

METROLAND HALTON WINS 10 PROVINCIAL NEWSPAPER AWARDS

Metroland Halton has once again distinguished itself within the community newspaper industry.

The division secured 10 top-three finishes at the recent Ontario Community Newspaper Association's virtual awards.

Leading the way was West of the City magazine, which took first in the Best Vertical Product category for its 100th edition — overseen by editor Melanie Hennessey.

It topPED all entries for — according to the judging — knowing its niche market and offering a much-welcome product to it.

Recognized for having a "nice mix of news, features and good photography," The Oakville Beaver placed second in the General Excellence category, among papers in the 45,000 and up circulation class.



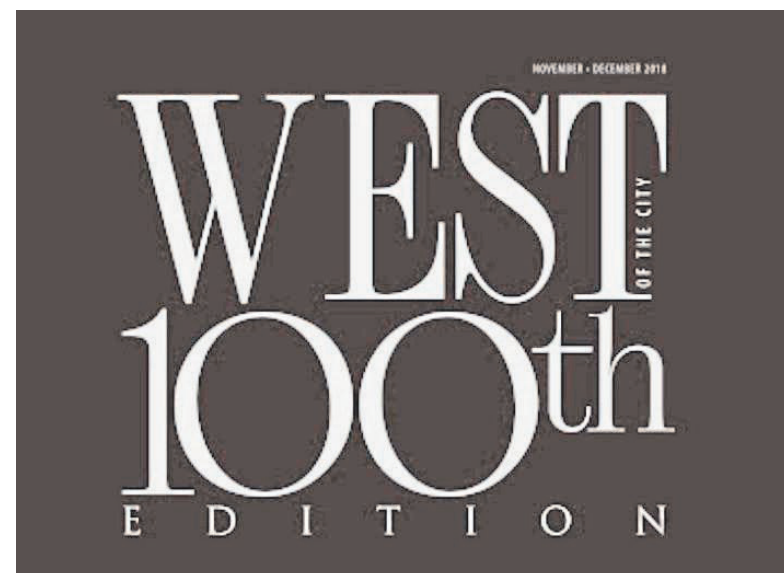
Torstar file photos

West of the City finished first in the Ontario Community Newspaper Association's Best Vertical Product category for its 100th issue. From left, Melanie Hennessey, Steve LeBlanc and David Lea were among those recognized with awards

Finishing second for online breaking news was the Burlington Post (Louie Rosella, Graham Paine, Roland Cilliers and David Lea), for its coverage of a home shooting that left a woman dead.

In the Multimedia Online/

Best Online Experience for the Story category, the Burlington Post (Willy Wonka Experience — Nikki Wesley and Roland Cilliers) and Independent/Free Press (Halton Hills firefighters — Bryan Myers) placed second and third respectively.




David Lea took third-place honours for Best Investigative News Story (Oakville Beaver) for his in-depth piece on how much the fight for Glen Abbey is costing.

Steve LeBlanc came away with a pair of third-place finishes (Best Business and Finance and Best Education Writing) for stories featured in the Milton Champion, of a developmental delayed girl who began a dog treat business venture and the library

chief who was recognized with a North American award.

Nikki Wesley was recognized with a third-place finish for Creative Grip and Grin photo for her Prancing with the Stars image.

The Milton Champion placed third in the Best Front Page category for a page featuring a visit from Prime Minister Justin Trudeau. It also took third for Special Section for its Welcome to Milton section.



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Q: I cannot sleep at night due to pain; I can manage all my daily activities without a problem but as soon as I lay down, I toss and turn all night. What is wrong?

A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/ or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows does; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.



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