

# ...And more presentations

Ben Lyman (left), manager, Programming and Community Relations of Cogeco Cable, accepts a recognition award from Jim Ford of the Georgetown Hockey Heritage Council for the company's 20 years of sponsorship of the event.

All photos by  
Eamonn Maher



Bob Hill, the Ontario Minor Hockey Association's Central District vice president, thanked Moon for his contributions to youth hockey as a coach in the Georgetown Minor Hockey Association ranks during the 1990s.



It is custom for local resident Shel Lawr to read the names of those in the Halton Hills hockey community who have passed in the last year, including 2008 recipient Hal Pells and Ron McKnight from 2008. Lawr also named the recently demolished Memorial Arena as one of Georgetown's community pillars that will be sorely missed. At far right is emcee Adam Bennett.



Scott Farley, a Georgetown native and CEO of the Ontario Hockey Association, brought greetings from the provincial governing body, which oversees the Ontario Junior Hockey League among many other loops in the province.



Bert Wilson (left), owner of Emerald Isle Home Furnishings in Georgetown, received a recognition award from the Georgetown Hockey Heritage Council's Wayne Pries for his 15 years' sponsorship of the annual event. Wilson was also on the receiving end of the 50/50 draw, netting more than \$1,100.

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**Q** : How do I get my kids to brush their teeth?

**A** : You know it's important for your child's health. As a parent, you want to do the right thing. When it comes to regular tooth brushing, though, it's become a struggle just to get your child to brush your teeth.

Some parents, unfortunately, give in and allow their children to neglect good oral hygiene. Don't make the mistake! Your children should be taught very early how to brush. This can be encouraged as a regular habit by using some of the flavored children's toothpastes now available. Try to reserve brushing for the same time each day so it comes to be an expected activity. If your child still resists, make a game of it. You may even wish to pretend to be a "dentist" for your child, in the process doing the needed brushing for them. Older children may respond to a reward system that you establish.

Perhaps most important, set a good example. Your daily brushing, flossing, and avoidance of sweets will do more to develop good dental habits than anything else.

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Gerry Ross  
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**Q** : I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down, I toss and turn all night. What is wrong?

**A** : Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.