

ENTERTAINMENT

Healer and artist co-host special show Sunday

Chantal Garneau, reiki master and Naomi Assenheim, artist, host an open house, Treasures of the Earth, on Sunday, February 25 at Assenheim's Studio in the Stone Building of the Williams Mill in Glen Williams from 12-5 p.m.

from thousands of vendors the stones that have the best energy," she said.

She is very excited about the crystals she chose for her Chakra Balancing Kit which is designed to enhance meditation and to align the chakras.



Naomi Assenheim and Chantal Garneau traveled to Arizona to the world's largest Gem and Mineral Show.

Assenheim of Opal Wing Creations turns healing stones into whimsical and wearable pieces of art at her Williams Mill studio in Glen Williams.

As a jewelry artist, she specializes in rare gemstones and crystals set in silver and gold.

Assenheim is passionate in her work, and enjoyed the quality selection and experience that the Tucson show provided.

Her jewelry and Garneau's Chakra Balancing Kits will be available for purchase at the open house, as well as quality specimens from the Tucson show. For more information visit www.chantalgarneau.com or www.opalwingcreations.com

The duo recently returned from Tucson Arizona, home of the world's largest Gem and Mineral Show.

Thousands of mineral collectors, buyers, jewelers, healers and stone fanatics flock to the city of Tucson every winter where conference centres, hotels, parking lots, and giant tents across the city overflow with people and stones from all over the world.

As a reiki master and intuitive counsellor at the Ancient Way Wellness Centre downtown Georgetown, Garneau uses the stones in her healing work to clear blockages and to increase the flow of energy.

"At the Tucson show I am able to hand-pick

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Tooth Chatter



by
ALEX TRENTON
DENTURIST

MANAGING HARD TO CHEW FOODS

The first step in managing hard to chew foods is to make sure your teeth & dentures are in good condition. If you have dentures, you should have them checked each year. Even if you are not having any specific discomfort, there could be hidden problems. The teeth on your denture wear down over the years and become dull. Some foods might actually be taking you twice as long to chew, because of dulling teeth. It is worth the time to visit our office and make sure your dentures fit correctly.

If you still find chewing difficult, try changing the method of preparation, instead of the food. For example, try roasting, stewing or broiling meat, and then chop or slice thinly. Use canned or stewed fruits, or drink fruit & vegetable juices. Grate cheese or use in sauces and eat cottage cheese & yogurt. You may find a blender or food processor helpful when preparing your food.

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www.georgetowndentureclinic.com



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

A diminished social life is one of the most difficult aspects of age related hearing loss. Many people avoid drawing attention to their hearing loss by having fewer social contracts when it becomes difficult understanding what is being said. The result is an altered and lonely existence that family and friends may mistake for dementia.

Learning new strategies to cope with hearing loss could go a long way to restoring confidence and improving communication. The Hearing Clinic recommends the following: Inform people of the hearing loss so they may modify their speech; eliminate background noise; watch the speaker carefully and sharpen natural lip-reading abilities; ask the speaker to repeat what was said if necessary, and above all else; have your hearing thoroughly tested and properly fit with one of today's modern hearing instruments. Contact The Hearing Clinic if you or someone you know needs assistance.

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