

Please note: we cannot take community notices over the phone. We accept only faxed (873-0398) or written notices for non-profit groups. We cannot guarantee that a notice will get in the newspaper. Please keep notices brief — we reserve the right to edit the notice for space. All notices, must be accompanied by name and telephone number.

**Acton street names**

Street names of Acton— Longfield, Queen, Young and Ransom. What is the story behind these street names? Join Hartley Coles as he explores the people, buildings and history behind the street names we use every day tonight, May 14 at 7:30 p.m. at Knox Presbyterian Church, Acton.

**Annual plant sale**

The Georgetown Hospital Volunteer Association will have hanging baskets and annuals for sale in the hospital front lobby on May 15, 9 a.m. to 4 p.m. Coffee and muffins available.

**Babysitter's training course**

Young people aged 12 and up can come out to the Everton Community Church starting May 15 for a five-week babysitter training course. The church is located on Seventh Line of Eramosa Township. For details and to pre-register call Yvonne at (519) 856-9295.

**Glen Williams shrub sale**

The Glen Williams Town Hall's annual fund-raising shrub sale will be held May 17, 8 a.m. to 2 p.m. in the St. John's Church parking lot. Selling by number so come early! Shrubs donated

by Sheridan Nurseries.

**Youth Group plant sale**

Holy Cross Church Youth Group is holding a plant sale Saturday, May 17, 8 a.m. to 1 p.m. in the church parking lot.

**Golden Circle meeting**

The Golden Circle will meet on May 20 at the Georgetown Senior's Centre at the rear of the Indoor Mall at 1:15 p.m. Visitors welcome.

**Elizabeth Fry Society speaker**

Do we want fewer women in prison? Hear from the organization that is most closely in touch with the situation. The Elizabeth Fry Society helps women in and out of prison. On May 20, 8 p.m. at St. John's United Church, 11 Guelph St. Georgetown. For more information contact Barbara Halsall at 873-0344.

**Acton Horticulture Society meets**

The next meeting of the Acton Horticulture Society will take place on May 20 at 7:30 p.m. at Knox Church in Acton. There will be a slide presentation of 1996 garden contest winners as well as gardening advice from the society's Master gardeners. All interested gardeners are welcome. For more info call Max at 853-0001.

**Foot care clinics**

A VON foot care clinic will be held in the Emergency Dept. at Georgetown Hospital, May 20 and 27, 1-4 p.m. Cost,

**COMMUNITY CALENDAR**

\$15. By appointment only. Call 1-800-387-7127.

**Alternative medicine**

You are invited to the Glen Williams Senior's Drop-In Centre on May 21, noon to 3 p.m. to hear a speaker from Georgetown Health and Wellness Centre on Alternative Medicine at St. Alban's Parish Hall. For information call Irene at 877-9876.

**Flowers and sundials**

The Georgetown Horticultural Society will meet on May 21 at 7:30 p.m. at Knox Presbyterian Church to hear Dr. Paul Lapp speak about sundials while the members will hold a flower show. Entries for the show accepted from 6-7:30 p.m. with the judging held at 8 p.m. For more information call Dawn at 873-1726.

**Alzheimer information evening**

If you care for or know someone who is afflicted with Alzheimer's Disease attend an information and support session on May 21, 7-9 p.m. at the Bennett Centre Activity Room in the Georgetown Hospital. For more information contact Kelly at 873-0111 Ext. 191 (days) or 873-1407 (evenings).

**Allergic reactions**

The Georgetown Anaphylaxis Support Group will host an informative evening on Life Threatening Allergic Reactions on May 22, 7-9 p.m. in the activity room at the Bennett Centre at

Georgetown Hospital. Guest speakers will be Public Health Nurse F. Bonyun, S. Kline from Halton Hills Ambulance Services, Georgetown Hospital Chief of Emergency Dr. E. Halparin, and family physician Dr. N. Phipps. For information or to register call 853-4086.

**Limehouse euchre**

Limehouse Women's Institute hosts an euchre, 7:30 p.m. May 22, at Limehouse Memorial Hall. \$3, lunch provided.

**Georgetown euchre**

The Georgetown District Seniors Centre will host an euchre on May 22, 7 p.m. at the centre.

**Seniors foot care clinic**

A VON foot care clinic will be held in the Emergency Dept. at Georgetown Hospital, May 23, 1-4 p.m. Cost, \$15. By appointment only. Call 1-800-387-7127.

**Garage and bake sale**

Proceeds from a May 24 garage and bake sale will go to support the Distress and Information Centre. Opening up at 7 a.m. at 32 Heslop Court in Georgetown.

**Vendors wanted**

The Downtown Georgetown Farmer's Market is seeking fruit, vegetable, baking, arts and hand-made crafts vendors. The Farmer's Market will re-open on June 14. Innovative food and craft ideas always welcome. A free stall space will be available to non-profit, non-political organizations. To reserve your space call 873-2193.

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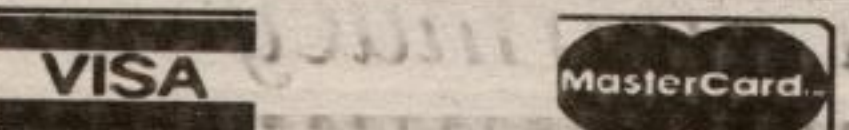
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**THE CHIROPRACTIC LIFESTYLE**



Dr. Garry S. Butwell, B.S., D.C. Chiropractor

The past three weeks have seen many visitors to my new office. As I have proceeded with the tours, many people are surprised to see an x-ray machine in the examination room. Why would a chiropractor have x-ray facilities in his/her office?

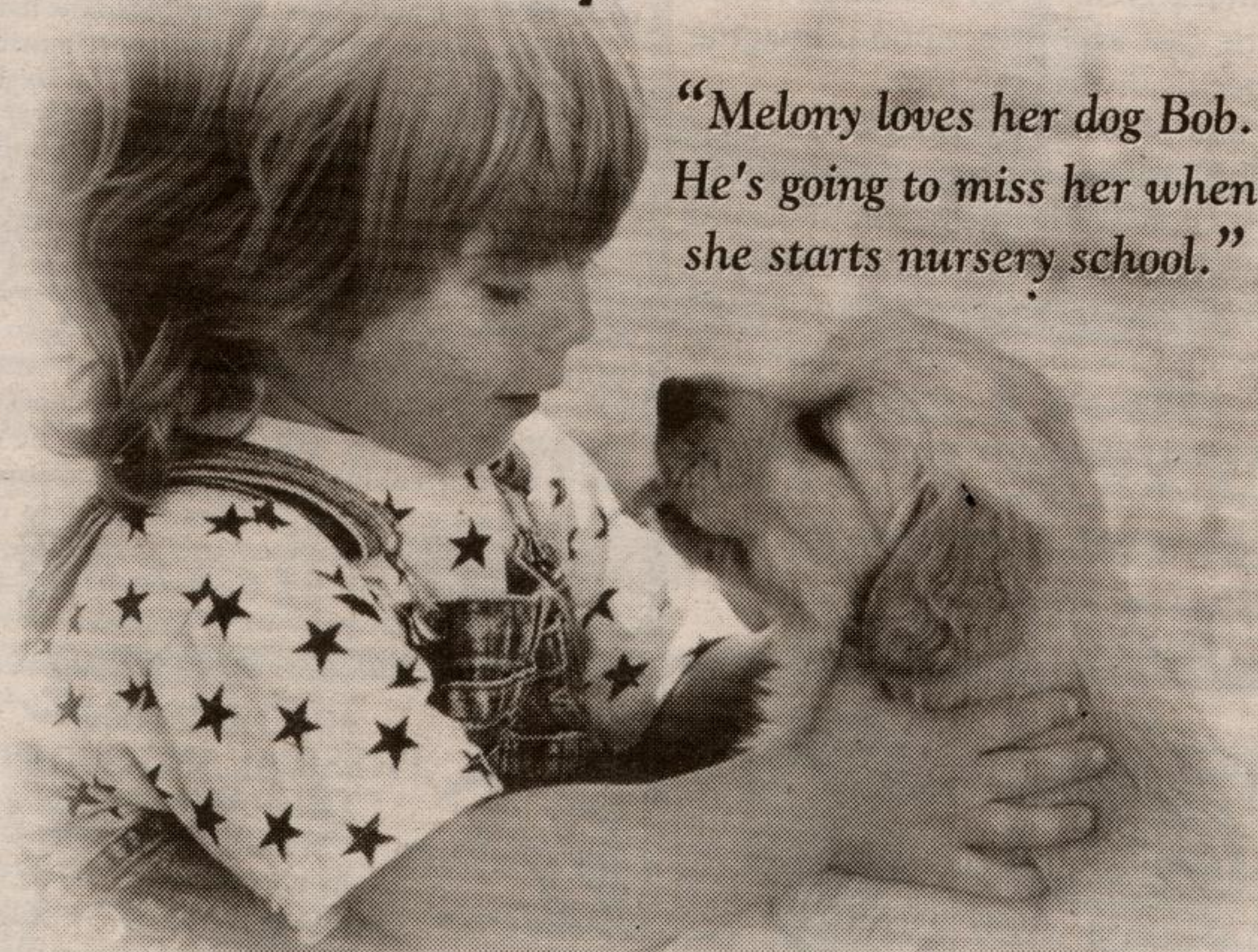
First and foremost, x-rays must not be taken when their use is not warranted. X-rays are only taken when the benefits outweigh any potential risks. That said, these benefits from attaining x-rays are numerous.

Chiropractors are able to see internal bony structures that would normally be unseen. This is especially important, as in cases I have seen, where fractures, infections and anomalies (defects of bone growth) are present. The adjustment, a specific and hands-on approach that chiropractors utilize, requires a full understanding of each individual's spinal movement. The x-rays allow a complete view of the spine to understand its movement. Having x-rays in my office allows for quicker initial assessment of a patient and prevents a trip to another facility for the x-rays.

So, yes, x-rays are very important to diagnosing your spinal condition. Would you rather your chiropractor know "sort of" the cause of "exactly" the cause of your condition? I want to know everything possible before we begin care. X-rays assist me with that policy!

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