

Healthy Living

57 Billiard tables • 30,000 sq ft!



**THE SPECIAL EVENT CAPITAL,
BOOK CHRISTMAS & NEW YEARS!**

**MONDAY NITE FOOTBALL
WITH Y108'S MIKE TYLER**

In the NEW RAXX LOUNGE & CONCERT CLUB,

**This Fri. CARPET FROGS
classic rock, Lu Lu's house band!**

THIS SATURDAY NOV. 23

Raxx and Long & McQuade presents
Canadian Legends, Bullseye recording artists

GODDO

Hells Bells
*AC/DC Trib.
Nov. 29
Jack Dekeyser
Nov. 30
Only \$12.50 adv.
and \$15 @ door
15 min. from G. Town 905-455-7289

Binge drinking in youths on the rise

Too often youth think they're immune to the risks associated with alcohol. Drinking games, high alcohol content in beer and coolers and chugging contests are making youth push their limits more than ever.

Many young people use alcohol and may experience problems like alcohol poisoning and injuries.

'It's not 'just' alcohol' is one of the messages the Halton Region Health Department is emphasizing during Drug Awareness Week, which began Sunday and ends Saturday.

According to the Halton Student Drug Use Survey 1999, almost 70 per cent of students in Grade 7 to OAC reported using alcohol at least once in the past 12 months.

Heavy drinking episodes (becoming drunk) and binge drinking (five or more drinks on one occasion) from Ontario students rose 17 per cent to 28 per cent in 1999.

According to the Ontario Student Drug Survey 2001, almost 41 per cent of Grade 11 students reported drinking to the point of

becoming ill in the four weeks prior to the survey.

Alcohol poisoning is directly related to binge drinking. Death may result from the alcohol depressing and eventually the person's heartbeat or breathing may stop, or they might choke on their own vomit.

Young people may think they know everything about alcohol, but often make decisions based on misinformation.

Parents have a big role to play with regard to modeling low risk drinking and talking to their kids about their expectations regarding drinking and partying. Get informed and ensure your children have the right information.

For more information about how to talk to your kids about alcohol and binge drinking, call the Halton Region Health Department at 905-825-6060, ext. 7835.

William Osler opens children's kidney clinic

To meet the healthcare needs of children suffering from kidney disease, William Osler Health Centre now operates a Pediatric Nephrology Clinic at its Brampton Memorial Hospital Campus.

Nephrology is the science that deals with the kidneys, focusing especially on their functions or diseases.

Dr. Rachel Pearl began seeing patients Nov. 7th with the clinic running from 8 a.m.

to 1 p.m. on the first and third Thursday of each month. Children with kidney conditions must be referred by their family doctor.

The clinic will focus on children who have been diagnosed with antenatal hydronephrosis, acute or chronic renal failure, renal anatomic abnormalities, recurrent urinary tract infections/reflux, hematuria, proteinuria, hypertension, electrolytes/acid base abnormalities and cystic kidney disease.



Bennett Health Care Centre

New Housing Community

Join us for an informative discussion on seniors and adult housing needs and the potential development of the Bennett Centre lands, near the hospital in Georgetown.

What are you looking for?

Condo Apartment? Supportive Care?
We need to know before we move ahead!

Please call Barb at 905-873-0115 Ext 47512 for more info or to attend presentations on Nov 27th, Dec 4th, or Dec 11th.



CORRECTION
We wish to draw your attention to the following in our current 'Canadian Tire' Flyer

Page 21 - ITEM 3 - BLOOD PRESSURE MONITOR, 43-9320-2

Copy Reads: REG. 99.99, SALE 79.99. SAVE 20%
Should Read: REG. 129.99, SALE 103.99. SAVE 20%

WE SINCERELY REGRET ANY INCONVENIENCE WE MAY HAVE CAUSED YOU

Canadian Tire Associate Store
cnote D347/02 - All Zones

LASER HAIR REMOVAL

- Affordable • Safe • Gentle
- Permanent Hair Reduction

For Him: chest, back, shoulders, etc.
For Her: bikini, facial, underarms, etc.

Call today for a free consultation
•Certified Electrologist & Laser Technician

Bare Image Electrolysis & Laser Inc.
50 Main St. South, Georgetown 905-873-6388
downtowngeorgetown.com/bare image

Tooth Chatter



by
**ALEX TRENTON
DENTURIST**

THE "TRY-IN" APPOINTMENT

The "Try-In" appointment is the most interesting stage of denture construction. This is when you get to see exactly what your denture will look like before it's finished. Because the teeth are set in wax, the teeth can be moved or changed to the desired appearance. Some people bring along a close friend or spouse for a second opinion. Only when you are happy with the appearance will the denture be finished. Because this is such an important stage, sometimes a second "Try-in" visit is necessary, if changes are to be made.

Because we make everything from start to finish in our own dental lab, located right on the premises, special attention is given to the types of teeth used, as well as the specific colour and shape that is exactly right for you. The result is a custom-cosmetic denture that we can both be proud of!

You do not need a referral; simply call out office direct.

Creating confident smiles since 1982

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)
www.georgetowndentureclinic.com

MANON Dulude
PSYCHOTHERAPIST

INDIVIDUAL
COUPLES
FAMILY COUNSELING
DEPRESSION
ANXIETY
SEPARATION/DIVORCE
LIFE CHANGES

38 OAK STREET
GEORGETOWN
ONTARIO
(905) 873-9393

PROFESSIONAL
COUNSELING
SERVICES



Chris Eriksson PhD
M.A. Counselling Psychology
Chicago

English & French

Your dreams are about you and your life, and cannot be understood adequately without knowing you.

For example, a psychiatrist who was studying the psychology of Adler in the U.S. dreamt of standing at the foot of a mountain, while on the peak is a majestic-looking eagle. He looks up with awe and reverence. The eagle could be seen as a symbol of the U.S., a symbol of strength, or a "high flyer." But the dreamer was German speaking, and in German the word for eagle is adler! So the dream generated feelings that gave a green light to further study of Adler's psychology.

Another man contemplating marriage dreamt of crossing the border between two countries where they wanted to imprison him. The dream indicates his desire to come to a standstill, since he fears he will be defeated if he goes on. The way he would behave in marriage was mirrored in the dream in which he told himself "Don't cross the border!" The prison in the dream reflected the dreamer's view of marriage.

Dreams can also anticipate future changes in attitude or consciousness.

A woman dreamt of stars in the sky that come together to form a beautiful red rose. The rose then comes down to earth and becomes a wooden cross which she is invited to pick up. This "big" dream and its symbols made a significant impact on the dreamer. Its images and loving feelings helped this single lady successfully take on the court system to get the necessary rehabilitation solution for her out of control drug addict teenage son who had been abusing her.

Share one or more of your dreams and I will help you to understand their meaning, and relevance to your goals and aspirations. Call Chris or Maggie R.N at **The Art of Healthy Living Inc.** at 905-702-7304. As a bonus, I will add in counselling on lifestyle changes that your physician will be pleased to see you adopt. Counselling also available for loss, grief and bereavement.

**DON'T GIVE UP
ON YOUR DREAMS!
SHARE THEM WITH ME**

BIG MUSIC CANADA PRESENTS

BLUE RODEO
IN CONCERT

SUNDAY, JANUARY 12, 2003
~EARLY SHOW~
at Orangeville Agricultural Centre
Doors Open at 7:00 p.m. Show Starts 9:00 p.m.

BUY EARLY AND SAVE **\$32.50** LICENSED BY LLBO

ALL TICKETMASTER LOCATIONS • (416) 870-8000

TICKETS AT
NEW LOCATION
Orangeville - Broadway Musical
169 Broadway Ave.
519-940-4810

Erin -
The Village Music Store
140 Main St.
519-833-9583