

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.

St. Andrew's anniversary

The 40th anniversary church service of St. Andrew's Church will be held today (Sunday) at 10:30 a.m. Guest speaker will be Muriel Duncan, editor of the United Church Observer.

Diabetes info

The Canadian Diabetes Association and Georgetown Shoppers Drug Mart are hosting a free diabetes information session, Nov. 23, 1-3 p.m. at the Georgetown Seniors Centre. A registered nurse and a dietitian will discuss what diabetes is, what foods are okay to eat and how you can stay healthy. Everyone is welcome.

Cancer Prevention

Tri-S, a women's group at St. John's United Church, 11 Guelph St. Georgetown is hosting an information meeting, 7 p.m. Nov. 23. Liz Armstrong of the Breast Cancer Prevention Coalition will present a video and take questions. An action plan will be developed to change Halton Hills' stats as a hot spot for breast cancer (25 per cent the national average). Info: Barbara Halsall, 873-0344.

Quilters Guild meets

The Halton Hills Quilters Guild will meet at Centennial Middle School in Georgetown at 7:15 p.m. Nov. 23. Info: Geri Kunica, 878-3787.

Nutrition Expedition

A free hour-long tour in a grocery store for parents or caregivers will be Nov. 24, 7-8 p.m. Hosted by the Halton Regional Health Department, the tour is fun way to learn about young children and nutrition. Call to register, (905) 825-6116.

COMMUNITY CALENDAR

Norway lecture

Glen Group Learning series continues Nov. 24, 2-4 p.m. at St. Alban's Church Hall, Glen Williams with the topic, Land of the Midnight Sun— Norway. \$4 at the door, \$15 for the 10 weeks. Bring your own mug. Info: 877-4841 or 877-7476.

Coffee shop workshops

The East Wellington Coffee Shop series, continues 1:30-3 p.m., at 109 (Seniors) Club in Erin Nov. 24, The Challenge of Change. For older adults, family, friends and community supporters. There's no cost.

Foot care clinics

VON now has a foot care clinic at St. John's United Church on Guelph St., every Tuesday, 1-4 p.m. Nov. 24, Dec. 1, 8, 15, 22, 29, 1-4 p.m. Cost, \$15. Space is limited— by appointment only. Call 1-800-387-7127. Parking is free and all are welcome.

Glen drop-in

You are invited to the Glen Williams Seniors Drop-in Nov. 25, noon to 3 p.m. to hear Brett Worby, chartered financial planner speak on estate planning, at St. Alban's Parish Hall. Info: Irene, 877-9876.

GLT auditions

Georgetown Little Theatre will hold open auditions for Educating Rita, Nov. 23 and 25, 7:30 p.m. at Sacre Coeur Church hall. Roles for 1 woman, age 20s-30s and one man, age 40s-60s. Many backstage jobs are also available. Info: Elizabeth Barfoot, 873-9987.

Norval meeting

Norval Community Association hosts a town hall meeting on development issues, Nov. 25, 7:30 p.m. at Norval Parish Hall on Adamson St. Info: 451-4668.



Centennial warms up

Students at Centennial Middle School recently took part in Project Warmth, as they collected warm clothing for the needy, to be distributed through Canadian Tire. The project, suggested by Carol-Ann and Graham Michaelson, had students collecting sleeping bags, coats, blankets and socks to be distributed to the homeless. Among those who helped were (from left) organizer Carol-Ann Michaelson, Marianne Zabrok, Andrew Key, Valerie Pakkala and Graham Michaelson. Photo by Ted Brown

Coat distribution begins

Donated winter coats in the Coats for the Community program have been cleaned (by Barrager's), and are now available for distribution on: Nov. 27, 9 a.m. to 4 p.m. at the Acton office of Halton Hills Community Support and Information (HHCSI), at 19 Willow St. N., Acton; Nov. 29, 2-5 p.m. at the

Georgetown Legion and Dec. 1, at the HHCSI office, 318 Guelph St., Unit 4, Georgetown.

There is a large selection of coats for men, women and children. Coats are available for anyone that needs one! If you need a coat and can't get to any of the above pickup dates, call 873-6502.

The Chiropractic & Sports Injuries Centre
 211 Guelph St., Suite 4 of Georgetown

- Early AM, evening & weekend appts.
- Senior, Student & Child Rates
- Workers' Compensation & Private Insurance
- X-Ray Facilities On Premises

New Patients Always Welcome
(905) 877-9996



Dr. Robert Jones, Chiropractor

I spy with my little eye something that is... yellow

The sun can harm those little eyes.



care ONTARIO ASSOCIATION OF OPTOMETRISTS

... Lend Me Your Ears



By Cory Soal R.H.A.D.

HEARING LOSS

A diminished social life is one of the most difficult aspects of age related hearing loss. Many people avoid drawing attention to their hearing loss by having fewer social contacts when it becomes difficult understanding what is being said. The result is an altered and lonely existence that family and friends may mistake for dementia.

Learning new strategies to cope with hearing loss could go a long way to restoring confidence and improving communication. The Hearing Clinic recommends the following: Inform people of the hearing loss so they may modify their speech; eliminate background noise; watch the speaker carefully and sharpen natural lip-reading abilities; ask the speaker to repeat what was said if necessary, and above all else: Have your hearing thoroughly tested and properly fit with one of today's modern hearing instruments. Contact The Hearing Clinic if you or someone you know needs assistance.

The HEARING CLINIC
We care about your hearing!
 18 Church St., Georgetown
 (at the Denture Clinic)
(905) 873-6642

Natural Health News



BREAKTHROUGH FOR THE TREATMENT OF ARTHRITIS

Glucosamine Sulfate (GLS) is a prime example of a natural substance used to improve a condition by addressing the underlying cause while supporting the body's ability to heal itself.

The main function of GLS in the human body, is to stimulate the manufacture of cartilage in the joints. By suppressing the deterioration of cartilage, the effect can be relief from the pain and inflammation of the joints. GLS provides nutrients for joint tissue, where it acts in the stabilization of cartilage, tendons and ligaments. GLS is easily absorbed and causes no known significant side effects. (Reference: "The Arthritis Cure" by Jason Theodosakis, MD)


SPECIAL OFFER:

naka Glucosamine Sulfate
 Sodium Free, 500 mg
 240 caps regular low price: \$34.55
 120 caps regular low price: \$17.59
 60 caps regular low price: \$9.19

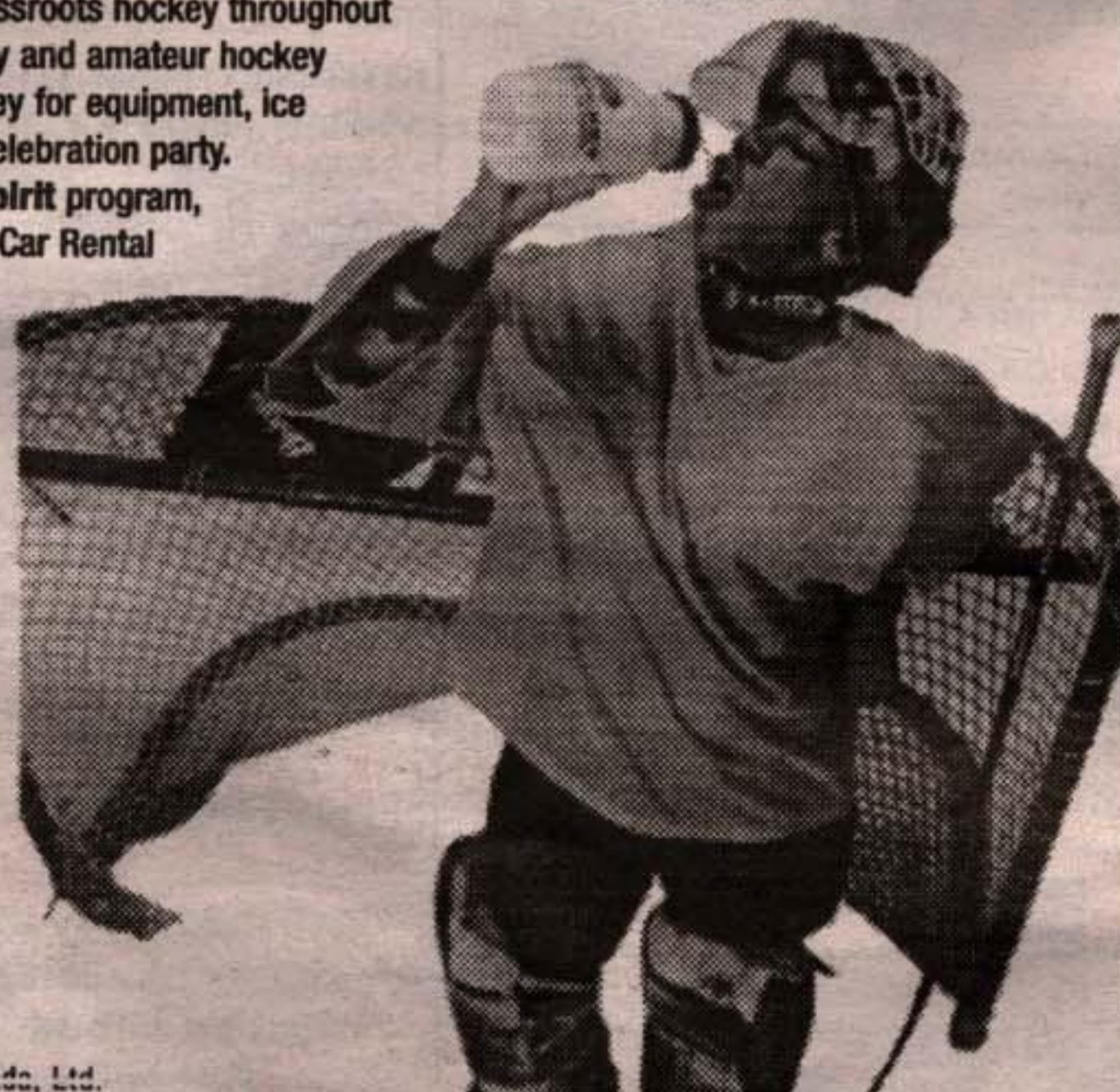
Visit us every last Wednesday of the month for our customer appreciation day. A 10% discount applies to all in-store, regular priced items.

Willow Lane Natural Foods
 15 Willow St. S.
 Acton ON L7J 1Z9 853-3051
 Vitamins, Herbs, Spices and Cosmetics

Help Us Help Your Favourite Amateur Hockey Team



Thrifty Car Rental believes in the ideals of fair play and sportsmanship developed through participation in amateur hockey. From initiation program through junior levels, we have developed the **Team Spirit** program to help raise funds for grassroots hockey throughout Canada. By working together, Thrifty and amateur hockey teams everywhere are raising money for equipment, ice time, road trips and even the odd celebration party. To find out more about the Team Spirit program, contact your neighbourhood Thrifty Car Rental or call the Team Spirit Hotline 1-888-541-8887.



Georgetown Location
(905) 877-7777
 164 Guelph St

For worldwide reservations, call 1-800-FOR-CARS® (1-800-367-2277).
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Thrifty Car Rental