

Ask The Professionals

Georgetown

Physical and Sports Therapy Clinic

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

Q. My 12 year old child has been complaining of back pain ever since school started this fall. I'm wondering if she is carrying her backpack incorrectly?

A: Children that carry backpacks incorrectly, or that carry the wrong type of backpack, may develop bad posture, muscle tension and back pain. This can even progress to an unhealthy back as an adult.

First of all, make sure that your child is utilizing both shoulder straps, not just one - which seems to be the "fad" lately. The straps should have thicker padding as not to dig into the shoulder muscles and collarbone.

Secondly, avoid backpacks that have only one large compartment. This will cause all the weight to drop to the bottom and press into the lower back. This, with the pull of the straps on the shoulders, will cause your child to lean back and hyperextend the lower back. Subsequently, a muscle strain will develop.

Make sure that your child is not carrying unnecessary items to school. Heavier items should be placed closer to the top of the pack, with lighter items (such as sweaters, etc.) in the bottom. Lighter items can also be placed in the pockets and smaller compartments.

A good rule of thumb with respect to how heavy a backpack should be: before puberty, children should not carry more than 10% of their weight, and after puberty they can carry up to 20%. An ideal backpack will also have padding along the spine.

Since children spend years taking their backpacks to and from school, it is possible that even young children can develop postural problems, chronic tightness and tension. Rather than treating the problems afterwards, it is best if they can be prevented.



Barbara Byckowski
Investment Advisor, BBA, PFP, CFP

905-450-1850

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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Submit a Question for a Mystery Prize*

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 Deadline for questions - Sept. 31, 2010



Wendy Farrow-Reed
CHRP (Certified Human Resource Professional)

wfreed@synergybenefits.ca
905-703-8857
1-877-826-2468
www.synergybenefits.ca

Q. Can plan sponsors (employers) play a meaningful role in encouraging better health among employees, and should they

A. The answer to both questions is "a resounding yes".

When one takes responsibility for health, then prevention, early detection and healthy lifestyle habits fall into place. Employers can "encourage a sense of responsibility" with their health programs, and as a result, cause a real change in employees' attitudes and behaviour

Here is some good news for employers: most health plan members (95 percent) continue to consider their employer's offerings good. This means that only five percent of members feel that their plan is poor. Still the most popular aspects of health benefit plans remain prescription coverage and dental benefits-generally the two main aspects of a benefit plan, but also the most expensive.

Most plan members are happy about how their employers communicate information about their plans, too. Communication, and good access to information is key.

Synergy Benefits is uniquely qualified to arrange and communicate your company benefit program.

Hand in Hand Cancer Support Group forms



Hand in Hand Cancer Support Group has formed for those newly diagnosed and those who are survivors. "We are not a miserable

group; we have lots of fun but are there for anyone who needs to talk and compare notes".

The group meets monthly with the place and time is flexible. Anyone interested call Cathie, 905-877-9291 or Joanna, 905-877-9680.



TOWN OF
HALTON HILLS
Working Together Working for You!

IS YOUR NAME ON THE TOWN'S VOTERS LIST?

The Town of Halton Hills Preliminary Voters' List has been prepared. Residents can check to see if they are on the Voters' List by:

- checking on-line at www.haltonhills.ca
- by visiting the Civic Centre, Corporate Services - Customer Services Department

A person may make an application to the Town Clerk requesting:

- That their name be added or removed from the voters list or
- That information on the voters list pertaining to the person be amended.

To amend the Voters List you must file an application with the Town Clerk or designate. Applications are available at Corporate Services - Customer Services Department, Town of Halton Hills 1 Halton Hills Drive, between 8:30 a.m. and 4:30 p.m. Monday to Friday. Changes to the list can be made at any four Advance Voting Locations on Wednesday, October 13, Saturday October 16 and Wednesday, October 20, 2010 and also on Election Day October 25.

Please note that electronic or facsimile copies of the application form will not be accepted. 104

PUBLIC NOTICE

This announcement hereby notifies the public that the 2009 Financial Statements and Performance Measures of the Corporation of the Town of Halton Hills are available on the Town's Website, <http://www.haltonhills.ca/financials/>.

Any resident who wishes to review or analyze the financial operations of the Town in greater detail may purchase copies of the 2009 audited Financial Statements at the Corporate Services Department. Copies are also available for review at either branch of the Halton Hills Public Library. 106

EMPLOYMENT OPPORTUNITY

TRAFFIC ANALYST
Posting No. 201026

Reporting to the Manager of Development Engineering, and working closely with the Traffic Coordinator, this full time position is responsible for providing technical support related to traffic operations and safety; installation, maintenance and operation of traffic control devices; traffic engineering/planning studies and analysis; and development of inventory/database systems.

Responsibilities:

- Assist and/or undertake various traffic studies such as traffic and parking data collection, radar speed studies, signal phasing and corridor travel time and delay studies and perform pertinent analysis.
- Attend meetings with Town staff, external agencies and the public to answer inquiries and make recommendations, including off-hour meetings.
- Assist in the review and comment of traffic impact studies related to development applications.

- Assist in the installation, maintenance and effective operation of traffic control devices (signs, signals and pavement markings).
- Update the Town's traffic volume and accident databases and undertake collision analysis.
- Undertake site visits in response to complaints, inventory updates, design and study requirements.
- Update signal timing plans and keep current records for the Town traffic signal network and PC based Traffic Control System.
- Assist in processing of Public Event Applications.
- Performs other job related duties as required.

Qualifications:

- 3 year Diploma in Transportation Engineering Technology or equivalent education and experience.
- Eligibility for registration with O.A.C.E.T.T. to obtain C.E.T. or C.TECH designation.
- 6 years experience in a Civil Engineering environment.
- Knowledge of current methods, standards and legislation with respect to traffic operations and transportation planning.
- Knowledge of traffic data collection equipment and traffic signal controllers and systems.
- Ability to review and comment on Traffic Impact Studies relating to development applications.
- Computer literate in Microsoft office software with applied knowledge of computer software related to Traffic Engineering.
- Effective communication skills both verbal and written.
- Ability to deal effectively with Town staff, elected officials, external agencies and the public.
- Able to perform tasks in a safe manner with regard to the guidelines as outlined in the Occupational Health and Safety Act and roadway work zone operations.
- Valid Ontario Class 'G' Drivers License and access to a personal vehicle to perform duties.
- This position entails occasional distance walking, sometimes on steep gradients along with leaning and crouching for measurements and pre-marking activities.
- Lifting of equipment up to forty (40) pounds.

Salary Range:

The salary range for this full time position is \$52,925 - \$63,005.

Qualified candidates may submit a detailed resume in confidence to the undersigned by **4:30 p.m., Wednesday, October 6, 2010**. Please quote Posting No. **201026** on your resume.

Ms. Jacqueline Kerr
Manager of Human Resources
Town of Halton Hills
1 Halton Hills Drive
Halton Hills ON L7G 5G2
Email: humanresources@haltonhills.ca
Fax: (905) 873-1431 105

We thank all those who apply, but advise that only those applicants selected for an interview will be contacted.

Personal information is collected under the authority of the Municipal Act, 2001 (S.O. 2001, c.25) and will be used to select a candidate. Questions about this collection should be directed to the Manager of Human Resources.

AN EQUAL OPPORTUNITY EMPLOYER

1 Halton Hills Dr., Halton Hills ON L7G 5G2
Tel.: 905-873-2600 • Fax: 905-873-2347

PROFESSIONALS WANTED

to inform our readers & answer their questions

THE INDEPENDENT & FREE PRESS

Contact Special Features to find out about our booking specials
905-873-0301, ext. 237
features@independentfreepress.com



PROFESSIONAL COUNSELING SERVICES
905-873-9393

WWW.FORGEACOACHINGANDCONSULTING.COM
INFO@FORGEACOACHINGANDCONSULTING.COM

Q. My relationship has reached a standstill, what can we do to bring it back to life? Is it too late?

A. Many clients come for Relationship Coaching to assist them in giving a new breath of life to their relationship. It is not unusual after several years of marriage that couples find themselves being somewhat disconnected from each other. As the feeling of disconnection increases, people may resort to filling their time and needs through personal activities. This choice can lead to even more distance between the partners.

There are other factors which can contribute to the breakdown of a marriage, besides many years of shared life. Unresolved conflict, lack of quality time, lack of intimacy, over scheduling due to work, house responsibilities and children activities, and financial stress, etc, are other possible factors which create a strain on a relationship.

If you find yourself at a standstill, consider that it is probably time to reintroduce courtship into your marriage. The routine of everyday life has probably taken its toll on you. Don't wait for your partner to initiate. Look at your calendar and set dates, discuss what would be fun to do together. Consider trying new things that will give you new stories to talk about and a chance to discover new shared interests. Stop making excuses that there is no time. Make your relationship a priority. After all, your personal and family well-being depend on the health of your relationship.

If you have some challenges that need to be overcome, seek help. Don't wait for things to be very bad and for hopelessness to set in before consulting. You would never drive your car without tune ups. Why expect that your relationship can be left unattended for years before looking after it. Invest in your relationship today to keep it strong and healthy for many years to come.

Manon Dulude is a certified member of the Ontario Association of counsellors, consultants, psychometrists and psychotherapists. She is also a Professional Certified Coach. She can be reached at 905 873 9393.