



## U-15 B Mustangs victorious at New York tournament

Georgetown's under-15 B Mustangs won their second title of the season recently at the Niagara Pioneer Girls' Soccer Tournament in Youngstown, N.Y., defeating the Genesee Valley Brown Bears in the championship on penalty kicks. The Mustangs gave up just one goal during the entire tournament, against Genesee Valley, after sweeping through the preliminary round. Georgetown's under-15s also won the Grimsby Dazzling Dozens tournament in May by beating the host team in the final. Team members (front, from left) are: Kayla Higgins, Kayla Channer, Alyssa Ireland, Natalie Evangelho, Shannon Graham, captain Lauryn Anderson. Middle row: Mackenzie Mehring, Caitlin Putman, Sarah Laurysen, Kennedy Licht, Sarah Wilson, Rhiannan Boleychuk, Rachel deMelo. Back row: Coach Karen Channer, Ashleigh Trumble, Claudia Camara. Absent from photo: Emily Rinaldi, Brenna Wylie, assistant coach Maurizio Rinaldi. *Submitted photo*

## Terra Cotta cycling event a decade old

Le Tour de Terra Cotta is expected to attract over 1,200 spectators, cheering on over 500 racers who've come from all across Canada to compete in this year's 10th-annual cycling race on Monday, Aug. 4.

"It's a community event that's truly for all cyclists," said Brad Hains, Race Director. "We're not only celebrating the fastest in the Elite Road Race, but acknowledging and rewarding the Most Improved Rider. Our goal is to encourage as many cycling enthusiasts as possible."

This year's Le Tour de Terra Cotta, through the scenic hills of Caledon, is Ontario's largest youth cycling race, and involves racers as young as eight.

It features four events for youth, as well as three adult races, with distances ranging from 8.68 km up to 104 km. Races start at 7:45 a.m. and run to 4:30 p.m. Road closures will be in effect.



A 9-7 victory over Simcoe in the final gave the Georgetown Eagles the major mosquito division title at a tournament in Brantford earlier this month. Team members (front, from left) are: Andrew MacNeil, Cooper Barnes, Jake Heaton, Evan Ashe. Middle row: Julian Russell, Jonathon Stables, Jordan Drake, Jack Rudnicki, Jacob Gillis, Ethan Hardt. Back row: Coaches Simon Stables, Jeff Gillis, Rich Heaton. *Submitted photo*

## Tourney title for Eagles

Georgetown's major mosquito Tier I Eagles won all five of their games at the recent Brantford Minor Baseball Association Tournament to earn the championship trophy.

**Preliminary round** - Georgetown 15, Brantford 6 (MVP - Jordan Drake); George-

town 11, Simcoe 6 (MVP - Drake); Georgetown 15, Windsor 2 (MVP - Jonathon Stables)

**Semifinal** - Georgetown 11, Ajax/Pickering 1 (MVP - Ethan Hardt complete game)

**Championship** - Georgetown 9, Simcoe 7 (MVP - Jake Heaton)

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**Q:** My mother is moving to a retirement residence. One day she is enthusiastic about the idea, the next, she is not. How do I handle the situation?

**A:** First of all, be supportive. Listen and then try to accentuate the positive aspects of the move. This is a big decision for your mother because *any* move, at *any* age, is stressful.

If your mother is like many seniors she may be lonely. You might discuss the enriched lifestyle she can enjoy as most retirement homes provide a variety of recreational programs. You can also highlight the fact that most retirement homes have 24 hour staffing if she is nervous about being alone in the house.

If independence is the issue, point out that a residence is a hotel-like setting. Your mother (and any visitors) can come and go or phone at any time. She can entertain friends and family without the worry of cooking meals or cleaning house.

Remember too, that if she changes her mind, retirement homes cannot ask your mother to sign a lease. She will only have to give 30 days notice.

The important thing to remember is to be patient! Take the time to listen to her concerns and help her see the many advantages of moving to a retirement home.

**Q:** I am suffering from hot flashes but would rather not take HRT. Can Acupuncture help?

**A:** Traditional Chinese Medicine (TCM) has been effectively treating women's hormonal imbalances for over 2000 years, and provides an effective, natural, and safe alternative to HRT. Rather than trying to restore your hormones to levels they were at in your 20s and 30s, TCM works to ease your transition by nourishing the kidney system and bringing your body back into balance.

Acupuncture helps rebalance your reproductive hormones by improving function of the hypothalamic-pituitary-ovarian axis, through a process called homeostatic regulation. Herbal therapy can be used to replenish deficiencies, stimulate your own hormonal production, and address the specific symptoms that you are suffering from. Taking charge of your lifestyle through diet, exercise, and stress management can also greatly assist with hormonal transition.

For further information as to whether TCM might be the right fit for you, please check out [www.carolyndew.ca](http://www.carolyndew.ca) or you may contact directly @ [cdeew@healthpan.ca](mailto:cdeew@healthpan.ca)

**Q:** How can I get rid of bad breath?

**A:** It's everywhere. Buy this and prevent foot odor; buy that and avoid body odor. It's no surprise that bad breath is socially unacceptable. Every year, advertisers spend millions to sell their mouthwashes for bad breath. You must understand that using a mouthwash for chronically bad breath can actually mask periodontal, or gum, disease. Diseased gums and tooth decay are the two most common causes of bad breath, or "halitosis." If you smoke, you're not only more likely to have bad breath, but also to get periodontal disease. Eating strong foods, like onions and garlic, is rarely the real cause of chronic bad breath. If you must, a saltwater rinse can be used instead of a mouthwash. You may have guessed by now that the best way to keep your breath fresh is by daily brushing and flossing, and keeping regular dental checkups. Your gums need your help in this so they can fight off plaque and deposits.