

Stick with your high blood pressure treatment, or you may be in for a nasty surprise.

Canadian Coalition for High Blood Pressure Prevention and Control
http://cohort.library.mun.ca/cbp

BANKRUPTCY!

GET A FRESH START. Get SOLUTIONS now for:

Credit Card Problems	Loss of Job or Loved One	Repossessions
Major Cash Flow Problems	Wage Garnishments	Evictions
Persistent Bill Collectors	Judgements, Law Suits	Student Loan
Delinquent Taxes	Foreclosures	Divorce Related Financial Problems

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

PADDON + YORKE INC.
FINANCIAL ADVISORY SERVICES
TRUSTEE IN BANKRUPTCY

875-0811

225 Main Street East (Main & Martin St.) Milton *A better solution!*

Library provides companion books to TV's how-to shows

Maybe it's just me, but every time I turn on the television there seems to be another new home/life improvement program. Not that this is necessarily a bad thing. On the contrary, some of the advice on these types of shows is really useful, and what's more, there is often a certain comfort in seeing that someone else's house is messier than mine or in a greater state of disrepair.



Unfortunately, I am often too engrossed watching the people being "rescued from themselves" that I forget a lot of the how-to tips. Luckily so many of these wise and wonderful television presenters have also written books, many of which we have here for you to borrow at the library. Here's a small sampling:

Are you trying (unsuccessfully) to sell your house? Maybe all it needs is a little TLC from the House Doctor. Ann Maurice, a Californian "home stager" is also the host of the long-running series, *House Doctor*, and the author of several books. Her book, *House Doctor A-Z of Design* compiles many of her favourite techniques and is a great resource for improving your home, whether for prospective buyers or simply for your own enjoyment.

Are you happy with your home but need some help with its day-to-day maintenance? Then you might be interested in *How Clean is Your House*, a show that has run for the past year on the Women's Network. The intrepid team of Kim Woodburn and Aggie MacKenzie take on homes of "clean-a-phobics", some of which have not been touched with a vac-

uum in years. Their handy series companion book is packed full of their cleaning tips and tricks. One thing I particularly like is their emphasis on natural cleaning products—great for the environment and easy on allergies.

Do you want to buy a house? Then perhaps you can use advice from Suze Orman, a financial guru who is probably best known in television for her PBS specials. Her latest book, *The Money Book for the Young, Fabulous & Broke* is aimed towards people in their 20s and 30s who face the burden of student loans and the temptation of seemingly infinite credit at the same time that they are struggling with buying homes, cars, and starting families.

In addition to these titles, we also have companion books to television shows such as *Supernanny*, *The Decorating Challenge*, *The Shopping Bags*, *Holmes on Homes*, *What Not to Wear* and many more, along with some DVDs of the television shows themselves.

For more information, please visit the Halton Hills Public Library website at www.library.hhpl.on.ca.

Clare Hanman is a circulation supervisor at the Halton Hills Public Library

Natural gas water heaters

Save 50%

or more* on your annual water heating costs when compared to electric water heaters.

2 times faster

at heating water compared to electric.

Your water heater is the second largest user of energy in your home and accounts for 20-25% of your energy bill. You can cut your water heating energy bill by 35% or more* by replacing an electric water heater with natural gas.

And, because natural gas water heaters heat water more than twice as fast as electric, you'll enjoy an abundant supply of hot water.



*Based on a 3 person household with October 2006 electricity and natural gas rates. ©Union Gas Limited 2006 10/2006

Get the facts. Visit uniongas.com

Interiors By Margena Inc.

Complete Decorating Service

40% OFF*
Shutters and Blinds

20% OFF*
Custom Draperies

*Valid until Friday, Nov 10, 2006

Colour Coordination. Custom Bedding, Blinds & Shutters. Upholstering. Carpet & Hardwood Flooring. Furniture. Accessories. Blinds and Drapery Cleaning.

905-873-9983 or cell # 416-826-3597

HURRY! BOOK NOW

DREW RIEDSTRA

OUR CHOICE

Ward 4 Town Council

MORE ICE RINKS – SPORTS FIELDS & BALL DIAMONDS

PROPER ROADS, PARKS & SHOPPING

INDUSTRIAL REVENUE NOT RESIDENTIAL

LOGICAL, COMMON SENSE REPRESENTATION

WORKING WITH YOU IN THE 21ST CENTURY!

Vote early on October 28, Nov. 4 & 8 at:
The Civic Centre, Georgetown Market Place & Gellert Community Centre

Contact Drew at 905-454-2500
or toll free 1-888-736-7777

Email: drew@drews.ca Web site: www.drews.ca