

**ONTARIO'S ONLY FULL LINE STACK AS SHELF OUTLET!**

**YOUR CHOICE**

At konstruckta during NOVEMBER

**YOUR CHOICE**  
\$15<sup>99</sup> Each



**Space Saver Wall Cabinet**



**Under Bed Organizer**

24" w x 24" d x 5 1/2" h



**WELLINGTON COUNTY COLLECTION**

Four functional models to choose from! White, Oak or Black. **Your choice \$29<sup>99</sup> each**



**Contest winners**

More than 180 children registered in the annual Downtown Georgetown BIA Halloween trick-or-treat contest as the winners assembled at the office for their prizes. Winners include (front, from left) Deanna Wiltshire (50s girl), Lily McGrath (princess), Sage Ephemeris (yoohoo), Michael Steven (clown) and Kathy McGrath (witch). In back, Miranda Walsh (wizard), Jeneva Walsh (witch), Patti McGrath with Joseph (dragon) and Justin Bill (Robin Hood). Other winners included Craig Stevens, Asuka Lapierre and Ashtyn Morgenstern.  
Photo by Ted Brown

**FREE** **konstruckta** furniture & shelving  
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Dunwin Dr. Erin Mills Pkwy.

**November is DIABETES Month!**

**WHAT IS DIABETES?**

Diabetes is a complex condition in which the body is unable to use food, especially sugars and starches in the usual way. In all people, sugars and starches are converted into glucose (a form of sugar) as they pass through the digestive tract.

Diabetics either lack insulin or their insulin does not work as it should. Without insulin, glucose cannot enter the cells. Starving for food, the cells must turn to the body's fat stores for food. When fat is used by the cells for energy, ketones are produced, which over a period of time can throw the body's delicately balanced chemical system out of control. If a lack of insulin continues, the diabetic may pass into diabetic coma.

Long-term studies indicate poorly controlled diabetics are more likely to develop blindness, kidney failure and heart disease. On the other hand, diabetics who follow their meal plan, exercise, take their medication and try to minimize stress to keep their blood glucose levels

within the acceptable range may delay and prevent the onset of these complications.

**THE DIABETES BALANCE**

Everything you do, everything you feel affects your blood sugar. Following your treatment plan, though, gives you a solid point from which to begin to manage your diabetes. Diet...Exercise...Medication. These basics make up the treatment plan for all insulin-dependent diabetics and for some non-insulin-dependent diabetics.

You, however are responsible for carrying out the plan. The more you know about diabetes, the easier it becomes to manage your condition.

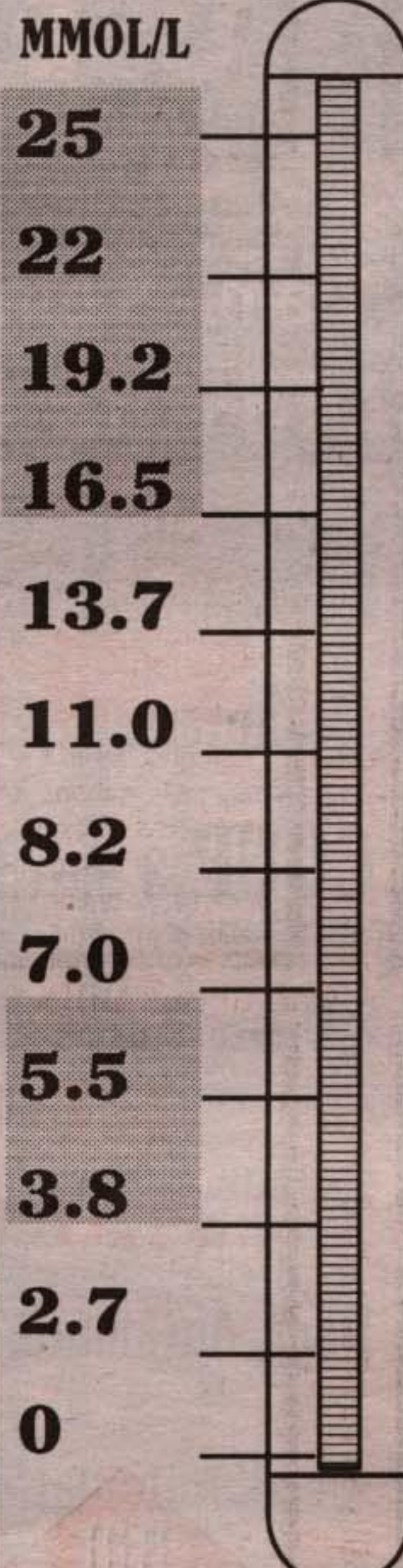
**FOOTCARE**

Diabetics must keep aware of the condition of their feet. Circulatory and nerve disorders are common in diabetics. These problems often lead to increased risk of infection and decreased sensation. Early detection and treatment is essential.

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**Diabetes Management Seminars**  
7:30 pm  
Insulin Users November 12  
Non-users November 19  
Phone for details (905)877-2711  
R CENTRAL



**HIGH RANGE**  
Signs and Symptoms of Hyperglycemia (High Blood Sugar)

- Thirst and excessive urination
- Weakness, fatigue and visual disturbances
- Consistently positive urine tests for glucose
- Elevated blood glucose readings

**Warning:** It is important to remember that the signs and symptoms of hyperglycemia may not be present in some diabetics whose blood sugar levels are high. Blood glucose monitoring is the best way to determine the correct blood sugar level.

**NORMAL RANGE**  
Signs and Symptoms of Hypoglycemia (Low Blood Sugar)

- Hunger, nausea, weakness, headaches
- Sweating, shaking, irritability, dullness
- Numbness of lips or tongue
- Change in mood or behaviour

**Flamingo Dance/ Fitness Studio**  
Exercise for the Older Active Adult  
GROUP FITNESS & TAI CHI classes are carefully designed to help with flexibility and strength. Flexibility keeps you feeling young and able to move however you want or need to.  
Group Fitness 9:00 - 10:00 am  
Mon., Wed. & Fri. & Thurs. 6:30 - 7:30 pm  
Tai Chi 9:30 - 10:30 am  
Tues., Thurs. & Sat.  
36 Main St. S.  
(905) 873-4907 873-0620

**J. LAWRENCE, B.Sc., D.Ch.**  
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Foot Specialist  
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Georgetown, Ont. L7G 4W4  
Tel: (905) 702-1611

**MEDICAL PHARMACY**  
HOURS: Monday - Friday 9 am - 5:30 pm  
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