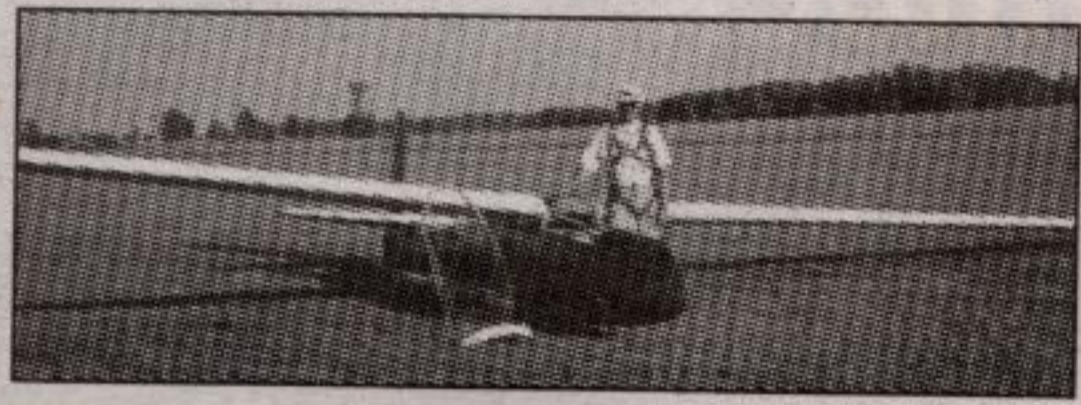


Healthy Living



Royal Canadian Air Cadets
"756" Squadron



Pictured above is our new Commanding Officer Major Garry Kramer, standing by his glider. Major Kramer has both his glider and private pilots licence.

Here are some frequently asked questions about Georgetown Air Cadets.

Q: How old do you have to be to join the air cadets?

A: the minimum age is twelve, but no older than nineteen.

Q: How much does it cost?

A: Free!!! yes even the snazzy uniform.

Q: Are you expected to join the military when you graduate from Air Cadets?

A: No, although partially funded by D.N.D., what you do after graduation is entirely up to you.

Please check us out on Monday September 9th, 6:30 p.m. At the Armouries on Todd Road.

For more information contact Captain Alison Murray at (905) 873-2376 (evenings) or Wendy Miller at (905) 877-0596

Tooth Chatter



by
ALEX TRENTON
DENTURIST

WORLDS CHEAPEST STRESSBUSTER - A SMILE!

Put on a happy face! An annoying musical adage - or sound medical advice? Score a big grin for science. Research shows that the physical act of smiling - even when you don't feel like it - can measurably reduce stress and improve your mood. Psychologist Paul Ekman of the Human Interaction Lab at the University of California, San Francisco, has discovered that faking a smile produces the same changes in brain activity, respiration, skin temperature, and heart rate as a genuine feel-good smile - and these physical changes promote a sense of well being. Smiling may also boost your mood because it elicits positive responses from people. Faking a smile won't jolt you out of a serious depression, notes Ekman, who has been studying facial expressions for 30 years. But it can lift your mood and help you relax!

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Alexander Trenton, D.D., F.C.A.D. (A)
Denturist
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(905) 877-2359

(Across from the Library and Cultural Centre)
www.georgetowndentureclinic.com

Open Door reopens at St. George's

Halton Hills Community Support and Information's (HHCSI) Georgetown youth centre, Open Door, located at St. George's Anglican Church, 60 Guelph St. (beside the high school), has opened for the school year. Hours are Wednesday, Sept. 4, 10 a.m. to 2 p.m.; Thursday, Sept. 5, 11 a.m. to 2 p.m. and Friday, Sept. 6, 10 a.m. to 2 p.m.

Help HHCSI's youth centres! Keep your eyes open for HHCSI's bright yellow canisters located in local stores about town until Sept. 19. By dropping your loose change in their canisters, you will be supporting the continued operation of these valuable programs. To business owners/store managers: for more information on how to become a visible supporter of this program, call JoAnne, 905-873-6502.

Buy a brick. Off The Wall youth centre will be selling "bricks" to raise money for the centre.

For more information on all of HHCSI programs and services please check out its new Web site at www.hhcsi.ca



At the barbie

Mountainview Retirement Residence resident Jean Lane (right) and Olive Jones, of Georgetown, were among dozens who filled their plates at the Mountainview Rd. seniors home's summer barbecue.

Photo by Trish England

Medicare coalition holds first meeting

Brampton Health Coalition holds its inaugural meeting on Thursday, Sept. 12, 7 p.m. at the Brampton Public Library Four Corners Branch. The meeting will finalize plans for the fall Save National Medicare campaign as well as organize for Maude Barlow's address in Brampton on October 15. A full turnout is vital. Everyone is invited. For more information contact Allison Fisher at 416-599-0770.

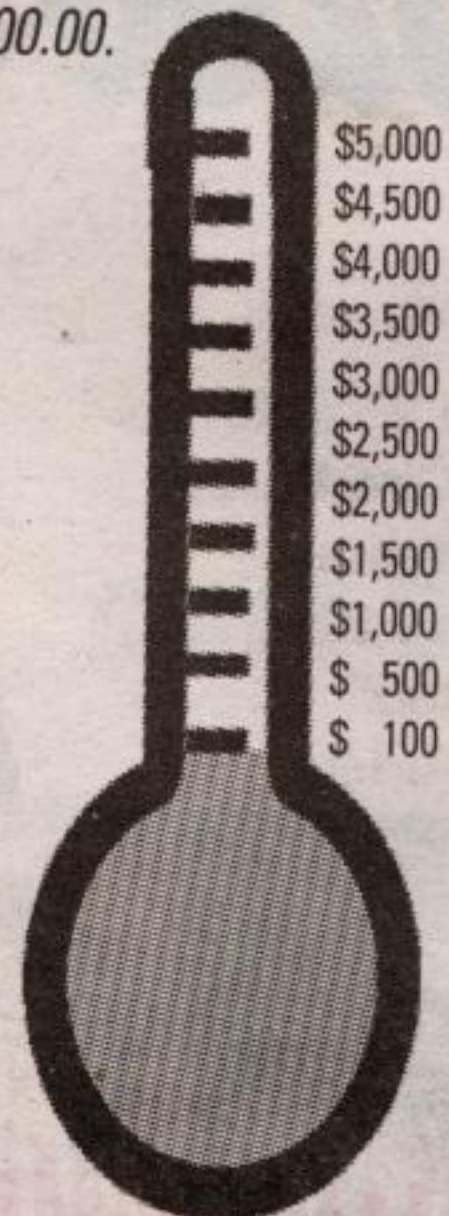


COMMUNITY SUPPORT AND INFORMATION YOUTH ROUND-UP CAMPAIGN THERMOMETER

Halton Hills Community Support and Information would like to thank our partners in our Youth Round Up campaign for their continuing support.

- | | |
|---------------------------|---------------------------------------|
| Acton IGA | Power Video |
| Home Hardware | Royal Jug City |
| Leathertown Lumber | Shopper's Drug Mart (Georgetown Mall) |
| Pharma Plus | Creature Comforts |
| Willow Lane Natural Foods | Northern Reflections |
| M&M Meats (Acton) | Georgetown Photo |
| Coffee Grind | Hallmark |
| Vanderburgh Flowers | Brilliant Gold |
| Rogers AT & T | Frisco Fries |
| Christiane Hair Styles | McMaster's Meats |
| Blockbuster Video | Bank of Montreal |
| Tuitman's Garden Centre | Bergsma's Paint & Wallpaper |
| Walmart | |

*A special thanks to MacMillans for their kick-off donation of \$100.00.



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Georgetown Market Place

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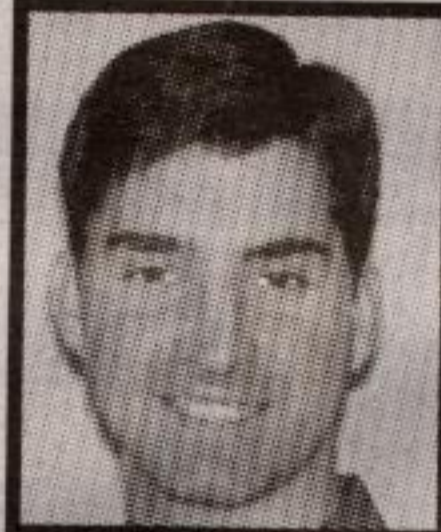


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By Cory Soal
R.H.A.D.

... Lend Me Your Ears

MEDICATIONS CAN BE DANGEROUS TO YOUR HEARING

Ototoxicity is the term for medication that can be hazardous to your hearing health. If you presently take medication, be sure to ask your physician about possible effects on your hearing. Keep in mind that combinations of prescriptions increase the risk of ototoxicity. If you suspect your medication could be ototoxic, or develop a ringing in your ears, report this to your physician. For more information, please call...

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