



Making their first trip to the Ontario senior girls' high school volleyball championship tournament in several years, the Acton Bearcats made it all the way to the finals of the 20-team single-A tournament but had to settle for runner-up honours. Team members (front, from left) are: Amanda Brake, Renee Martineau. Second row: Madison Kotack, Julia Soderholm, Sarah Glassford, Jaimi Fellows. Back row: Sarah Tosh, Gabby Kosziwka, Emma Jolly, Ashley Nixon, Emily Bent, coach Joyce Finley. *Submitted photo*

Two Rebels reach podium at indoor meet

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1.65 seconds off the lead to settle for runner-up honours. Driedger also placed second in the junior girls' 600m in 1:47.97.

Other GDHS results were: Kendra Blackboom (5th junior girls' 300m, 0:47.80); Marissa Clarke (13th midget girls' 1,500m, 6:06.16); Lauren Sokolowski (15th junior girls' 300m, 0:50.96; 8th junior girls' 600m, 2:00.95); Andra Wingfield (12th midget girls' 300m, 0:49.86); John Currie (27th senior boys' 600m, 1:40.06); Justin Harper (15th junior boys' 600m 1:47.66).

The team's next meet is the Nike/Adams

Invitational March 20 at York University.

Basketball

Georgetown District High School graduate Dalton Olinoski has been named to the Ontario University Athletics East Division all-star rookie team after a fine first year with the York University Lions.

Olinoski, a 6-foot-3 point guard, was fourth on the team in scoring, averaging 7.6 points per game.

York lost to Queen's in the OUA quarterfinals 75-57. Olinoski is enrolled in the Schulich School of Business program.



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

HOW DOES LOUD NOISE CREATE HYPERTENSION?

It appears to affect the nervous system, signalling the peripheral blood vessels to constrict as though under attack/ This triggers a surge of adrenaline and other fight-or-flight chemicals into the bloodstream - a response that carries with it the potential for glandular or cardiovascular changes, in other words, unwanted noise creates the same final results as increased stress (try to avoid)!

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Tooth Chatter



by
ALEX TRENTON
DENTURIST

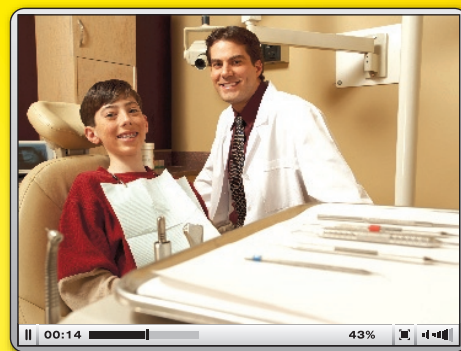
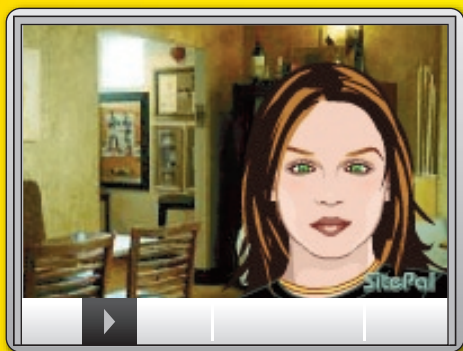
DENTURE CLEANING TIPS:

- *Fill the sink halfway with water so your dentures won't break if you drop them.
 - *Scrub dentures thoroughly. Ask your dentist for a special denture brush; its short bristles clean sides and chewing surfaces and long bristles reach the narrow spaces inside. Soap and water work fine: baking soda removes stains. "Nova-Dent" denture cleanser is an excellent cleaner, and is available at our office.
 - *If you have partial dentures, clean their metal clasp carefully.
 - * If you find denture brushes hard to handle, try a nail brush for a better grip.
 - * Rinse dentures in clean water before returning them to your mouth.
 - *Remember to keep in touch with your dentist. Your mouth changes constantly - so from time to time, your dentures will need adjusting to maintain a good, comfortable fit. While reviewing the fit, your dentist will also examine your tissues, and review your home-care routine.
- You do not need a referral, simply call our office for an appointment.

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Alexander Trenton, DD, F.C.A.D. (A)
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