



## A shot in the arm against the flu

Eileen Wedge of Acton (left) was among the many who lined up for their flu shots at Acton Seniors' Centre recently, as Mary Haggart, RPN of Halton Region Health Department administered the shots. The Health Department plans to organize more flu shot clinics this month (November). For more info call the Flu Info Line, 878-8113 or 853-0501.

Photo by Ted Brown

*This Saturday in Acton only*

## Local veterinary group holds rabies clinic

The North Halton Veterinary Association is holding its annual low cost rabies immunization clinic on Saturday, Nov. 4.

This year the clinic will be held at a new location, the Acton Arena and Community Centre, 1-3:30 p.m. Cats and dogs should be restrained either on a leash or in a cage.

This clinic is designed for residents who cannot afford regular vaccination at a local veterinary clinic. The fee is \$10.

Note, that only rabies vaccines will be administered and no physical examination or veterinary advice will be given. Residents are

advised to see their regular vets for any medical problems and complete vaccination.

Rabies is a deadly disease and most human exposure to rabies involves contact with rabid pet cats and dogs. The recent death of Quebec boy from rabies and the

increase of raccoon rabies in Eastern Ontario is highlighting the need to get pets vaccinated this year.

All pet owners must get their pets vaccinated—it's the law, and non-compliance can result in a \$5,000 fine.

## Family Focus event is cancelled

The Parent Education Network has cancelled its Family Focus 2000 conference planned for Saturday, Nov. 4 at the Georgetown Alliance Church.

Organizers cited poor registra-

tion as the reason for the cancellation.

The day was to have focussed on youth violence with workshops on dealing with anger and anti-bullying programs.

If you think baby boomers have too much, you're right. In the next decade 1 in 4 will have diabetes.

Diabetes STOP the epidemic.

DISPLAYS - 7:10 pm

## WATER CRISIS!!

HEAR

## MAUDE BARLOW

On Thursday, Nov. 16th, 7:30 PM At Georgetown District High School

BLUE GOLD: THE GLOBAL WATER CRISIS AND THE COMMODIFICATION OF THE WORLD'S WATER SUPPLY OVER 500 IN GUELPH HEAR MS. BARLOW!!

There is no one else quite like Maude Barlow on the Canadian scene today. Activist, author and policy critic, she is an outspoken crusader for Canadian sovereignty and citizens' rights. In just over a decade, Maude has helped build the Council of Canadians into a non-profit, non-partisan public interest organization of more than 100,000 citizens.

Maude has authored or co-authored 11 books.

A dynamic speaker who is fully informed of all the facts, Maude will bring you information about both federal and provincial policies that will affect your water.

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Displays at 7:10 p.m. Adults - \$10 Students - A donation

For tickets call Barbara Halsall 905-873-0344

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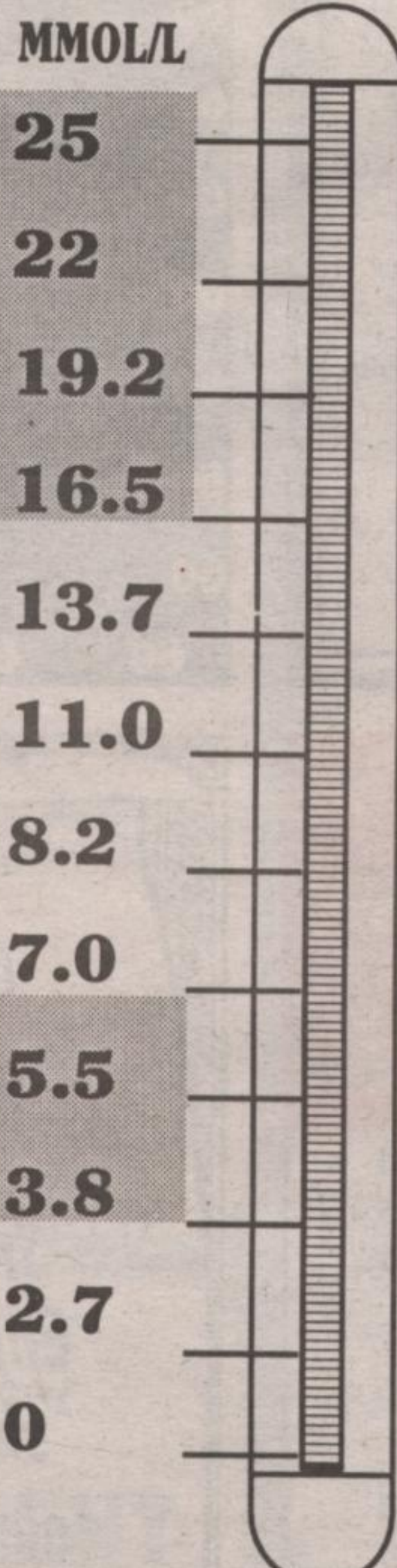
# November is DIABETES Month!

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### 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 hypoglycemia 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, dizziness
- Numbness of lips or tongue
- Change in mood or behaviour

### 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.



Greg J. Lawrence

**J. LAWRENCE, B.Sc., D.Ch.**  
Registered Chiroprapist  
Foot Specialist

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Tel: (905) 702-1611



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