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Front: Jessica Weisbrot, Aniela Gregori, Anne Kelly, Jennifer Fattore, Madison Mann, David Piacente, Gabrielle Wong. Back: Claire Kelly, Veronica Birk, Meaghan MacDonald, Ashton Sicard, Matthew Gannon, Samantha Mann, Nicholas Konarzycki, Sarah Weisbrot, Jessica Kuipers, James-Michael Piacente. Absent: Sophie Gannon, Joshua Hervatin, and Marcus Hervatin. Submitted Photo

Hi & Louw students bring home gold, silver and bronze

Twenty students of Hi & Louw Keys Piano Studio participated in the 23rd Biennial Milton Music Festival and recently brought home 34 Golds, 16 Silvers and 13 Bronze medals.

Piano students ranging from pre-beginner to grade nine attended this competition.

The hard working performances of Madison Mann and Jennifer Fattore were handpicked by the adjudicator to receive scholarships for their remarkable efforts. Jennifer was also asked to perform her solo piece at the Grand Festival Concert.

Piano-roll to this year's winning students!

First place winners: Veronica Birk (4), Jennifer Fattore (2), Matthew Gannon (3), Sophie Gannon, Aniela Gregori (2), Joshua Hervatin

(2), Marcus Hervatin, Anne Kelly, Nicholas Konarzycki, Jessica Kuipers, Meaghan MacDonald (4), Madison Mann (3), Samantha Mann, David Piacente, Ashton Sicard, Sarah Weisbrot (4)

Second place winners: Veronica Birk (2), Jennifer Fattore, Sophie Gannon (3), Marcus Hervatin, Claire Kelly (2), Nicholas Konarzycki, Madison Mann, Samantha Mann, David Piacente, James-Michael Piacente, Sarah Weisbrot, Gabrielle Wong.

Third place winners: Joshua Hervatin, Marcus Hervatin (2), Anne Kelly, Claire Kelly, Meaghan MacDonald, Samantha Mann (2), David Piacente (2), James-Michael Piacente, Jessica Weisbrot, Sarah Weisbrot.

Ask the Professionals



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Q: My teen-aged daughter says she is depressed. Is this normal or should I be concerned?

A: Although it is fairly common in the teenage years, depression is not normal and should not be ignored. Depression can harm your teen's relationships, self-esteem and academic grades. It can increase the risk of substance abuse and self-harm. It can result in abusive relationships, eating disorders, inappropriate sexual activity and suicide, which is a paramount concern because of teens impulsivity.

There is no single cause of teen depression. It may be related to genetics or environment or to academic pressure. At this time of year there is the added pressure of finishing off the semester and moving on to the next grade or school or even a first time out of the home. Relationships and bullying also play a big part in teen attitudes. More important than the cause is prevention. Research indicates that parental support has a significant positive impact. That means, for example, rather than nagging your teen to finish schoolwork, help them find a plan so they can accomplish this. This might necessitate being involved with the school and that provides further support. Extracurricular activities, such as sports or organized groups, all encourage positive relationships and build good social support networks.

Home life will also impact a teen's depression. Family break up because of divorce is a big contributor. Teens often feel the need to take sides and this stresses and depresses them. Or they are asked to carry messages and find out information, which is also not good for them. Any crisis that impacts the family can push a young person into a depression where they do not know how to cope with the crisis or the changes. The parents' job is to help the child through these events by being supportive and not putting adult responsibilities on children.

The most important thing you can do for your teen is to maintain open lines of communication. Kids may be close to their parents but often do not want to share or further burden them by discussing their problems with them. They are usually very receptive to talking to me and learn to use effective tools to help them get through difficult times. They quickly realize that I will not judge them but will give them honest information. Teens do not have to suffer with depression. With supportive counselling they can learn coping skills for their future.

"HELPING YOU HELP YOURSELF"

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Gerry Ross
H.B.Sc. PT, MCPA,
FCAMT

Q: I am interested in running but I have been told that it's bad for my joints. What do you think?

A: When running is not done correctly, it can hurt joints and cause other issues; however, when done correctly, running can be good for your joints. In some cases it can improve joint health and help muscle control. In addition to being convenient and economical, running is also great for mood regulation, cardio health and social wellness.