



Georgetown Denture Clinic

Alexander Trenton, DD, F.C.A.D. (A) Denturist

TOOTH CHATTER - georgetowndentureclinic.ca

WAY BACK WHEN...

There were some remedies for a toothache from ancient time and the middle Ages:

Spit into a frog's mouth. Pick your teeth with a nail of the middle toe of an owl.

Make a mixture of roasted garlic and horseradish and human milk, roll into pills and insert into the nostril on the opposite side of your aching tooth. If none of these magical remedies did the trick, you could have the cavity plugged with a ground bone, pepper, paprika, partridge brain, stone chips, turpentine resin, metals or ear wax - hopefully your

own! The other option was to have the offending tooth pulled out. A crude way to accomplish this painful task was to place a chisel-shaped piece of wood against the tooth and pound it with a mallet. Unfortunately, often only the crown broke off, leaving the infected roots still inside the gum. In ancient China, professional toothpullers could do the job for you using only their fingers strengthened by hours of pulling nails out of planks! Thank heaven for today's dental professionals!! We sure have come a long way, baby!!!

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What's Cookin': Variations on grilled cheese sandwiches

In today's recipe, please note that the cheese is optional. We left it out in our version, but it is delicious added in too— so whichever you like.

Speaking of cheese, I was conducting some research for an event I'm involved in and needed a group of tasters to come over and help me figure out some delicious grilled cheese sandwich combinations— something more than your white bread and processed cheese type sandwich.

It didn't take me long to find a group of tasters, willing to come over for dinner. So, the poor things had to taste about seven different combinations of sandwiches, several different breads and about four different condiments— spicy mayo, smoked ketchup, guacamole and fresh salsa.

In the end, we learned a few things— the cheese is always best grated— it just doesn't melt as quickly any other way. Feta on its own does not melt, but mix it in with a good goat cheese and you get the flavour of the feta, with the meltability of the goat. Gruyere cheese was my favorite— the flavour is fantastic. Paired up with fresh apple and caramelized onions— delicious!

The bread needs to be a light rye or similar in order to stand up to a load of toppings without falling apart and be supportive enough to flip on the grill— any soft bread is just completely out of the question. And although the bread is key, it can't have too much flavour, as the cheese and fillings are supposed to be the superstars!

Although I love guacamole, it just didn't go with any of the sandwiches we made, unless you made

Lori Gysel & Gerry Kentner



a Mexican-themed one, with maybe a spiced Monterey jack, then it might work. But the spicy mayo, fresh salsa and homemade smoked ketchup were winners!

Have fun and keep cooking!

Email questions and comments to Lori and Gerry at whatscooking@theifp.ca

Mushroom Crostini

Ingredients

- 1 baguette sliced and toasted
- 2 tsp butter
- 1/4 cup chopped red onion
- 1 clove garlic chopped
- 5 and 1/2 cups mushrooms chopped
- 1/4 cup 10% cream
- 1/4 cup dried cranberries
- 1 tsp fresh rosemary or thyme
- 1 cup grated Oka cheese or Emmental cheese
- 1/2 cup Parmesan cheese (grated)
- salt and pepper



Method

Cook mushrooms, onions, garlic and butter until soft. Add cream, dried cranberries and herbs. Simmer until cream has almost completely evaporated. Top baguettes with 1 tbsp of mixture. Sprinkle cheeses over the top and bake at 375° F. for 3-5 minutes till cheese is melted.

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PROFESSIONALS WANTED

to inform our readers & answer their questions

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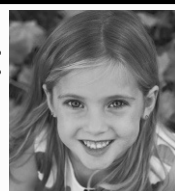
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Gerry Ross
H.B.Sc. PT, MCPA,
res.CAMT

Q: I have heard a lot about kids health and backpacks. What should I look for when I buy my child's back pack?

A: Here are some helpful guidelines

- Choose shoulder straps that are padded and wide, but allow free arm movement even in a winter coat
- Consider back pack compartments to prevent shifting of the contents
- Adjust backpack straps so the bottom of the pack sits above the beltline.
- Make sure that it's cool/ hip/ happening or whatever term is being used these days
- Also be as selective as possible with what is placed in the backpack the child should be able to get the pack on and off without straining.

Call us if you have any other questions... I posted a few more tips on our website under children's health at www.rossphysio.com under children's health, bottom left of the home page!

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Elayne M. Tanner

Q: What is codependency and how do I recognize it?

A: The term codependency originally related to a family's reaction to alcoholic members but is now used in relationships without any addiction. You are seen as codependent if your sense of well-being is fulfilled mainly through relationships with others. If what you do is determined by someone else's behaviours rather by your own feelings and opinions you may be in a codependent relationship. We learn this behaviour in our family of origin. The more dysfunctional the family of origin the more we take on roles to try to limit the chaos in the family. When there is an addicted person in the family that we are trying to protect, codependents pitch in to save the family from break-up. The codependent member develops behaviours that are 'other' oriented and are geared to rescue, mediate and cover up for another person's shortcomings and in the process, the family member ignores their self and their own needs. Some things that will help you recognize if you are in a codependent relationship include:

- a relationship that is consistently unfulfilling and that you do nothing about
- you allow unacceptable behaviour to continue and don't assert yourself
- you tend to be indirect and unable to express your feelings particularly in the face of conflict
- you don't recognize your boundaries and allow others to overstep them
- you give away too much of yourself by not being able to say no
- you take responsibility for the actions of others and make excuses for their behaviour

Codependents have good intentions. They are trying to take care of a person who is experiencing difficulty but find that while they may feel an initial sense of reward they eventually become martyrs whose repeated rescue attempts allow the needy individual to continue on a destructive course and become even more dependent on the unhealthy care taking. If you believe that you are codependent, you can learn to change these behaviours and lead a fulfilling life.