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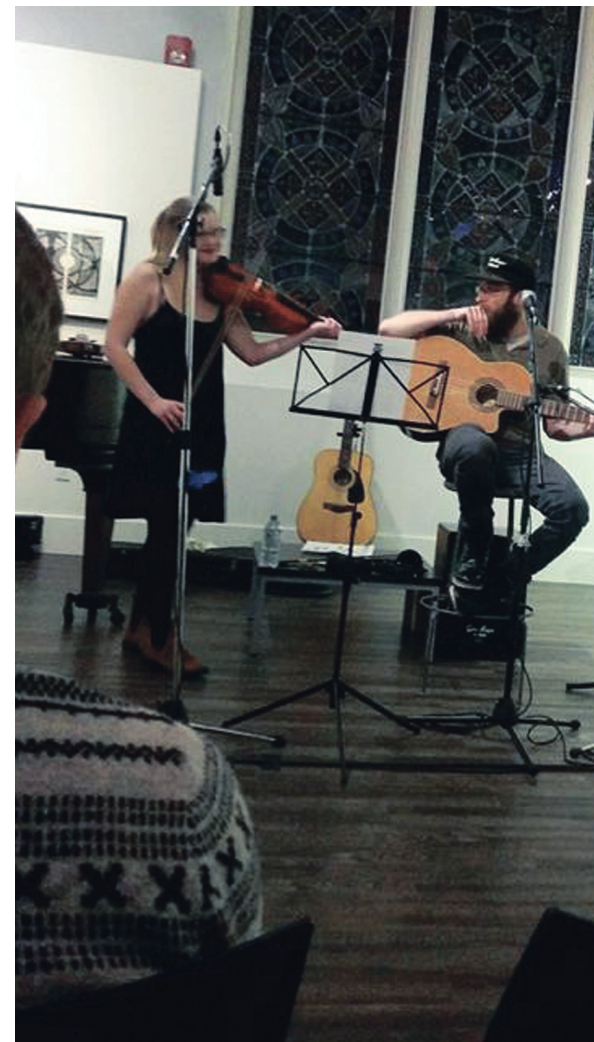
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ENTERTAINMENT

MOUNTAIN AND THE WOOD

RELEASES ALBUM: Local Halton Hills indie-folk duo known as Mountain and The Wood recently released an original 8-track album. Mountain and The Wood is made up of members Matthew Wittmann and Susannah McKenzie-Sutter. The duo creates an original sound with guitar, vocals, violin, viola, and mandolin. The release show was held Jan. 2 in The Helson Gallery at The Halton Hills Cultural Centre. The room was packed with over 80 audience members, which resulted in 30 CD sales. The show also had two excellent opening acts, local musicians Sanjay Baboolal and Amit Mehta, as well as, "Jack Pine" members Matteo De Stefano and Kevin Misner. It was a great night celebrating local music and showing the loving support for local music in Halton Hills. Mountain and The Woods album can be purchased digitally at <https://mountainandthewood.bandcamp.com> and hardcopies can be purchased by sending an email mountainandthewood@gmail.com.



Submitted photo



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Q: What do I do for a Dental Emergency?

A: Toothache

First call your dentist. Explain your symptoms and ask to be seen as soon as possible. Then ease the pain. Take an over-the-counter pain medicine that works for you, but do not put the pills on your sore tooth. Hold an ice pack against your face at the spot of the sore tooth.

Do not put a heating pad, a hot water bottle, or any other source of heat on your jaw. Heat will make things worse instead of better.

Chipped or broken tooth

Broken teeth can almost always be saved. Call your dentist and explain what happened. He or she will see you right away. If it's a small break, your dentist may use a white filling to fix the tooth. If the break is serious, a root canal may be needed. Your tooth may also need a crown also called a cap.

Knocked out tooth

If the knocked-out tooth is an adult (or permanent) tooth, your dentist may be able to put it back. You must act quickly. If the tooth is put back in place within 10 minutes, it has a fair chance of taking root again. After 2 hours, the chances are poor.

If the tooth looks clean, put it back in its place (its socket). If this is not possible, or if there's a chance that the tooth might be swallowed, put it in a container of cold milk. Go to your dentist, or to the nearest dentist, right away. If you get help within ten minutes, there is a fair chance that the tooth will take root again.



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Christoph Summer
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