



North Halton Astronomy Club has donated a telescope to the Acton library. Club members David Quinn (left) and Lou Darcie (right) made the presentation to Geoff Cannon, Deputy Director of Library Services recently.

Photo submitted

## View Transit of Venus at the Acton Library tonight

North Halton Astronomy Club has donated a telescope to the Acton Library to recognize Halton Hills Library's green initiative by reducing light pollution.

The telescope will be available to residents in Acton and Georgetown upon request.

North Halton Astronomy will also announce a contest for a logo for the club. Details will be announced at the special event tonight (Tuesday, June 5) when North Halton Astronomy will be

hosting a once in a lifetime Transit of Venus at the Acton Branch of the Library, 17 River St.

The event will be the last time people will be able to witness the event—it won't happen again until 2117. The club will set up special solar scopes for public viewing between 5:30-8:30 p.m. when Venus sails between Earth and the Sun.

For more information, contact northhaltonastronomy@yahoo.ca or call 519-853-0301 ext. 2550.

# Ask the Professionals

SEND IN YOUR QUESTIONS TO:  
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JENNI VENERUZ

**Q:** I'm getting older...should I continue to play golf or if it is bad for my joints?

**A:** Golfing is a wonderful way to stay active. However, as with any sport, injuries can occur without proper preparation. Warming up is key and stretching should be considered to prevent tightness following the sport.

Many injuries, particularly in the back, occur from immediately taking a golf swing after just arriving on the green or sitting in a golf cart without proper warm-up.

Walking the course is a great way to stay active. Good posture, alignment, and technique is critical on and off the course and will help both your game and your joints.

Training with a golf professional should be considered before starting the season. A proper stroke can improve the distance of your ball but will also ensure that you are using appropriate muscles and minimizing strain through the joints. Improper stroke and a lack of overall flexibility can cause injuries.

Finally, cross-training and strengthening should be considered between games and in the offseason - consider talking to your physiotherapist for a specific program to optimize your golf game and prevent injury.

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Julia Fountain,  
BSc, ND

**Q:** I'm a healthy 45 year old woman and I think my hormones are changing. How do I know if I'm starting menopause?

**A:** Menopause is defined as one full year without a menstrual period. However the years leading up to menopause, called the perimenopause, are not as easily defined. The perimenopause can begin in a woman's 40's and first symptoms can include difficulty sleeping, an irregular period, a change in flow and amplified pre-menstrual symptoms. An estimated 75% of women will experience night sweats or hot flashes starting in peri-menopause. There may be changes in metabolism, mood or memory. The most common blood tests done to confirm menopause are the pituitary hormones, LH and FSH which increase in menopause but these tests aren't very helpful during the transition year(s). Our clinic also offers a detailed saliva hormone profile including estrogen, progesterone, testosterone and the stress hormones DHEA and cortisol. This determines where you are on the perimenopause continuum. Many uncomfortable menopausal symptoms can be alleviated through conservative, naturopathic means including plant-derived medicines, nutrition and acupuncture.

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**Q:** Is there anything I can do to prevent canker sores? They seem to happen to me often and it is very uncomfortable.

**A:** If this is a recurring problem you are not alone. This condition is actually a small ulcer which forms in the lining of the mouth or the tongue. It happens to people of all ages, though more commonly in children. Most authorities believe the ulcer is the result of a virus attacking the membranes inside the mouth.

One of the better ways to prevent canker sores is to avoid breaking surface tissue inside the mouth. A break often occurs with an accidental biting of the mouth lining, sometimes resulting in a canker sore. Typically this sore lasts from eight to ten days. Dentists sometimes treat canker sores to quicken their disappearance.

To most of us, canker sores will develop and remain an annoyance no matter what we do. Rest assured, though, your dentist can provide invaluable assistance to you with this and all your dental needs.

"Sometimes things become possible if we want them bad enough."

~ T.S. Elliot

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