

Spring high school sports to return

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sports schedules. This means public and Catholic school teams will play together, vying for the same regional trophies and spots at Ontario Federation of School Athletic Associations tournaments.

Aside from sports, Miller said schools are reporting the return of other activities, such as music programs, field trips and drama productions—however, it's too late to enter the Sears Drama Festival.

Students who missed the winter sports season will still get a chance to play those sports. The Halton board will host internal sports tournaments for a number of its sports teams after March Break. These include junior and senior boys basketball, boys hockey and junior and senior girls volleyball.

"It's all good news. Teachers are back doing what they love to do," Miller said.

However, no such word has come from the elementary teachers' union.

"Elementary is still spotty with some extracurriculars happening in some schools and not happening in others. It remains an issue," Euale said.

The school board previously reported there were a few instances of teachers running activities such as reciting clubs,

study hall, homework clubs and reading clubs. However, these activities have taken place at a few schools.

The local board is focusing on providing what it calls critical events, which includes track and field meets, end-of-the-year field trips for Grade 8 students and graduation ceremonies.

"We're trying to focus on those to make sure that we find a way to have them continue," Euale said. "I'm optimistic. Our principals know how important these large events are so they'll do their very best to find a way to support them."

He admitted, though, that he could not guarantee everything would happen as usual.

The board has put in place a policy to allow members of the community to act as sole supervisors of extracurricular activities. Those who are interested in volunteering for these roles are asked to the school principal.

Principals can accept applicants for low-risk activities. For higher-risk activities, principals will refer the applicant to a board level committee, which will review the applications. The committee is now ready to receive applications.

For more information, visit www.hdsb.ca.



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Q: How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

A: Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child's teeth. The dentist can also show how to best clean the infant's teeth and advise the parents on the best dietary habits for their child's optimum development. This visit also helps the child to realize the dental office isn't something to fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children's teeth healthy begins with timely visits to your dentist.

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JENNI VENERUZ

Q: What is the #1 thing you can suggest to improve and maintain my health?

A: There are many treatments, strategies and lifestyle changes that can benefit your well-being. There is one thing that you can do anywhere, anytime and any place that can truly improve your overall health. This treatment is drug-free, injection-free and surgery-free. It has been shown to improve health problems such as hypertension, diabetes, dementia, Alzheimer's and reduce hip fractures. It has been proven to decrease anxiety, depression and fatigue. What is this miracle cure?

Exercise. 30 minutes of exercise per day, even something as simple as walking, has shown incredible health benefits such as decreasing pain, disability and improving overall quality of life. Low fitness and obesity combined with inactivity has been one of the strongest predictors of untimely death.

Dedicate at least half an hour to some form of fitness and you will reap the greatest return on investment for your health. Walk to work, take the stairs, play tennis with a friend or join a gym. Keep it up and your health will improve. Physiotherapists are specialists in promoting activity and mobility and can help you start on a safe routine.

"If you run you stand a chance of losing, but if you don't run you've already lost." - Barack Obama

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Owner/Administrator

Q: What kind of lease agreement is there for a retirement residence? What happens if I eventually move out?

A: As a retirement resident, you have the same rights and obligations as any other tenant in Ontario, with a few important exceptions.

One notable exception is that you are not constrained by a long-term lease. However, if you plan to move out, you must give the management 30 days written notice. Notice can be given at any time, not just at the end of the month.

In a retirement residence, your rent is comprised of two parts-- service and accommodation. Should you choose to move prior to the 30 days; you are responsible for only 10 days of the service portion and 30 days of the accommodation. If, after you have moved out, the suite is rented within this time you are entitled to a rebate for the days that the room has been re-rented.

At the time you are offered a room, you also have the right to receive your contract and a Care Home Information Package (CHIP) that clearly outlines what you have agreed to purchase, related costs, conditions of the agreement and so on.

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SUSAN S. POWELL

Q: What are the different types of custody?

A: 1. Sole Custody - the parent with whom the children resides makes all the decisions concerning the children. The other parent has a right to see the children and a right to information about the children.

2. Joint Custody - the children live primarily with one parent and the other parent has a right to see the children. Both parents make major decisions about the children together.

3. Shared Custody - the children generally live one-half of the time with each parent often on a week on /week off schedule. Both parents make major decisions jointly. The parents should live relatively close to each other so that the children may attend the same school, activities, etc.

4. Split Custody - This situation occurs when the children do not live together. For instance one child may live with one parent and the other child resides with the other parent. It does not often occur.

There are pros and cons to each type of parenting and you should speak to a lawyer before making any decisions.