

The Seniors Centre unit 6 addition is now open and its centerpiece is a new 5x10 pool table under a hanging ceiling light. Jim Saunders and Jim Kennedy look after the scheduling and needs of the players.

The centre thanks all the



members who donated baked goods for sale at the fall fair. Bake sale profits reached

nearly \$800. Siena Van Hoekelen, Jack Dilks, and the centre volunteers who helped at the fair on Sept. 7 deserve special recognition.

The Sept. 10 soup and sandwich lunch was attended by over 90 members. Bridge winners last week were Terry Bignell and Doris Barber.

Oct. 5th...The Fall Community Garage Sale

**1996
FALL
HOME SHOW**



MONDAY SEPTEMBER 23RD

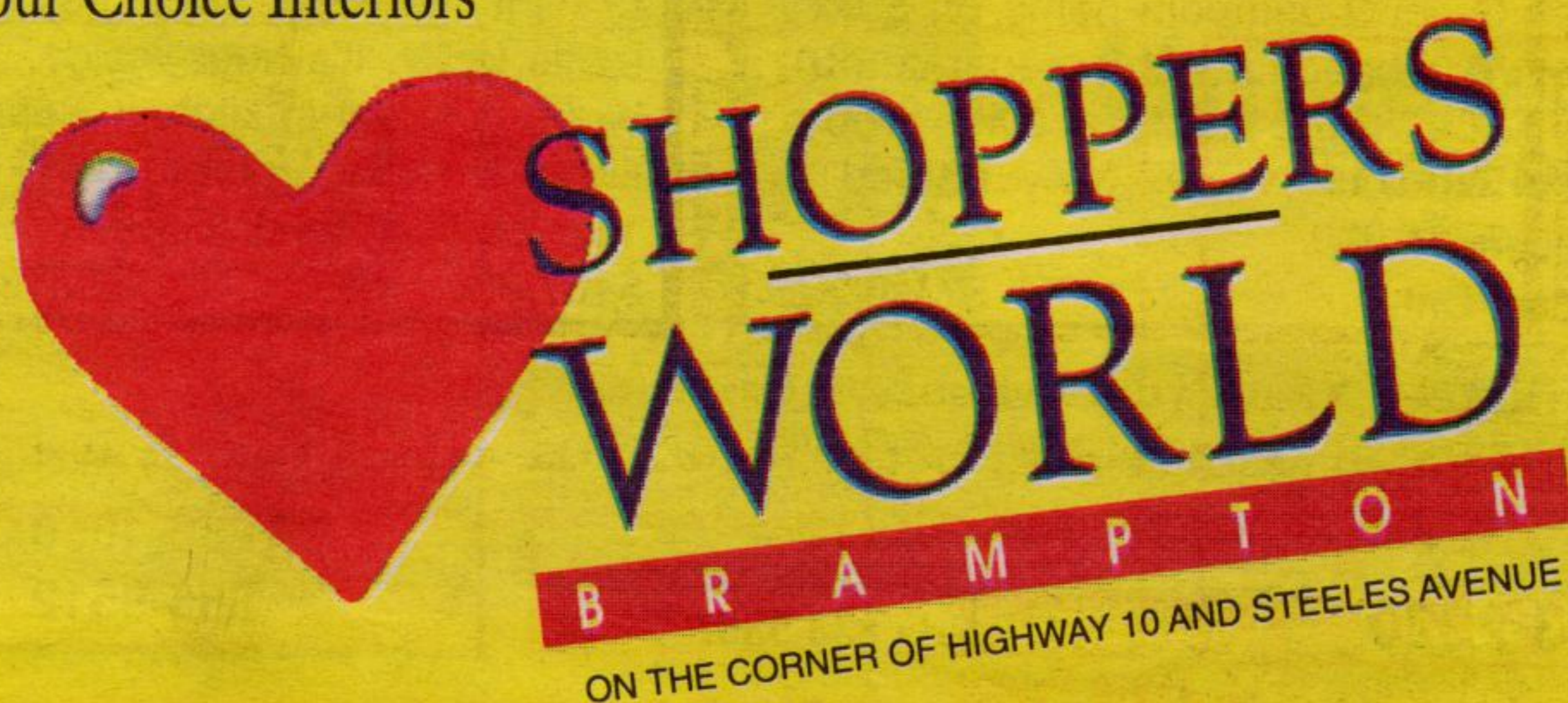
through

SUNDAY SEPTEMBER 29TH

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Ballinafad community prepares for craft show

By BETTY SOJKA Special

Work has begun on this year's Ballinafad Annual Craft Show and Sale to be held Sunday, Nov. 17, 10 a.m. to 4 p.m. A bake table will be included, so folks are asked once again to contribute a plate of cookies, tarts or a cake, pie, etc. Santa will also be coming again, but this year during the hours of 11 a.m. and 1 p.m. The children always love having their picture taken with Santa. For more

information and to reserve your craft table, call May Howells, 873-1032.

New singers wanted

Sunday, Sept. 15 was the first day of Sunday School at the United Church. This brought the congregation numbers present up some. The Senior Choir is looking for new members. Just drop in on their practice night, Thursday evenings, beginning at 7:30 p.m.

Hall board meeting

The Hall Board's monthly meeting slated for Sept. 10 was cancelled last week. Another date has yet to be re-scheduled.

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Tooth Chatter

by **ALEX TRENTON DENTURIST**

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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 it!)

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