

Entertainment

BANKRUPTCY!

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- | | | |
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Bankruptcy can be avoided. Call us! No charge for initial consultation! By Appointment Only.

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225 Main Street East (Main & Martin St.) Milton

A better solution!



Christine Preisenhammer



905-702-1774

FIT TIP

Many people find making a lifestyle change to add activity is a difficult endeavour. In the first 3-6 months of a new activity program approximately 50% of new exercisers drop out.

I have made a list of the most common barriers and give you some examples of how these roadblocks can be overcome:

- Barrier** - Not Enough Time
Solution - Plan Activity as part of your day. Make it important.
- Barrier** - Interferes with work/school (=more productive)
Solution - Active people think better and have reduced symptoms of stress.
- Barrier** - Family obligations
Solution - The family that plays together, stays together, so get the kids involved.
- Barrier** - Too tired.
Solution - Activity gives you more energy, so the tired feeling will disappear
- Barrier** - Exercise is hard
Solution - Choose something you like and start at any easy pace
- Barrier** - Too busy
Solution - Make enhanced health as important as everything else in your life
- Barrier** - Exercise is boring
Solution - Try lots of different activities (outdoors, exercise classes, etc.) - variety is key
- Barrier** - Not motivated
Solution - Find an exercise buddy and help each other stick with it (or hire a personal trainer for a kick start)
- Barrier** - A current health problem/pregnancy
Solution - With your doctor's advice, EVERYONE can do some amount of activity

Pre Natal Classes are currently being offered at the Power Zone.
Sun. 10:30 - 11:45
Stop by Power Zone for a free body fat analysis
November 8th - 11th, 9 am - 5 pm.

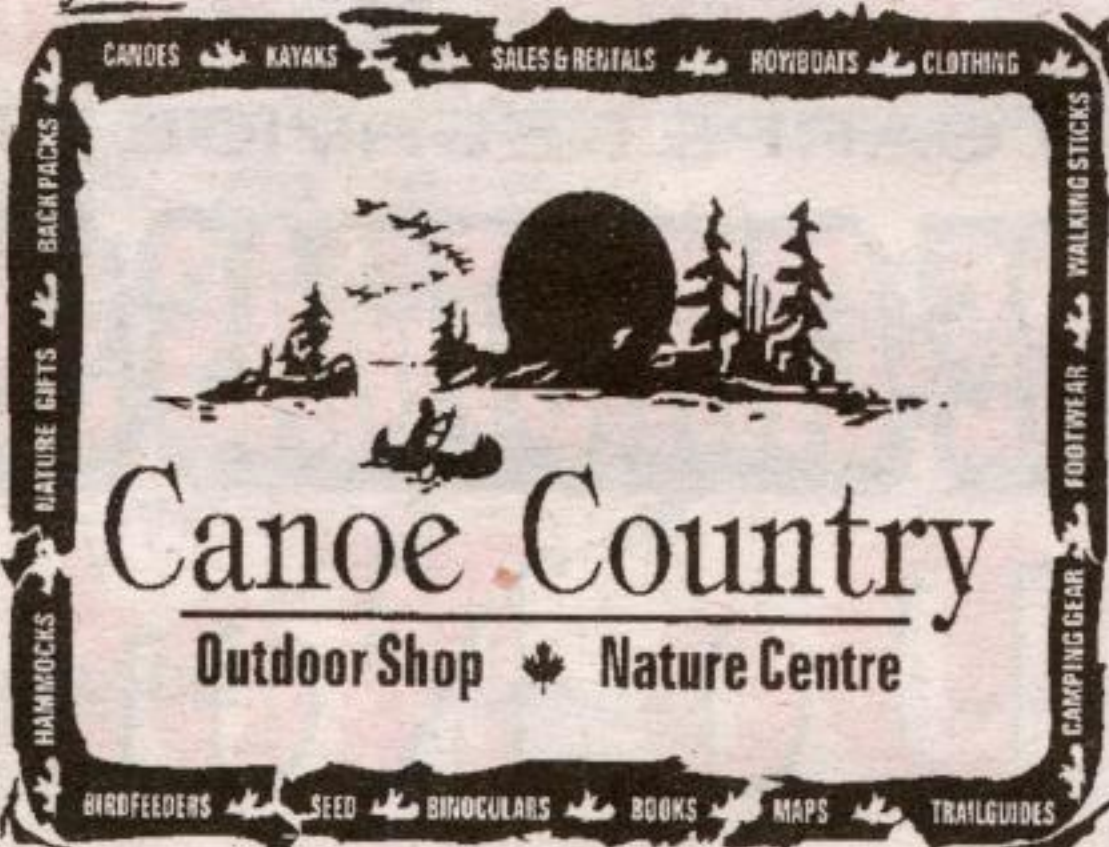
Christine Preisenhammer
Certified Pre and Post Natal Fitness Specialist
Certified Personal Trainer, Can-Fit-Pro
905-702-1774
or email: cgallagher@powerzone.ca



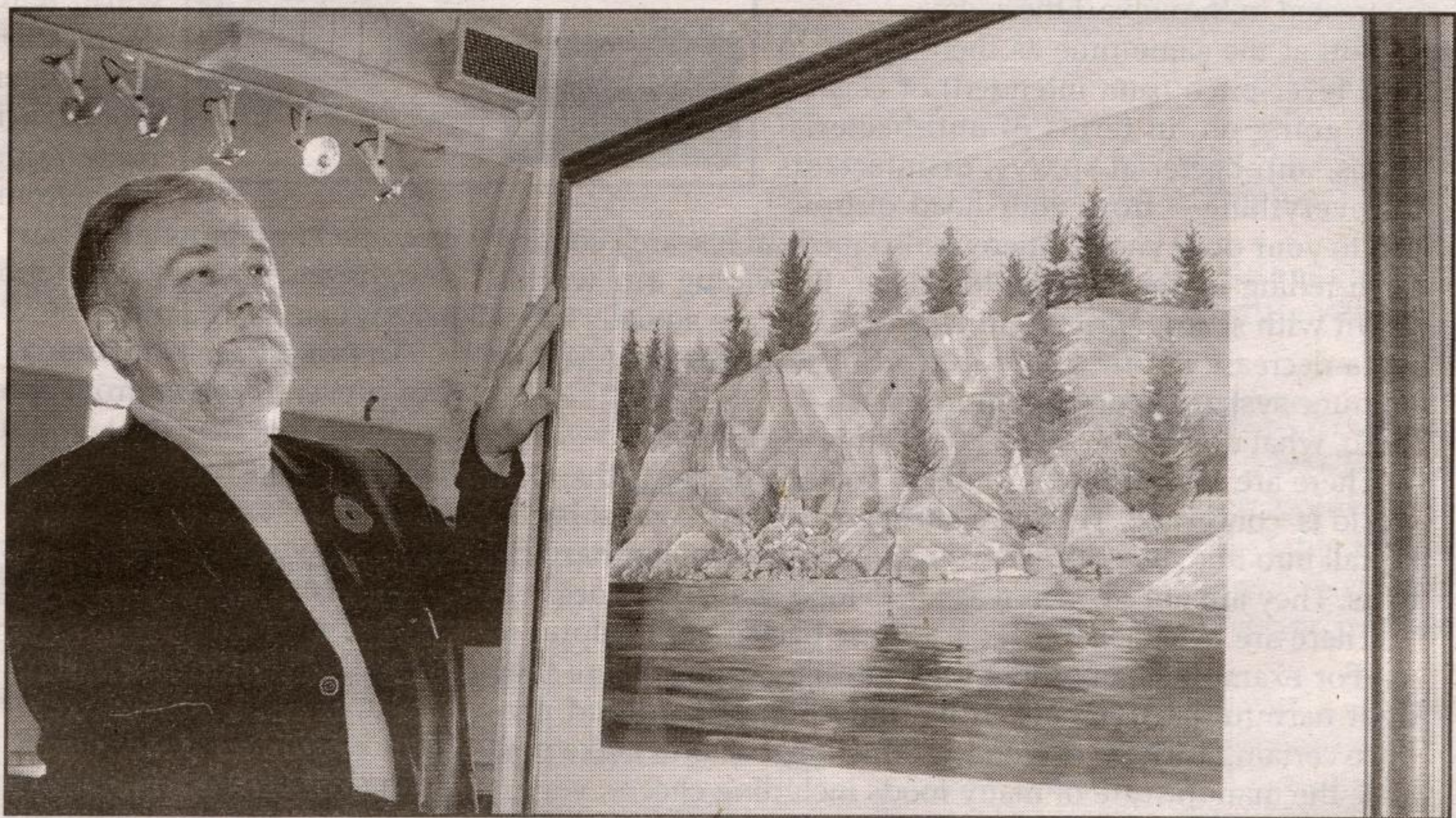
Guide to the Outdoors

Julie Pomeroy

On a cold winter day, during the year 1873, a 15 year-old boy named Chester Greenwood invented the Ear Muffs. While testing a new pair of ice skates, Chester's ears became very cold. Chester's solution was two ear-shaped loops, made from wire, complete with fur sewn on. In 1877, Chester went on to patent the ear muff. The Tec Fleece Ear Warmer, made by 180s, has brought ear muffs a long way from the past. These ear warmers combine warmth with the great sound of JVC headphones. The comfortable, lightweight design blocks wind, rain and snow while letting the tunes flow. Come and see the variety of Fleece Ear Warmers we have in-stock.
By: Kevin Moore



Winston Churchill Blvd. 1 blk. N. of #7 in Norval
905-846-5000
www.canoe-country.com



Meet the artist

Local artist William Band was busy earlier this week as he hung his collection at the Gallery of Halton Hills Cultural Centre in preparation of his show and sale which will open with a reception Sunday, Nov. 7, from 2 to 5 p.m. The show runs until November 28 and features many local scenes.
Photo by Ted Brown



Dress for a party

The Williams Mill owner Mary Lou Brock showed off a Bonnie Glass creation and a necklace by Janice Smith, during the Mill's 10th Anniversary celebration. The Mill, located in Glen Williams, is home to more than 30 artists and artisans. Check out www.williamsmill.com
Photo by Patricia Post

Swing the night away at the Optimist Dinner and Dance

Come out and enjoy the mel-low sounds of the Jamie Shea Trio on tomorrow (Saturday) at the Georgetown Optimist Club on Hwy. 7, west of Georgetown. Cocktails begin at 6:30 p.m. followed by a roast beef dinner at 7 p.m. Tickets are \$35 each. Advanced ticket sales only; call Optimist Clay Downes at 905-873-1709.
The Optimist Club supports youth activities in this community.

2nd Annual JAGUAR Winterfest

The Athletic Department at Christ the King Catholic Secondary School invites your support for our second annual Winterfest gala event held for the Georgetown community. Through extensive involvement by students, Georgetown and regional businesses, and the staff of CtK, we will be holding our second Winterfest/Appreciation Parent Dinner on Friday, November 19, 2004.

The evening will include an exquisitely catered dinner by Carl's Catering, a silent auction, and guest speaker, Bill Derlago - former Toronto Maple Leaf.

Proceeds will go to the further development of athletic extra-curricular programs that showcase the dedication and commitment of the students of Christ the King. Your participation will be warmly acknowledged and greatly appreciated. Contributions for the silent auction are being graciously accepted.

Tickets for Winterfest can be purchased for \$35.00/person.

Thank you in advance for your support and belief in our vision.

Fri., Nov. 19
Christ the King Catholic School
Silent Auction
Catered Dinner
\$35 p.p.
Doors open 6:30 p.m.



For tickets and information call Mrs. Piva at 905-702-8838, ext. 2013

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The Independent & Free Press

Drop off your picture reading The Independent & Free Press with a well known landmark in the background to 280 Guelph St., Unit 29, Georgetown Marketplace or email to production@independentfreepress.com

Please include your name, address & phone number.



GEORGETOWN CINEMAS

235 GUELPH STREET - 873-1999

1 THE INCREDIBLES

Daily 6:45 p.m. & 9:00 p.m.
Saturday & Sunday 2:00 p.m.

2 THE GRUDGE

Daily 6:45 & 9:00 p.m.
Sat. & Sun. 2 p.m.
Not recommended for young children

3 SHALL WE DANCE

Daily 6:45 p.m. & 9:00 p.m.

3 SHARK TALE

Saturday & Sunday 2:00 p.m.

GIFT CERTIFICATES AVAILABLE
Lotto Centre - Georgetown Market Place

Theatre Parking Available at Rear