



LIONS CLUB OF GEORGETOWN  
80th Annual  
Santa Claus Parade

**NIGHT PARADE**  
STARTS AT 5:00 PM

Date: Saturday, November 20th, 2010 at 5:00 p.m.  
Theme: "STAR LIGHT STAR BRIGHT"

**ENTRY FORM**

Name of Group: \_\_\_\_\_  
 Contact Person: \_\_\_\_\_ Email Address: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_  
 Float Design (Brief Description): \_\_\_\_\_  
 \_\_\_\_\_  
 Number of Marchers/Walkers: \_\_\_\_\_  
 Overall Length including Marchers/Walkers: \_\_\_\_\_  
 Special Requests: \_\_\_\_\_

ENTRY FORM MUST BE RETURNED BY NOVEMBER 12th, 2010 (POLICE REQUIREMENT)



Mail to: LIONS SANTA CLAUS PARADE  
Box 73, Georgetown, ON. L7G 4T1  
AL WATT 905-877-9896 LOUIE VIOLO 905-877-6660

WHILE THERE IS NO ENTRY FEE,  
A CONTRIBUTION WOULD BE APPRECIATED TO  
OFFSET THE RISING COSTS.

"No Political or Protest Groups, Please!"

**Deal of the Day!**  
STARTS TODAY! @ WWW.WAGJAG.COM

**What's the WagJag?**

**\$10 for \$20 Worth of Wings and More at Wild Wing - Georgetown Location Only**

SHARE THIS DEAL!  
 Tweet This  
 Post To Wall  
 Share This Deal  
 Email To Friends

**WagJag**  
WagJag.com brings you AMAZING local deals on:  
 events  
 restaurants  
 fashion finds  
 activities  
 adventures  
 and more

**BUY TOGETHER AND WE ALL WIN!**

Buy for \$10.00  
 Regular Price: \$20.00  
 You Save: \$10.00  
 Discount: 50%

Time left on this deal:  
**07 08:29:17**  
 days hrs mins secs

**0 bought**  
 This deal activates at 5 we need 5 more!

**Offer Details**  
 • Expires in 1 year  
 • Unlimited buys, limit 1 voucher per 2 people per visit  
 • Valid at the Georgetown location only  
 • Valid towards alcohol  
 • Valid on dine-in and take-out  
 • Taxes included, voucher has no cash value. No Cash back

**Highlights**  
 • Excellent service  
 • Generous portions  
 • Friendly environment  
 • 101 wing flavours  
 • Great value  
 • With more than just wings on the menu

**About Wild Wing**  
 Like choosing the perfect dress at a store with multiple options in every colour of the rainbow, too much choice is definitely better than the alternative (though sometimes time consuming). Prepare to be overwhelmed by succulent options with today's WagJag: \$10 for \$20 worth of wings and more at Wild Wing, Georgetown location only.  
 With 101 wing flavours, your decision making skills will come into play early and often. Your choices start with boneless or bone-in wings. Next, you'll have to figure out how hungry you are with starting from a single order (one flavour and 9-10 pieces, \$9.99) to a Cowboy order (four flavours and 100 pieces, \$89.99) of wings.  
 Since it's up, with tons of mouth-watering, sticky and satisfying choices. If you like it hot there's Franks Extra Hot, She's a Hottie, Bubba's Backfire (a mixture of Franks Extra Hot and BBQ), Hot Honey (honey garlic and hot), Hot Chocolate (yep, with chocolate) and a whole whack more in the Hot

Chicks and Hot 'N' Exotic menu categories. Seasoned dry wings are also on the menu, as well as chip-inspired choices (like All Dressed, Dill Pickle and Salt and Vinegar) and sticky honey-loving options (like honey garlic mixed with Caribbean jerk, buttermilk dill or maple). Celery, carrot sticks and dip are included!

Wings aren't the only snackables on the menu. Try the garlic mushroom caps (\$5.99), mac and cheese wedges (\$5.99), loaded potato skins (\$6.99) and broccoli, bacon and cheese poppers (\$6.49). Onion rings done four ways (\$5.49-\$6.09), fall-off-the-bone ribs (half-rack: \$12.99, full-rack: \$20.99) and fish and chips (\$8.49) are also available.

Wild Wing  
 371 Mountainview Rd. S.  
 Georgetown, ON  
 L7G0A7

Visit: [www.wagjag.com](http://www.wagjag.com)  
 GEORGETOWN - TO PURCHASE THIS DEAL  
**BEFORE TIME RUNS OUT**



LOG ON TO THE  
 GEORGETOWN  
 SITE

**Ask The Professionals**

Win a coupon for 50% off a Happy Ad with every question submitted for the Professionals by Nov. 30th, 2010.  
[features@independentfreepress.com](mailto:features@independentfreepress.com)  
 or call 905-877-0301 ext. 237

**Georgetown**

Physical and Sports Therapy Clinic

LOWER LEVEL, PROFESSIONAL CENTRE  
 DOWNTOWN GEORGETOWN

905-877-8668

**Q:** I hurt my back about a year ago. It got better within a month, but I frequently have recurrences of low back pain. The episodes usually last a few days, and are usually provoked with overactivity. Is there anything I can do to put an end to my back pain?

**A:** Studies show that following a low back injury, pain reoccurs in almost 80% of people within one year. Studies also show that there is a strong relationship between a dysfunction of the multifidus muscle and recurring low back pain. This important back muscle attached to other structures in the back that when contacted, can help stabilize the back. Within 24 hours of a back injury, the multifidus muscle is known to atrophy and weaken. It's recovery is not spontaneous. This means that it does not regain its size and strength on its own. It needs to be re-trained, specifically. General exercises (i.e. swimming, walking, funning) do not guarantee a re-trained multifidus. Multifidus strengthening is not strenuous, but does require concentration. A basic multifidus exercise involves lying on one's stomach, imagining that you are a Barbie doll and just got your leg pulled out of the hip socket and are trying to pull the leg back into the socket. Pelvic movement should be minimal with this exercise, and you should avoid hiking the hip up. It may seem like you are not doing much, but in fact the mere visualization of this exercise is already recruiting the multifidus. Keep in mind, though, that since you do not spend your day lying around, you need to retrain multifidus in a more functional way applicable to your lifestyle. Your physiotherapist will be able to progress you on an appropriate program.

**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:** I have been separated from my husband for several months but we still live in the same house. I want to buy another house but someone told me my husband could claim one-half of it? Is this true?

**A:** If you and your husband have decided to separate you would be considered to be living separate and apart in the matrimonial home. Any assets you acquire after your separation are your assets and your husband can not claim an interest in them. The new house would be your asset. Be careful though, as you will likely not be able to obtain a mortgage unless you have a Separation Agreement and have divided your property and settled other financial issues such as support. The bank will require a copy of your Separation Agreement before they will advance you the money for your new house.

**Healthspan**  
 NATUROPATHIC

Georgetown Medical Centre  
 1A Princess Anne Drive  
 905-873-8729



Julia Fountain,  
 BSc, ND

[www.healthspan.ca](http://www.healthspan.ca) [jfountain@healthspan.ca](mailto:jfountain@healthspan.ca)

**Q:** I'm a healthy 45 year old woman and I've been having symptoms that make me think my hormones are changing. How do I know if I'm starting menopause?

**A:** Menopause is defined as one full year without a menstrual period. However the years leading up to menopause, called the peri-menopause, are not as easily defined. The peri-menopause can begin in a woman's 40s and first symptoms can include: difficulty sleeping, an irregular period, a change in flow and amplified pre-menstrual symptoms. An estimated 75% of women will experience night sweats or hot flashes starting in the peri-menopause. There may be changes in metabolism, mood or memory. The most common blood tests done to confirm menopause are the pituitary hormones, LH and FSH which reflect ovarian status. Often thyroid hormones will be checked to exclude thyroid disorder as a cause of your symptoms. These tests may help give assurance that you're in a natural transition phase.

**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](mailto:features@independentfreepress.com)