

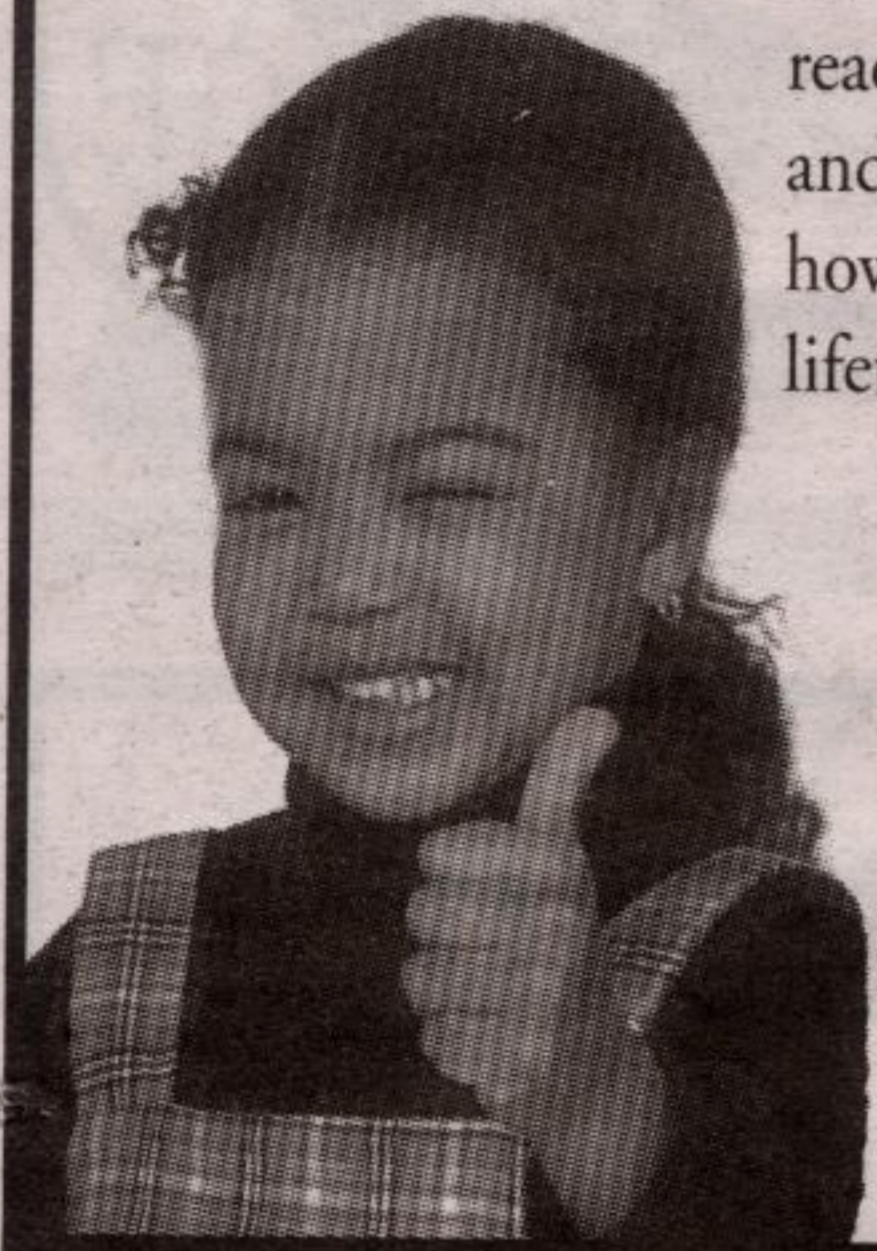
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Scrap Iron to play at Charley Fitzwhiskey's

Scrap Iron, a vocally dynamic rock, blues, rhythm and blues band featuring local guitarist, composer, studio and touring musician Kirk Gabel will be perform at Charley Fitzwhiskey's on Saturday, Nov. 16.

The band includes former members of Epic recording artists, Chimo!, who charted No. 87 with a minor hit from their debut disc. Reviews reported "a colossal sound" and "full rockhouse organ worthy of particular note." The band performed on tour with rock legends, Chuck Berry, Blood Sweat and Tears, Chicago, The Guess Who,



Scrap Iron, featuring Georgetown musician Kirk Gabel, will play at Charley Fitzwhiskey's on Saturday.

Mountain and Janis Joplin. The following week Gabel will be playing again, but with local performers, The Glen Band at a dance in the Glen Williams Town Hall on Nov. 23.

All proceeds will go toward the maintenance and upkeep of the town hall. A limited number of tickets are still available for this popular evening of classic rock, through Carol-Ann Michaelson at the Williams Mill Gallery or Glen Band members Phil Lewin, Janice Gitting, Ian Jarvie, John Lewzey and Gabel.

HHCSI accepting Christmas Needs Program applications

The holiday season is quickly approaching and applications and donations are now being accepted at Halton Hills Community Support and Information (HHCSI) for the Christmas Needs Program.

Each year many generous and caring community members donated practical items and money to HHCSI during the holiday season. Financial donations enable us to purchase items of clothing for children of financially limited families. HHCSI will also accept donations of clothing, toys and knitted items.

If Christmas might be a little tougher this year for you and your family, please feel free to drop into our



offices to fill out an application form for the program. All applications are kept strictly confidential. Our offices are located at 36A Armstrong Ave. in Georgetown and 45 Mill St. in Acton. For more information, call Cathy, 519-853-3310 or 905-873-6502.

Youth

Off the Wall: Have you signed up yet for the Pool Tournament to be held on Nov. 15 for the Senior Youth (ages 12-19). Don't miss out on this fun time. Junior Youth (ages 9-11) are invited to

learn about the power of colour... come out to Wacky Kraft night on Nov. 20 and make energy bracelets.

Seniors

Telephone Assurance: This program offers a safety check and regular social contact for seniors. Volunteers provide scheduled phone calls to seniors on a regular basis. If you would like to be a part of this program and receive the assurance of a regularly scheduled telephone call, call Rebecca, 519-853-3310 (Acton) or Kim, 905-873-6502 (Georgetown).

HHCSI is a multi-service organization, with offices in Acton and Georgetown, supporting people of all ages. It is a member of the United Way of Halton Hills.

Constipation affecting 90% of Canadians

2-3 bowel movements per day is ideal for good health

While it is not always the most pleasant item of conversation, constipation is a major problem among Canadians. A recent survey showed that 90% of Canadians are suffering from some degree of constipation.

"There are many reasons why constipation is such a problem" states Brenda Watson, president of the International Association of Colon Therapists (I-ACT) and a specialist on the topic of digestive care and cleansing. "The modern diet consists mainly of refined and processed foods. These foods do not breakdown and digest well in the body and as a result, it is difficult for the body to process the leftover materials through the colon. Further, we do not drink nearly enough water, causing dehydration of the bowel. This makes for stool that is hard and difficult for the colon to eliminate."

Good health starts with proper digestive care. This includes having two to three bowel movements per day. "It only makes sense that if we eat three times per day that we have three bowel movements per day. It has long been recognized by the holistic medical community that 2-3 bowel movements per day is not only one of the keys to good health, but it also ensures that the body is less susceptible to disease" says Watson. "The colon is our main pathway of elimination for toxic materials. If it is not functioning properly, this toxic load begins to enter the blood stream, causing major damage to the body's cells and organs. This is the beginning of poor health and disease."

"It is not overly difficult to correct the problem of constipation" states Watson, "One of the most effective ways to help eliminate constipation is through a 30 day cleansing program. This program consists of one main cleanse, and two support products that can be taken at the same time."

CleanseSMART, a two part cleansing product, works to help cleanse the body's tissues and organs while at the same time, stimulate cleansing of the colon.

CleanseSMART is unique in that it does not use 'purgative' type laxatives such as cascara sagrada or senna, which can cause uncontrollable bowel movements and diarrhea or can be addicting over time. CleanseSMART acts naturally by ensuring the colon is properly hydrated and by stimulating 'peristalsis', which is the colons natural action of pushing out materials.

"This cleanse can be taken on its own as an effective tool to help alleviate constipation. However, there are two support products, FibreSMART and OilSMART, that can be taken alongside of CleanseSMART as part of the 30 day program."

FibreSMART is a unique, flax seed based fibre. "Everyone has heard about the value of fibre and its effects in promoting healthy bowel movements" states Watson. "What makes FibreSMART different from other fibre supplements is that it contains no psyllium, which absorbs 40 times its weight in water. Considering that the colon is already suffering from dehydration, it does not make sense to take a supplement that will absorb even more water out of the colon. This makes FibreSMART a good choice."

OilSMART is an Essential Fatty Acid (EFA) supplement that contains organic flax seed oil, organic borage seed oil, and cold water fish oil. "Essential Fatty Acids play a major role in keeping the colon lubricated, which is necessary to ensure proper bowel movements." Fish oil also helps heal damage caused to the intestinal tract and colon.

"Anyone who begins to have 2-3 bowel movements per day will see the benefits within a week or two. Increased energy, improved digestion, and better health are only a few of the benefits."

For more information on constipation and cleansing, visit your local health food store to receive a FREE copy of "Constipation is a Serious Health Concern" by Brenda Watson, C.T.

Where Child Abuse Hurts Most



Sometimes the worst scars of child abuse can't be seen. Whether physical or emotional, abuse attacks a child's self-esteem and emotional development, leaving long-term emotional trauma and pain. You can help prevent child abuse by being a nurturing parent or caregiver. By letting children know they are special, competent and loved, you can help them develop positive self-images and happier futures.

If you feel overwhelmed, angry or frustrated as a parent, help is out there for you. Look in your area for support groups and services, or talk to a trusted friend, family member, pastor or doctor about what you can do to protect and support your child. If we all do our part to prevent child abuse, we'll get to the heart of the matter.



To learn more about the 30 day cleansing program call or visit this store

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