

# IB program expands in 2007-08

The prestigious International Baccalaureate (IB) program will be available to students at Georgetown District High School beginning September 2007.

Georgetown District High School will offer enrichment programs to students in Grades 9 and 10 in order to prepare them for entrance into the two-year IB program in Grades 11 and 12.

The Grade 9 and 10 enrichment course is designed to develop the learning skills needed for future success in the program, including critical thinking and research skills, improved writing skills and time management. Students will complete the Ontario secondary school curriculum and IB diploma courses simultaneously. Ministry of Education curriculum expectations apply to all courses in which credits are obtained.

"The IB diploma is based on international standards and is recognized around the world," says Wayne Joudrie, Director of Education for the Halton District School Board. "We're glad to offer this optional program to more students by expanding it to two additional high schools in Halton."

Many universities in Canada and the United States give advanced standing and course credit to students with IB credits, making the program highly sought after by students. Info: [www.georgetowndistricthighschool.com](http://www.georgetowndistricthighschool.com).



## GDHS Insomnifest aids charities

'Iain of Antartica,' who apparently hasn't slept for 18 years and becomes agitated when he sees others napping, officially launched Georgetown District High School's second-annual Insomnifest fund-raiser, in which 150 students stayed awake through the night. The students kept busy with games, a dance and a concert for about 15 hours and raised close to \$6,000 for the Canada-Africa Soccer Friendship Association and Habitat for Humanity. Each student was asked to raise a minimum of \$40 to participate in Insomnifest.

Photo by Eamonn Maher

## Fashion show is fundraiser for school trip

The Social Justice League at Georgetown District High School is presenting a Multicultural Fashion Show at the school on Wednesday, May 23, from 6:30-8 p.m.

This is a fundraising event for the

League's trip to Costa Rica in July to help build schools and homes for Habitat for Humanity.

Tickets are \$10 each. Contact Laura Edge, Karm Sangha-Bosland, or Kyle O'Neil at 905-877-6966.

**HAPPY BIRTHDAY**

- Nicole Vanderleest - May 2nd
- Kaitlyn Vanderleest - May 16th
- Madison Vanderleest - June 21st

**HAVE A WONDERFUL BIRTHDAY!**

Love Mom & Dad

**Swing Tips**

By Cory Gentes  
CPGA Head Golf Professional

One of the key fundamentals in the game of golf is alignment of the body to a target. The purpose of this is to obviously get the ball to go in the direction we would like it to. Other sports such as baseball with the pitcher and the catcher's mitt or archery with the target directly in front of you make picking a target very easy.

In golf the task of picking a target for each shot can be a little more difficult. The good news is that with some focus during the pre shot routine you can become more consistent at always picking a target. When practicing on the range we tend to hit balls without a target or if we do pick a spot we usually hit too many balls to the same target. Depending on your goals in golf, this type of practice is not very conducive to playing the game on the course. When practicing on the range try to mix up the target and the clubs you are using to better simulate play on the course. One thing to remember is to pick a club that matches your target distance. It won't help your game to pick a 200 yard target when you have a pitching wedge in your hands. Your mind will tell your body to try and hit the ball too far and usually results in inconsistent contact.

When on the golf course there are a couple good practices when picking targets. Off the tee on par 4's and 5's, you want to pick a line to hit your drive on. In some cases you will be able to see the landing area so this helps in picking your line. When hitting into greens, you have to decide if the flag is your target or not. Often flags are put in tough spots and you just want to take a line to the middle of the green.

*This is my last column for the spring so I wish you good golfing and remember it is only a game so have fun.*

**NORTH HALTON GOLF & COUNTRY CLUB**

363 Maple Ave. W., Georgetown  
905-877-5236  
[www.northhalton.ca](http://www.northhalton.ca)

## BACK TALK

By Dr. Gabor Madarasz



"Doc, if I would have known it would come to this I would have called you ten years ago!"

I have heard those words over and over for the last twenty-five years bounce around my walls at our office. "Really Doc, I would never have let this go for so long if someone had told me how serious this could get! Now that I know what this really is I feel betrayed that they told me it was only a "pulled muscle, a pinched nerve, a crick in my back." I sat with Ray last week as he recounted years of agony and despair. He kept telling me that he felt so alive and full of vigor but so sad not to be able to do all the things he wanted to because of his pain. "Come on Doc" he told me, "isn't it normal for a guy to try to tough it out and just get on with it? If I ignore it long enough, it will go away..." I told Ray that unfortunately that just isn't the case. Ignoring symptoms over time will only make it worse. Unless the real cause of the pain is treated, the truth is you'll never get better! If you keep getting the same old wrong diagnosis and the same old treatment your condition continues to get worse, seem familiar? Sometimes it seems that people are so close but really so far with such a common problem as back pain.

How close are you to solving your problem? Call me at 873-1871, we can talk.

**Life Chiropractic Centre**  
80 Guelph St. Georgetown  
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A joint fun(d)raising project!

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Saturday July 14th

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