Please note: Community Calendar is a free editorial service to non-profit. groups, churches, schools, and charitysupported events only.

- Deadline for submission is noon Monday for the Wednesday edition and 4 p.m. Wednesday for the Friday edition.
- A contact name and telephone number must be part of each submission.
- We reserve the right to edit the briefs- make sure the five 'Ws' (who, what, where, why and especially when) are included
- · While every effort is made to publish an event at least once, there is no guarantee.
- Submissions are published in chronological order in the space available. If e-mailing, please submit text only—not a flyer.

- We do not take community calendar items over the telephone.
- Fax to Community Calendar: 905-873-0398; e-mail: cgamble@independentfreepress.com or drop off at The Independent & Free Press front desk located in the Georgetown Market Place.

#### Thursday, Nov. 18

GDHS parent night: Georgetown District High School holds Parent Interview Evening; 6:45-7:20 p.m. informal meetings with teachers in the cafeteria and 7:30-9 p.m. individual teacher appointments. Mid-term report cards were sent home on Nov. 15

Limehouse euchre: Play euchre at the Limehouse Memorial Hall, 7:30 p.m. Hosted by the Limehouse Women's Institute.

## COMMUNITY CALENDAR

Legion Ladies meet: Royal Canadian Legion Branch 120 Ladies Auxiliary holds its general meeting at the branch, with a potluck dinner at 7 p.m. followed by the regular meeting at 8 p.m. Bring a dish and a donation for the Food Hamper.

Flu shot clinic: Young's Pharmacy, 47 Main St. in Georgetown has free Flu Shot Clinics open from 9:30 to 8:30 p.m. on the following dates: Thursday, Nov. 18; Tuesday, Nov. 23; Tuesday, Nov. 30. Clinics are for those over three years of age. Walk-in patients are

welcome on non-clinic days when staff nurses are in. Info: 905-873-4021.

Wind energy: North Halton Ladies Investment Club hosts a 7:30 p.m. presentation by Jennifer Lugtighied of Leader Wind Corp on wind energy at the Edward Jones office, 211 Guelph St. LWC is developing a 200 megawatt wind farm near Port Elgin on Lake Huron. All are welcome. Info: Diane, 905-873-7630.

**Emotions Anonymous:** Is your life becoming unmanageable? Emotions Anonymous can help! No cost, no commitment and no appointment necessary. The group meets every Thursday, 7:30 p.m. sharp at Norval Presbyterian Church, rear entrance. Info: Angela or David, 905-873-2852.

Prenatal program: Halton Region Health Department's Healthiest Babies Possible prenatal program is accepting registrations for its free six-week series, 7-9 p.m. at the Ontario Early Years Centre, Georgetown. Sessions include Off To a Great Start, Getting Ready, Your Baby's Birth, Breastfeeding, The First Year After Birth, and Caring For Your Baby. Info: 1-866-442-5866 ext. 7899.

Friday, Nov. 19

Youth Dance: Acton Kinette Club hosts a youth dance for Grades 5-10 (approximately 10-14 years of age), 7:30-11 p.m. at the Acton Community Centre. Cost is \$5 per person. Note: Please leave your backpacks and purses at home.

More CALENDAR, pg. 15

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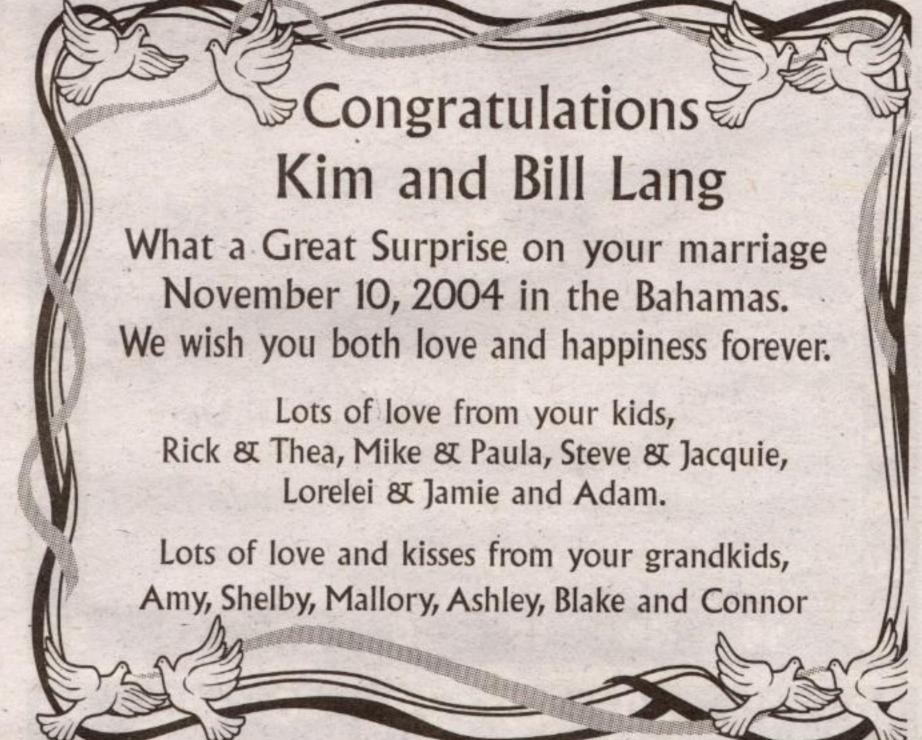
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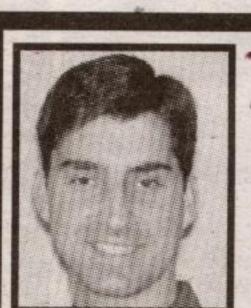
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Me

Your

Ears



By Cory Soal R.H.A.D.

#### **TINNITUS**

Or ringing in the ears, does not cause hearing disorders, it may accompany decreased hearing and other ear symptoms such as pressure, unsteadiness or dizziness. Often, it occurs alone.

Tinnitus arising from the inner ear frequently indicates more permanent and serious disease. Exposure to a sudden loud noise a gunshot or explosion, for example results in tinnitus that subsides to a low level of ringing for an extended period of time. Disorders affecting the cochlea (hearing center) of the inner ear can cause tinnitis.

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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

children know they are special, competent and loved, you can help them develop positive self-images

caregiver. By letting

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.