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Losing Strategies in Relationships

In his book, "The New Rules of Marriage" author Terrance Real points out that people often use "losing strategies" to get their needs met without realizing it has the opposite effect. Not only will these strategies fail to get you what you want, they will cause damage by attacking the important pillars of a relationship: respect, dignity and compassion. Here are some of those losing strategies:

- 1) needing to be right – the idea that one person in the relationship needs to be right over the other,
- 2) controlling your partner – if you are in control or think you are, be prepared for payback,
- 3) unbridled self expression – exploding in anger or saying mean things that you can't take back,
- 4) retaliation – you hurt me so I get to hurt you back,
- 5) withdrawal – pulling back, shutting yourself down, shutting the other out and/or not confronting the issue,
- 6) being contemptuous and self-righteous – this puts down the other person while trying to prove you're 'right',
- 7) punishing – in a number of ways such as angry outbursts or withdrawing from conversations,
- 8) complaining – while it looks like the complainer is a victim, complaining is an indirect attack to show how the other is failing us. Complaining never contributes to the creation of a solution.

To make a difference in any relationship, adopt a strategy of respect. Decide that no matter what, you will not drop below the line of respectful behaviour toward another human being. By shifting your mindset from protecting yourself to protecting the relationship, you will start shifting your responses and reactions.

COMMUNITY CALENDAR

Continued from page 31

SUNDAY, NOV. 8

Remembrance Day parades: Glen Williams, Georgetown Legion members assemble at the Glen school, 12 p.m. march to the Glen memorial. In Georgetown, Legion members assemble on Market St. at 2:30 p.m. march off to the 3 p.m. sharp ceremony in Remembrance Park.

Remembrance Service: 11 a.m., Knox Presbyterian Church, 116 Main St. S., Georgetown. Everyone welcome. The church is chair-lift accessible and has a dial-in service: 905-702-1629. Info: 905-877-7585 or www.knoxgeorgetown.ca

Nia Jam: Come dance with us at this fundraiser in support of Halton Women's Place and SAVIS (Sexual Assault and Violence Intervention Services), 1-3 p.m. at Acton Town Hall, 19 Willow St., N., Acton. Refreshments, door prizes, unique items to purchase for the charities. Tickets: \$25. Contact for tickets or info: Christine de Lestard at 905-877-3975 or chris_delestard@hotmail.com

Bruce Trail Halton Hills Chapter Hike: Canada Goose / Limehouse (map 12-28th ed.) A brisk, moderate terrain, carpool hike, approx 9-11 km. Depart 9:30 a.m. from the Georgetown Market Place parking lot, east of Walmart and park at Limehouse Public School. This loop hike will follow the Canada Goose, Charles Hildebrandt and Black Creek Side trails and will count as 6.95 km towards the 2015 Side Trail Badge offered by the

TBTC. Dress for the weather, bring snacks/lunch and plenty of water. Proper footwear is required as trip hazards are present. Hike Leader: Pat Ferris 289-890-0111 pnferris@gmail.com.

MONDAY, NOV. 9

Creating Affordable Housing Affordably: special presentation by Garth Brown, Equality.ca on Monday, Nov. 9 at 7 p.m. or Tuesday, Nov. 10 at 9 a.m. at the Acton Arena.

TUESDAY, NOV. 10

Adult learning drop-in: Adults, do you need to upgrade your skills in reading, writing, math or workplace computers? The Adult Learning Centre will be holding a drop-in information session, 9:30-11 a.m. at the Georgetown library. Info/to register, call 905-873-2200 or lnhadultlearning.ca.

Rotary Club Acton Citizen of the Year dinner: honouring Josey Bonnette at the Acton Town Hall. Tickets, \$40, 519-853-5133.

Family Storytime: Families with young children are invited to join Halton Hills Public Library staff. Georgetown Branch: Tuesdays, 11 a.m., and Saturdays, 11 a.m., and Thursdays at 6:30 p.m.. Acton Branch: Wednesdays at 11 a.m., and Saturdays at 11 a.m. Gellert Centre: Fridays at 10:30 a.m. Info: www.hhpl.on.ca or 905-873-2681 ext. 2520 or 519-853-0301.

Free Employment Services at the Acton Library: Make your private appointment, between 9:30 a.m. and 4 p.m. by The Centre for Skills Development and Training. Call 905-693-8458 ext. 101.

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youngdentistry
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Q: I need to have a tooth out. Should I get it replaced? Also, did the classical Greek philosophers have anything to say on the subject?

A: Each situation is a little different when it comes to replacement but it is generally better to replace a missing tooth than go without. The exception would be wisdom teeth, which most people do not need.

Aristotle said 'Nature abhors a vacuum', and so does your mouth. There is a 'domino-effect' when a tooth is extracted. I really mean it. Your other teeth can literally fall over into the space where the tooth was extracted. The tipped teeth will not meet up with their partners properly. It can also create food traps and interferences when chewing. When one tooth is missing, the neighbouring teeth will take more of the load which can lead to excessive wear and fractures.

Teeth support your lips and cheeks, and also help you form sounds when you speak. So you can actually look and sound different after a tooth is lost. And to answer your anticipated next question, no, it usually isn't an improvement.

So there are lot's of good reasons for replacing a lost tooth. Watch this space next time for ways you can get it back.

By the way, Aristotle was right about a lot of things but he did write once that men have more teeth than women, which is totally wrong. Next time just count them dude!