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SPORTS

The Jaguars from Christ the King recently won the senior boys' division Niagara College High School Volleyball Tournament.

Team members (front, from left) are: Jayson Tate, Mike Korzeniewski, Sam Wallace, Adam Dechnik. Back row: Coach Carla Favero, Martin Peric, Christian Buchan, Ben Basilio, Josh Morgan, Justin Baechler, Evan Chenier, Tucker Johnson, coach Meaghan O'Brien.

Submitted photo



Team of the Week

Jaguars jubilant after tourney win

Christ the King's senior boys' volleyball team has turned its season into high gear after winning the 15-team Niagara College High School Tournament earlier this month.

The Jaguars went undefeated through the preliminary round and lost just one set on the day in a tightly contested semifinal against Waterloo's Bluevale Knights.

In the final, CtK downed Ingersoll 25-21, 28-26 to capture the championship.

Mike Korzeniewski was named tournament MVP and Ben Basilio, Christian Buchan and Jayson Tate were all named to the event's all-star team.

The Jaguars are 4-1 in the Halton Secondary School Athletic Association Tier I standings, with their lone loss coming against Georgetown in the season opener.

The senior Jags will play host to their annual tourney on Friday, Oct. 30.

Ask the Professionals



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Christoph Summer
Owner/Administrator

I am thinking of moving into a retirement residence. With so many things to consider, how do I make the right choice?

This might seem like a daunting task but one that can be made easier when you give yourself the time to plan ahead, with the aid of family and friends. A good place to start is with a retirement residence that comes highly recommended by family or friends. They probably have experienced firsthand the level of care you can expect.

Location is another key element. It is always comforting to know that family and friends are close by when they are needed in times of difficulty and even nicer when they can just stop by for a good visit.

Next, do a physical, emotional, and environmental assessment of your needs. For example, if you currently live in your own home, ask yourself these important questions: Are you able to keep up with all the physical maintenance required inside and out? Are you preparing and eating three balanced nutritious meals every day? Are you taking your medication as instructed? Are you lonely? Are you getting daily social interaction? Is your living space equipped to handle your physical needs? Also, if you were to fall or need immediate assistance, is help close by?

When researching different residences with supportive living options, one needs to compare the services which are included or will be extra. The areas to compare are: Health Care, Social Activities, Meals, Social Events, Housekeeping, Laundry and General Maintenance. This will ensure that you will not be surprised with any extra monthly fees. These are all important elements to "enrich" your life and keep you healthy and independent.

Lastly, it's important to pick a place that makes you feel comfortable and at home. Is it bright, clean and welcoming? Is the staff warm and friendly? Your evaluation of homes can be based on all the things that are important to you and meet your needs, but most of all, will it bring you peace of mind.

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DR. ANOOP
SAYAL

Q: Do you have any tips on how to tame my dental anxiety?

A: It's a well-known fact in this country that large numbers of people are afraid of going to their dentists. Some people are so afraid that they neglect even the routine examinations and professional cleanings. It doesn't have to be that way. Here are some tips to help reduce your anxiety. First, see your dentist before treatment is needed. Get to know your dentist and get comfortable discussing your concerns with the dentist and staff. Set your appointments for a stress-free time of day, not on your lunch hour or immediately after work. Second, have the dentist explain the dental treatment to you. Knowledge of the procedure should let you be more relaxed. Third, let your dentist and hygienist know that you're scared. It's nothing to be ashamed of and you're most certainly not their first patient to feel that way. Fourth, understand that times have changed. There are new methods of controlling and eliminating discomfort that weren't available until recently. Don't let dental fears keep you from having a healthy mouth and teeth.