

# Entertainment coupon books are on sale at HHCSI offices

**H**alton Hills Community Support and Information (HHCSI) has a great Christmas gift idea for you to buy for your family and friends—the Entertainment Books.

For \$32, the recipient gets a large book of discount coupons for restaurants, golfing, hotels, etc—covering the Toronto, Mississauga, and Oakville areas.

The books are available at The Freckled Lion or the HHCSI office at 36 Armstrong Ave., both in Georgetown or the HHCSI office, 45 Mill St. or Tuitman's Garden Centre, both in Acton. Or call Elly, 873-6502.

### Women's group

The next meeting of the Acton Women's Association will be held on Saturday, Oct. 14, 10 a.m. at the Band Hall, 85 Wallace St., in Acton.



Group members will be working on a craft—an autumn rustic grapevine wreath to hold a pillar candle for a table centre piece. This craft will be led by instructor Susan Coyne.

Participants are asked to pre-register by dropping off \$20 to the HHCSI office at 45 Mill St. E.

The Acton Women's Association meets monthly and is open to women of all ages. Everyone is welcome to attend.

For more information call Terri at 853-3310.

## Laser Hair Removal

### SPECIALS FOR WOMEN

Upper Lip	\$60.00
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Julie Diamond

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Lynne Gravelle



By Cory Soal R.H.A.D.

## ... Lend Me Your Ears

### HOW DOES LOUD NOISE CREATE HYPERTENSION?

It appears to affect the nervous system, signalling the peripheral blood vessels to constrict as though under attack. This triggers a surge of adrenaline and other fight-or-flight chemicals into the bloodstream - a response that carries with it the potential for glandular or cardiovascular changes, in other words, unwanted noise creates the same final results as increased stress (try to avoid it!)

## The HEARING CLINIC

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Professional Arts Building  
99 Sinclair Ave., Suite 210  
Georgetown  
(905) 873-6642

## Tooth Chatter



by ALEX TRENTON DENTURIST

### SENIORS WORTH A FORTUNE!!

• Remember - old folks are worth a fortune - with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet & gas in their stomachs!

• I am now seeing five gentlemen every day, replied Gramma. As soon as I wake up "Will Power" helps me get out of bed. Then I go to see "John"! Next, "Charlie Horse" comes to get me. When he leaves, "Arthur Ritis" shows up and stays for the rest of the day. He doesn't like to stay in one place very long, so he takes me from "joint to joint". After such a busy day, I'm really tired and glad to go to bed with "Ben Gay"!

• The next day, a preacher came to call. He said at my age I should be thinking of the "hereafter. I told him I do that all the time. No matter where I go, upstairs, downstairs, or in the basement, I ask myself..."now what am I hereafter?!!!!"

Author Unknown

\*Many thanks to a thoughtful patient for the above submission!

We care about your smile!

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)

# Breast Health

October is Breast Cancer Month



For more information,  
**Canadian Cancer Society**  
Georgetown 877-1124  
Acton 853-1424  
1-888-939-3333



## TAKE CARE - BE AWARE

### Take responsibility for your own Breast Health

- Get a mammogram every two years if you are 50 or over
- Do Breast Self-Examination (BSE) every month
- Have your breast checked by a health professional every year

### Breast Cancer: Understanding Your Risk

Have you ever wondered about your real risk of breast cancer? Studies have shown that many women don't know they may be at increased risk for breast cancer because of family history, age, etc., and so do not seek out the early-detection measures they should. On the other hand, there are women who are aware they may be at increased risk, but who don't know where or how to get the support they need to relieve their fears. If you think you may be at increased risk, talk to your doctor.

What are the risk factors for breast cancer? Remember, 75-80% of all breast cancers occur in women with no risk factors other than being a woman.

#### Major Risk Factors:

- being a woman
- increasing age, especially in women over 50
- previous breast cancer
- strong family history of breast cancer (mother, sister, daughter)

#### Minor Risk Factors:

- These factors are linked with only a modest increase in risk.
- reproductive factors like age at menarche and menopause, age of first pregnancy, hormone use
- diet or obesity
- alcohol
- some forms of benign breast disease

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## AVON THANK YOU TO ALL OF YOU WHO SUPPORTED OUR MILLION DOLLAR DAY!

(Sept. 23rd)

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