



**ACTON HILLSVIEW  
READY FOR CHRISTMAS:**  
This weekend, the Acton Hillsview Active Living Centre welcomed locals to peruse their Christmas tables during their annual Christmas Fair. Above, visitors wander around the man Christmas-themed tables. Left, Carolynne Vynychenko and Jean Jeffries inspect the raffle prizes they purchased tickets.

Photos by Ray Lavender

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**Q:** What are wisdom teeth and would it be wise to have mine removed? lol.

**A:** Wisdom teeth are a third set of molars that typically erupt into the mouth at around 18 years of age. The wisdom part comes from the idea that a person becomes wise at this age. When I was 18 I ate Taco Bell for 22 days in a row because it was available in the university cafeteria. So another nickname may be in order.

But to answer your question, if you have room in your mouth for these teeth to come in, then I would not recommend removing them. The problem is that 85% of the population do not have the space for these teeth and they get stuck or impacted before they can make it through the gums. This can lead to bad things like infection, cavities, cysts and damage to neighbouring teeth.

Having seen patients on an emergency basis due to wisdom tooth infections, I can tell you that the hassle of having them out is small potatoes compared to what can happen if they are left in place and decide to turn evil. We are talking intense pain, swelling, fever not to mention the need for antibiotics and emergency surgery.

It is better to be in control of the situation. So if your dentist recommends removal, you should schedule to have them removed at an opportune time before they start hurting. And unlike eating chalupas with cheesy fries daily, it is the wise thing to do!

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**Q:** Why do I have mixed emotions getting ready for Christmas?

**A:** Christmas can be a difficult time of the year. We are often apprehensive about celebrating Christmas due to the fact that our life circumstances may not allow for a traditional Christmas as depicted in the media. As a result, it is very easy to feel down and lonely. When life changes, it is very important to change or alter traditions to fit the new situation. Hanging on to old traditions can make it more difficult to cope with this time of year. See this as an opportunity to create a new tradition for yourself. There are no set rules for what one must do on days like Christmas. The meaning you give to your day and its activities depend on you. Consider planning a non-traditional Christmas celebration. Your non-traditional dinner may become a new tradition in itself or it may be a transition to setting new traditions with the years to come. Sharing responsibility for planning the event or cooking a meal is also a good way to decrease the stress which surrounds Christmas. It is alright to ask for help. Not asking for help and feeling resentful after the fact does not help anyone feel good about the celebrations. Having rigid expectations of what the day should look like can contribute to major disappointments. Be open to surprises and recognize that even on Christmas the unpredictable can happen.

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