

Large Selection of VIDEO RENTALS 4 Movies/4 Nights/\$5

IK-PIK 160A Gueph St. 877-6463 (beside I.G.A.)



The Biggest Name in Entertainment! 319 Guelph St. (905) 873-8505

TOP 10 NEW RELEASES

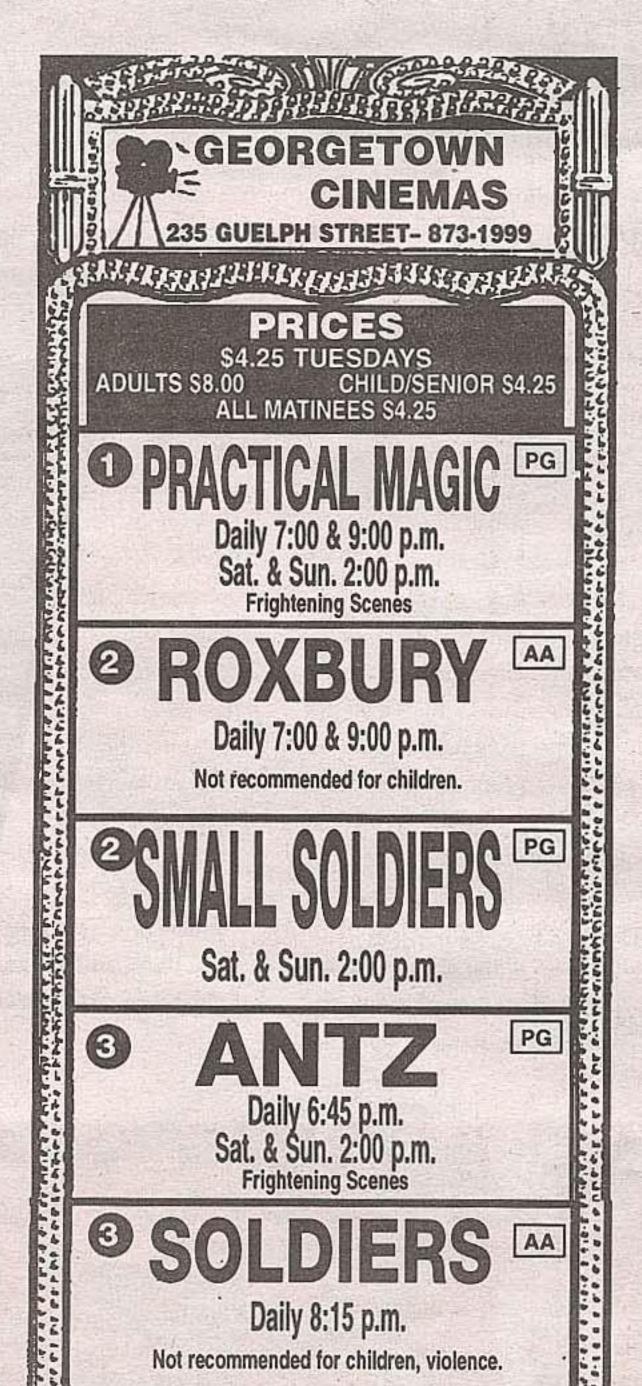
- 1. HOPE FLOATS
- 2. THE X-FILES: THE MOVIE
- 3. DEEP IMPACT
- 4. MERCURY RISING
- 5. A PERFECT MURDER
- 6. LOST IN SPACE
- 7. CITY OF ANGELS
- 8. WILD THINGS
- 9. PRIMARY COLORS
- 10. THE BIG HIT

MOVIES

NIGHTS

Does not include new releases. Free Membership

ree Popcorn (While You 0.00 a.m. - 1.00 a.m.



Forming a concept

Carol Anne Michaelson of Clay Concepts demonstrated on her potter's wheel and allowed visitors a chance to try their hand at it, as artists at Williams Mill in Glen Williams held an open house last weekend highlighting the numerous arts and crafts available. Williams Mills' fall festival, Behind the Mask, continues until Sunday, Nov. 22. The event's theme of disguise and concealment will be portrayed in many artistic media.

Photo by Ted Brown



MISTER BEER U BREW WINE and JUICE CO. 134 Guelph St., Unit #4, G'town

(by Georgetown Fruit Market)

Happy 25th

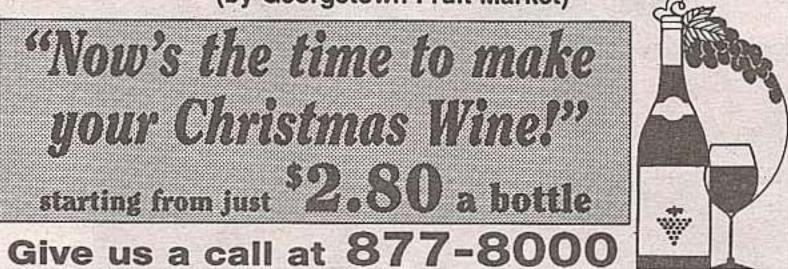
Wedding anniversary

Rick & Moya - November 3, 1998

Love from your friends

"Now's the time to make your Christmas Wine!"

starting from just \$2.80 a bottle



Valerie Cunningham R.N., B.A., CPMHN(C) Who Am I? Accepting Myself

> November 20 **SESSION II:** Are You Listening

Bridging the Gap

to Healthy Sexuality

Youth/Parent Series

Facilitator:

November 13

SESSION I:

November 27 **SESSION III:** Building Responsible Relationships

Friday evenings 7:00 - 9:30 p.m.

at St. George's Anglican Church 60 Guelph Street, Georgetown (beside the High School)

To register - \$10 per family or for more information call 877-8044

SINCE 1870

IFID CALINIGHI

FRANKENSTEIN

LEAF TICKETS MGS HIP TRIBUTE

PRIZES BEST COSTUME

GIVEAWAYS ALL NIGHT LONG!

HORROR MOVIE TRIVIA

NEXT SAT. NOV. 7 REGGAE SUNSPLASH

FEATURING LIVE EXODUS TRIBUTE TO THE

LEGENDARY BOB MARLEY AND THE WAILERS

525 Guelph St., Norval •873-9956

ANX ETY & PANC

Six years ago, Mike Glugosh was a hostage to his own fears. Constantly worried about his own health and his own state of mind, he found himself wanting to avoid situations that made him feel anxious such as being alone, going to work and socializing. In time Mike realized he was not alone in his suffering. Anxiety disorder is the number one emotional problem in our country today.

Mike will share the story of his recovery and provide coping skills at a seminar open to the public in your area.

Symptoms of anxiety, panic and depression include heart palpitations, chest pains, dizziness, stomach problems, bewildered & spaced out feelings, confusion, shortness of breath, scary thoughts, trembling or shaking, and nervous or panicky feelings, feeling



helpless and hopeless, loss of appetite, excessively tired and easily prone to guilt.

Generally people fear what Mike calls, "losing control," having heart attack, embarrassing themselves, or losing their minds.

The Midwest Center For Stress and Anxiety, with whom Mike works, has done stress and anxiety seminars for companies such as Chrysler, AT&T, and MacDonald's. They have also been featured on OPRAH, REGIS and KATHY LEE and many other well know programs.

If you cannot attend, please call 1-800-318-7766 for information.

The Midwest Center specializes in programs for anxiety, panic and depression.

> FREE SEMINAR

SEE MIKE GLUGOSH:

Monday November 2, 7:30 - 9:00 pm North Halton Golf and Country Club 363 Maple Avenue West, Georgetown