

Minor Pee wee Raiders continue torrid pace

Continued from pg. 20

Georgetown 7, Flamborough 2: Marty Burwell (2G, 3A); Jacob Hector (2G, A); Matt Simpson, Cory Highfield (G, A); Teagan Gilian (G); Stevie Rosa, Jake MacNeil, Nick Hale, Matthew Carr, Blair VanderGlas (A); Tyler Anderson (W).

Georgetown 10, Caledon 1: Gilian (3G, A); Lucas Jenkins (2G); VanderGlas (G, 2A); Hector, Adam Charalambides, Burwell (G, A); Cody Menzies (G); Highfield (4A); Keegan Martinec, MacNeil, Adam Dobis, Ben Sutherland (A); Anderson (W).

Bantam AA Raiders

Cameron Jenkins posted the shutout for the Georgetown Wild Wing bantam AA Raiders in their rout of Flamborough.

Georgetown 7, Flamborough 0: Troy Noakes (2G); Tyler Nieuwendyk, Brendan Krivec, Dalton Pearce, Andrew Moffatt (G, A); Nic Pierog (G); Kyle Kutlesa (2A); Andrew Smith, Hayden Mancini, Shaun Riedstra, Chris Guerette, Jake Tousignant (A); Jenkins (SO).

Caledon 4, Georgetown 1: Riedstra (G); Moffatt, Derek Kessel (A).

Guelph 2, Georgetown 1: Kessel (G); Nieuwendyk, Moffatt (A).

Georgetown 5, Milton 1: Pierog (2G, A); Smith (2G); Kutlesa (G); Tyler Shippel (2A); Nieuwendyk, Noakes (A); Joey Ragone (W).

Georgetown 3, Dundas 0: Pearce, Pierog (G, A); Nieuwendyk (G); Shippel, Smith (A); Jenkins (W).

Oakville 6, Georgetown 1: Smith (G).

Tooth Chatter



by
**ALEX
TRENTON
DENTURIST**

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Many people are reluctant to have new dentures made because of experiences they went through when having their original set made. New technology and materials have made this procedure a "Palatable Experience". So now, even people with a sensitive gag reflex, that tend to gag very easily, find it much easier than they had expected. Special rubber based materials and putties are now available, thus replacing the materials known for dripping down the throat and causing that gagging feeling.

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LET US MAKE A LASTING IMPRESSION!

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Cindi Olsen
Education Director

Q: Any suggestions on keeping my children motivated with their school work?

A: Yes, develop a School Strategy: Part One

Set a Routine.
Remember that school is a routine, as are any extra curricular activities that your child is involved with. The sooner that your child is familiar with the routine, the sooner he/ she will flourish within the boundaries that a routine provides. Establish schedules around eating breakfast, school preparations, after school activities and bed times.

Set Goals.
Practice goal setting by working together towards small, achievable and measurable goals. When children work toward an end point, they build confidence in their abilities. This confidence transfers from one area of life to another.

Give them an 'A' for effort.
Children who consistently give their best effort are more likely to persist and succeed. The amount of effort that they put into something, a project, studying for a test, practicing for a game, is completely within their control.



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Theresa Portelli, B.Sc.Pharm.
Pharmacist

Q: What is the flu and why should I get a flu shot?

A: Influenza, or the flu, is an acute infection of the upper respiratory tract characterized by fever, chills, body aches, sore throat, cough and inflamed nasal passages. While very uncomfortable, most people recover without any long lasting repercussions but here are a few things to consider:

1. The flu is responsible for more deaths throughout history than all other diseases. In Canada, an estimated 5000 people (mostly over 65 years of age) die every year from flu-aggravated illness.
 2. Some people are more susceptible to complications caused by the flu, such as pneumonia, which may lead to death. Those most susceptible are the very young, elderly and anyone with a chronic illness that compromises their immunity and the annual flu shot remains the most effective strategy for decreasing these complications.
 3. Even a normally healthy robust individual may require 2 or more weeks (sometimes longer) to fully recover from the flu. This can translate into reduced work productivity and income.
 4. Even if you do not care if you get the flu (more people do care!), consider those people closest to you and the risk to them.
 5. You cannot get the flu from the flu shot. It is a vaccine containing broken fragments of the three viruses most likely to be prevalent this season, which are not active.
- Immunize yourself and your family at our free flu shot clinic at Shoppers Drug Mart Georgetown Market Place on November 28 from 1 to 8 pm. Appointments available but walk-ins are welcome.

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Susan S. Powell

Q: My husband has separated from me after being married 25 years. Our children are grown up. I know I have to see a lawyer but I'm so upset I can't think straight. My husband keeps telling me to "deal with it". Do I have to see a lawyer right away or can it wait until I feel better.

A: It is usually best to see a lawyer fairly soon to have him/her review your rights and obligations with you. You have, however, 6 years from the day you separated to go to Court to get a decision on any equalization payment owing by your husband or yourself with regard to your property. If you get a divorce you have the earlier of either 2 years from the date your divorce is final or 6 years from the date you separated.

Elayne Tanner & Associates Inc.



Elayne M. Tanner
B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.
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Q: My husband and I are planning to have a child soon. Does my health and general care during the pregnancy really have an impact on the baby?

A: Your health and prenatal care are imperative to a healthy baby, both physically and mentally. We hear more about a baby's physical health but sometimes we forget that the brain, the organ that affects every behaviour, temperament, pain and body function, is also a developing part of a fetus and baby. It has been shown that mother's behaviours during pregnancy and in the early stages of the infant's life can have a significant impact on the development of the baby's brain. The brain then in turn, affects every aspect of the baby's future life.

One very interesting example of this is the discovery that frontal brain damage can cause a slow heart rate and slow heart rate is an indicator of future aggression, antisocial behaviour and poor impulse control. Brain damage that will cause slow heart rate in an infant will be caused by such variables as:

- a) Mother smoking during pregnancy
- b) Second-hand smoke exposure during the developing years
- c) Malnutrition of mother during pregnancy
- d) Malnutrition of baby during development

This may be an explanation not only to account for aggressive children, teens and adults, but also for the rise in ADD/ADHD and other such behavioural problems. I hope this impresses upon you the need for good medical attention, good nutrition and the importance of not smoking during pregnancy.

Be healthy and give your baby the best start in life so that you will always have much to be thankful for.

PAULETTE CORMIER

Autism Consultant
RDI® Program Certified Consultant
paulette.rdi@cogeco.ca
905-873-9491



Paulette Cormier
B.A., B.Ed

Q: My child was recently diagnosed with autism. As well as being overwhelmed with this diagnosis, I am having a hard time understanding exactly what autism is. I've read the medical definition, could you explain it in layman's terms?

A: This is an excellent question - there is a great deal of misinformation in the public domain regarding what autism is versus what behaviours can occur as a result of autism. When you make a decision on how to use your resources (time, energy, and money) to best help your child, you will want to address those issues that will make the most difference in your child's quality of life.

Many individuals on the autism spectrum have co-occurring disorders such as anxiety, attention deficit disorder, speech disorders and sensory integration disorders. Because these disorders are common to people on the spectrum, it is easy to think of them as being part of the autism, but this is not the case. Co-occurring disorders are separate issues, and while they often need to be dealt with separately, they are not the autism.

Because of their deficits, most individuals on the autism spectrum have difficulty dealing with the uncertainty of dynamic life situations. In order to cope, they develop strategies to deal with the uncertainty. They may try to avoid or control situations. They may develop repetitive behaviors like hand flapping, rocking, or repeating phrases. While these behaviors are a result of the deficits of autism, they are not the autism.

From an RDI® (Relationship Development Intervention) perspective, autism (including Asperger's Syndrome, and Pervasive Developmental Disorder) is defined as those deficits that prevent an individual from having a quality of life. The deficits of autism are deficits in dynamic abilities. Individuals on the autism spectrum are not impaired in static (rote) abilities like accumulating knowledge and following rules, but they are universally impaired in dynamic (changing) abilities such as the ability to have a fluid conversation and to think flexibly. By addressing your child's deficits in dynamic abilities and remediate the autism itself, he or she will be more able to deal with the uncertainties in life and you will see an improvement in the behaviors that have resulted from the autism.

Therapies designed for autism target different things. Some address co-occurring conditions and behavior issues, while others teach rote abilities. In deciding which therapy to use to best help your child, you need to look at what each therapy is aiming to achieve. The goal of RDI® is to remediate deficits in dynamic abilities and allow children to have a quality of life. For more information about RDI®, visit www.rdiconnect.com.

Georgetown

Physical and Sports Therapy Clinic
83 Mill Street, Suite B, Georgetown, Ontario
Tel: (905) 877-8668
Fax: (905) 877-4165



Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I have a two month-old baby that I have been breastfeeding exclusively. I am starting to develop some neck and back pain because of this. Any suggestions on what I can do?

A: The mechanics of breastfeeding requires that you spend a great part of your days and nights in a hunched over position. When your body is curved like that for long periods of time the muscles are stretched and stressed unable to relax. Some suggestions that may help minimize the stress on your body:

- Avoid sitting in low soft chairs, your knees should not be higher than your pelvis
- Use a chair with good lumbar support, or place a small rolled-up towel in the small of your back
- Bring the baby to your breast, not the opposite
- Use a nursing pillow or a firm regular pillow to elevate him/her
- Make sure your baby facing you, not up
- Do not cross your legs, this compresses the veins and arteries in your legs
- Take some time to stretch after your baby is done, chances are that you've been in the same position anywhere from 15-45 minutes you need to stretch yourself in the opposite direction to undue the tightness that has developed

Seeing a physiotherapist can allow you to obtain an individualized home stretching program and have your specific pain addressed.