

# Take time to read a relaxing library book over the holidays

The holiday season is just about upon us, which means it is time for your annual list of cozy reads to help you through all the shopping and wrapping and general running about. So pull up a chair, grab your favorite warm beverage and take a break with a book:

## Plum Pudding Murder by Joanne Fluke

Baker Hannah Swensen's Christmas cookie orders are put on hold when she discovers the local Christmas carnival's owner dead in his office. This holiday mystery includes recipes for all kinds of delicious baking.

## The Christmas Journey by Donna VanLiere

This retelling of the nativity tries to imagine what that magical night was really like. Beautiful watercolor illustrations help set the stage for this touching story.

**Santa Clawed by Rita Mae Brown**  
Feline sleuths Mrs. Murphy and Pewter are on the case when a corpse is found under their human's Christmas tree.

## The Worst Noel: Hellish Holiday Tales

If all that candy-cane sweetness is starting to get you down, this book might be for you. A collection of well-known authors tell their Christmas

## Clare Hanman



nightmares. Yes, into everyone's stocking a little coal must fall!

## A Christmas Grace by Anne Perry

When Emily Radley travels to London to look after a sick relative, she has no idea that comforting her aunt will involve solving a murder.

## Santa Cruise by Mary Higgins Clark and Carol Higgins Clark

The cruise ship, the Royal Mermaid embarks on her maiden voyage with a merry bunch of passengers, mostly charity workers enjoying a post-Christmas break. But tranquility turns into trouble, when a couple of stowaways turn out to be escaped criminals.

All these Christmas books and many more are available for you to borrow from the Halton Hills Public Library. For more information, stop by your local branch or visit our website at [www.hhpl.on.ca](http://www.hhpl.on.ca). And enjoy some Merry Season's Readings!

*Clare Hanman is a circulation supervisor at the Halton Hills Public Library*



## Legion awards Poster and Literary winners

Winners in the Branch 120 Royal Canadian Legion (Georgetown) Poster and Literary winners gathered for a photo following their awards reception at the branch on Mill St., Georgetown. Winners on hand included, front, from left, Rachael Seelman, Arielle Mersiadis-Carrier, Megan Orr, Evelyn Elgie, Emily Park, Amelia Malicki. Second row, Nick Onciul, Nicole Vidovic, Marta Kraguljac, Audra Jander, Mackenzie Lemme, Denver Russell, Zoe Butson and Mark MacDonald. Back, Greg Schicht, Stephannie Trevorow, Emily Gabet, Nathalie Stackhouse, Matt Cook, Ellissa Keenleyside, Lauren Druif, Alec Meneses, Jenna Veenstra and Sarah Allahmoradi. Those who had first place entries will advance to the Zone level in Cooksville.

*Photo by Ted Brown*

## Joseph's

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Happy Holidays!

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# Ask The Professionals

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## Elayne Tanner & Associates Inc.

### Elayne M. Tanner

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Elayne M. Tanner

In the spirit of the holidays I share with you a story that someone shared with me. I hope you will hold it dear in your heart. At a time of year when we talk about love so many lose their way.

This story is about an elderly man who appeared in a rush. When asked why he was hurrying, this story unfolded. The gentleman said he needed to go to the nursing home to eat breakfast with his wife who was a victim of Alzheimer's disease. As they talked, the woman asked if his wife would be upset if he was late. She was surprised when he replied that she no longer knew who he was, and had not recognized him in five years. She asked him, 'And you still go every morning, even though she doesn't know who you are?' He smiled and patted her hand saying, 'She doesn't know me, but I still know who she is.' Holding back tears she thought, 'that is the kind of love I want in my life.' True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be. The happiest people don't necessarily have the best of everything; they just make the best of everything they have. 'Life isn't about how to survive the storm, but how to dance in the rain.'

Give the love you want to receive and never miss an opportunity to tell a loved one how much you care—tomorrow may be too late. Please be charitable to yourself and others and spread love and kindness throughout. In my work I hear a lot of sadness but no matter how much peace and comfort I am able to give, I always get back even more. Thank you to you all. I wish you happiness, love and peace. Happy Holidays!



360 Guelph St.,  
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1-800-794-5880

[www.GetEnergyGrants.ca](http://www.GetEnergyGrants.ca)  
[www.HomeInspectorsHelp.com](http://www.HomeInspectorsHelp.com)



Jeff Brookfield

**Q:** I have an older forced-air gas furnace. How can I enhance its efficiency and keep it operating safely throughout the winter?

**A:** A furnace may operate for up to 15 hours a day during the coldest days of winter. In order to ensure its safe and efficient operation, proper care and maintenance is your best defense against unsafe conditions or non-performance.

- To reduce fuel consumption by 20%, install a programmable thermostat to allow the furnace to operate at lower temperatures when the home is not occupied or while you are sleeping.
- Clean or replace furnace filters every two months or as required.
- Keep combustible materials or obstructions away from the furnace.
- Keep cold air returns and heat distribution vents free and clear of obstructions to allow proper flow of air.
- Ensure that an adequate supply of combustion air is available for the furnace to function properly. Combustion air is the air that mixes with fuel to allow combustion to occur.
- Have a professional clean your ducting properly every three to five years.
- Contact a licensed heating contractor each year to perform routine service and maintenance.



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Meryl DaCosta  
B.Sc. (P.T.), B.Sc. (KIN)  
Registered Physiotherapist,  
Clinic Manager

**Q:** I have been painting and have developed some pain in my shoulder, should I seek help?

**A:** Shoulder pain is a common complaint presented at Eramosa Physiotherapy Associates. Problems in the shoulder can occur with everyday wear and tear, overuse or injury. It is important that an accurate diagnosis of your symptoms is made so that appropriate treatment can be directed at the cause.

Some common causes of shoulder pain include:

- Rotator Cuff Tendinitis: Irritation of the muscles that surround the shoulder
- Rotator Cuff Tear: This occurs when the tendons of the rotator cuff separate from the bone
- Frozen Shoulder: Also known as Adhesive Capsulitis, this occurs when the capsule of the shoulder joint stiffens and range of motion is limited
- Shoulder Instability: This occurs when the joint capsule is loose and the demands you place on the shoulder leads to pain

When should you Seek Help?

If you are having the following symptoms:

- Inability to carry objects or use your arm
- Shoulder pain that occurs at rest or while you sleep
- Shoulder pain that persists beyond a few days
- Inability to raise your arm
- Swelling or bruising around your joint or arm
- Signs of infection, including redness, warmth, fever

At Eramosa Physiotherapy we have highly skilled and trained manual therapists that will assess your injury and provide you with information about what is causing your pain. Treatment of the pain may include exercise, manual therapy techniques, ultrasound therapy, taping techniques and acupuncture.

## Halton Hills Speech Centre

211 Guelph St., Ste #5,  
Georgetown L7G 5B5  
905-873-8400

[www.haltontspeech.com](http://www.haltontspeech.com)



Karen  
MacKenzie-Stepner

**Q:** My 17 month old son babbles a lot but does not talk as of yet. I take him to a Parent-Child Center and see other toddlers his age talking, some of them even using two-word sentences. Should we worry?

**A:** This is a difficult question to answer. In general, as long as you eliminate the serious things that might be wrong - deafness for instance - and as long as there is comprehension and sociability, not talking at 17 months or even at 20 months is not as big a deal as parents often fear.

By age 2 however, if your child doesn't have a vocabulary of about 50 words and doesn't put them into simple sentences, it's reasonable to begin to ask why.

There are a number of reasons why an otherwise normally developing child might not talk, from extreme shyness to slow physiological development that makes articulation difficult. Ruling out these possibilities requires an evaluation. It is also important to note that of the 10% of young children with language difficulty, for 3% of them there is no obvious reason why.

If you have concerns or would like more information, contact our Centre.