



# Natural Health News

**What is this new Supplement?**  
 Methyl-Sulfonyl-Methane (Natural Plant Source). MSM is a naturally-occurring nutrient, an organic sulphur compound found in normal human diets. Six decades ago researchers identified low sulphur levels in arthritis sufferers. Restoring these levels brought significant relief. Sulphur is well recognized in connective tissue health especially cartilage and tendons. MSM is a natural solution for pain. Natural and Medical Practitioners have used sulphur supplementation for many treatments such as:

- \* Arthritis, Fibromyalgia and muscle cramping.
- \* Soft tissue and wound healing, inflammations, Crohn's, Colitis, hyperacidity, constipation and intestinal parasite prevention treatment.
- \* Detoxification, especially heavy metals like lead and mercury etc.
- \* Skin and hair health.
- \* Asthma, allergies and sinusitis.

**Trophic MSM 1000 mg**  
**\$16.49/120 caps,**  
**\$8.69/60 caps**  
 (while quantities last)

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

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. Deadlines are noon Monday for the Wednesday edition and 4 p.m. Wednesday, for the Friday edition. All notices, must be accompanied by name and telephone number.

## COMMUNITY CALENDAR

refreshments. Admission \$2, children under 12 free. Proceeds go towards equipment for AHS students.

### Sunday, Nov. 21

**Music and Celebration:** Norval and Union Presbyterian Churches invite you to an evening of Music and Celebration with the joint choirs, 7:30 p.m. at Norval Presbyterian Church. Child care is available; light refreshments will follow. Come on out, and bring a friend!

**Craft sale:** Ballinafad Community Centre's craft sale will be held 10 a.m. to 4 p.m. Have your picture taken with Santa, 11 a.m. to 3 p.m. Bake table (donations appreciated). Psychics, face painting, luncheon and more. Info: 877-4702.

**Christian Symphony plays:** All are welcome to attend an evening of music featuring Mississauga Christian Symphony Orchestra, 7:30 p.m. at Knox Presbyterian and Community Church in Ospringe at the junction of Hwys. 124 and 125. The evening consists of instrumental selections, choral singing and audience participation.

**Overeaters Anonymous:** Do you worry about the way you eat? Overeaters Anonymous may have the answer with its 12-step program of recovery. Join the group, Sundays, 7:30 p.m. at Sacred Heart Parish, 238 Main St. Rockwood (side door). Info: 702-8368.

### Monday, Nov. 22

**Quilters meet:** Halton Hills Quilters Guild meets at Centennial School, 7:15 p.m. Info: Geri Kunica, 878-3787.

**Friday, Nov. 19**  
**Family games night:** Bring your favorite board game to Family games night at Ballinafad United Church, 7:30 p.m. No admission. Refreshments provided.

**Guitar duo:** Milton Concert Productions presents The Great Lakes Guitar Duo, Thachuck and Meyer, 8 p.m. at Milton Alliance Church, 2850 Derry Rd. E. Adults, \$25, seniors and students, \$20. Tickets at the door or by calling 878-2432/878-4604.

**Volleyball anyone?:** Mixed, non-competitive volleyball is offered Fridays at McKenzie-Smith Bennett School in Acton, 8-10 p.m. For more information call Bonnie at 873-7125 or Margaret at 854-0755.

### Saturday, Nov. 20

**House tour:** Deck the Halls Christmas House Tour will be 4-7 p.m. Visit four downtown Acton heritage homes and one church. Refreshments served at the end of the tour. Tickets, \$6, available at The Needle Gnome, Wetherby's or call Acton BIA, 853-1031, ext. 274. Proceeds to Acton Agricultural Society's building fund.

**Legion bazaar:** Georgetown Legion Ladies Auxiliary bazaar, 11 a.m. at Georgetown Legion, Mill St. Baked goods, silent auction, tea room.

**Craft show:** The fourth annual craft show at Acton High School, 10 a.m. to 4 p.m. Over 100 selected vendors. Raffle, bake sale,

**Toastmasters meet:** Do you want to speak with confidence? Come to the Halton Hills Toastmasters Club, 7:30 p.m. at St. Alban's Hall, Glen Williams. Info: Urszula Kosecka, 702-9161 or Margaret Teasdale, 877-1052.

### Tuesday, Nov. 23

**Lecture series:** Glen Group Learning Series presents Fast Track in the Slow Lane by Dr. Fred Dahm at St. Alban's Church Hall, Glen Williams, 2-4 p.m. Cost: \$3 at the door. Refreshments, bring your own mug. Info: 873-6454 or 877-7476.

**Free job workshop:** Unemployed? Career change? Free job workshops presented by Halton Dufferin Skills Evaluation Centre for Completing a Return to Work Action Plan and Researching and Selecting Appropriate Training, at the Georgetown library, 9 a.m. to noon. Info: 1-800-610-7668.

**Christmas hamper:** Apply now for the 1999 Christmas Hamper Program, a project of the Salvation Army, Acton Rotary Club, IODE and St. Vincent de Paul Society. Apply in person with i.d. Tuesdays/Thursdays, 9 a.m. to noon at the Salvation Army Family Services Office, 120 Mill St. E., Acton.

**GLT meeting:** Georgetown Little Theatre is holding its regular meeting, 8 p.m. at St. Alban's Church Hall, Glen Williams. Everyone welcome.

**Plowmen meet:** Halton Plowmen's Association annual meeting, 8 p.m. at OMAFRA, 332 Guelph St.

### Wednesday, Nov. 24

**Huttonville euchre:** Euchre and 50/50 draw will be held 7:30 p.m. at Huttonville United Church. Prizes and refreshments. Admission, \$4.

**Games day:** Come to Glen Williams Seniors Drop-in, noon to 3 p.m. for dominoes, rumikub, darts and chit-chat at St. Alban's Parish Hall. Info: Peggy, 873-7603.



### OVERNIGHT PARKING

Uniform Traffic Control By-law No. 84-1 prohibits parking:

2:00 A.M. - 7:00 A.M. (Daily)  
 November 15 to April 15



On all streets under the jurisdiction of the Town of Halton Hills, unless authorized signs indicating otherwise are specifically posted. Motorists are reminded that By-law No. 84-1 also prohibits the parking of a vehicle on all Town or Regional Roads for longer than 3 consecutive hours at any single location, unless otherwise specifically posted.

On-street parking hinders snow clearing and other road maintenance operations. Your co-operation is requested. Please comply with the requirements of this By-law.

**AUTHORITIES MAY HAVE VEHICLES TICKETED OR TOWED AWAY AT THE OWNER'S EXPENSE.**

Motorists should note that Town By-Law Enforcement Officers will be on patrol through the duration of the parking restriction period and will ticket and/or have the offending vehicle removed.

### SNOW REMOVAL

The placing or pushing of snow or ice onto roadways or cleared sidewalks will obstruct or encumber vehicular and pedestrian traffic. The Town's Obstruction, Encumbering or Fouling of Highways By-law No. 90-68 prohibits such action.

Improper snow and ice clearing can be a serious hazard to motorists and pedestrians. Your co-operation is requested. Please comply with the requirements of this By-law.

**AUTHORITIES MAY HAVE SNOW AND ICE REMOVED AT THE PROPERTY OWNER'S EXPENSE.**

R.C. Austin, P.Eng.,  
 Town Engineer 206

P.O. Box 128, 1 Halton Hills Dr.,  
 Halton Hills (Georg.), ON L7G 5G2  
 Tel.: 905-873-2600 Tor.: 416-798-4730  
 Fax: 905-873-2347

# didn't finish high school?

that was then...



...this is NOW!

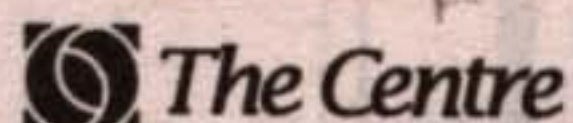
Put Yourself in the Picture as a GED Grad  
 Earn your ONTARIO HIGH SCHOOL EQUIVALENCY CERTIFICATE through the General Educational Development (GED) Testing Program.

Here's the GED Advantage Checklist:

- ✓ Ministry of Education approved
- ✓ A path to apprenticeships
- ✓ Flexible preparation and testing schedule
- ✓ Recognizes life-long experience
- ✓ A measure of what employers are looking for
- ✓ Open to adults 19 and over, out of school for...a year...10 years...40 years...

Get Ready to...

- Generate more employment potential...
- Expand your educational options...
- Demonstrate your personal best!



Call Skills Development & Training NOW at (905)333-3499/878-1240 for a free consultation.

Human Resources Development Canada / Développement des ressources humaines Canada  
 The GED Awareness Campaign is a partnership of Human Resources Development Canada, The Centre and GED Partners



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

## ACUPUNCTURE



Susan M. Baker

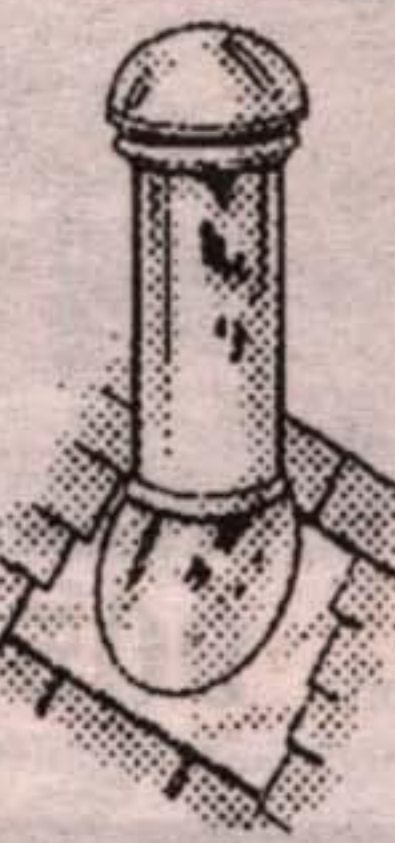
- Pain Relief - low back, sciatica, joint & muscle pain, headache, migraine
- Digestive - constipation, irritable bowel, stomach disorders
- Respiratory - bronchitis, asthma, sinus & chest congestion
- Mental Disorders
- Fibromyalgia
- Stress, insomnia, depression

CALL TO BOOK AN APPOINTMENT TODAY  
 Evening appointments available

(905) 873-7923

99 Sinclair Ave.  
 Suite 200  
 Georgetown

# CHECK YOUR CHIMNEY



Remember to check your chimney regularly for signs of corrosion or deterioration.

Have all chimneys cleaned and inspected at least once a year.

