

COMMUNITY

Local ACO wants Barber Mill on Endangered Places List

ACO Halton Hills has mounted an online campaign to get the Barber Mill placed on Heritage Canada's Top Ten Endangered Places List.

Residents of Halton Hills are being asked to complete the nominations form at: <http://www.heritagecanada.org/en/get-involved/hcf-news/accepting-nominations-2015-top-ten-endangered-places-list>

Deadline is March 13.

"Please join ACO Halton Hills in nominating the Barber Mill for inclusion on Heritage Canada's Top Ten Endangered Places

List for 2015. Last year ACO-HH submitted a nomination but the mill did not make the list. Perhaps with the support of concerned citizens, this year's nomination will be successful," said ACO-HH member Pat Farley.

Here's some information needed to complete the form:

Municipal Address: 99 River Dr., Georgetown

Owner: Everlast Group Ltd., 443 Railside Dr., Brampton, ON, L7A 1E1

Heritage Status: Designated under the Ontario Heritage Act"

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Therapy is Not a Pity Party!

Sharing your pain with a therapist is not just attending another pity party. Talking about your emotional pain in therapy is constructive and breaks through the downward mood spiral. You no longer have to suffer alone and ruminate over the same hurtful stories over and over again.

Truly effective therapy is an active process. It requires the client to be clear on their desired therapy goal. Setting a clear goal, such as "I want to live pain and shame free", sets you onto a new path of intentional living.

Intentional living is accepting that while you may not be responsible for the pain you are experiencing, you are responsible for your healing process and your personal growth. Once a client makes this realization, a significant shift occurs.

The most important gains you will make in therapy will be to broaden and shift your perception of yourself and of the challenges you face. The end result is personal growth that empowers you to control your life and enjoy positive, life-affirming relationships with others and yourself.

There is no need for you to hurt alone. If you would like to know about what therapy can offer, contact Manon Dulude at (905) 873-9393 or email info@forgecoachingandconsulting.com.

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Q: After brushing, flossing and monitoring sugar intake, is there anything else that can guard against tooth decay?

A: You may have heard of fluoride. It is a substance in most toothpastes, some mouth rinses, and in Halton Hills, our public drinking water. It is beneficial to teeth because when it comes in contact, it makes them more resistant to tooth decay. Despite the view espoused by Brigadier General Ripper in the 1964 film Dr. Strangelove, water fluoridation is not a "monstrously conceived and dangerous communist plot". Its benefits were discovered by an American researcher in the the 1930's who found a link between appropriate concentrations in water and the reduction of tooth decay in a population. Public water fluoridation is now considered "one of the 10 great public health achievements of the 20th century" by the Center for Disease Control in the U.S. (and those people know their diseases). Anecdotally, in my practice, the individuals I see who have never had a cavity, have almost all grown up with fluoride in their water. If an individual seems susceptible to tooth decay, we will frequently recommend a regular application of fluoride varnish on teeth, a prescription-strength toothpaste or a fluoridated mouth rinse. If you don't drink tap water or if you use well water without naturally occurring fluoride, supplemental tablets may be beneficial as well. As the saying sort of goes: "Talk to your dentist to find out if fluoride is right for you".