

Yard sale to raise funds for hospital

On Saturday May 10, the Georgetown Hospital will be having its first annual yard sale in the hospital courtyard.

The sale will be held between the hours of 8 a.m. and 1 p.m. During these hours the parking gates will be lifted, allowing sale goers to park for free.

The yard sale is being hosted by the Georgetown Hospital Volunteer

Association (GHVA). The objective of the GHVA is to raise funds for the betterment of the hospital. Proceeds raised from this event will be donated directly to the hospital, to enhance patient comfort and care.

A portion of last year's fundraising efforts are responsible for the purchase and installation of the new automatic sliding doors at the hospital's front entrance.



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Saturday, May 10

Trees for Acton: Protect Our Water and Environmental Resources (POWER) is holding a huge community day event - 1,000 Trees for Acton. Plant a tree for Mother Earth and Mother's Day (the next day); nature hikes; birds of prey. Family and children welcome. The event will be held behind the Acton Arena and Community Centre on Queen St. (Hwy. 7), 9 a.m. to 2 p.m.

Bottle drive: Halton Hills Hawks Girls Fastball Novice '94 team will be holding a bottle drive in Georgetown South area, 10:30 a.m. to 12:30 p.m. Girls will be going door-to-door to collect empty beer and wine bottles. Anyone wishing to make a donation that does not live in the Georgetown South area or will not be available on that date, can call 905-702-5314 to arrange a bottle pickup.

Men's Toonie Breakfast: 8:30-9:30 a.m. at Bethel Church, Acton (across from Home Hardware). Here's your chance to meet a bunch of guys and have a great meal, all for \$2!

Market Stall: fundraiser, 8 a.m. to 1 p.m. at St. John's United Church, 11 Guelph St. Perennials, new books, baked goods, jams, gently used garage sale items. Join us for coffee and muffins while you shop.

Synchro Halton Hills: proudly present its 14th annual Showcase finale. So, you think you can swim?, 7 p.m. at the Georgetown Indoor Pool. Tickets are \$5/ seating limited. Info: 416-877-2460.

Spring bazaar: hosted by the Acton Seniors Centre, 11 a.m. to 2 p.m. in the Acton Arena & Community Centre. Crafts, baking, plants, penny table, draws and lunch available. Info: 519-853-5951.

Yard Sale: 8 a.m. to 1 p.m. in the Georgetown Hospital courtyard. Free parking.

Community Unity Day: 11:30 a.m. to 3 p.m. in Cedarvale Park. Activities include seniors tea room,

Community Calendar

barbecue hot dogs and drinks, games, crafts, face painting, balloons and bands. This free event is hosted by the Georgetown and Area Ministerial Association.

Garage/Plant/Bake and Quilt Sale: 8 a.m. to 1 p.m. rain or shine at Ballinafad United Church, 14369 Trafalgar Rd. N. Barbecue, breakfast and lunch. Well-loved treasures, Mother's Day gifts.

Plant sale: Get your garden ready with your first stop at the popular Acton Horticultural Society's Annual Plant Sale in the olde Hide House parking lot.

Bake sale/luncheon: Salvation Army Acton Community Church will be holding a bake sale and soup/sandwich luncheon at the church, 114 Mill St., E. in Acton, from 11 a.m. to 2 p.m. All funds will go to Overseas Missions. Just in time to get tasty, home-baked treats for mom on Mother's Day.

Songs for Hope: 2 p.m. to midnight at the Ballinafad Community Centre. There will be an open stage set up outside/inside. Barbecues will be available for people to cook their own food. Info: Wendi/Hugh, 519-853-1383 or by e-mail, hhunter@thetank.biz; tickets go fast. (For more details see story, pg. 17).

Sunday, May 11

Bruce Trail hike: Level 1, 10 km car pool hike along the side of Grindstone Creek in Waterdown. This is a full day hike and we will visit a local pub in Waterdown for refreshments at the end. Depart at 9:30 a.m. from the Georgetown Market Place parking lot between Zellers and the grey medical building. Leader: Maureen, 905-873-9757 mosmith@cogeco.ca

Gardening workshop: A Garden's Four Seasons-The First Plant, 1-3 p.m. at the Willow Park Ecology Centre, off Mary St. in Norval. Hands-on practice at choosing, planting and caring for your seedlings.



By Cory Soal
R.H.A.D.

Noise induced hearing loss is insidious because it's invisible; we don't necessarily know it's happening to us and the damage is permanent.

The two factors that cause noise induced hearing loss are the intensity of sound and the duration of sound - often we don't protect ourselves from either. We risk permanent hearing loss when we're regularly exposed to sounds of 110 decibels or greater - a power saw, a rock and roll concert - for more than one minute at a time. Exposure to such noise is like wearing a path through a fine carpet: your inner ear contains minute hair cells which help transmit sound to your brain, and every loud sound or session with the leaf blower is similar to parading heavy feet back and forth on those hairs. Eventually, the wear and tear is permanent and can't be reversed.

Several studies indicate this wear and tear is showing up at younger ages, due mainly to the noise we listen to for fun. A study of 15 -23-year olds by researchers recently confirmed higher levels of hearing loss among youth due to exposure to rock concerts, discos, car and home stereos and Walkmans. Of course, you can sustain as much damage listening to Beethoven as Oasis if you pump up the volume.

The Georgetown
HEARING CLINIC
We care about your hearing!
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(905) 873-6642

Tooth Chatter



by
ALEX TRENTON
DENTURIST

QUESTIONS AND ANSWERS

Q: I believe that I require new dentures but I'm concerned how my appearance will be changed?

A: At the Denture Clinic we always go through a "Wax Try-In" stage. The selected teeth are set up in a wax base and fitted in your mouth. You then have the opportunity to see, in a mirror, exactly how the denture will appear, before it is completed.

As the teeth are only in wax at this stage, we have the liberty to move the teeth about, or even change the particular tooth selection. We never go beyond this step until we have accomplished exactly the natural, pleasing appearance you desire.

Q: What is a permanent processed reline/rebase?

A: A processed reline/rebase is a way of re-basing your denture from the same type of long care acrylic from which it was originally made. This will make the denture fit more snugly to your ridge.

Q: Will it change the appearance of my teeth?

A: No, it only re-fits the denture to your ridge, no change of tooth position takes place.

Q: What are soft, or cushion relines?

A: A permanent soft rubber lining is applied to the lower denture inside ridge. Soft, or cushion relines are excellent alternatives for those who have sensitive oral tissue and tend to get frequent sore spots. A properly applied soft lining can provide years of comfortable chewing and smiling.

Creating confident smiles since 1982.

Alexander Trenton, DD, 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

NDs celebrate Naturopathic Medicine Week

This week, local naturopathic medicine professionals celebrate Naturopathic Medicine Week (May 4-11). One of four Doctors of Naturopathic Medicine in Halton Hills, Nicole Meier of the Georgetown Naturopathic Wellness Centre explained about the importance of the week at a recent council meeting.

"With our focus on disease prevention and health promotion, we're working very hard to improve the health of the citizens of Halton Hills," she said.

The busy clinic, she said, are a testament to the acceptance of the naturopathic medicine in this town: Dr. J. Fitzgerald Eagan at Lifestyle Family Wellness; Meier and Dr. Cathy Kuindersma at Georgetown Naturopathic Wellness Centre and Dr.

Julia Fountain at HealthSpan Naturopathic.

Naturopathic medicine has been regulated in the province since 1925, said Meier. To become a ND, persons must complete a three-year pre-medical course at a recognized university, followed by full-time training at an accredited college of naturopathic medicine. Then they must pass intensive regulatory board exams standard across North America.

Today (Wednesday), the four doctors will be hosting Tea with an ND, 7-8 p.m. at the Georgetown branch of the Halton Hills Library. The public is welcome to come with their questions and meet the four, find out more about ND and enjoy teas and healthy snacks.

Safety is Child's Play



Protect your child from dangerous situations on the playground by following these safety tips:

- Always supervise children at the playground.
- Make sure children are playing with age-appropriate equipment.
- Ensure that a soft surface surrounds all playground equipment to cushion potential falls.
- Check all equipment to make sure it is firmly anchored and functioning properly.

Our entire range of Classic cookware is on sale at outstanding savings, plus all the super specials featured here. Hurry, sale ends May 11!



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SAVE \$400! 11pc Professional set. Includes 1, 2, 3 and 4L saucepans, 5L Dutch oven, 24cm/10" non-stick fry pan, 5 covers. \$649.00.

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54% OFF!
4pc pasta set. 5.5L pot w/cover, 4L pasta steamer, spoon. \$195.99



\$89⁹⁹

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from **\$9⁹⁹**

65% OFF!
28cm/11" stainless steel Everyday pan with tempered glass lid and durable non-stick surface. \$139.99.



\$49⁰⁰

60% OFF!
3pc BBQ Set. \$49.99



\$19⁹⁹

SAVE \$19!
Italian made 30cm/12" stick resistant stainless steel bake pan. Chemical free. \$45.99



\$26⁹⁹

Mother's Day Sale UP TO 78% OFF MAY 7-11

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Hopedale Hardware
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Maple Grove Home Hardware
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511 Maplegrove Dr.
(905) 338-0284

Information & Dealer listings:
1-800-A-NEW-POT or www.paderno.com
Quantities are limited, please be early. Sale items may not be exactly as shown. Not all locations open Sunday.