

# Free Pilates & Yoga Classes!

## Come in and try a class on us!



Core Essentials  
pilates & movement studio

### Pilates

**Saturday September 23rd 11:00 am**  
**Tuesday September 26th 9:20 am**  
**Tuesday September 26th 6:00 pm**  
**Saturday September 30th 11:00 am**

### Yoga:

**Tuesday September 26th 10:30 am**

**Space is limited, so call today to reserve a spot**

Core Essentials still has space in the following classes:

Pilates - Beginner...Tuesdays 7 pm  
 Yoga - Hatha...Thursdays 7 pm  
 PreNatal Yoga...Mondays 8:10 pm

*We also offer: Private & Semi-Private Pilates Instruction, Personal Training & Nutritional Counselling & Specialty Classes*

**905-702-2744**

**130 Guelph St., Georgetown**

## SPARE OUR AIR

## STOP UNNECESSARY IDLING

In 2005 the Town of Halton Hills enacted By-Law No. 2005-0083. The By-law prohibits unnecessary idling of vehicles within the Town of Halton Hills.

### PLEASE DO YOUR PART TO CLEAN UP OUR AIR!

- Excessive idling can damage your engine's components, including cylinders, spark plugs and the exhaust system.
- Contaminants from vehicle exhaust are major contributors to poor air quality and smog.
- Minimize warm-up idling. Even at -18° C most cars require only 15 to 20 seconds of idling before being driven, assuming that the vehicle's windows are clear.
- Avoid high speeds and rapid acceleration for the first five kilometers so that all moving parts can warm up.
- Use a block heater to warm the engine before you start it. Reduce engine wear, improve fuel efficiency and reduce emissions. Use an automatic timer to turn on the block heater two hours before you plan to start the vehicle.
- When you are stopped for more than 10 seconds, except in traffic, turn the engine off. Idling for more than 10 seconds uses more fuel than restarting your engine.

Parents! When picking up or dropping off your children at school, please remember to.....

**TURN OFF YOUR ENGINE WHEN NOT IN USE!**



For further information on the Town of Halton Hills Idling Control By-law please call 905 873-2601, ext. 2604.

# Region fall compost giveaway set for landfill site this weekend

Halton Region's fall compost giveaway returns this weekend starting Friday and running until Sunday.

More than 1,000 tonnes of finished compost will be available for residents during the fall giveaway at the Halton Waste Management Site, 5400 Regional Rd. 25, from 8 a.m. to 4:30 p.m. on the Friday, Saturday and Monday.

As part of Halton's strategy to divert waste away from the landfill site, residential yard waste picked up from curbsides is recycled into rich, garden-friendly compost. Twice a year, Halton residents are invited to collect the finished product for use in their gardens.

"Compost is a natural and renewable resource that can be used as a valuable soil conditioner throughout the winter," said Halton Regional Chairman Joyce Savoline. "This annual give away allows residents to benefit from the

material created from their own leaves and yard waste collected over the summer."

Residents are encouraged to bring along a donation of a non-perishable food item for local food banks.

"This spring generous Halton residents donated 7.6 tonnes of food and \$9,545 to local food banks, while picking up compost to help their gardens grow. This is a wonderful opportunity for our residents to help those less fortunate, while helping themselves and their gardens," said Savoline.

Cash donations to local food banks will also be accepted in lieu of food donations.

Residents must bring their own bags or containers, maximum seven per household and a shovel in order to bag their own compost.

This is the 12th year Halton Region has given away compost; events are held in the spring and fall of each year.



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**AUDITIONS**

GEORGETOWN LITTLE THEATRE PRODUCTIONS

ON SATURDAY, SEPT. 23 AT 1 P.M.  
& MON. SEPT. 25 AT 7:30 P.M.

Bring photo if possible  
 Ages required 10-17 years  
 Young 1-Act Festival YA1  
 4-plays (Nov/Dec)

Georgetown Little Theatre Studio  
 33 Stewarttown Road  
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4. Wpg-TX-Cal-Wpg

Please call or visit our website for qualification requirements.

**1.800.567.3656** (Erin/Perry)  
**1.204.253.3323** (Erin) (Co Drv)  
**1.204.253.3304** (Perry) (O.Op)  
**1.905.693.1667** (George)

**arnoldbros.com**

**... Lend Me Your Ears**



By Cory Soal  
R.H.A.D.

**SECOND HAND SMOKE INCREASES EAR INFECTIONS IN CHILDREN**

Ear infections are the Number One reason young children visit their doctors and take antibiotics. A new study finds many of those infections could be avoided if parents who smoke would make one important change.

A recent study in the archives of pediatric and adolescent medicine is giving parents another reason to quit. It finds exposure to cigarette smoke in the home increases children's risk of middle ear infections. The smoke inflames the tissues of the middle ear so that viruses and bacteria can invade more easily and cause infection.

The Georgetown



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**Tooth Chatter**



by **ALEX TRENTON DENTURIST**

**CLEANING YOUR DENTURES**

Keeping your dentures clean is the most important patient responsibility in good oral health. Dentures, like natural teeth, attract plaque, become stained and collect food particles that can cause bad breath. The two best methods of cleaning dentures are brushing and soaking.

**SOAKING**

Soaking your dentures every night with an effervescent tablet will effectively cleanse away food particles from crevices and spaces between the teeth. It will remove plaque and odour-causing film, and eliminate virtually all micro-organisms.

**BRUSHING**

The most effective cleansing method is brushing with a special denture brush and paste. Use a special denture paste, as regular toothpaste may be too abrasive, and can damage the acrylic surface of your dentures. Brushing daily will maintain the bright natural appearance, as well as leaving your mouth feeling fresh. Brushing is recommended for removal of plaque. The best cleaning method is to combine both brushing and soaking.


We can clean your dentures professionally for stubborn stains and build up. Also, "Lavdent denture Cleanser" is available through our office, and is the next best thing to Professional denture cleaning

You do not need a referral; simply call our office direct.


Creating confident smiles since 1982.



Alexander Trenton, D.D., F.C.A.D. (A)  
 Denturist  
 Georgetown Denture Clinic,  
 18 Church Street,  
 Georgetown, Ontario  
**(905) 877-2359**  
 (Across from the Library and Cultural Centre)  
 www.georgetowndentureclinic.com



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