

FILL UP FOR LUNCH

Combos start at

\$3.99



Buy any freshly prepared gourmet sandwich from Q and get a can of pop (355 ml) and small bag of chips for FREE!

Come by Q at 20 Market Drive for lunch today!



QUALITY FOOD. QUICK SERVICE. NO QUESTION.

Some restrictions apply. While supplies last. Plus taxes where applicable. Registered trademarks used under licence.

How am I? 'Twice as good as being dead' or 'I wish I knew'

Fine thank you, how are you? Since we were kids, that was what we said whenever somebody asked us how we were. Occasionally we might say "good" or "not bad" or even "okay," but the majority of the time it was "fine."

You ask my two year-old granddaughter how she is and she'll say, "Fine."

Some time ago I had a desire to say something different. I don't know why, I just did. Oh, most of the time I'd still say, "fine" but more and more I started saying, "Could be worse."

I think that's fairly funny and fairly clever, but mostly it's just different. More interesting were the responses I've tracked over the last year or so. Here are the results. Females up to the age of about 30 would laugh, not a lot, but they'd at least make a laughing noise. Females between 30 and 55 would often smile politely, and females and males older than that would often agree totally because they knew it was true, quite often giving an example from their own lives.

Males under 55 gave no response at all, in almost every case. Mostly, I think because they weren't listening, and part-



On the loose

with MURRAY TOWNSEND

ly because they considered it neither funny nor clever.

I know what would get a reaction from the younger males. There's a whole series of "Happier than..." but without exception they can't be printed in a publication available on the lower shelves.

I need something original, maybe even something that makes people think or at least amuses me. For example, I remember somebody I worked for who would always say: "You're the second greatest."

Finally one day I bit and asked who was first. "Everybody else is tied for first," I was informed.

Okay, you get the idea, so let's try a couple responses to, "How are you?" "Twice as good as being dead." You see if you know your multiplication tables, two times zero is still zero. Almost clever.

"I wish I knew." It doesn't mean anything, but the person who asked won't know what it means either and it might bug them trying to figure it out.

"Give me five bucks and I'll tell you." This ensures that people are actually interested in how you are. And at the same time you can make a healthy second income. "My lawyer says I don't have to answer any questions." This is especially good for certain situations.

"Sehr gut, danke." Either they know you're speaking German and will answer in German, or they'll think you're speaking gibberish and just nod their head.

"My therapist thinks I'm coming along fine."

"I'm fat and I'm stupid, how do you think I am?" I like this for the shock value, but the problem is that it's just stating the obvious.

"I'm the second greatest." I really like this one a lot, especially if they ask who's first. You know the question will be going through their heads, but whether they ask the question or not will be fun to see. I think we have a winner.

How am I? I feel like I'm the second greatest.



ClearSolutions

Counselling, Therapy & Mediation



Do You Want to feel better about yourself? Reduce and even rid yourself of depression or anxiety? Heal the effects of trauma once and for all? Live with more authenticity, meaning and purpose, inner joy and peace? Be less reactive and less stressed in your day-to-day life? Connect with your passion for life? Have healthier relationships? Learn how to cope with and even reduce chronic and nagging pain? What if we told you *You Can!*

ClearSolutions Counselling, Therapy and Mediation is committed to helping you to clear and resolve negative forces and conflicts in your life. Psychologist **Donna Lockett, PhD** has been studying psychology and healing for over 20 years and specializes in stress reduction, trauma, relationships, and health. Donna will be hosting two spring series at an incredibly reduced rate.

Upcoming Milton events are:

SPRING INTO LIFE: HOW TO LIVE "IN PROCESS"

What is Living in Process? It is learning to live completely, joyfully, calmly, authentically, with responsibility, awareness and compassion for yourself and others. It means working through the chaos "inside" so that no matter what happens on the "outside", peace and calmness are your reaction. It means sharing in relationships that are rich, fulfilling, and healthy.

This series will offer the basics on Living in Process. A combination of teaching, group discussions and exercises will guide you as you begin to live the life you have been longing too live!

- | | |
|--------------------------------|---|
| Saturday, May 13, 2006, 2-4pm | Series 1: Understanding why your life is in constant chaos and how to change it |
| Saturday, June 3, 2006, 2-4pm | Series 2: Starting to live in process: healing the past, moving forward in time |
| Saturday, June 17, 2006, 2-4pm | Series 3: Living in process: how to enjoy healthy relationships |

Contact Donna 905-302-9481
 donna@clearsolutions4u.com
 www.clearsolutions4u.com

MEDITATION: IT'S EASIER THAN YOU THINK

This 8 week program is designed to teach you some very basic meditation skills. The different techniques will help in different ways and are designed to offer a variety of strategies so you can choose which feels most right for you. Each class will include some discussion on the topic for the evening and an opportunity to practice the technique.

SPRING SESSION:

Thursdays, 7:30-8:30, first class; Thursday, April 27th

- Week 1: What is meditation and how can it help
- Week 2: Meditation for relaxation
- Week 3: Mindfulness meditation
- Week 4: Meditation as a way of healing your body
- Week 5: Using voice in meditation
- Week 6: Meditation to help open your heart
- Week 7: Meditation as a tool to cultivate forgiveness
- Week 8: Discovering your truth through meditation

Individual & Couples Counselling and Therapy Now Available in Milton!

\$50 per session

(a great deal less than \$100-200/hr for therapy!!)

\$120 for the series