



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

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 tinnitus. To find out more about this common problem call...

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Tooth Chatter



by
ALEX TRENTON DENTURIST

DENTURE MISHAPS!

"Denture Mishaps" just wouldn't be complete without the ever popular "pet problems"! One man must surely regret eating that tunafish sandwich, before taking a nap and removing his denture and laying it on the nightstand. He awoke to find his tabby cat batting his dentures from baseboard to baseboard, playfully pouncing on the "fishy" smelling denture. Two replacement teeth and extensive cat hair removal later, and the denture was again fit for chewing. (Not tunafish of course!) It could have been worse; it could have been buried in the kitty litter! While some pets prefer playing with dentures, some do favour the more possessive burying. Like the black lab who buried his masters lower dentures in the backyard. They were eventually recovered six weeks later, fully intact with not a scratch on them, however covered with dirt! The man had already purchased a new denture, as he had searched high and low without success. Oh well, at least he can keep it as a spare! Some guys have all the luck, unlike another fellow who's dog wasn't so gentle. This pooch must have been drooling over one too many dog chow commercials when he spied his masters dentures perched irresistibly on the arm of an easy chair. Five chomps later, all that was left were a few fractured teeth and some pink plastic bits covered in doggy drool. I'm certain old Rover spent a few nights in the dog house for that one! Man's best friend!?

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

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Alexander Trenton, D.D., F.C.A.D. (A)
Denturist
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18 Church Street,
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(Across from the Library and Cultural Centre)
www.georgetowndentureclinic.com

BACK TALK

By Dr. Gabor Madarasz



"Mary I'll see you next time." "Sounds good Doc, by the way, Jenna's going to be home from University soon, I'll call to arrange a time to get her in for an adjustment." "Wow, I can't believe time can go by so fast, it seems she graduated from high school only weeks ago!" "Well I want her to get in, she's been struggling with colds for the third time this year. Seems to me she didn't have any when she was getting adjusted regularly." "It's interesting you'd say that" I said as I was getting ready to adjust someone else. "I just read an article in the Journal of Medicine talking about the connection between the nerve system and the immune system. It said that the body's immune response increased after being adjusted by a chiropractor and rises in certain proteins and white blood cells were noted every time. It also said that people being adjusted regularly showed increased resistance to colds, ear infections and other common illnesses!" "Well Doc what about flu shots, do you think they're worthwhile?" "Great question Mary, seems like we should all be getting them according to all the hype. I've got to run but we can discuss it the next time. Say hi to Jenna when she get's home."

PS. Tired of being sick and tired all the time? Get in, get a spinal adjustment and have a great day!

Life Chiropractic Centre
80 Guelph St. Georgetown
905-873-1871
www.painfree.ca

Norval to celebrate Montgomery Christmas

The 14th annual Montgomery Christmas celebrates an old-fashioned country Christmas in the village of Norval on Saturday (Nov. 25).

The special day honours world famous Lucy Maud Montgomery, author of *Anne of Green Gables*, who lived in the village from 1926 to 1935.

"The people of Norval are proud of its former resident Lucy Maud Montgomery," says Montgomery Christmas organizer Kathy Gastle. "Author Deb Quaille has documented and compiled treasured photographs and information about the life of L.M. Montgomery during her Norval years 1926-1935 in her new book."

Quaille will be signing copies of her book, *L.M. Montgomery: The Norval Years, 1926-1935* at a special book launch held at Nashville North, 1-2 p.m.

Other combined Norval Community Association and Nashville North events include Bala's Museum with Memories of L.M. Montgomery, courtesy of Jack and Linda Hutton; Strictly Dance Studio performance of *Anne of Green Gables* with Norval's own "Marilla" played by Maggie Fry; and the Norval Women's Institute celebrating its 100th anniversary this year, hosting its own display on L.M. Montgomery.

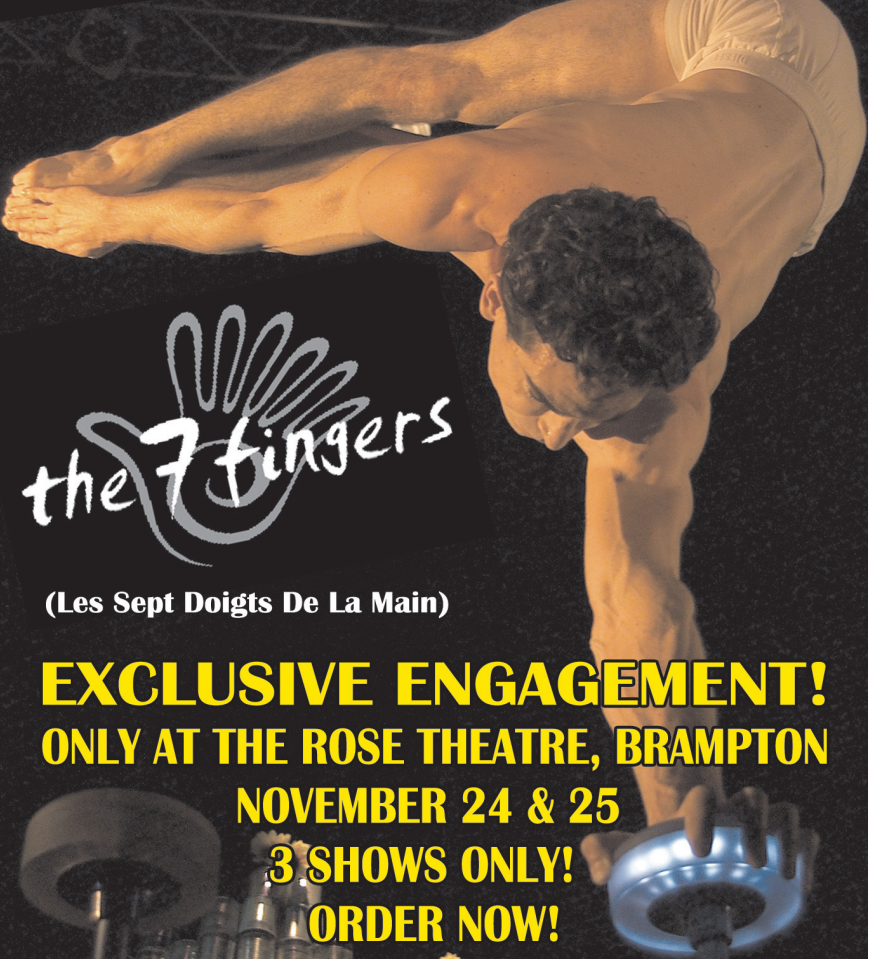
"Norval's three churches offer specialty hand-crafted gifts and Nashville North will feature one-of-a-kind pieces by local artisans," adds Gastle. "Norval offers a day of fun for the whole family to enjoy from 10 a.m. until 3 p.m."

- Other activities during the day:
- buy baked goods from Crawford's Village Bakeshop, made from Montgomery's own recipes. You can buy her cookbook too.
 - shop for unique Christmas gifts by local artisans such as wreaths, wood carvings, oil and watercolour paintings, jewelry and more
 - visit the L.M. Montgomery garden and interpretive gazebo
 - drop by the three country church bazaars— always a treasure trove for Christmas shoppers: 9 a.m. to 1 p.m. bazaar and lunch at Norval United; 10 a.m. to 2 p.m. bazaar (11:30 a.m. to 1:30 p.m. lunch) at Norval Presbyterian and 10 a.m. to 2 p.m., bazaar and lunch at St. Paul's Anglican.

For more information visit www.lmmontgomerynorval.ca or www.Norval.ca or call Gastle, 905-877-7059.

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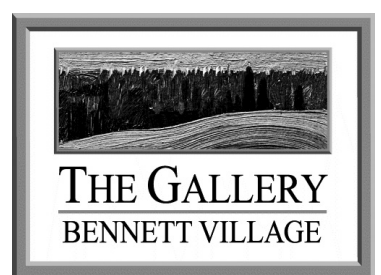
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