



### NO, YOU WON'T GET SICK - ON A CRUISE!

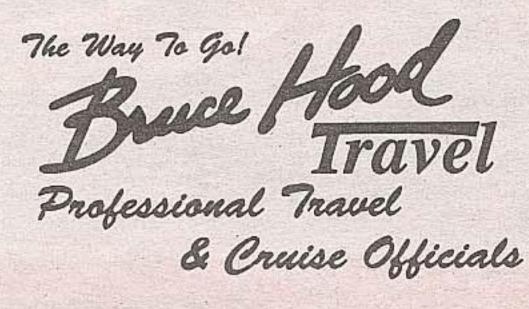
ON THE WEEKEND, WE SPOKE WITH FOLKS WHO HAVE NEVER BEEN ON A CRUISE. Although they like to travel a lot - they said they'd probably get sick on a cruise, so have avoided them! Well, as we told them and are here to tell you now, that it is possible for you to get sick on a cruise, just as you can anywhere including right at home but it is highly unlikely it will be the 'MOVEMENT OF THE SHIP' which will make you ill! Just as we have said in the past that it is HIGHLY UNLIKELY YOU WILL BECOME ILL BY VISITING MEXICO – the same applies to a cruise ship. The 'former tales of woe' do not apply in either instance, as times have changed - the ships are larger, have 'stabilizers,' are built more 'passenger comfortable' than many years ago. Just as in Mexico, there are better precautions now re the use of proper drinking water. (Oh sure, never say never, almost anything is possible – but the average is very much in favour of a good, memorable time, minus sickness!)



AS FOR THOSE CRUISESHIPS, you can't believe what is out there for you already, and what is coming your way! How about a 12,000 passenger cruiser which would never see land (no port large enough!), but would float the oceans and seas and act as a mother ship for a fleet of smaller ships to go to the ports! More realistic at the moment, is the new DISNEY MAGIC CRUISESHIP - you know they do everything bigger and better - their ship is three football fields long, is as wide as an eight lane expressway, and carries 2,400 passengers! THERE ARE LARGER SHIPS AND THERE ARE SMALLER, as we said, with AN AMAZING VARIETY OF ITINERARIES. One we like is from ROYAL CARIBBEAN - it will have its own 'skating rink' when launched next year!

DID YOU KNOW: Last week we referenced being turned back at Fort Erie when going to referee because of having no 'work visa' - went to Niagara Falls and crossed over as 'tourist' - no problem, went and refereed!

TRAVEL TIP OF THE WEEK: Compare a cruise with a resort vacation, at your travel agency professionals good value!



853-3580 Halton Hills (Acton)

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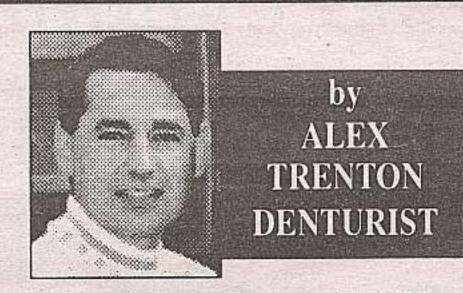




For more information, or to order key tags or address labels, contact The War Amps:

E-ZEE ACCESS Tel.: 1-800-250-3030 Fax: 1-800-219-8988 http://www.waramps.ca **Charitable Registration Number:** 13196 9628 RR0001

### **Tooth Chatter**



#### SORE AREAS

Your denture may create some tissue discomfort. If you should develop a sore area, please call our office, but continue to wear the denture so we can pinpoint the source of the problem. We will make the necessary adjustments for you.

After the initial adjustment period, soreness may still occur occasionally. Leaving the denture out of the mouth for a short time will normally eliminate this problem. A warm salt rinse (1 teaspoon to a glass of water) will be helpful.

Be careful when handling your denture. Always store it in water to prevent the plastic from distorting. The denture may warp if left dry for long periods of time. Think positive! You should expect soreness. This is natural. Be determined to wear the denture comfortably. You will adjust to your new denture.

Remember you do not need a referral; simply call our office direct.

Alexander Trenton, D.D., F.C.A.D. (A) Denturist Georgetown Denture Clinic, 18 Church Street, Georgetown, Ontario (905) 877-2359

(Across from the Library and Cultural Centre)

## Cookbook winners named

Nine lucky readers have won copies of the Jean Paré Slow Cooker cookbook offered by the Independent & Free Press and Company's Coming Cookbooks.

There were close to 90 entries in this popular contest. Winners, selected randomly from all correct entries, are: Beverley Hancock, Georgetown; Donna Dolson, Acton; Anne Godfrey, Georgetown; Tammy Giberson, Georgetown; Martha Arndt, Georgetown; Jim Sykes, Georgetown; Helen Pawlowsky, Norval; Bridie Irvine, Georgetown; Lynn Trenton, Georgetown.

The correct answers to the contest questions are as follows:

1. What's an easy way for making chicken stock? c. Put chicken, water and spices in your slow cooker and simmer on high.

2. What do you do with Panic Roast? c. Take a beef roast out of the freezer and place it in a slow cooker without defrosting.

3. When cooking a meat and veggie dish in your slow cooker, you should always place raw vegetables on the bottom of the pot because... b. In a crockpot, vegetables take longer to cook than meat.

4. When making Marbled Cheesecake in your slow cooker, why do you place paper towels between the top of the pot and the lid? b. To absorb the moisture during cooking.

5. A slow cooker is... b. An electric pot that slowly simmers your food to perfection.

#### COMMUNITY CALENDAR

#### Memorial service at Greenwood Cemetery

Today, Sunday, Nov. 1, at 3 p.m. at Greenwood Cemetery in Georgetown, Holy Cross Church will host a memorial service. During this prayer service, prayers will be offered for the repose of the souls of the deceased members of Holy Cross parish and for the deceased family members and friends of Holy Cross parish. Everyone is invited.

**Holy Cross School Council meets** 

The Holy Cross School Council meets Nov. 2, 7:15 p.m. in the school library. All those interested in learning about the council's activities are invited.

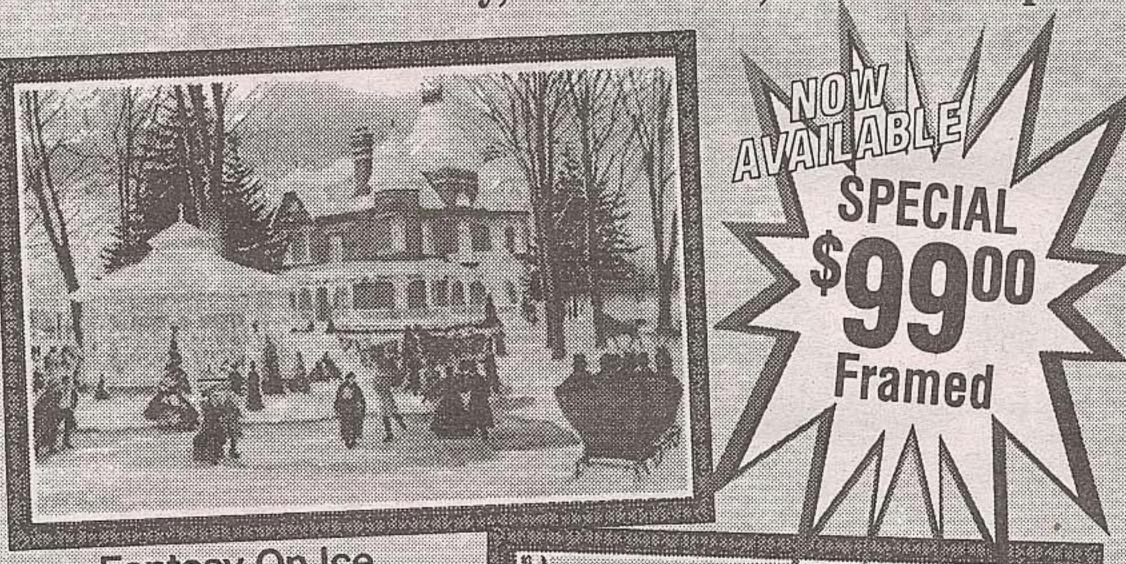
Silver Threads meet

Silver Threads will meet Nov. 2, 1:30 p.m. at the Georgetown Seniors Centre. Bingo and euchre.

Literature and aging

The Glen Group Learning lecture series begins Nov. 3, 2-4 p.m. at St. Alban's Church hall, Glen Williams. Topic: Literature and aging. \$3 at the door, \$15 for the series. Info: 877-4841 or 877-7476.

# **Meet The Artist** Walter Campbell Sunday, November 8, 1:00 to 3:00 pm



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# Attend the Entrepreneur Workshop

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Plan your way to profits

Market your way to sales \$35.00

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Time: Location:

6:30 p.m. to 10:00 p.m. Halton Regional Centre

1151 Bronte Road, Oakville

Registration fee: \$125 for all 4 Sessions Call 905-825-6300 To register:



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