

A Ted Bit...

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stimulate, not dull the brain.

I decided to give it a shot, and for a couple weeks, I've tried to eat by the 'book' so to speak, to see if I can make it through six or seven hours without tossing and turning half the night.

The first night, I was somewhat incredulous, as I headed off to bed at 11 p.m.

Never heard a thing until 6 a.m. Not bad.

The next night was pretty much the same.

Either I was totally exhausted and had to catch up, or there was something to this concept.

Bit by bit, I'm finding that eating a salad for dinner instead of something like a spicy sausage, seems to result in a better night's sleep.

I also consume a couple of glasses of cold milk (not hot— can't handle that) during the course of the evening. No tea or coffee, and no soft drinks.

Of course, my research is far from exact, and might only be specific for me.

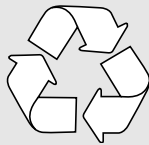
But you know what? It's helped— maybe a bit.

However, one thing continues to bug me.

The Sidekick can still knock back her half-gallon of Timmy's, and be out like a light in seconds.

And dammit I envy her.

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Cyndi Olsen
Education Co-ordinator

Q: Why Don't Some Students Even Try?

A: We've looked at how to encourage your child to raise his hand in class, and how participation in the classroom can improve grades.

We've also touched on how being shy can prohibit a child's willingness to participate. The fear of failing is another big reason why a child might be unwilling to participate in class.

It seems that there is a common perception among students that if you are not 100% right, it is better to not try at all.

This outlook is understandable. After all, school can be a very competitive environment. We live in a culture driven to achieve top grades. Parents, teachers, school boards, and even advertisers all preach the message that good grades are the key to success in life. It's an all-pervasive message that surrounds everything that a student does. So it's only natural that a student who can't compete at the A-level wouldn't want to compete at all.

The message that we should be sending to students is the only way to get the grades—to get ahead, to be on the winning team—is to TRY. Students need to forget the negative and focus on the positive.

We need to tell our students that it's okay to have the wrong answer occasionally. Some of the greatest minds of our time had to fail several times before they were successful.

In his quest to find a route to India, Christopher Columbus found the Caribbean. He wasn't the world's best navigator, but the point is that he tried. He didn't give up.

Success comes from the attempt. It's okay to be the student who puts up his or her hand to answer a question a hundred times and only be right once. It's certainly better than never putting your hand up at all.

You know the saying that goes "if at first you don't succeed, try, try again"? It's a good refrain to remember in life and an even better one to remember in the classroom.



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Christoph Summer
Owner/Administrator

Q: I am planning to move into a retirement home. How do I know what I can afford?

A: Affordability is a major concern for many. Keep in mind that the cost of retirement homes usually include all meals, utilities and many services. You will no longer have to pay for hydro, heating costs, groceries, services such as meals on wheels, and help in the home and yard. Municipal taxes on your home will no longer be part of your budget and there will probably be a difference in your house insurance. The first step, therefore, is to calculate all available resources. If you live in your own home, get the expert advice of a professional to appraise its value. (If you have lived in your home for any length of time, you may be very pleasantly surprised.) The next step is to determine a monthly budget and if needed, enlist the help of family members or a professional such as your bank advisor.

There are many residences from which to choose with many options available. You may be very pleasantly surprised at what you can afford.

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Q: Does the power of positive thinking really work? I am such a negative person and feel that so many bad things happen to me. I can't quite get the hang of positive thinking.

A: Positive thinking is very powerful in a number of ways:

1. If you learn to do it daily you can make a habit of positive thinking.
2. If you make a habit of positive thinking, your emotions will become more positive.
3. If your emotions become more positive, so will your disposition towards life and others.
4. A positive disposition attracts others who are positive, who then bring more joy and positive opportunities into your life.
5. As a result of the above, you will develop a positive instead of negative cycle for yourself.

We have helped people turn their life around by becoming more positive. It may mean that counselling is required, especially if you are not getting the hang of it. Counselling can provide you with the techniques and help to keep you focused on your goal. Counselling can also help you eliminate any cognitive, emotional or behavioral blocks to your progress. Developing positive thinking does not mean that nothing bad will ever happen but you will likely find that most situations are less bothersome and that you have the capacity to deal with them. You will find that you can see the bright side to life. Give us a call to set up an appointment.

At PCCS, our psychologist and social workers provide counselling to individual adults, couples, teens, children and families. We provide daytime, evening and weekend appointments. We have offices in Mississauga and Georgetown.

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Penelope Arnold,
BAH, BPharm

Insert Rectal Suppository Into Left Ear

This was written on the first medicine label I ever generated as a novice pharmacy intern, as I got to grips with the complex computer labelling system. Though it did cause some mirth in the pharmacy when it was discovered (and a sound telling off from the senior pharmacist on duty at the time), it does actually illustrate a very practical point...some people in fact do insert rectal or vaginal suppositories into other body orifices...they do actually swallow medications by mouth intended for the eye or ear...they do actually drink rectal enemas as a liquid by mouth.

All these scenarios I have encountered over the years and my point is this: when you are considering an ailment you may have and you need to seek advice then by all means ask your pharmacist how you actually take that medicine. Medicines today come in many flavours, colours, sizes, powders, capsules, caplets, gels, gel-filled capsules, sprays, injections, drinks, foods and the list goes on. It opens up a vast selection that is sometimes too daunting to contemplate. So many times patients come into the self-selection area of the pharmacy and, faced with umpteen different varieties of cough and cold preparations, look simply bewildered. And the array is bewildering. Much of the confusion is due to over-marketing of products. So the next time you need a remedy consider all the choices you have and simply ask your pharmacist. Many people do not realize that there are other options than taking medicines by mouth i.e. nasal sprays for use in ear pain or for blocked sinuses...wrist bands for use in nausea...rectal suppositories for use in constipation...though the choices can often be confusing, it is a great thing that we do have choices and your pharmacist is someone accessible who can help you make an informed choice. So as (hopefully) cold and 'flu season draws to a close and seasonal allergies return in full force, consider the choices that are open to you and make good use of the advice that is readily available.

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DR. ANOOP SAYAL

Q: What is a root canal?

A: Most of us have heard the term "root canal". Unfortunately, most people don't know what it means. A root canal is a means of removing diseased pulp from the center of a tooth in order to save the tooth from being removed completely.

When tooth decay progresses to the point of invading the pulp, the result is pain. That's because the pulp contains blood vessels and nerve fibers. Before a root canal is done, the dentist must perform a thorough examination and take x-rays. After the offending tooth is located, a small hole is placed in the tooth crown. This allows access to the canals where the pulp is found. Special instruments are used to remove the diseased pulp. The canals are filled and sealed to keep bacteria out. A crown is then placed on the tooth to protect it from fracture, and to improve its appearance.

Complete healing from root canal therapy takes some time. With a 90 percent success rate, though, many patients find it to be a good choice. Just ask your dentist.