



Team of the Week:

Sky Blue tops U-15 division

Team Sky Blue won both the regular season and playoff titles in the under-15 girls' division as the Georgetown Soccer Club recently wrapped up its 2013-14 Indoor League campaign at the Rural Dufferin Heritage Community Centre in Acton. Team members (front, from left) are: Kailee Thinghuus, goalie Cassidy Intzandt. Back row: Guilianna Melchionna, Shayne Klimsiak, Mackenzie Noyes, Yasmina Tomkin, Rowen King, Lorraya Felipe, Madison McMartin, Sienna Bullen. Back row: Trainer Leigh McMartin, head coach Al McDonald, assistant coaches Paul Dykstra, Rick McMartin, trainer Heidi Noyes. *Submitted photo*

Tri-County title for AE Thunder

After battling back from a 2-0 deficit in game one, the Halton Hills minor atom additional entry rep Thunder went on to sweep the Flamborough Sabres to capture the best-of-five Tri-County Minor Hockey League championship.

In addition to posting an impressive 31-10-5 winning record this year, the Thunder won the Whitby Edge Again Cup and were finalists in the Collingwood Silver Stick atom division.

Halton Hills 3, Flamborough 2: Evan Brown (2G); Erik Reid (G); Melissa Hahnfeld, Kyle Fitzgerald, Jayden Da Silva (A); Connor Phillips (W).

Halton Hills 6, Flamborough 2: Michael Yake (G, 4A); Da Silva (3G, A); Brown (2G); Reid (2A); Chase Gallant (A); Cameron Playter (W).

Halton Hills 3, Flamborough 2: Reid (G, A); Ryan Thomsen, Gallant (G); Drew Harding, Brown, Yake (A); Phillips (W).



The Halton Hills minor atom AE Thunder recently defeated Flamborough in three straight games to earn the Tri-County title. Team members (front, from left) are: Goalies Connor Phillips, Cameron Playter. Second row: Noah Miksic, Jayden Da Silva, Jacob Gill, Evan Brown, Kyle Fitzgerald, Erik Reid, Ryan Thomsen, Mitchell Dunec, David Somerville, Michael Yake, Chase Gallant. Third row: Marcos Morais, Riley Gulyas, Drew Harding, Melissa Hahnfeld. Back row: Manager Tammy Somerville, head coach Scott Thomson, assistant coaches Jaime Harding, Paul Da Silva, trainer Larry Fitzgerald, Quinn Harding. *Submitted photo*

Ask the Professionals



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Carolyn Dew
BSH, M.D., FRCPC, RAC, RCTCMP

Q: Is Acupuncture Effective in the Treatment of Pain?

A: Acupuncture is well known for its ability to relieve pain and to help manage chronic pain disorders. It has been shown to stimulate the production of endorphins (chemicals that block pain), neutralize trigger points, relax muscles, and block the transmission of pain signals to the brain.

Traditional Chinese Medicine (TCM) views pain as a result of a blockage of the normally smooth flow of Qi through the body's circulation pathways. Qi is the energy that nourishes every cell, tissue, organ, and system in the body. When it is obstructed due to injury, stress, or disease, it accumulates on one side of the blockage and is deficient on the other side.

According to TCM theory, Acupuncture relieves pain by moving the Qi and is effective at treating muscle, bone, and joint pain. The combination of traditional acupuncture techniques with modern motor point needling is extremely effective in the treatment of sports injuries due to trauma, over-training, or repetitive strain.

To see whether Acupuncture and TCM may be a fit for you, you may contact Carolyn directly at cdew@healthspan.ca or check out her website at www.carolyndew.ca

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DR. ANOOP SAYAL

Q: What do I do for a Dental Emergency:

A: Toothache

First call your dentist. Explain your symptoms and ask to be seen as soon as possible. Then ease the pain. Take an over-the-counter pain medicine that works for you, but do not put the pills on your sore tooth. Hold an ice pack against your face at the spot of the sore tooth.

Do not put a heating pad, a hot water bottle, or any other source of heat on your jaw. Heat will make things worse instead of better.

Chipped or broken tooth

Broken teeth can almost always be saved. Call your dentist and explain what happened. He or she will see you right away. If it's a small break, your dentist may use a white filling to fix the tooth. If the break is serious, a root canal may be needed. Your tooth may also need a crown (also called a cap).

Knocked out tooth

If the knocked-out tooth is an adult (or permanent) tooth, your dentist may be able to put it back. You must act quickly. If the tooth is put back in place within 10 minutes, it has a fair chance of taking root again. After 2 hours, the chances are poor.

If the tooth looks clean, put it back in its place (its socket). If this is not possible, or if there's a chance that the tooth might be swallowed, put it in a container of cold milk. Go to your dentist, or to the nearest dentist, right away. If you get help within ten minutes, there is a fair chance that the tooth will take root again.

Q: I am planning to move into a retirement home. How do I know what I can afford?

A: Affordability is a major concern for many. Keep in mind that the cost of retirement homes usually includes all meals, utilities and many services. You will no longer have to pay for hydro, heating costs, groceries, services such as meals on wheels, and help in the home and yard. Municipal taxes on your home will no longer be part of your budget and there will probably be a difference in your house insurance.

The first step, therefore, is to calculate all available resources. If you live in your own home, get the expert advice of a professional to appraise its value. (If you have lived in your home for any length of time, you may be very pleasantly surprised.) The next step is to determine a monthly budget and if needed, enlist the help of family members or a professional such as your bank advisor.

There are many residences from which to choose with many options available. You may be very pleasantly surprised at what you can afford.