

Team of the Week

The Georgetown Mustangs' under-13 girls' A team, sponsored by Heritage Orthodontics & Masters Insurance, will play host to the Ontario Cup qualifying tournament this weekend at Cedarvale Park. Georgetown is slated to face the Etobicoke Energy Friday at 7 p.m., Oakville on Saturday at 3:30 p.m. and Newmarket Sunday at 11 a.m. The winner moves on to the next round of Ontario Cup playdowns in August. The Mustangs also won their division at the Barrie Subway Spiritfest Tournament by going undefeated the entire weekend, taking the final 4-1 over Barrie Spirit A. Team members are: Front row: Oriana Chiavaro. Second row: Sydney Miller, Hannah Gowland, Sabrina Bertussi, Kayla Fillier, Mary Corby, Courtney Wilson, Sarah Fillier, Emily MacDonald, Lucia Oram. Back row: Assistant coach Joanna Miller, Faith Lang, Elizabeth Anderson, Rachel Carson, Lindsay Quinn, Ashleigh Wilson, Payton Truyens, head coach Howie Oram, assistant coach Neil Anderson.

Photo by Michelle Oram



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Q: Why do couples suffer with disappointment?

A: We live in dangerous times when it comes to our relationships because our society is organized around individualism, disconnection, productivity and consumption rather than connection and relatedness. While we are in search of achievement for ourselves and for our children, we cannot forgo the importance of love and connection in our lives.

I often meet couples who dream of recapturing the quality of togetherness they experienced while dating. These people yearn to feel close again. Yet when they talk about the lifestyle they have adopted, the way they resolve conflict and the way they support each other during tough times, their actions point to distance and disconnection.

Couples struggle. They know that it is difficult to maintain the intensity of their early romantic love. After many years in a relationship, it rarely feels the same as the first year of a new love. Yet people keep trying to recapture those intense and pleasurable feelings and become disappointed and disillusioned when they can't.

Many couples come to work with me when they are so distant from each other that they have lost hope and have misplaced, if not lost, love. They often believe that it would be easier and even more fun to start with someone new. That could be true! But the danger is that unless they learn how to avoid creating an emotional gap with their partner, they may fall back into old habits once the new relationship becomes old.

Romance is exciting. Both young and mature relationships should aim to have romantic moments. The most important thing couples need to remain strong is the feeling of being connected to one another. Maintaining emotional connectedness is not something that most of us have learned.

Working with a professional who understands the value of connectedness and of rebuilding emotional intimacy in a couple is very important as they attempt to revive a relationship. Once the connection bridge is rebuilt, conflicts and problems become easier to overcome.

Q: I have had many injuries and I was wondering when to use Heat vs. Cold?

A: Good Question, prior to explaining when to use Heat either I would first like to explain what each does. Heat increases blood flow to area which in turn delivers oxygen and nutrients to promote healing, it increases flexibility of the muscle and tendon and it reduces muscle spasm and pain. Heat helps to decrease the stimulation of nerve fibres that cause pain. It is also thought to induce the release of endorphins, our body's natural painkillers. Cold helps to reduce swelling by constricting the walls for blood vessels and when combined with tensoring will help to reduce the amount of blood that reaches the injured area. It also helps to reduce muscle spasm and decreases pain by reducing the activity of pain producing nerves.

Heat can be used for sub-acute and chronic injuries (> 48 hours) where swelling and inflammation is not present. Heat can be applied to the injured area for 10 to 20 minutes. It should not be used in areas where circulation has been compromised and it should not be used in open wounds and/or stitches

Cold can be used for acute injuries where swelling and inflammation is present. It should applied to the injured area for no more than 10 minutes at a time and should not be applied directly on the skin.

DO YOU READ THESE QUOTES?

Let me know & you could win when you mail Amy with your answer & a question to:

Ask the Professionals

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"Fall seven times, stand up eight" - Chinese Proverb