## Police blotter Break-in nets thieves \$8,000 worth of items

I alton Police are investigating the theft of \$8,000 worth of items from a garage at Pinebrook Landscaping on 22 Sideroad late Wednesday or Thursday.

Entry was gained through an unlocked side window and stolen was three concrete saws, a leaf blower and three diamond cut blades.

A Brampton woman was charged with assault after another Brampton woman was punched in the eye at Nashville North early Saturday.

Charged with assault is Kristy Griffin, 22, of Anne Court. The victim was not injured.

Halton Police report a fenced compound behind Concept Ford was entered last Tuesday or Wednesday night after a hole was cut in a fence and stereos from three Ford F 150 trucks and a Honda were stolen.

The stereos are valued at \$4,000.

## Meeting with Queen mayor's career highlight

ayor Kathy Gastle was thrilled to have met both Queen Elizabeth II and the Duke of Edinburgh during their visit last week to Ontario to mark the Queen's Golden Jubilee.

Gastle met the Duke of Edinburgh (Prince Phillip) while attending the Festival of Ontario at the National Trade Centre in Toronto and the Queen when she visited Sheridan College in Oakville on Thursday.

Calling it the highlight of her career, she said meeting the Queen was "a chance of a lifetime."

"I was amazed at my emotions," said Gastle. "It really was over the top."

She met the Queen along with other area female mayors from Oakville, Brampton and Caledon.

"She was very interested in the fact we were all women mayors," said Gastle. "She was very softspoken but very friendly and very much at ease."

She said the Queen asked about the size of the communities they represented, liked the fact that at that event. they were women mayors, and was very interested



Queen Elizabeth and Ontario Premier Ernie Eves greets guests at Sheridan College last week in this photo taken by Halton Hills Mayor Kathy Gastle.

in what they had to say.

She met Prince Phillip after snapping a photo of him as he walked down the red carpet at the Festival of Ontario.

Seeing her chain of office he walked toward her and asked about the town she represents.

"He was very kind and gentle and very friendly."
Area youth Matthew Rowe accompanied Gastle that event.

—By Lisa Tallyn, staff writer

Where

Child

Abuse

Hurts Most

Sometimes the

worst scars of child abuse can't be seen.

Whether physical or

emotional, abuse

attacks a child's

self-esteem and

emotional

development,

leaving long-term

emotional trauma

and pain. You can

help prevent child

abuse by being a

nurturing parent or

caregiver. By letting

children know they

are special,

competent and loved, you can help

them develop

positive self-images

and happier futures.

If you feel

overwhelmed, angry

or frustrated as a

parent, help is out

there for you. Look

in your area for

support groups and

services, or talk to a



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by ALEX TRENTON DENTURIST

## WORLDS CHEAPEST STRESSBUSTER - A SMILE!

Put on a happy face! An annoying musical adage - or sound medical advice? Score a big grin for science. Research shows that the physical act of smiling - even when you don't feel like it - can measurably reduce stress and improve your mood. Psychologist Paul Ekman of the Human Interaction Lab at the University of California, San Francisco, has discovered that faking a smile produces the same changes in brain activity, respiration, skin temperature, and heart rate as a genuine feel-good smile - and these physical changes promote a sense of well being. Smiling may also boost your mood because it elicits positive responses from people. Faking a smile won't jolt you out of a serious depression, notes Ekman, who has been studying facial expressions for 30 years. But it can lift your mood and help you relax!

Creating confident smiles since 1982.

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