#### Acton Legion Ladies prepare for election

By PEGGY HARRIS Acton Legion Ladies Auxiliary

The April meeting was held with 30 members present. The 50/50 draw was won by Olive Ellerby. Speaking of Olive Ellerby, we would like to wish her all the best with her new bed and breakfast business in Stratford. Olive, you will be greatly missed for the work you have done with the Ladies Auxiliary. Good luck Olive!

Alison Willmott was accepted as a new member and will be initiated at our June meeting, due to elections in May.

Don't forget comrades, Thursday, May 7 is election night. This is your auxiliary! You have a say so please come out and vote for your executive.

We had two bowling teams going to Provincials in Hamilton on April 25. Bowlers who qualified are as follows: Teresa Uiterwyk, Bev Boisvenue, Angie Mowat, Celine Clarke, Cindy Clarke, Marg Dunn, spare Kit Allen, Pat Peterson, Lucy Synnott, Annamarie Lowin, Delia Kentner, Gail Gibson, Peggy Harris. Good luck girls! Don't forget to call Fern Shultis if

you can help with banquets that are coming up.

The Zone meeting is being held in Oakville, Tuesday, May 5. Bus will be leaving the legion at 6:30 p.m. sharp. Please call me if you're not on the list to go and you would like to go.

Next meeting is Thursday, May 7 at 8 p.m. Come out and cast your vote!



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By Cory Soal R.H.A.D.

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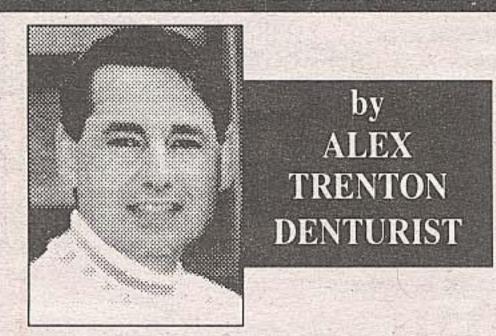
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IMMEDIATE DENTURES An "Immediate Denture" is a denture that is inserted immediately following the extraction of the natural teeth.

Using this method, the denture actually acts as a sort of bandage to help the tissues heal. The denture must be left in place during the first 24 hours. You must follow normal post extraction recommendations, from your doctor and then come in for an adjustment/check-up appointment the following day. Another advantage, is that the patient gets their denture right away and doesn't have the inconvenience of embarrassment of having to go without teeth. Immediate dentures are very popular, however this route is not ideal for everyone. It often involves an extensive period of adjustment in which the patient and Denturist must work closely together for some time for best results.

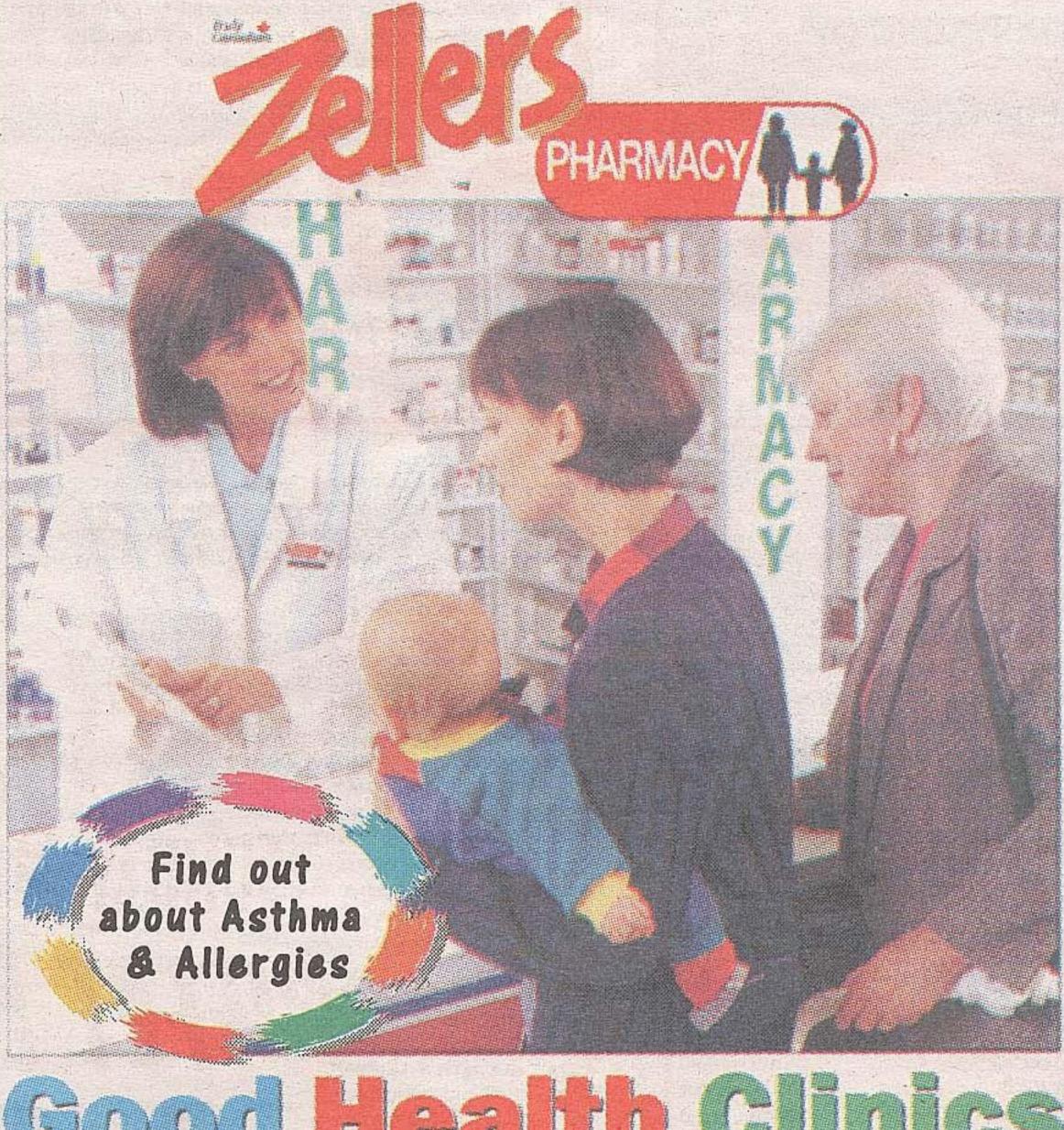
If you have never worn dentures, your new teeth will probably feel strange and bulky in your mouth. This is because the muscles of your face, lip, cheeks and tongue are used to your former teeth, or to nothing at all. These muscles are being stretched and molded to new contours and dimensions. This muscle tension will subside in a short period of time. Also, learning to chew properly with new dentures may take two to six weeks.

It is also important that the person who extracts your teeth, does not have to be the person who makes your denture. Denturist are "denture specialists" who work together with other dental professionals, to make sure your get the best denture care available.

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> Denturist Georgetown Denture Clinic, 18 Church Street, Georgetown, Ontario (905) 877-2359

(Across from the Library and Cultural Centre)



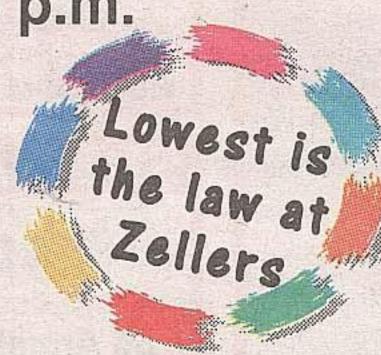
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