

Rodrigues impresses with versatility

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best-suited as a central midfielder or defender.

"I'd never met Justine before, but I knew I had a second cousin in Ontario with a daughter who played a lot of soccer," said Mark, whose daughter Ashley is a top scorer on the team.

"When we first saw her play it wasn't a surprise that she could come in at that age and start. What impresses the coaching staff is how mature she is when she's playing against women 10 or 15 years older— anyone can see that age isn't a factor. She's a versatile, technically sound player and because her dad played at a high level (semi-professionally), she has a good knowledge of the game."

Rodrigues scored again in an 8-0 victory over St. Lucia in one of the Gold Cup qualifiers and the Lady Jaguars have sparked a great deal of interest in the twin-island nation of 767,000 people, advancing further than any of the country's national teams have before.

They also have a chance to qualify for next year's Pan American Games in Guadalajara, Mexico if they can finish among the top four out of eight teams at the Central American and Caribbean Games in Puer to Rico July 22-31.

"The kickoff tournament was a really good experience to get a feel what it was like, so to get invited back to play as a starter in the qualifiers, I was all in," said the Grade 11 student, who is seeking a scholarship to a U.S. college.

"The traveling has been a lot of fun. Being a starter, you get to stand on the field for the national anthems and when we hosted games in the first round the stadium was full. I'd never been there before and it was amazing to see all the Guyanese fans taking our photos after the games. It's been a real honour to be a part of it."



TAX INSTALMENT

NOTICE TO HALTON HILLS TAXPAYERS

The first instalment of the 2010 Final Tax Bill is due on Monday, June 28, 2010

PAYMENT OF TAXES

WHERE?

- Corporate Services, Civic Centre (8:30 – 4:30 Monday to Friday), or
- Any branch of the Royal Bank located within the Town of Halton Hills (may be subject to a service charge)
- Payments may be left at the Halton Hills Hydro Office (no receipts issued)

AFTER HOURS?

- Royal Bank branches during scheduled hours of service
- Drop Box located next to main entrance of Civic Centre available 24 hours

HOW?

- By CHEQUE or CASH
- POST-DATED cheques are acceptable and will ensure that instalment dates are not missed
- INTERAC – in person at the Civic Centre
- By TELEPHONE: Check with your bank for further information
- PRE-AUTHORIZED PAYMENT PLAN: For details please call the Tax Department at 905-873-2601, ext. 2242

LATE PAYMENTS?

- A late payment charge of 1-1/4 per cent per month will be charged on the first day of each calendar month until taxes are paid

FEES?

- New fees effective January 1, 2009
- Ownership change per property \$25.00
- Past Due Notice \$5.00 (charged automatically to any account with a balance outstanding of \$125 or more)

NO TAX BILL?

- Bills were mailed June 1, 2010. Failure to receive a Tax Bill does not excuse the Owner from responsibility for payment, nor relieve him/her from liability for late payment charges. Please contact Corporate Services if you did not receive yours.

NEW PROPERTIES?

- Newly built properties are likely to have tax bills related to their land value assessment only until full assessment is applied and supplementary taxes are billed. Owners are responsible for taxes billed and should make provisions for the future billing of supplementary taxes.

SENIOR'S TAX GRANT?

- To qualify for the Senior's Tax Grant applicants must be 65 years of age, own and occupy property in the Town of Halton Hills for one year and be in receipt of the Guaranteed Income Supplement. Applications are available from the Corporate Services Department and will automatically be mailed to those who qualified last year.

QUESTIONS?

- If you have any questions concerning realty property taxes, call Corporate Services at 905-873-2601, ext. 2244, write to us at the address below or check our web site at www.haltonhills.ca
- For assessment related questions, please call the Municipal Property Assessment Corporation at 1-866-296-6722 or check their web site at www.mpac.ca

1 Halton Hills Dr.,
Halton Hills, ON L7G 5G2
Tel.: 905-873-2601
Fax: 905-873-2347

Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted For the Professionals by July 24th, 2010. features@independentfreepress.com or call 905-877-0301 ext. 237

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Julia Fountain,
BSc, ND

Q: Can a Naturopathic Doctor help me get off prescription medication?

A: Any adjustment to your prescription medication needs to be done in consultation with your prescribing physician. However, a naturopathic wellness plan may set the stage for fewer medications. Let's get you feeling better and living as healthy as possible while you are on the medication. Prove to yourself (and your prescribing physician) that you've made some real change to move yourself toward better health – better diet, exercise, better work/life balance, fewer sick days, adequate stress-coping mechanisms. Then open up the dialogue with your medical doctor.

If medication is prescribed on an "as-needed" basis (such as some sleeping pills, anxiety medications, allergy medications, inhalers), patients under naturopathic care often notice their reliance on these medicines decreases. Many people consult with NDs preventatively to nip problems in the bud, before the need for medication arises.

If you're on prescription medication and self-prescribing supplements, it is wise to consult with a Naturopathic Doctor to ensure the drugs, herbs and nutrients you're taking are not interacting.

Some patients may need to be on prescription medicines long term. In this case a naturopathic wellness plan may be able to help lower the effective dose, minimize side effects of the medication and prevent other health complications.

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H.B.Sc. PT, MCPA,
res.CAMT

Q: My pain comes and goes for no apparent reason, what can be done to figure it out?

A: Physiotherapists are expert detectives when it comes to figuring out pain patterns. It is common for pain from postures or activities to go unnoticed when the individual is concentrating on something else (like data on a computer, conversation or sports). In other cases the painful tissue may lie deep within the body and therefore may not have the pain receptor density that is required to give instant feedback, but is sufficiently sensitive to react to inflammatory chemicals once they have had time to accumulate, often long after the aggravating activity has stopped. This produces a time lapse between the cause and effect making self-assessment very difficult. Your physiotherapist is very skilled at identifying these subtle sources of aggravation.



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DR. MICHAEL HUTTER

Q: I'd like to whiten my teeth but am confused by the many different kinds of bleaching choices available. Which should I choose?

A: Tooth whitening (bleaching), has become a popular procedure which whitens your teeth and enhances your smile. You may be confused by all of the advertising about tooth whitening and struggling to find the safest and most effective solution.

Today, tooth whitening is an innocuous procedure but not all whitening procedures are equally safe and effective.

Tooth whitening is a technique sensitive procedure that cannot be properly done in '15 minutes' or 'one hour' as some advertisements claim. Beware of free whitening offers, there are often unrelated long term commitments required to qualify.

At Dentistry on Sinclair, we offer Zoom® Whitening, a two hour in-office procedure performed by a trained and licensed dental hygienist to ensure optimal and long lasting results. We also offer Night White®, a take-home system which provides the same long lasting results. Both systems are safe and effective.

Call us for a consultation to determine if you are a candidate for whitening. Allow us to enhance your smile in our safe and caring environment.

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Serving the Halton Hills community for over 15 years
"Occupational Therapy: Skills for the job of living"

Q: The economy seems to be picking up. After long months of being unemployed, I suddenly am faced with choosing between two job offers with comparable remuneration. I keep flip flopping. How do I decide which offer to accept?

A: Congratulations on securing two viable opportunities! That sudden change to being valued and wanted by employers after months of feeling worthless and ignored is an amazing shift. Don't let your euphoria blind you to any key aspects of either job. Your goal is to ensure that you can sustain employment – thrive, even – by choosing well to achieve optimal occupational satisfaction. Prospective employees can be guided solely by environmental factors like remuneration. With income, bonuses, benefits and perks being comparable, you need to expand the scope of your analysis. Knowing the 'right' choice in advance would be great, but no one has the power of foresight, only hindsight!

You can guide your decision-making process by considering key factors in three areas: person (P), environment (E) and occupation (O). The selection and relative weight of the factors are person-specific, but do consider these factors when evaluating "the fit". Key P factors are set by knowing your skills, knowledge, attitudes, values, experience, work style and preferences. Know when you're 'in flow' and mark your place along continua such as: introvert/extrovert; novel/familiar; stable/uncertain; face to face/remote; established/emerging; static/dynamic; agent/recipient; high/low stamina and pressure; hands on/arm's length; task/process; indoor/outdoor; sedentary/active; words/numbers; cooperative/competitive; proactive/reactive; detail/big picture; small/large setting.

Key E factors of the workplace include: opportunities for advancement, learning; staff and client retention record; viability; management and communication style of your prospective boss; working conditions like pace, timelines, ambient noise, privacy, work hours and shifts, travel and overtime requirements, morale, team composition; proximity and location, with resultant commute time and costs; size, scope and variety of operation.

Key O factors include: the routine and non-routine tasks that you'll be doing; the ease with which you can do them; their meaningfulness to you and their relative importance to the world; and, how satisfied you'll be doing them. My dad says that everyone deserves to do work that makes them happy, and I believe he is right.

Put the factors on paper, assign their weights of influence, match what you need with what they're offering, identify the better overall fit for you, and commit fully to your choice. If you need help with this analysis, feel free to contact me.

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Email: barbara.byckowski@rbc.com

Q: Is the tax-free savings account really worthwhile?

A: Yes, the tax-free savings account is a way to tax-shelter \$5,000 a year. Whether you are young or old, the tax-free savings account is a way to tax shelter income and growth. It allows you to split income with spouses/partners and you can withdraw assets (both original contribution and growth) from the TFSA at any time, for any reason, tax-free. If you are over the age of 18, you are eligible for a TFSA. To give you an idea of the power of this plan, a 22 year old who puts in \$5,000 a year and only earns 4% on the funds each year, will have \$470,000 at the age of 60. If you would like to see how this works, give me a call and I will send you the information.

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Q: My husband and I are divorcing. What is a parenting plan and how will it help my family?

A: Parenting plans are a relatively new concept designed to meet the needs of the children of separating and divorcing parents. Ontario implemented changes to its family law in March 2010 in the hopes of making the family courts easier to navigate, more focused and more affordable. Now, to obtain custody of your children you will have to show the court that you have considered how you intend to continue caring for your children after the separation in a way that meets the best interest of the child. A parenting plan is simply a detailed description of who will be doing what with regards to parenting after the divorce. It should be designed with the understanding that most children benefit from having both parents in their lives and that divorce does not have as much of a negative impact on children as parental conflict does.

Last month I spoke about attachment theory and developmental issues. A good parenting plan will take into account these "age and stage" factors and recognize that children grow up and that their needs change. While an infant who is still in the attachment phase may benefit from seeing both parents daily, an older child can go for possibly 3 days without seeing one of the parents and then can extend that to a week without negative effects. At the Fieldstone Centre we provide both the legal and the psychological know-how to develop a collaborative parenting plan that will address high conflict issues such as transfers between parents; communication; and decision making, in a way that suits the temperament and age of your child now and in the future so that your child does not suffer in the middle of adult conflict.

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