



Team of the Week: Midget Eagles

The Halton Hills midget Eagles won a double-A tournament in Mississauga earlier this month, allowing just six runs against during their five straight victories. Preliminary round – Halton Hills 3, Oshawa 0; Halton Hills 8, Martingrove 1; Halton Hills 7, Richmond Hill 1. Semifinal – Halton Hills 6, Scarborough 1. Championship – Halton Hills 4, North York 3. Members of the midget Eagles are: Robert McDougall (fore-front). Second row: Jacob Galvao, Jake Timukas, Ryan DeMelo, Andrew Thorne. Back row: Coach Fernando DeMelo, Nicholas Ridley, Braedan Courtemanche, Jason Reid, Luke Warkentin, Adam Lencz, Nick Hancock, coach Dave Ridley. Submitted photo

Giroux prevails

After six grueling rounds through the lengthy Seguin Valley Golf Club course at Otter Lake, Georgetown's Thomas Giroux captured the Golf Association of Ontario's (GAO) Junior Boys' Match Play Championship.

Old Pro at home on the driving range

By Robin Inscow
IFP Special

For those who watch the professionals play golf with precision and wonder just how tough it is, there's no need to spend hundreds of dollars to find out.

Driving ranges used to be a place where you could hit balls—and nothing more. Not in this day and age.

Driving ranges now offer an alternative that can test your skill, help release frustration, work as a learning platform for the game or just have some fun.

And all of those opportunities are available at the Old Pro Driving Range, on the southwest corner of Mississauga Road at Bovaird Dr. And the numbers are there to prove it.

In a good week an estimated 2,500 to 3,000 golfers—or potential golfers—hone their skills at the range according to teaching pro Cory Gentes.

That's right, a teaching pro right at the driving range to help you with your game if you're looking to find out just what you're doing wrong.

If you're looking to straighten your

drives, you can visit the range and its 24 covered tee areas. You can practice from morning to nightfall no matter what the weather. And it's lighted if you are caught at the office a little longer than expected.

Or, you can practice your short game on the pitching and chipping greens. You can even get your swing in from the bunker, if you find yourself on the beach from time to time.

And what's a round of golf without a few putts? The Old Pro offers a 10-hole practice green, or take it one step further and visit the mini-putt course—one with natural grass.

"It's a fun time. There are no expectations," said Gentes, who was the pro at The Club at North Halton for six seasons and the teaching pro at Golf Town for three seasons before relocating to the Old Pro. "There is no pressure. It's a great spot to start."

Gentes added that any shot that can face you on a golf course can be duplicated at the range.

"We've got fairway and rough areas, a bunker to practice sand shots and mounds to practice uphill/down-

hill/side lies," added Gentes. "Any shot you can hit on a golf course, you can hit here."

And if you need help with those shots, Gentes isn't too far away. He can be found 'walking the line' from time to time offering up tips.

He also offers lessons—individual, semi-private or group—for those just getting started or looking to improve their game. And he also offers ladies clinics and a full junior program with clinics and summer camps as part of the CN Future Links program.

Beginners can get the full golf experience for a fraction of the cost at a driving range. At the Old Pro a bucket of balls (75 per bucket) costs \$13.50 while a sleeve of balls for the short game costs \$8.

Add in a round on the mini-putt course for \$5 and that's \$26.50 to practise all elements of the game—a slight bit cheaper than the \$100 to \$150 to play 18 holes at a golf course.

Or if you just want to hit a bucket and don't have clubs, no worries. You can rent a driver at the Old Pro for \$2 and iron rentals are free.

Ask the Professionals



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Q: How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

A: Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child's teeth. The dentist can also show how to best clean the infant's teeth and advise the parents on the best dietary habits for their child's optimum development. This visit also helps the child to realize the dental office isn't something to fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children's teeth healthy begins with timely visits to your dentist.

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Carolyn Dew
MPH, DTCM, RAC, RCTCMP

Q: Does Acupuncture Hurt?

A: This is the most frequently asked question I receive regarding Acupuncture. Fear of the pain from acupuncture needles is one of the most common reasons people forgo acupuncture treatment.

Often to the astonishment of those who take the plunge, acupuncture does not hurt. Acupuncture needles are extremely fine and thin. My goal upon insertion is to cause minimal to no pain. Please note that Acupuncture needles are sterile, single-use, and made of high-grade surgical stainless steel.

The sensation caused by Acupuncture varies from patient to patient. Some people feel minimal discomfort as the needle is inserted while the majority of patients feel nothing at all. Once the needles are in place and no pain or discomfort is felt, most patients find the treatment relaxing and enjoyable as pain is relieved and a natural release of endorphins occur.

For further info regarding Acupuncture and TCM, please check out my website at www.carolyndew.ca