



The North Halton Twisters defeated Sudbury 3-2 in double overtime to capture the Pink the Rink tournament championship for the peewee A division in Etobicoke recently. Team members (front, from left) are: Goalies Daley Burnaccioni, Jaime Hendershot. Second row: Megan Williams, Tanner McLaughlin, Mallory Stephens, Sarah Doherty, Megan Brinco, Kaity McInall. Third row: Lizzie Gibson, Hailey Armstrong, Kathleen Reedman and Sarah Thomsen, (top) Katie Jurus, coach Mike Stephens, Devyn Chiappino, Marin Delaney, Elena Stone, assistant coach Tim Reedman, Rachel Smith, assistant coach Ian McLaughlin, trainer Mandy Gibson. Absent: Trainer Marilyn Johnson. *Submitted photo*

Team of the week: Peewee A Twisters

The North Halton peewee A Twisters went undefeated through six games, which included four shutouts, on their way to winning the Etobicoke Dolphins' Pink the Rink Girls' Hockey Tournament earlier this month.

After posting 2-0 victories over Belleville and North Bay in the playoff round to reach the final, the Twisters and Sudbury couldn't decide the outcome until the sec-

ond period of overtime with three skaters aside when North Halton scored the winner with 31 seconds remaining.

Preliminary round— North Halton 3, Sudbury 2; North Halton 2, Durham 0; North Halton 0, Flamborough 0

Quarterfinal— North Halton 2, Belleville 0

Semifinal— North Halton 2, North Bay 0
Championship— North Halton 3, Sudbury 2 (OT)



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Q: Is thumb sucking bad?

A: Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur. By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs. So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.

"Sometimes good things fall apart so better things can fall together."~ Marilyn Monroe

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Julia Fountain,
BSc, ND

Q: I have some health issues that affect my quality of life yet I've had numerous medical tests done and they come back "normal". How can a Naturopathic Doctor help?

A: Most medical conditions don't happen overnight. There is often a period of dysfunction – months, years, or decades – where symptoms can impinge on your quality of life but your body has been able to compensate and a recognizable disease hasn't surfaced. If this is the case your medical tests may come back as "normal" or close to it. But that doesn't mean you need to wait to do something! The pesky symptoms of dysfunction such as fatigue, aches, pains, gas, bloating, generic allergies, weight gain, PMS, headaches, poor sleep – can respond well to lifestyle medicine. Just like it's easier to put out smoldering coals than a raging fire, it's preferable to be reversing dysfunction than waiting to treat the disease.