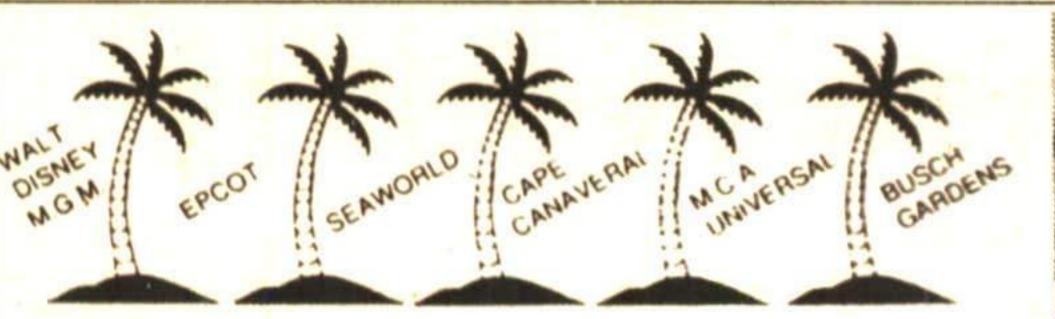
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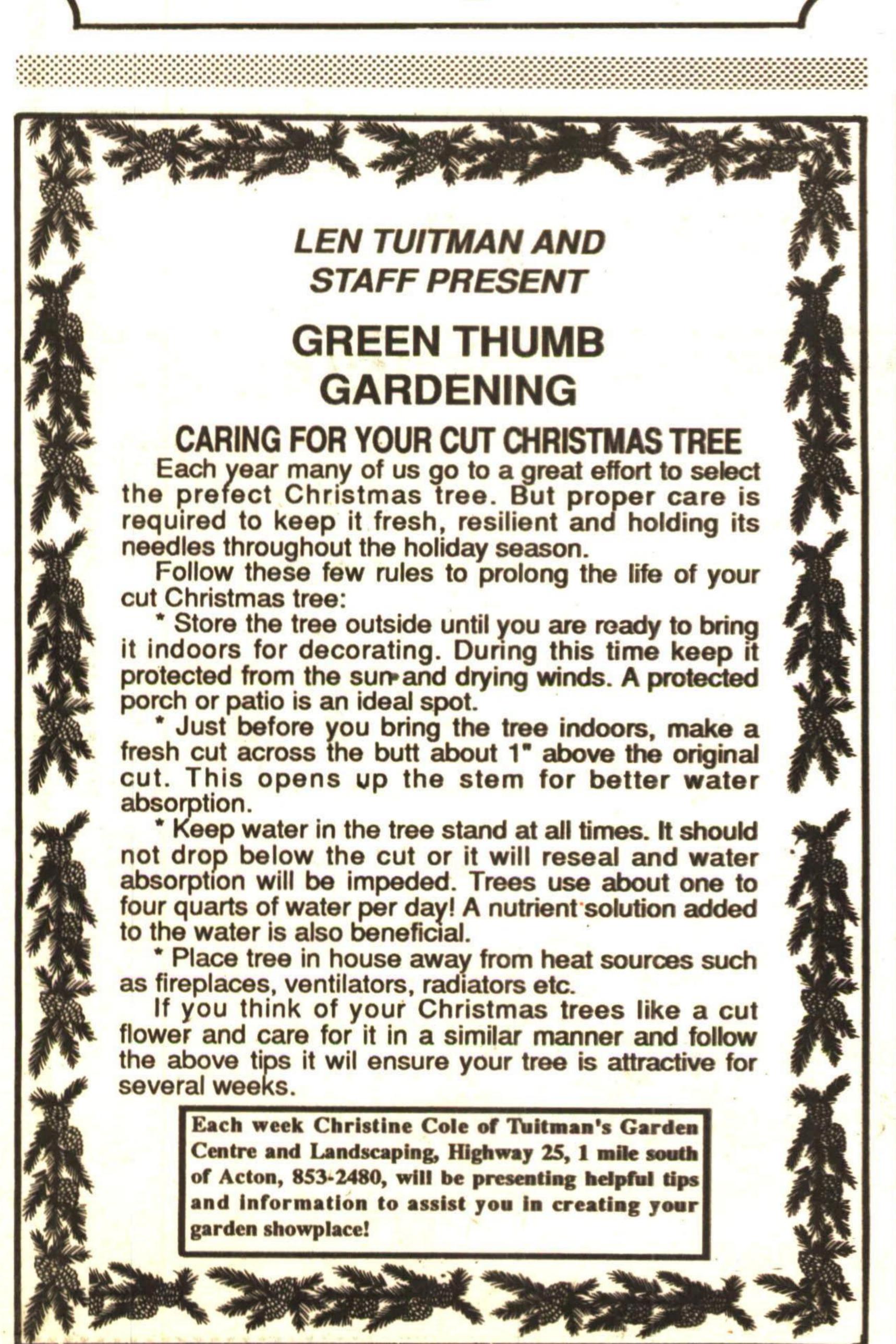
GREAT GIFT FOR GOLFERS!

PREVIEW PACKAGES

A limited number of special green-fee packages for our preview period next spring are now available from just \$55. Visit our new preview centre in the olde Hide House or call 853-0904 for details.



A Collection of Signature Holes





A gift of poinsettias will brighten the homes of elderly clients of the Victorian Order of Nurses' Volunteer Support Programs. Two hundred and forty plants were donated by the Burlington-Nelson Lions Club and were delivered by VON volun-

teers to areas all across Halton Region. A recipient, Rachel Cuthbertson, happily receives her plant from Volunteer Barbara Davidson and Burlington-Nelson Lions Club member, Wilf An-Photo by Peter Thompson tonation.

First deadline, December 21

Students wanted to study abroad

Through Interculture Canada, high school students can enjoy a studying abroad.

This non-profit organization specializing in international learning is presently concluding its

Canada-wide search for students, aged 15-18, interested in meeting ing in any of over 30 countries around the world.

The young people chosen to participate in this program will to apply without delay. live with a host family and study in a local high school. Families have been carefully selected to host students and during their stay, students benefit from the support of a volunteer counselor.

The program's participation costs are equivalent to the sum parents normally spend on a teenager in Canada. Financial assistance is also available.

The registration deadline for unique and rewarding adventure the challenge of living and study- summer 1991 departures is December 21, 1990. Students who like adventure and want to acquire new knowledge are urged

Interculture Canada is a member of AFS Intercultural Programs, the world's largest network of international student exchange programs established in 1947 and now operating in 54 countries.

For more information, please contact the national office at 1-800-361-7248.



Tooth Chatter **ALEX** TRENTON, **Denture Therapist**

ORAL HEALTH

It is especially important for denture wearers to maintain good nutrition. Your oral tissue and the ridge of bone that supports your dentures must be kept healthy. Your diet directly affects the health of these areas. It is very important that you eat balanced meals and get the proper amounts of vitamins and minerals each day.

Also, the supporting bone and tissue need regular rest from your dentures. You should remove your dentures for a short time each day, or leave them out at night. This gives your gums a chance to "breathe" and also improves circulation, which promotes healthy tissue. You should put your dentures in a container of water, which prevents them from drying out. If dentures dry out for long periods of time, they may become damaged. To protect the health of your mouth tissues, you should remove your dentures and brush the supporting ridges, as well as your tongue, with a soft toothbrush. This generates blood flow and stimulates tissue. It also removes food particles and bacteria, and will make your whole mouth feel fresh.

Remember, a healthy mouth is a happy mouth!

A.W. Trenton, D.T., Denture Clinic, 18 Church Street, Georgetown, Ont. L7G 2A5 (416) 877-2359

