



... Lend Me Your Ears

By Cory Soal
R.H.A.D.

DISTRACTIONS WHILE DRIVING

You have probably heard recently, that legislation has been passed that will target drivers using cell phones while operating a motor vehicle. We all know that distractions are a dangerous combination and common part of driving on today's congested roadways. Any way to lessen the number of distractions faced daily would greatly help one to focus on the task at hand, and get on with their day. At the Georgetown Hearing Clinic, we do not condone the use of cell phones while driving, but when absolutely necessary, a hands free device, such as a speaker phone, Onstar™ or a bluetooth connected earpiece can be very useful and help reduce distraction - not to mention allow the driver the use of both hands.

At The Georgetown Hearing Clinic, we provide a wide variety of custom fit and non custom fit bluetooth hands free devices.

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BEST BUY CORRECTION NOTICE

NEWSPAPER RETRACTION FOR THE BEST BUY OCTOBER 19th CORPORATE FLYER

In the October 19 flyer, the Toshiba Fire TV Editions TVs were incorrectly advertised with an image of the CBS All Access application. Please note that the CBS All Access application is not available to Canadian residents.

We sincerely apologize for any inconvenience this may have caused our valued customers.

Churches & Temples



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or email
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OPINION

YOU'RE NEVER TOO OLD TO ENJOY A HALLOWEEN PARTY

SPOOKTACULAR POT LUCK LUNCH SET FOR OCT. 31, WRITES RIEHL



FLORENCE RIEHL
Column

A beautiful fall/summer day and we were off to St. Jacob's for some shopping and a bountiful lunch at the Stone Crock. We followed this up with one of the most hilarious musicals at the Country Playhouse Theatre. Will we ever forget Oda Mae?

A visit by Const. Mike Dobbin and his dog Jax from the Halton police canine unit proved to be very informative. It is amazing how hard the handler and his dog train and work when on call.

There are six dogs and han-

dlers in the Halton police unit trained to keep us safe. Thank you!

What is in style for fall and winter? That question can be answered by coming to our Fall Fashion Show on Monday, Oct. 29.

Alia, TanJay and Northern Reflections will be dressing our models in the latest styles.

The show begins at 1:30 p.m. but if you come early you can hear our fabulous Jazz Trio. Refreshments, draws and 50/50 are part of the afternoon.

On Tuesday, Nov. 13 as part of our Lunch and Learn Series, Tammarishka Kerman, an ordained minister and registered medium, will be with us. Come out and enjoy a question-and-answer session.

Kerman will share her experiences and talk about her journey to her spiritual connections. This all begins at 10 a.m. Space is limited so sign up early

at Active Living Centre's reception desk.

We are never too old to enjoy a Halloween party!

Dress up, bring your appetite, entree, or dessert and enjoy lunch together at our Halloween potluck lunch on Wednesday, Oct. 31. Sign up at reception and tell us what you plan to bring. We follow this with a spooky Halloween movie.

Frequently, events get added to our events calendar at the Centre that may not be in our Hillsview magazine. Stop and check on the credenza and the front display board for at all the upcoming events. You don't want to miss all the good things happening at your centre.

Have a safe and Happy Halloween.

- Florence Riehl is an active member of the Hillsview Active Living Centre-Georgetown.

Carolyn Dew

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BPHE, RAC, RTCMP

Q: How can I stay Healthy This Fall?

A: According to Chinese Medicine, the autumn season is linked with the Metal element, the Lung organ system and the emotion of Grief. Here are some tips to encourage your health this Fall:

Make a **list of priorities** for you and your family, as fall heightens our innate ability to get stuff done.

Wear a scarf in order to protect the neck at this time of year.

As the weather turns cold and the wind picks up, the Lung organ is extra vulnerable to viruses and pathogens.

Stay hydrated as dryness is common in fall including dry skin, rashes, and constipation. Drink lots of water and keep your skin moisturized and protected.

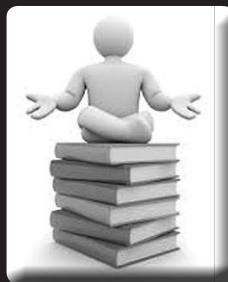
The emotion associated with fall is **grief**. It's a good time of year to reflect on unresolved sadness and grief, and then try to let it go. Fall is a nature's reminder to let things go.

Eat warm, cooked food. Trade the salads in for oven-roasted veggies over brown rice. When cooking, add onions, ginger, garlic or mustard—these pungent foods are known to benefit the Lung organ.

Get Acupuncture if you are susceptible to colds, flus, Lung conditions, or depression at this time of year.

Wishing you a happy and healthy Autumn.

Ask the Professionals



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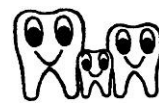
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Q: Do you have any tips on how to tame my dental anxiety?

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.