

Welcome

New Members!

Gold Tele Care Ltd.
162 Guelph St, U 226
Georgetown, L7G 5X7,
416.900.4653 (Gold),
www.goldtelecare.ca
Owner Liz Csap has a background in Telecommunications for over 15 years. Gold Tele Care offers services for Residential and Business customers. We provide phone services which include phone systems, inside installation and repair, network cabling and wire care plans.

GEM Health Care Services
Halton,
331 Sheddon Avenue,
Oakville L6J 1X8, 905.842.4361
Halton@gemhealthcare.com
Personal Caregivers you can trust. Specializing in private, home, palliative care services. We provide nurses and other health care

specialists for private duty, including supplemental staffing for institutional and government clients. Nationally accredited. Member of the Ontario Home Care Association.

Cornerstone Health Centre,
6 Guelph Street,
Georgetown On
L7G 3Y9, 905.702.1944,
info@cornerstonehealth.ca.
www.cornerstonehealth.ca
Nicole Meier, Naturopathic Doctor. Cornerstone Health Centre is a multi-disciplinary complementary health care centre which provides patients with a calming and healing environment. Our aim is to find solutions to your health problems in a natural way. Visit our website for more information.

Alexanian Carpet & Flooring in Georgetown,
23 Mountainview Rd South:
905.877.7688
Carries a full line of flooring products including carpet, area rugs, vinyl, hardwood, bamboo, laminate, ceramic/porcelain tile and window coverings.....In business for 83 years. Under new management, Johann and his team aim to leave a trail of happy customers.

Your Home Today Realty Inc.,
Brokerage, 75 Guelph Street,
Georgetown, ON L7G 3Z8,
905.877.9001
www.HeyRay.ca.
Taking the time to listen and with a reputation for results, The HeyRay Team help fulfill dreams every day. Their many happy clients attest that the secret to their success is that

"they care." The HeyRay Team has the experience you can rely on and is the team you can trust.

Additional New Members:
A.S.A.P. Secured Inc.
Godfathers Pizza
Mclean Roofing
Mindwalk Branding and Marketing
Oxytech Industries Inc.
Quick Electrical Services Inc.
Synergy Benefits Consulting Inc.
The Hide House
Tiana Graphics
Turner Special Products Ltd.
Wildwood Manor Ranch
Zajac Technical Solutions

Ask The Professionals

Want Answers... Ask Questions
Drop off or mail to: *The Independent & Free Press,*
Georgetown Market Place, 280 Guelph St., Unit 29,
Georgetown, ON L7G 4B1 or e-mail your questions to:
features@independentfreepress.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 low or in 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 is facing you, not up
- do not cross your legs, this compresses the veins and arteries in your legs
- take some time 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.



905-873-3966 ~ am-graphix.com
alison@am-graphix.com

Print & Website Design

Q: How do I read my webstats?

A: Since website statistics have been tracked, the common "How many HITS did my site get?" has been a misconception.

Every mouse click on your website is a "hit". While big "hits" eventually work out to a good response, the real test is how many unique visitors your site received. This is the big news as these new visitors are your potential new clients. Does your site tell them what you want them to know?

Another easy thing to do is to track your ads! Did you run a newspaper ad, tv spot, post or email campaign? Check your daily traffic. You should be able to see the increase in traffic at the time of your promo.

These are just two of the many ways to check to see if your website is working for you!

Alison

SUSAN S. POWELL

BARRISTER & SOLICITOR
FAMILY LAW

350 RUTHERFORD RD. S. (Plaza 2, Suite 320)
on the Corner of Steeles & Rutherford

905-455-6677



SUSAN S. POWELL

Q: What financial disclosure has to be made when a couple separate?

A: You are required to provide your complete Income Tax Returns and Notices of Assessment for the last 3 years. You are also required to provide your most recent pay statement if you are an employee. If you are self-employed there are documents such as Financial Statements and Income Tax Returns for the Business that are required.

It is important that you retain these documents from year to year and not throw them away.

If there is an issue about the division of property, ensure you retain your financial records which show your assets and debts you had as at the date of your marriage and as at the date of your separation. For example, bank account statements, RRSP's, GIC's, Canada Savings Bonds, purchase and sale of vehicles, pension statements, life insurance policies, credit card statements, line of credit statements, car loans and other financial documents.

If you are uncertain as to what financial documents to retain, you should consult a lawyer. It is better to be safe than sorry.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry

located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: What can I do to help with Bad Breath?

A: It's everywhere. Buy this and prevent foot odor; buy this and avoid body odor. It's no surprise that bad breath is socially unacceptable. Every year, advertisers spend millions to sell their mouthwashes for bad breath.

You must understand that using a mouthwash for chronically bad breath can actually mask periodontal, or gum, disease. Diseased gums and tooth decay are the two most common causes of bad breath, or "halitosis." If you smoke, you're not only more likely to have bad breath, but also to get periodontal disease. Eating strong foods, like onions and garlic, is rarely the real cause of chronic bad breath.

If you must, a saltwater rinse can be used instead of a mouthwash. You may have guessed by now that the best way to keep your breath fresh is by daily brushing and flossing, and keeping regular dental checkups. Your gums need your help in this so they can fight off plaque and deposits.