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they discuss the former NHL referee's connection to the community; and Tara Slone's visit to Glen Williams Glass.

MacLean and Slone will also welcome special guests and Georgetown natives to the studio - including Brian Hayward, the former NHL goalie who is now a colour analyst for Anaheim Ducks broadcasts, and sisters Sarah and Kayla Fillier, who play for Princeton University.

For those who make their way down to the Mold-Masters SportsPlex on the weekend, here are five things to check out:

**Rogers Fan Hub:** Cele-

brate more of the game that brings us together with fun and interactive hockey experiences. Get an autograph from Toronto Maple Leaf Hall of Famer Darryl Sittler. Test your stickhandling with the Infinite Dangles challenge.

**Sportsnet Shooting Accuracy Game:** Fans race against the clock to snipe as many targets as possible before time runs out. A digital scoreboard tracks the best scores from the day, and from the other tour stops across the country. Players of all ages can show off their hockey skills and see how they match up to NHL stars and alumni.

**Dr. Oetker Giuseppe Pizzeria:** Enjoy a compli-

mentary slice of Giuseppe Pizzeria pizza. Learn more about the Find Giuseppe contest.

**Scotiabank Community Hockey Rink:** A family-friendly outdoor hockey space designed to engage hockey fans who can interact with NHL alum and Georgetown native Brian Hayward. Scotiabank will donate \$15,000 in support of kids' community hockey at each tour stop this season.

**Playmobil Kids Zone:** Fans have the chance to face off against friends and family with the Playmobil NHL Arena and its lineup of NHL figures.

In the zone, fans will also be able to enter to win an NHL playset.

WE WANT TO HEAR FROM YOU

SUBMIT YOUR LETTER TO THE EDITOR TODAY!

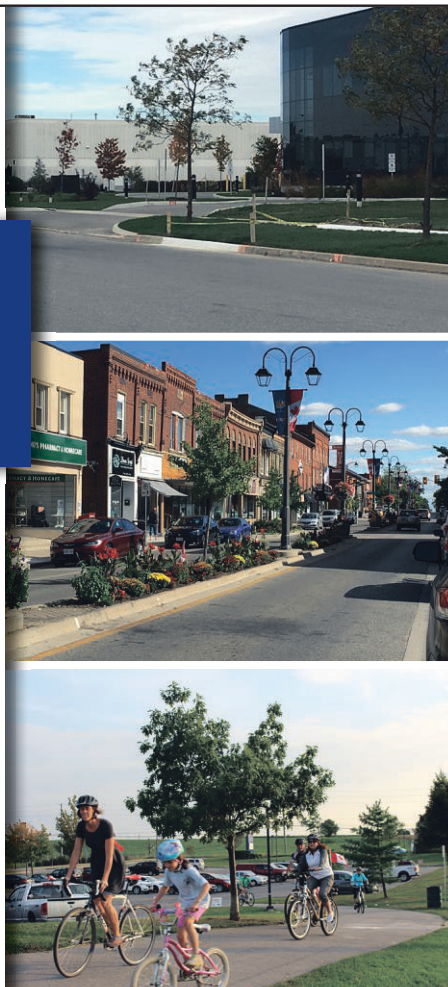


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Are you changing your lifestyle because of incontinence?

Let us help you regain your confidence and independence



**Did you know?**  
The scientific research clearly shows that physiotherapy should be the first line of treatment for incontinence.

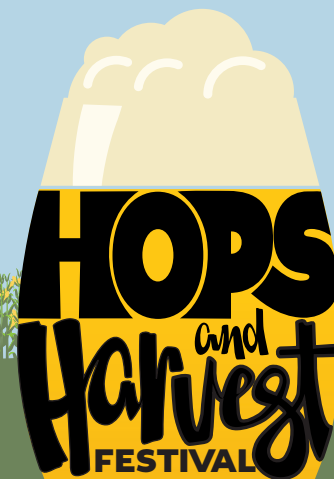
Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are common but NOT normal.

Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

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