



Selena Hoyer receives her Ontario Junior Citizen of the Year nominee certificate from *Independent & Free Press* regional managing editor Chris Vernon.

Photo by Eamonn Maher

Hoyer nominated for Jr. Citizen award

Selena Hoyer, a Grade 11 Georgetown District High School student, was one of two nominees from this area for the 2013 Ontario Community Newspapers' Association Junior Citizen of the Year Award.

The aspiring journalist has volunteered extensively at the Georgetown Bread Basket food bank. She helped sort food and promote the food bank, she also held food drives.

In May of 2013, Hoyer rounded up 30 volunteers to organize a fashion show and food drive. She raised \$1,500 for her

competition in the Dominican Republic and she collected donations of toothbrushes and colouring books, pencils, socks for an orphanage that she was visiting while she was there.

She has also participated in many other events throughout the last three years. She used her title Miss Teen Halton Region in 2011-12 to promote other charitable events.

Another GDHS student, Briana Courtemanche, was also a nominee for the Junior Citizen of the Year Award.

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- 1 in 2 childbearing women will suffer with some form of pelvic dysfunction, including pelvic pain, incontinence and prolapse.
- Over 40% of women experience Urinary Incontinence during their first pregnancy and up to 25% of women after their first pregnancy will experience altered fecal continence.

Did you know that after pregnancy it is COMMON, but not NORMAL to suffer from:

1. Low Back Pain
2. Incontinence
3. Pelvic Organ Prolapse
4. Sexual Dysfunction
5. Pelvic Pain
6. Block Ducts and Mastitis

Like incontinence, prolapse is common, with 1 in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.

In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum

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