

COMMUNITY CALENDAR

A PUBLIC SERVICE FOR NON-PROFIT ORGANIZATIONS

CONTRIBUTIONS: THE STOUFFVILLE TRIBUNE, 37 SANDFORD DR., SUITE 306, STOUFFVILLE, ONT. L4A 7X5 • FAX: 640-5477

EVENTS

WEDNESDAY, NOV. 11

Morning Coffee Hour (Stouffville/Goodwood Christian Women's Club)
The Sugarplum Fair, 9:15 to 11:15 a.m. at Parkview Village Auditorium, 12184 Ninth Line, Stouffville. R.S.V.P. Helen at 640-2542

THURSDAY, NOV. 12

College of Nurses of Ontario is holding a free quality assurance information session to learn about the reflective practice requirements and options to meet the requirements at the Markham Stouffville Hospital, 7 to 8 p.m. Call Lorna 1-800-447-3756

SATURDAY, NOV. 14

UCW bazaar at Stouffville United Church, Stouffville from 10 a.m. to 1 p.m. Lunch served, crafts, plants, baking and quilt auction at 11:30 a.m.

FRIDAY, NOV. 13

Craft sale in the Participation House involvement centre, Markham, 1:30 to 3:30 p.m.

MEETINGS

WEDNESDAY, NOV. 11

Book Discussion Group meets in Whitchurch-Stouffville Public Library at 7 p.m. Topic: War poetry. New members welcome.

WEDNESDAY, NOV. 11

Altona Women's Institute will meet at the home of Margaret Lewis in Altona at 1:30 p.m. Doris Noble will speak on their work trip overseas. All ladies welcome.

WEDNESDAY, NOV. 11

The Bethesda Women's Institute will meet at the home of Gwen Odd, 51 Park Dr. at 1 p.m. Speaker Judy Hunking, on Alternative Medicine.

WEDNESDAY, NOV. 11

Networking Breakfast for small and home-based business at The Fickle Pickle, 6302 Main St., Stouffville at 8:01 a.m. Call Roy at 642-5485

MONDAY, NOV. 16

Stouffville Horticultural Society's potluck dinner and annual meeting at Stouffville United Church, basement, 34 Church St., N. Call 640-0784

TUESDAY, NOV. 17

Prayer in a Busy Life presented by Dennis Costello and James Shaughnessy, sponsored by Catholic Women's League of St. Mark's Church, 345 Glad Ave., Stouffville, 7 to 9 p.m. Call 640-4183

VOLUNTEERS

UNICEF Ontario seeks volunteers to work in their greeting card outlet Nov. 13 to Dec. 24 at Markville Shopping Centre, 884-3839

The Salvation Army seeks volunteers to sort toys and food, mornings and afternoons starting Dec. 7. Kettle locations in Markham and Stouffville starting Nov. 20 for 3-hour shifts. Call 884-3839

York South Association for Community Living needs volunteers for various positions: leisure buddies for movie outings, and mall and McDonalds visits, and a computer tutor to help individuals use the computer and access the Internet. Call 884-3839

York Durham Aphasia Centre needs volunteers with good communication skills to facilitate small conversational groups of aphasic adults. Groups meet once a week in Stouffville. Call 884-3839



Please recycle

Come To Church on Sunday

WIDEMAN MENNONITE CHURCH

10530 Hwy. 48 - North of Major Mackenzie Phone: 640-6219
Interim Pastor Henry Regehr

Sunday, November 15th, 1998

9:45 am - Christian Education
10:45 am - Speaker Muriel Hoover
7:00 pm - No evening service

Everyone Welcome



STOUFFVILLE UNITED CHURCH

34 Church St. N. 640-1163

Worship Minister: Rev. Robert Nightingale
Education Minister: Nancy Monteith

Saturday, Nov. 14th, 1998

VCW Bazaar

Sunday, Nov. 15th, 1998

10:30 a.m. - Anniversary Service
Pot luck luncheon following service
Sunday School from Baby Fold to the Grade 8 level
Everyone Welcome

THE ANGLICAN PARISH of CHRIST CHURCH

254 Sunset Blvd., Stouffville
The Rev. Robert A. Shields 640-1461

Sunday, November 15, 1998

24th Sunday after Pentecost

8:00 a.m. Holy Communion

10:00 a.m. Choral Eucharist

Nursery and Church School provided.

Everyone Welcome!

Parkview Village
12184 Ninth Line South
Stouffville
Sunday, November 15th, 1998
Father Leslie
Rev. Tamas with choir
St Marks RC Church Stouffville

VIVIAN BAPTIST CHURCH
473-3543
On Hwy 48 at Vivian Rd.
Pastor Robert Okum
Holding forth the doctrines of grace
9:45 a.m. Sunday School
11:00 a.m. Morning Worship
7:00 p.m. Evening Service
Everyone is Welcome

Springvale Baptist Church
Stouffville Rd. at Kennedy Rd.
887-5651
Senior Pastor: Bob Flemming
Associate Pastor: Bill Thornton
Associate Pastor/Student Ministries: Brian G. Simcoe
Worship & Music Co-ordinator: Heather Thornton
Children's Ministries Co-ordinator: Sharon Russell
Sunday, November 15th, 1998
9:00 a.m. & 11:00 a.m. Worship Service
Pastor: Bob Flemming
Series: Eph. (A Beautiful Bride)
6:00 p.m. Fellowship Groups & Sunday Night Alive
10:00 AM SUNDAY SCHOOL
Wednesday, at 7:00 p.m. Kids Clubs
For more info call Church Office

BLOOMINGTON GOSPEL CHURCH
(South of 47 Highway formerly Bloomington Rd.)
Pastor: Dr. John Howarth
Sunday, November 8th, 1998
9:45 a.m. Sunday School
11:00 a.m. "The Gift of Teaching"
Romans 12:7
6:30 p.m. Family Program
Everyone Welcome

STOUFFVILLE BAPTIST CHURCH
A Fellowship Church
6273 Main Street
Pastor: Rev. Gordon Bickle
Asst. Pastor: Gordon MacCormack
Sunday, November 15th, 1998
10:00 a.m. Bible Class
11:00 a.m. Family Worship Hour
Message: "The Ultimate Joy"
Pastor Gordon MacCormack
Wednesday 2 pm Bible Study & Prayer
Saturday November 14th
7:00 p.m. Special Concert
Mr. Aduard Klassen
Paraguayan Harpist
All are Welcome

Improving prostate health with herbal remedies

The prostate gland is a small walnut shaped gland situated at the base of the bladder, encircling the urethra.

As men age, the prostate gland often begins to enlarge. This produces an obstruction of the neck of the bladder leading to difficulties in urination, increased frequency of urination and reduced force of urination.

Collectively, these symptoms are referred to as the prostatism of Benign Prostatic Hyperplasia. Symptoms typically begin in men over 40 and progressively get worse with 50 per cent of men over 50 suffering from some or all of the symptoms of BPH. BPH appears to be part of the normal hormonal changes that take place in men between the ages of 40 and 80.

The condition is progressive, and while discomforting in the early stages, is not an indication of a serious problem unless left untreated.

BPH should not be confused however with prostatitis or prostate cancer, both serious conditions that should be ruled out by your physician or health professional before treating BPH.

In North America there are two prescription medications that dominate the treatment protocol for BPH: Merck's Proscar and Abbott's Hytrin.

While both of these medications are somewhat successful in alleviating the symptoms, often the side effects are not well tolerated.

Fortunately, there are now available

a combination of herbal extracts that have shown comparable or superior effectiveness in treating these symptoms, without significant side effects.

The combined use of extracts of Pygeum Africanum and Stinging Nettle have been used successfully for many years in clinical studies in Europe, effectively relieving the symptoms of the early stages of BPH.

In one European clinical study using a specific combination of extracts sold in Canada as Prostatonin, 63 patients with BPH underwent therapy for two months using two capsules a day.

A common symptom of BPH is the marked increase in the frequency of urination during the night. When this group of men were studied, this combination of extracts produced a 64 per cent improvement, lessening the increased frequency of nighttime urination. Further, a 76.5 per cent improvement in urinary urgency resulted as well as a 58.8 per cent improvement in urinary flow. These results are very impressive as they are comparable, if not better than, what is achieved with prescription medication without the side effects and at a much lower cost. With the demographic shift of our population, a herbal combination like Prostatonin can play an important role in the prevention and treatment of the early stage of BPH.

Prostatonin is available in health food stores.

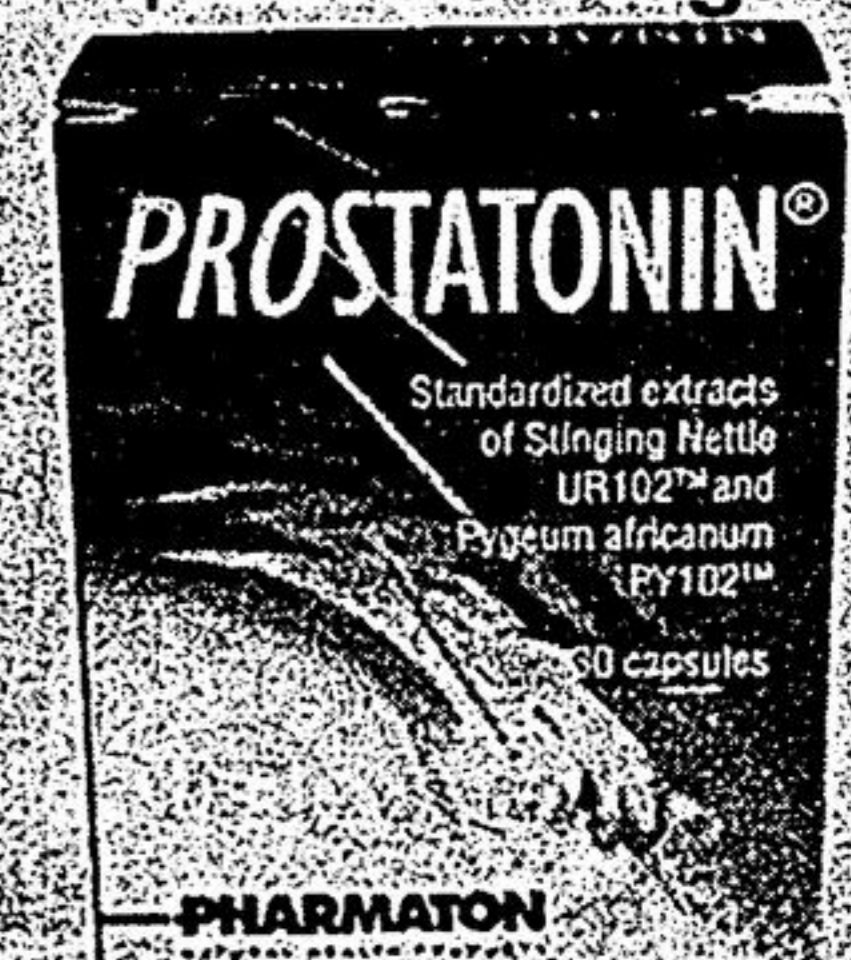
Houston Central Pharmacy & Health Food

\$26.99
~~\$35.99 Reg.~~



\$12.99 30 caps
~~\$18.99 Reg.~~

\$19.99 60 caps
~~\$29.99 Reg.~~



ON SALE

SAVE 20% EVERY Thursday on these brand name supplements: Quest, Bioforce, Jamieson, Earth Science, Kiss My Face, Thursday Plantation, Nu-Life, Nature's Way, Organika, Sisu & Holista, with our **NEW** Natural Pharmacy Health Card. Come in for details.

STORE HOURS
9 am - 9 pm Monday - Friday
9 am - 6 pm Saturday
Your Good Health & Wellness Centre
Houston Central Pharmacy & Health Food
6316 MAIN STREET
Stouffville
(905) 640-2222