

Rebel pair moving on

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"The Notre Dame girls are really good," said Besworth. "We went in knowing they were probably going to win but it was really good practice playing against that kind of talent level."

Reaching the final was not enough to guarantee moving on, though. Besworth and Chapin still had to rebound from their first loss of the tournament to face Oakville Trafalgar's Alex Vickers and Christine McAllan for second and the final OFSAA berth. Vickers and McAllan had beaten them at Haltons but Besworth and Chapin defeated them in straight sets.

"I think we were more prepared and we knew what to expect," Chapin said. "We were placing it more and making them move."

Christ the King's mixed doubles team of Zach Pearson and Sarah Hickman weren't as fortunate. They reached the mixed doubles final where they lost to a team from Hamilton. They were then denied the opportunity to move on after falling to Notre Dame's Brandon Mackay—an OFSAA gold medalist in boys' doubles last year—and Agatha Kwiatkowski, in the second-place game.

This year's OFSAA tournament will be held in Stratford May 6-8.

SOCCER: Becca Fritz and Negar Modir supplied the goals for the Georgetown Rebels as they opened the Halton senior girls' soccer season with a 2-0 triumph over Iroquois Ridge last week.

League play began this week for a number of local-area teams, with Georgetown's senior boys and girls hosting Holy Trinity on Monday.


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... Lend Me Your Ears

By Cory Soal R.H.A.D.

You have probably heard recently, there is legislation being passed that will target drivers using cell phones while operating a motor vehicle. We all know that distractions are a dangerous combination and common part of driving on today's congested roadways. Any way to lessen the number of distractions faced daily would greatly help one to focus on the task at hand, and get on with their day. At the Georgetown Hearing Clinic, we do not condone the use of cell phones while driving, but when absolutely necessary, a hands free device, such as a speaker phone, line Onstar™ or a bluetooth connected earpiece can be very useful and help reduce distraction - not to mention allow the driver the use of both hands.

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Tooth Chatter

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There are three main types of artificial teeth and each one is designed for a particular situation. They are dental implants, removable dentures and fixed bridges.

A dental implant is made by surgically placing one or more small metal posts beneath the gum into the jawbone and the artificial tooth or teeth attach to them.

A fixed bridge is a replacement that is cemented to the adjacent teeth and cannot be removed.

A removable denture replaces all of the lost teeth in the arch with one appliance. A partial denture is held in place by clasping some of the remaining teeth, and a full denture is held in place by suction or by sitting on the ridges.

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DR. ANOOP SAYAL

Q: What causes bad breath?

A: It's everywhere. Buy this and prevent foot odor; buy that and avoid body odor. It's no surprise bad breath is socially unacceptable. Every year, advertisers spend millions to sell their mouthwashes for bad breath.

You must understand that using a mouthwash for chronically bad breath can actually mask periodontal or gum, disease. Diseased gums and tooth decay are the two most common causes of bad breath, or "halitosis". If you smoke, you're not only more likely to have bad breath, but also to get periodontal disease. Eating strong foods like onions and garlic is rarely the real cause of chronic bad breath.


If you must, a saltwater rinse can be used instead of a mouthwash. You may have guessed by now that the best way to keep your breath fresh is by daily brushing and flossing, and keeping regular dental checkups. Your gums need your help in this so they can fight off plaque and deposits.

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H.B.Sc. PT, MCPA, res.CAMT

Q: I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down I toss and turn all night. What is wrong?


A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/ or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day. However our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.

SUSAN S. POWELL
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SUSAN S. POWELL

Q: How do I have my child support increased if my husband is now earning a higher income than he was when we signed our Separation Agreement?

A: You should ask your husband for a copy of his previous years Income Tax Returns and then determine how much child support he should be paying. Once you have determined how much your husband should now be paying you can vary your child support by amending your Separation Agreement. An Amending Separation Agreement sets out the paragraph (i.e. child support) that is to be amended and states the new amount of child support. It should state your husband's current income and the date when the new amount of child support is to start.

If you have a Court Order then you must have the Order varied by the court. If you and your husband agree to the amount of the variation for child support then documentation must be filed with the Court and it is unlikely you will have to attend Court. If you are not able to agree then you will have to attend Court. In either case have a lawyer assist you with obtaining the change in your Court Order and/or preparing and Amending Separation Agreement.


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Karen MacKenzie-Stepner

Q: My 17 month old son babbles a lot but does not talk as of yet. I take him to a Parent-Child Center and see other toddlers his age talking, some of them even using two-word sentences. Should we worry?

A: This is a difficult question to answer. In general, as long as you eliminate the serious things that might be wrong - deafness for instance - and as long as there is comprehension and sociability, not talking at 17 months or even 20 months is not as big a deal as parents often fear.

By age 2 however, if your child doesn't have a vocabulary of about 50 words and doesn't put them into simple sentences, it's reasonable to begin to ask why.

There are a number of reasons why an otherwise normally developing child might not talk, from extreme shyness to slow physiological development that makes articulation difficult. Ruling out these possibilities requires an evaluation. It is also important to note that of the 10% of young children with language difficulty, for 3% of them there is no obvious reason why.


If you have concerns or would like more information, contact our Centre

RBC Dominion Securities

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Q: I have a lot of shares in one company and would like to diversify.

A: If the holding is very large, a strategy called Equity Monetization may allow you to diversify your holdings yet defer triggering a capital gain. It may also be possible to do an Equity Monetization Strategy after a person has exercised employee stock options (and able to defer their taxable stock option benefit). When a client has a portfolio whose value is concentrated in a single equity security most clients would describe themselves as "asset rich and cash poor". These tend to be individuals or corporations who have sold assets or companies to an acquirer and have received public company shares as a payment or employees who have acquired shares in their employer through stock or option grants. A client in this situation seeking to diversify their portfolio or liquidate the portfolio faces a significant tax liability if the adjust cost base of the security is low. The Equity Monetization Strategy allows a client to "take some money off the table by hedging a portion of his/her position."

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