment and Re-training programs.

Limehouse euchre: 7:30 p.m. at the Limehouse Memorial Hall.

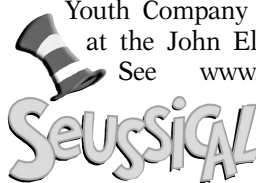
Halton Hands in Motion Knitting and Crocheting Guild: 7-9 p.m. at the Georgetown Seniors Centre. All welcome. Info: Yvonne, 905-877-8467.

Men's chorus: The Choraliers invite men to join them practice Thursdays, 8 p.m. at the Christian Reformed Church, Georgetown. Info: 905-877-6638 or 905-877-6397.

Bingo: hosted by Georgetown Optimist Club, 13439 Hwy. 7, Thursdays, 7-9 p.m. Cash prizes.

Friday, March 11

Seussical: presented by Georgetown Globe Musical Productions Youth Company March 11-20 at the John Elliott Theatre. See www.globeproductions.ca for details on dates, times and pricing.



Suffering from Depression, Grief, Anxiety?

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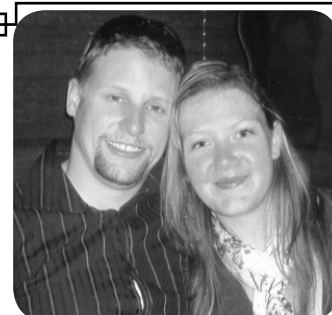
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... Lend Me Your Ears



By Cory Soal R.H.A.D.

HOW DOES LOUD NOISE CREATE HYPERTENSION?

It appears to affect the nervous system, signalling the peripheral blood vessels to constrict as though under attack/ This triggers a surge of adrenaline and other fight-or-flight chemicals into the bloodstream - a response that carries with it the potential for glandular or cardiovascular changes, in other words, unwanted noise creates the same final results as increased stress (try to avoid)!

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Tooth Chatter



IN THE OLDEN DAYS...

In medieval times, full sets of dentures were made of carved elephant tusk, cow teeth and walrus tusk were made for people who had no teeth at all. But, it was impossible to fit them properly and keep them in place. They helped someone look better but sure were not any good for chewing. In the 1700's, a famous French dental surgeon by the name of Pierre Fauchard, designed realistic dentures carved from walrus and elephant tusks, colouring the denture bases to look like real gem tissue. He kept upper and lower sets of false teeth in place by joining them together with springs. This was fine and dandy until they sprang out of the unfortunate wearer's mouth while talking!! Dental medicines, techniques and equipment continued to become more and more sophisticated with the use of X-rays, high-speed drills, better-fitting dentures made of plastic or porcelain (no more springs!), crowns, bridges and orthodontics to straighten smiles. Aren't you glad brushing, flossing and visits to your dental professionals are all you need for healthy teeth? So flash that grin with no fear!

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Denturist
Georgetown Denture Clinic,
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905-877-2359

(Across from the Library and Cultural Centre)

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Cedarvale Crt
Edward St
Delrex Blvd
Stewart McLaren rd
- GEORGE-TOWN SOUTH**
Oakridge drive
Meagan Drive
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If interested, please call CIRCULATION 905-873-0301

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