

Saturday, May 29

Jumpstart Day: a 3-on-3 all-day basketball tournament in the Price Chopper's parking lot. There will also be other fun activities.

8th annual Dan Lane Memorial Singin': 6 p.m. at Georgetown Christian Reformed Church, 11611 Trafalgar Rd., featuring The Hoppers, 'America's favourite family of gospel music' and The Master's Four. For tickets, \$25, call Gary/Cathy Lane, 905-873-7565.

Multi-Family Garage and Bake Sale: 8:30 a.m. to 12 p.m. at St. George's Church, 60 Guelph St. Something for everyone. Bake table also. Rain or shine. A fundraiser for the church.

Bazaar, bake sale, raffle: 8:30 a.m. to 12:30 p.m. at Armstrong Terrace, 8 Durham St. in Georgetown. Something for everyone.

Perennial plant sale: 9 a.m. to 2 p.m. at the Royal LePage office, 324 Guelph St. Plants \$5-\$10. Hand-painted pots and rocks starting at \$10. Hosted by Ride to Conquer Cancer Ride participant Melissa Cheyne.

Dance: LuLu's Road House Band will perform at Ballinafad Community Centre— doors open 8 p.m. Tickets \$30/person (cash only) at the Ballinafad General Store. Proceeds to St. John Ambulance.

Community Unity Day Picnic: 12-3 p.m. in Cedarvale Park, free to the entire community. There will be activities for all ages, Tea Room, BBQ hot dogs. Everyone welcome.

44th annual Chicken Barbecue and VBS silent auction: hosted by Norval United Church, 4-8 p.m. at Huttonville School on Embleton Rd. Call 905-877-6122 to reserve your tickets! Adults \$13; children \$7. Take-out available. Info: www.norvalunited.ca

Yard & Bake Sale: 8 a.m. to 1 p.m. at St. John's Church, Stewarttown for baking, plants, books, crafts, toys and much more.

It's Gardening and Froggy Day: at Willow Park Ecology Centre. Prepare and plant raised veggie gardens 1-3 p.m. Kids learn about the frogs in Willow Park pond. Return 7-9 p.m. to learn more about frogs. To volunteer: 905-702-9055.

Spring Bazaar: 9 a.m. to 3 p.m. at Knox Church Ospringe. Plants, craft and bake tables, gently used, penny table, hot lunch available.

Fundraising sale: plus kids' games and barbecue at 82 Danville Drive, Acton, 8 a.m. to 1 p.m. in aid of the Weekend to End Women's Cancer. Hosted by participant Lisa Gareau Booth.

Fundraising night: for Ride to Conquer Cancer hosted by Laura

Community Calendar

McGowan and Thomas Snow of Georgetown, 7:30 p.m. to 1:30 a.m. at the McGibbon Banquet Hall (back entrance). Cash bar, cash games, raffles, prizes, food and live music featuring Laces Out. Tickets: \$10 in advance, \$15 at the door. Call Laura, 416-557-5585 or Thomas, 647-230-3052.

Upper Credit Humane Society's kitten adoptions: at Pet Valu, 235 Guelph St. Georgetown, 11 a.m. to 2 p.m. for \$160 cash, includes spay/neuter, age appropriate vaccinations and microchip. Info: Barb, 905-873-8547.

Acton Trunk Sale: Saturday mornings in the Hide House parking lot — a garage sale on wheels.

Native Wildflower Folklore: 10-11:30 a.m. at Terra Cotta Conservation Area. Learn about historical uses for plants and wildflowers and how they're used today. Register: 905-670-1615, ext. 221.

Large Garage Sale: at Home United Church, 1500 Mayfield Rd., 8 a.m. to 2 p.m. Rain date is June 5.

UCHS Thrift Shop monthly auction: ends with live bidding at 4:30 p.m. at the Moore Park Plaza location.

Family Storytime: 11 a.m. at the Georgetown library.

Nordic Pole Walking Group: Bring a toonie for Cancer Assistance Society of Halton Hills or the Upper Credit Humane Society, Saturdays, 9-10 a.m. Meet at Creature Comfort Co., 92 Main St., S.

Sunday, May 30

Acton Community Brunch: hosted by Kinette Club of Acton at the Acton Arena, 9:30 a.m. to 1 p.m.; \$6/person for an all-you-can-eat brunch. Promotes community spirit and helps raise funds for Acton Seniors Centre.

Acton/Georgetown ALS Walk Early Bird Drop-off: 1-3 p.m. at the Georgetown Superstore Community Room. Drop off your collected donations/pledge forms, pick up your Walk t-shirts, and any incentives prizes you have earned. Info: www.walkforals.ca.

Memorial Day service: at Limehouse Presbyterian Church Cemetery, 11 a.m. All are welcome to this service of remembrance.

177th Anniversary Sunday: for Union Presbyterian Church, 16789 22 Sideroad, 10:30 a.m. All welcome.

More CALENDAR online at www.independentfreepress.com. Scroll down to Did You See and click on Calendar

Ask The Professionals



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Q: I play baseball and in the past have had shoulder injuries, how can I prevent these injuries from occurring this summer?

A: The demands throwing and swinging demands of the baseball can result in a number of low back and shoulder injuries. The complex throwing technique involves many muscles in the shoulder/rotator cuff and the back. Like any sport involving complex or repetitive movements, injury is a main concern. Some common injuries related to the shoulder include tendonitis, rotator cuff tear, bursitis, impingement, and instability. One important prevention factor is to take the time to warm-up and stretch; cold muscles are more prone to injury. Before playing baseball, take the time to go for a light jog or do some jumping jacks. The warm-up should last for about five minutes and should only consist of light aerobic activity. The purpose is to gradually raise the heart rate and increase the blood flow to the muscles, preparing the athlete for more intense physical activity. After the muscles are warmed up, spend some time stretching. A good stretching program involves the whole body. Stretches should be held for at least 30 seconds. After stretching, spend some warm-up time throwing the ball around. Start with light tosses gradually building up to harder, full-speed tosses. This routine should be incorporated before every game or practice in an attempt to prevent as much injury as possible. In addition to this pre-baseball routine, some other factors must be remembered in the prevention of baseball injuries:

- Away from the ball diamond, a good strengthening routine should incorporate shoulder/rotator cuff, core, calves, hamstrings, and quadriceps. Proper technique while performing strength-training exercises is essential to prevent overuse injuries.
 - Specifically for pitchers, do not pitch through pain or pitch to the point of overuse. Make sure rest days are incorporated between games.
- If you think you have some shoulder injury concerns or would like more information on how to prevent injury contact our clinic!!



Georgetown Medical Centre
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Julia Fountain, BSc, ND

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Q: I have some health issues that affect my quality of life yet I've had numerous medical tests done and they come back "normal". How can a Naturopathic Doctor help?

A: Most medical conditions don't happen overnight. There's often a period of dysfunction - months, years, or decades - where symptoms can impinge on your quality of life but your body has been able to compensate and a recognizable disease hasn't surfaced. If you're in this compensatory phase your medical tests may come back as "normal" or close to it. But that doesn't mean you need to wait to do something! The pesky symptoms of dysfunction such as fatigue, aches, pains, gas, bloating, generic allergies, weight gain, PMS, headaches, poor sleep - can respond favorably to naturopathic methods of repletion (through nutrition, sleep, stress management), balancing (neurotransmitters, hormones, mind/body, weight control) and detoxification (through limiting total toxic load and improving elimination). Just like it's easier to put out smoldering coals than a raging fire, it's preferable to be reversing dysfunction than waiting to treat the disease.

Lea Tufford
M.A., RMFT.



Therapist

416-524-3010

Office in Georgetown

Q: How can I manage my stress level?

A: Stress can be defined as your body's response to the ever-changing environment. It describes your physical, mental, and emotional response when you are under pressure. Stress is a unique experience for one person's stress is another person's relaxation. If you make commitments beyond your capacity, are often critical of yourself and others, and feel responsible for others, you may feel overwhelmed and stressed. A major cause of stress can be a sudden or unpleasant change such as financial problems, loss of a loved one, or job difficulties. Signs of stress may include headaches, fatigue, high blood pressure, anxiety, sleep disturbance, and change in appetite. Although it can feel overwhelming now, stress can be managed through lifestyle changes and learning to say no. A mental health professional can assist you in making positive changes to your stress level so you can enjoy life more.

PROFESSIONALS
WANTED

to inform our readers & answer their questions

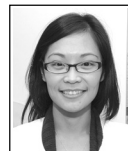
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Q: My doctor says that I have slightly high blood pressure but I feel perfectly fine. What can I do to lower my blood pressure?

A: High blood pressure or hypertension usually doesn't cause any symptoms and so goes unnoticed. Occasionally it causes headaches. When hypertension goes untreated, it can damage the heart, arteries, kidneys and eyes, which may cause angina or chest pain, heart attacks, strokes, kidney failure and blindness. Therefore it is sometimes called the "silent killer."

It is important to control blood pressure as soon as possible. Here are some ways to control and also to prevent high blood pressure:

1. Maintain a healthy weight which may mean losing weight, eating healthy and increasing physical activity
2. Reduce sodium intake to less than 2300mg/day. Follow Canada's Food guide in Healthy Eating which is high in fresh fruits, vegetables, dietary fibre, non-animal protein and low-fat dairy products; low in saturated fat and cholesterol.
3. Engage in 30-60 minutes of dynamic exercise of moderate intensity on 4-7 days of the week. Examples include walking, cycling and swimming.
4. Drink alcohol in moderation. Alcohol consumption should be limited to less than 14 drinks/week for men and less than 9 drinks/week for women.
5. Reduce stress by taking up activities that relax you such as yoga, reading, or painting.
6. Stop smoking to reduce your cardiovascular risk.
7. If your Doctor prescribed medications to lower your blood pressure, it is important to take them regularly. Speak to your Pharmacist to discuss the best time to take them and how to keep track of your blood pressure. Also because medications that lower blood pressure may interact with some over-the-counter products such as cough/cold medications and natural products, check with your Pharmacist to ensure it is the right product for you. Your Pharmacist is there to answer any other concerns you may have about your blood pressure and your medications.

INVESTIBULAR FOCUS REHABILITATION



Jenni Veneruz PT

905-702-7891
www.dizzyhelper.com

Q: I recently went on a 7 day cruise. Since coming home, I continue to have the sensation of being on a "rocky boat" and I keep losing my balance. Is there anything I can do?

A: Mal de Debarquement Syndrome literally means disembarkment sickness. It is diagnosed when a person continues to have prolonged (at least one month after) and inappropriate sensations of movement after exposure to motion, most commonly after 7 day sea voyages. It can also follow extended air or train travel. Some medications have been proven effective in decreasing symptoms and your family doctor can prescribe these. A physiotherapist trained in vestibular rehab can also help eliminate symptoms with simple exercises that can be done at home.