



ROCK N ROLL N CLASSICS: Rock n Roll Classics took over downtown Georgetown last Friday night with classic cars, music and activities. Above, one-year-old Chase Jolly and grandpa David Jolly in David's 1938 Lincoln Zephyr. Left, little Ben Bell (2) checks out the very big tires on this 1970 and 1/2 Camaro.

Photos by Jon Borgstrom

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Tips For Students Transitioning To College And University

We know that the transition to college and university can be a time of elevated stress. Consider the following 8 tips to help you transition effectively.

1. Practice **making decisions** independently, this is invaluable to become self-confident. Remember mistakes are learning opportunities.
2. Build a **support system** and reach out to them. Each person plays a different role: counsellor/coach to manage stress, friends to socialize and maintain balance, studying buddies and teaching assistants for academic success, and student health center for health care. The more resources you have the better.
3. Use **technology** to stay connected with home and friends.
4. Build a **healthy routine** with enough sleep/rest, exercise and eating well.
5. **Ask for help** if you are not clear on how to tackle a project. Break it down into **small manageable steps**. Create a time line to stay on track.
6. Work with a **study group**. Share notes. Each of you will capture different information. Talk about the material with each other. It will help you integrate it.
7. Keep in mind that recreational **drugs and alcohol** will negatively impact your mood and ability to manage stress.
8. Distinguish fears from facts. Put reality into **perspective**. There is no problem that can't be solved. Take a step back and break it down into manageable components. Don't be afraid to ask for help. Create an action plan.

Coaching can be very effective in assisting transitioning students as they build emotional and behavioural strategies to face their new challenges. If you are interested in other ways to help a student manage stress, contact Manon Dulude at 905-873-9393. Keep in mind that coaching can be conducted via phone or Skype, easily bridging distances.



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Q: OMG, my dentist says I need a root canal. Where is the best place for me to hide so she does not find me?

A: Well, firstly, hiding is tough, but I would do something like the Witness Protection Program and set up a new life in a new town with a new name, leaving your current family and friends behind. It is best just to forget them quickly. That was your old life. But before you buy your fake moustache and glasses, know that root canal therapy is a common dental procedure that serves to remove dead or injured tissue from the inside of a tooth. If left untreated this can develop into an aggressive infection which can be extremely painful. I would guess this is not your situation, because someone with a bad infection will REALLY want a root canal to relieve the pain.

In some cases, however, teeth can go 'bad' with little-to-no pain initially. Dentists can sometimes find these through routine exams, tests and x-rays. Like all dentists, I have seen people in emergency situations with tremendous pain and full-blown abscesses and from those experiences I know it is far better to treat these 'bad' teeth before they get a chance to start to hurt.

So my advice is: Despite the temptation, don't make a run for it. Have your root canal and know that you have prevented a much more unpleasant experience.