



## U-16 Mustangs take SRSL title

The Georgetown KIA under-16 girls' Mustangs posted an 11-1-2 record this season, which included nine shutouts, to take top spot in the South Region Soccer League's Second Division. Team members, front, from left, are: Nathalie Caissy, Jordyn Patten, Olivia Lake, Sarah Laurie, Stephanie Knowles, Sydney Blanchette, Devin McConaghie. Back row: Assistant coach Pat Truyens, trainer Karen Truyens, Megan Capostagno, Erica MacKay, KC Burnell, Brittany Bates, Sara Duklas, Sam Hannah, Victoria Nieto-Mora, Maddie Woolley, Chrissy Ormiston, manager Jacqueline Laurie, head coach Todd Laurie. Absent: Kelsey Gallant.

*Submitted photo*

## Football playoffs around corner

**Continued from pg. 40**

Also on Thursday, the senior Rebels lost 37-15 in Burlington to MM Robinson and are now 2-3 in the Tier II AAAA division.

In Tier I action on Friday, Christ the

King's senior Jaguars were edged 21-18 by the Notre Dame Fighting Irish in Burlington and are now 1-5 on the season.

CtK's juniors were on the short end of a 28-8 decision against Notre Dame.



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**Saturday, November 8th**  
**10:00 a.m.**  
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**Space is limited and registration is required.**

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**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.

Chinese Medicine 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.

Acupuncture is an effective therapy for many different types of acute and chronic pain syndromes including neck & back pain, headaches, tendonitis, and sports injuries. It is an excellent way to provide pain relief and at the same time improve local circulation to the affected area, thereby encouraging the body to heal itself.

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**Q:** What is Hypnosis?

**A:** This is a remark I often hear! The answer is simple: It is a "heightened state of awareness!"

The Hollywood image of hypnosis is someone in a dreamlike state who surrenders their will over to the hypnotist. Nothing is further from the truth! The image was purposely designed to throw people off the truth.

Hypnosis or as I like to refer to it: "The Art of the Power of Suggestion" is not a panacea (cure all) for everything that ails someone but it sure comes close!

If a client requests the removal of chronic discomfort then they would need to have a complete medical to ensure that the cause is no longer physical in nature. Often an injury will imprint on a set of nerves and even after the object of damage is removed the nerves remember the trauma and transmit it to the pain receptors. However an intelligent operator will not remove discomfort, without knowing it if it is psychosomatic in origin, as it is a signal that something is out of order!

Hypnosis or The Power of Suggestion is all around us in every facet of our life!

Next: Media Influence, how to see it!

**Contact John: 905-703-6317**

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**Q:** Is thumb sucking bad?

**A:** Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur. By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs. So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent