



**Fri Nov 18**

**Sat Nov 19**

**Join Us For A Great Time!**

**Crosstown**

**Dianne Pepper**

**Join The Best Party In Town!!  
Live Music & Dancing  
Friday & Saturday Nights.**

**Every Saturday is Ladies Night! \$3.50 shooters**

- Mon - Tall Boy (Can./Coors Lt) \$5
- Tues - Schooners (Can./Coors) \$8.50
- Wed - \$5.50 Pint Rickards Red/Belgian & 1/2 Price Wings\*
- Thurs - Tall Boy (Can./Coors) \$5
- Fri - LIVE MUSIC & Dancing Mini Dom. Draft Pitchers \$7
- Sat - Ceaser \$3.99 11am-2pm, Jäger Bomb & Shooter Specials after 8pm
- Sun - \$5 Old Style Pilsner, 1/2 Price Wings\*

**NOV. SPECIALS**

\*Dine-In only  
\*ask for details

**Best WINGS in Town!  
Lots of GREAT Flavours!**

**905-877-1913 68 Main St. N., Georgetown (Moore Park Plaza)**



The Credit Valley Artisans are holding their annual Christmas Sale this weekend at the cottage in Cedarvale Park (southeast corner of Maple & Main).  
*Submitted photo*

## Credit Valley Artisans hosting annual Christmas Sale this weekend

How many of you have spent some time at Cedarvale Park? Did you ever wonder what that cute little cottage on the top of the hill was in the park? Now is the time to satisfy that curiosity!

The Credit Valley Artisans are hosting their annual Christmas Sale on Saturday from 10 a.m.-5 p.m. and Sunday from 10 a.m. 4 p.m.

This is an opportunity to shop for some one-of-a-kind art. You will find an assortment of locally created items such as original paintings and drawings, unique hand woven pieces both to wear and for home use, colourful stained glass that will brighten any room, jewellery and pottery items from sculpted pieces to hand thrown items such

as mugs, bowls and plates. Established in 1975, the Credit Valley Artisans have called this cottage home for 40 years. Working out of the cottage are four different groups, The Heritage Hand Weavers and Spinners, Palette and Pencil Guild, Pottery and Sculptors Guild and Stained Glass Artisans. This group of local artists have been providing Halton Hills and surrounding areas with courses, workshops and a place to create for four decades. Information on classes and workshops will be available at the sale, as well as demonstrations. For more info visit the website [www.creditvalleyartisans.ca](http://www.creditvalleyartisans.ca)

## ARE YOU DIZZY??

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# Ask the Professionals



Find local professionals here every Thursday!  
For advertising information please call 905-234-1018 or email [kkosonic@theifp.ca](mailto:kkosonic@theifp.ca)

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### DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall



DR. ANOOP SAYAL

905-877-CARE (2273)

**Q**: Do you have any tips on how to tame my dental anxiety?

**A**: It's a well-known fact in this country that large numbers of people are afraid of going to their dentists. Some people are so afraid that they neglect even the routine examinations and professional cleanings.

It doesn't have to be that way. Here are some tips to help reduce your anxiety. First, see your dentist before treatment is needed. Get to know your dentist and get comfortable discussing your concerns with the dentist and staff. Set your appointments for a stress-free time of day, not on your lunch hour or immediately after work. Second, have the dentist explain the dental treatment to you. Knowledge of the procedure should let you be more relaxed. Third, let your dentist and hygienist know that you're scared. It's nothing to be ashamed of and you're most certainly not their first patient to feel that way. Fourth, understand that times have changed. There are new methods of controlling and eliminating discomfort that weren't available until recently. Don't let dental fears keep you from having a healthy mouth and teeth.

### ROSS...Bounce Back

Ross Physiotherapy Solutions

**905-873-7677**

318 Guelph St.,  
Georgetown



Gerry Ross  
H.B.Sc. PT, MCPA,  
FCAMT

**Q**: I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down, I toss and turn all night. What is wrong?

**A**: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands-on treatment to assist you in getting a good night sleep.