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Choices and risks AHS students learn about CHAT

CHAT (Communities and Hospitals Against Trauma) came to Acton High School to show the Grade 11s the product of unsafe choices and how to lower the risks. The hourlong presentation's main focus was on drinking and driving.

"Ninety per cent of accidents are both preventable and predictable."

"It is your choice to get into a car with an impaired driver."

These two true statements were made by Constable Kate Pulford. Her speech on choice and decision-making rang clearly throughout the hall. She was followed by a slideshow, showing the results of bad decision-making. It was a very moving, albeit graphic, depiction of real-life trauma set to music.

Paramedic Bill Kennedy gave a talk about always wearing your seatbelt, because in the end, it could wind up being the very thing your life depends on.

Alison Goertzen, for the Red Cross, had an interesting talk on the first 0.7 seconds of a car crash. The thought that things can happen that fast gives a quick reminder to think about your actions beforehand.

Another paramedic was Pauline Smith, who addressed the students about making safe choices, and wearing the proper gear for high risk activities. She made five strong points: Think; Drive Sober; Look First; Buckle Up; Get Trained; and Wear the Gear.

Speaking on behalf of the nurses was Joleen Hammond. She gave her view of what happens to trauma patients when they come to the hospital. Her descriptive look at some of the equipment used made you give second thought to a lot of things.

The final speaker was Leslie Wells, an incredible young woman who has accomplished a great amount despite the odds against her. One night, while drinking, she was thrown into the shallow end of a pool where she broke her neck. Even though she was pronounced a quadriplegic, she

regained some of the use of her arms and hands. She talked to the students about making safe decisions for yourself, and looking out for the well being of others.

All in all, it was a very memorable visit, and was well received by both teachers and students. I hope that the presentation gave the students better foresight of what might happen and help them to make safer decisions.

— By Aidan Hammond
Acton High Gr. 9 student

Be our Guest!

Join us for our **Christmas Sneak Preview**
Friday, November 19th - 7:00 to 9:00 pm

Receive **20% off***

*Regular retail price. Excludes Department 56 Heritage Village Collectibles. Valid during the Sneak Preview Friday, November 19 from 7:00 pm to 9:00 pm.

Join us for our **Christmas Open House**
on Saturday, November 20th
& Sunday, November 21st

- See new & unique Poinsettia varieties, as well as old favourites.
- Decorating Seminar with Stephanie Morris 11:00 am to 12:00 pm and 1:00 pm to 2:00 pm.
- Visit Santa!
- Enjoy holiday refreshments and goodies!

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Zellers to hold Wednesday flu clinic

Georgetown Zellers in the Georgetown Market Place will be holding a free flu clinic, 11 a.m. to 5 p.m. on Wednesday, Nov. 24. For more information call the store, 905-877-8761.

Hudson's Bay Company (Hbc) is working with Ontario's Ministry of Health to provide influenza immunizations at Hbc stores across the province.

"Every day millions of Canadians visit an Hbc store in their local community. We're pleased to offer Ontarians an easy way to protect their families against the flu this season," said George Heller, President and Chief Executive Officer, Hbc. "Our hope is that more people will take advantage of the clinics if they are conveniently located in their community."

Health Canada says flu shots are very important for: infants, people 65 and older, people with chronic heart and lung disease, people living in chronic care facilities, people with such chronic conditions as: kidney disease, diabetes, anemia, cancer, HIV and health care workers.

YOUNG'S PHARMACY & HOMECARE
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FREE FLU SHOT CLINIC

Thursday November 18th
Tuesday November 23rd
Tuesday November 30th
All clinics are 9:30 a.m. - 8:30 p.m.

Our Clinics are for those OVER 3 years of age.
Walk-in patients are also welcome on non-clinic days when our Staff Nurses are in.
Please call: 905-873-4021 to check if a nurse is available.

WAL-MART
CORRECTION NOTICE

The price (\$229.84) for the Venturer Portable DVD Player (#587232) advertised in our current flyer (expiring November 21st) is incorrect. The correct price is \$299.84..

We apologized for any inconvenience this may have caused.

STAG AND DOE



for **Sharon Shapcott & Paul Gogon**
Sat., Nov. 20 ~ Geo. Lions Club
\$10 Tickets available in advance and at the door
Call 905-877-8624
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