



Hillville Proshop in Mold-Masters SportsPlex recently held a Skate Giveaway, passing on 80 skates to eager skaters. From left Proshop owners Brian Doherty, with former NHL referee Bryan Lewis, Mayor Rick Bonnette and Proshop owner Shane Hillock surrounded by the staff from The Pro Shop. The donated skates were all sharpened by the ProShop crew.

Photo courtesy of Mayor Rick Bonnette

Eighty skates snapped up at Skate Giveaway

Of the nearly 100 pairs of skates donated to Hillville Proshop in the Mold-Masters SportsPlex, 80 were able to find new feet/home to have them enjoyed by others at the shop's inaugural Skate Giveaway on Saturday, Dec. 5.

The event was organized by Hillville Proshop owners Brian Doherty and Shane Hillock and former NHL referee Bryan Lewis.

Area residents were still bringing in skates to donate on Dec. 5... all for a worthy cause.

"To see young and old leave the building with

a pair of skates newly sharpened by the pro shop; a gift certificate from Tim & Casey O'Connor of McDonald's Restaurants in Halton Hills, enabling them to enjoy skating was a big thrill to all involved," said Lewis with Doherty and Hillock.

"We thank the public for making so many pairs of skates available and the process of 'gifting' was simple; if they fit and you need them, they are yours," added Lewis. "We have already been approached about a similar event in another Halton Hills arena...it is doable."

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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 their 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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Do you have any winter walking tips?

We all know that we must keep all walkways and steps clear of snow and ice. An adequate supply of shovels and ice melter should also be handy. Don't forget the following:

- Watch out for ice. If you must walk on ice, slow down and take tiny steps or shuffle. Consider using a cane or walker for better balance.
- Wear sunglasses to help reduce the glare so prevalent in the snowy/icy winter months.
- Carry as little as possible. Carry parcels by your side in bags with handles so you can see ahead of you. This will also allow one hand to be free. (When possible, take advantage of home deliveries.)
- Wear lightweight, waterproof winter boots that provide warmth, traction and have a low wide heel. Avoid smooth leather soles or high heels. You might also try ice grippers that can be removed easily.
- If sidewalks are impassible, forcing you to walk on the street, walk facing the traffic.
- Wear something bright or reflective to enable motorists to see you better.
- When walking avoid twisting or reaching. You need to keep your center of gravity over your feet.
- Always remember to take your time!