

STATE FARM INSURANCE

Going Away For The Holidays?

Take These Precautions To Ensure Your Pipes Don't Freeze While You're Gone . . .

- A **TRICKLE** of hot and cold water might be all it takes to keep your pipes from freezing. Let warm water drip overnight, preferably from a faucet on an outside wall.
- **OPEN** cabinet doors to allow heat to get to uninsulated pipes under sinks and appliances near exterior walls.
- **SET** the thermostat in your house no lower than 55 degrees.
- **ASK** a friend or neighbour to check your house daily to make sure it's warm enough to prevent freezing, or . . .
- **SHUT OFF** and drain the water system. Be aware that if you have a fire protection sprinkler system in your house, it will be deactivated when you shut off the water.

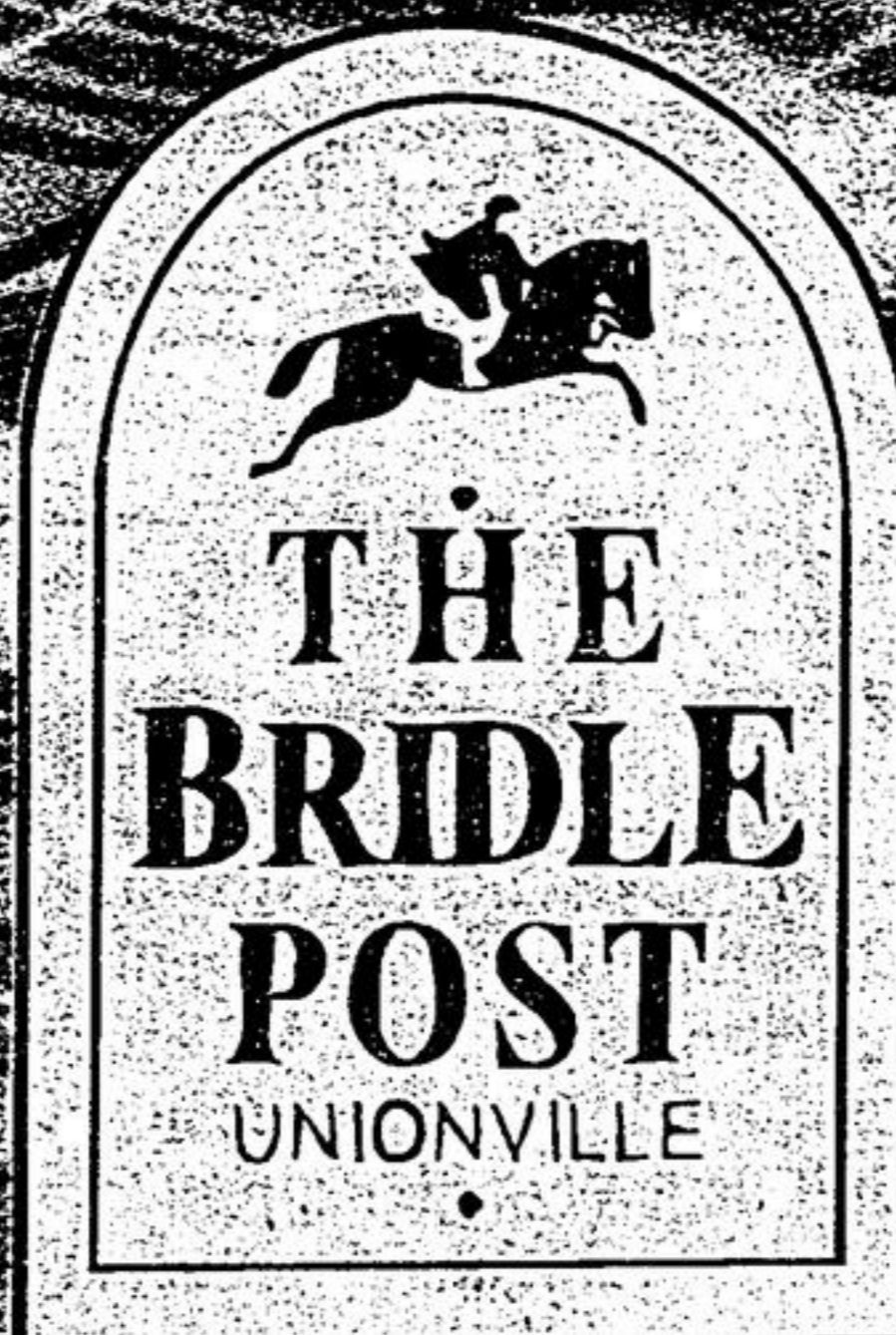


Have a Safe & Happy Holiday!
Sherry, John & Angie

* Drop by for a FREE Calendar

548 Carlton Rd., Unit 204 477-7244

from
The Shop
at



548 Carlton Rd.



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Clothing



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548 Carlton Rd., Unionville

**Undercover
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**Unwrap
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PAPILLON BLANC
Romancing the Body

**Christmas
Hours**

Mon. - Sat.
10 am - 6 pm

Sunday
12 noon - 5 pm

475-9316

DR. ANDREW L. KARP

Family and Cosmetic Dentistry

**ANSWERS TO YOUR QUESTIONS ABOUT
YOUR DENTAL HEALTH**

QUESTION: My kid plays hockey. Is a mouthguard really necessary? Are the "boil & bite" storebought mouthguards O.K.?

ANSWER: According to the American Dental Association, over 200,000 oral injuries are prevented in the U.S. and Canada by mouthguards alone. In a study on oral injuries, it was found that in sports like Basketball where mouthguards are NOT worn, 34% of all player injuries were of the mouth and head. A professionally made mouthguard will reduce chances of tooth breakage, upper jaw fracture, as well as concussion. The "boil & bite" guards do not fit as well, are often uncomfortable and frequently interfere with the athletes breathing and speaking ability.

QUESTION: I've made several dental appointments and I end up cancelling the day before because I'm so scared. What can I do about this?

ANSWER: The first step is to speak to your dentist about your feelings. Many people do have HUGE fears which can be so difficult to overcome that they avoid dental treatment at all costs, even to the extent of losing teeth. The real trick is to practice the best oral hygiene possible and have regular dental visits. The old saying "An ounce of prevention is worth a pound of cure" is very true. As a profession, we have made great advances. We use "Laughing Gas" (Nitrous oxide) which makes the whole experience very easy to deal with, and there are many other ways of making you, the patient, feel at ease.

548 Carlton Rd.

905-477-7999