

**COMMUNITY
CALENDAR**

Continued from pg. 14

Bruce Trail Open House: Toronto Bruce Trail Club hosts an Open House, 7 p.m. at Chinguacousy Optimist Ski Chalet, 9050 Bramalea Rd (enter from Central Park Drive). Interactive talk and slide presentation explores the end-to-end aspects of the trail. Experienced hike leaders will answer all of your questions. Info: 416-763-9061 or www.torontobruceclub.org

Schizophrenia support: Family Support Group for friends and family members affected by schizophrenia and other serious mental illnesses, held by the Halton Branch of the Schizophrenia Society of Ontario, operates on a drop-in basis at Milton Mall, 2nd floor boardroom, 55 Ontario St. South, Milton, 7 p.m. Info: 905-876-1647.

Friday, Sept. 23

Ham and Potato dinner: St. John's Anglican Church, Stewarttown hosts its second annual Ham and Scalloped Potatoes Supper, 6 p.m. Tickets are \$10 adults, \$6 children. For tickets call Valerie, 905-877-7563 or Joan, 905-877-5797.

GDHS parent council: Nominations are now being accepted at Georgetown District High School for positions on the school's Parent Council. Nominations close on Sept. 23. If necessary an election will be held Sept. 30. Further information is available in the school office. Council meets on the second Tuesday of every month at 7 p.m. in the school library. All interested members of the community are welcome to attend.

Chicken barbecue tickets: Acton Seniors Centre hosts its annual Chicken Barbecue on Friday, Sept. 30. Sittings are at 5 p.m. and 6:30 p.m. Takeouts are available. Tickets must be purchased at least one week in advance and are available at either the Acton Seniors Centre or Halton Hills Furniture. Info: 519-853-5951.

Friday night euchre: 7:30 p.m. at Georgetown Legion. Admission: \$2.

Foot care clinic: VON Halton hosts a foot care clinic at Georgetown Seniors Centre, 9 a.m. to noon. By appointment only. Call 905-877-2026.

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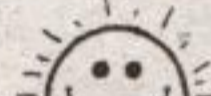
Tooth Chatter



by
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Put on a happy face! An annoying musical adage - or sound medical advice? Score a big grin for science. Research shows that the physical act of smiling - even when you don't feel like it - can measurably reduce stress and improve your mood. Psychologist Paul Ekman of the Human Interaction Lab at the University of California, San Francisco, has discovered that faking a smile produces the same changes in brain activity, respiration, skin temperature, and heart rate as a genuine feel-good smile - and these physical changes promote a sense of well being. Smiling may also boost your mood because it elicits positive responses from people. Faking a smile won't jolt you out of a serious depression, notes Ekman, who has been studying facial expressions for 30 years. But it can lift your mood and help you relax!

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Alexander Trenton, D.D., F.C.A.D. (A)
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(Space for 12 teams only on a first come basis)

Team cost: \$720.00 (team rep only need to register)

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