

Over 4 Years Experience

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/bareimage

90 90 90 90 90 90 90 90 90

90 90 90 90 90 90 90 90 90

90 90 90 90 90 90 90 90 90

90 90 90 90 90 90 90 90 90



Happy 90th Flora

Love Neighbours, Family & Friends

Think outside the bulb

LIGHT FOR LIVING

At Living Lighting, we'll help you reveal your personality by turning your vision into reality. We've got countless options to fit your own unique outlook and to reflect your personal style. Plus we've got lots of bright ideas to help show your home in "a whole new light." With our best prices of the season, it's now easier than ever. So put some mental muscle behind that inspiration, and express your true self in every area of your home.

New cast aluminium outdoor family features stunning design & a 25-year warranty

- 3 light post lamp h-85" (6x60w candelabra) **\$299.99** after sale \$439.99
- Large down light h-27" (3x60w candelabra) **\$119.99** after sale \$159.99
- Small down light h-22" (2x60w candelabra) **\$69.99** after sale \$89.99
- Flush mount w-12" (2x60w) **\$49.99** after sale \$69.99

Selection may vary by store. Sale ends June 1, 2003.

LIVING LIGHTING
245 Guelph Street, Georgetown •905-873-2996
Locally owned & operated - Serving Halton Hills for over 14 years
ASK THE EXPERTS AT WWW.LIVINGLIGHTING.COM

Healthy Living



High fives for young riders in bike-a-thon

Tyler Highfield (right) gives bicycle rider Ryan Plisek a high five during the annual Community Living North Halton bike-a-thon at the Georgetown Fairgrounds. The annual bike-a-thon raised about \$16,000 with a good turnout of more than 200 riders. Sisters Gabrielle and Rebecca Lance won bikes for raising the most pledges, \$591 each.

Photo by Shawn McAlpine

BUTWELL CHIROPRACTIC AND WELLNESS CENTRE

Chiropractic Massage Therapy Shiatsu Acupuncture Aromatherapy Reflexology

Garry Butwell D.C. Nicole Godby D.Ac., C.A.H.P.
Gen Stewart, R.M.T. Ann Lorusso, C.H.A.

WE ARE YOUR HEALTHY ALTERNATIVE TO MEDICINE

- CONVENIENT HOURS
- NEW PATIENTS DAILY

10 MOUNTAINVIEW RD. S. *Limited Time Offer* (905) 877-9159

Local Red Cross offers emergency preparedness workshop

Many Canadians don't think it will happen to them but in recent years, disasters have forced more than four million Canadians from their homes.

Find out how to prepare for disaster by taking a personal preparedness workshop on Saturday, May 24 at the North Halton branch in Milton.

Learn how to determine the risks in your community; about the different types of disasters that can affect you; the difference between various types of preparedness kits; how to develop a home evacuation plan.

To register call the Red Cross office at 905-875-1459.

NISSAN'S GET INTO GEAR EVENT

2003 PATHFINDER "Chilkoot Edition"

\$359 per month lease for 48 months with \$5,150 down. Includes destination and delivery.

Or **1.8%** finance your purchase for 36 months.

CHOOSE YOUR PAYMENT (48 MONTH LEASE)
\$0 DOWN \$475/MONTH
\$3,500 DOWN \$396/MONTH

IT'S ONLY A GREAT DEAL IF YOU GET A GREAT CAR.

2003 XTERRA Xterra XE

\$338 per month lease for 48 months with \$4,600 down. Includes destination and delivery.

CHOOSE YOUR PAYMENT (48 MONTH LEASE)
\$0 DOWN \$445/MONTH
\$2,200 DOWN \$394/MONTH

2003 SENTRA Sentra XE with Value Option Package

\$199 per month lease for 48 months with \$1,980 down. Includes destination and delivery.

Or finance your purchase for 48 months. **1.8%** for 48 months. No payments for the first 90 days.

CHOOSE YOUR PAYMENT (48 MONTH LEASE)
\$0 DOWN \$243/MONTH
\$900 DOWN \$223/MONTH

Drive home an award-winning vehicle today.

HURRY IN, LIMITED TIME OFFERS
on all Nissan Sentra, Altima, Maxima, 350Z, Murano, Xterra, Pathfinder and Frontier.

DERMAC
Changing The Way You Drive
(905) 459-1600
FAX (905) 459-4767 TOLL FREE 1-877-298-4454

• SALES • LEASING • PARTS • SERVICE

Corner of Bovaird and Hwy 10
Brampton, Ontario

HOURS MON-THURS 9-9 FRI-SAT 9-6

Your Health... Naturally

By Nicole Meier, BSc. N.D.
Doctor of Naturopathic Medicine

PMS Concerns

Many women experience unpleasant symptoms around their menstrual cycle. Irritability, moodiness, cramping, abdominal bloating, breast tenderness, skin breakouts and headaches are a few examples. Conventional or "modern" medicine offers little for the treatment of PMS and this has led to the belief that there is nothing to be done. Many options exist in the realm of Naturopathic medicine and PMS is typically successfully managed. Therapeutic options may include the use of specific vitamins and minerals, dietary changes, homeopathy, acupuncture and Chinese medicine. A Naturopathic doctor is also trained to know the signs and symptoms of more serious disease and will refer to other medical professionals accordingly. Suffering from PMS is only "normal" because it is common to so many women. Naturopaths believe that PMS is not something any woman should have to live with, nor is it a sign of wellness.

Until next time, be well.

Nicole Meier, BSc. N.D.
The Georgetown Naturopathic Wellness Centre
16 Mountainview Rd. S., Suite 102
Georgetown, ON, L7G 4K1
(905) 873-2361