

Library ready to help with school projects

As the days get shorter it seems inevitable that the school projects get longer, not to mention more frequent. Fortunately we at the library are ready to help. And for those times when your child informs you that their project is due the next morning, many of our resources can be accessed from home through our Web site.

Our School Project Resource database is located under the Online Databases section of our Web site. To create this database, our staff identified the major areas of study outlined in the Ontario Ministry of Education's curriculum for Grades 3 to 6. Under each topic you will find a list of library books. Clicking on any of the book links takes you directly to our catalogue.

AT
THE
LIBRARY



Clare Hanman

Here you can see if the book is available for borrowing and you can place a hold on it if you wish. After the list of books, there are links to recommended Web sites. Each site has been carefully selected to be grade-level appropriate and to contain reliable information.

Older students can make use of our Teens web page to access a selected list of "homework help" Web sites our staff have found useful for answering school project

questions. The library also subscribes to two magazine and newspaper indexes. These indexes contain thousands of articles, ideal for researching anything from consumer information to the origins of the universe.

If you do not have access to the Internet from home, we have Internet workstations available for public use at both of our branches. Also our Information Services staff is specially trained to help you whether you are interested in books, instructional videos, microfilm, or Internet-based resources. For more information please visit either of our two branches, or our Web site at www.library.hhpl.on.ca.

Clare Hanman is a circulation supervisor at Halton Hills Public Library

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Back pain?

Georgetown, Ont. - According to a recently released back pain relief report, most back pain sufferers have no idea how to eliminate their pain. Some use heat, others ice, some sleep on the floor...to pillows under the legs, even injections in the back. Thanks to a free report, local back pain sufferers can finally know exactly what to do. To get a free copy, call the toll-free, 24-hour recorded message at 1-866-335-3189.

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Headache Pain?

Georgetown, Ont. - A free report has been released and is available to headache sufferers that reveals why your headaches may never go away on their own. Local headache sufferers can finally know what to do. To order your free copy, call the toll-free 24 hour recorded message at 1-800-603-3419.



Nancy Desjardins, RNCP
Nutritional cycles

Three Phases of a Nutritional Cycle

Consider a day where you are extremely worried or anxious about a business deal destined to fall apart. Your body requires a different mix of nutrients than on a day where everything is steady or normal for you.

This is not a time to eat in a way that will add physical stress to your body via your digestive system... the following guide gives you examples of improved choices that will allow you to maintain your energy or protect it until you get through the difficulty of the situation.

BREAKFAST (Cleanse)

(This meal coincides with our body's natural need to eliminate and rebalance itself)

ex: Smoothie (shake) with a good quality protein powder (whey), nut butter, goat's milk or spirulina...good quality essential fatty acid... * flax seed oil...add fresh fruits...

LUNCH (Assimilation)

An excellent time of the day to have protein and combine it simply with vegetable side dishes...

Ex: cold water fish or organic chicken with salad and grilled vegetables...

DINNER (Rest/Repair /Rebuild)

By eating this meal no later than 8p.m and keeping it light and simple, your assimilation will improve with time...

Ex: Pasta with vegetable based sauce

* Keep the cooked portion of the meal to 25% and the vegetable portion to 75%

For Your Private Health Consultation or information on workshops call

905.873.0194

nancy@healthlady.com

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