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Town & Country

HALL OF FAME

FOR LEASE



**East Garafraxa:
311567 16th Line**

Very private, large 3 bedrm, 3 washrm, main floor laundry rm. 2 x 2 car garage. On quiet road just West of Orangeville. Huge eat-in kit, separate DR & LR, Fam Rm with FP. Credit check, employment letter & references with rental application. \$1,900/month + utilities.



~134 Ac
Halton Hills:13215 Hwy 7

Silver Creek runs through 134 ac! 5 min to GO. 15, to 401. Trails through woods! **Majestic 5 bdrm home.** High ceilings on 3 levels. **Recent:** geo-thermal furnace, FP, windows & doors, w/o from basement. **Mun water!** Near Bruce Trail. Seller will consider a take back mortgage. \$1.89M

23 Southwinds Dr, H.H.



1.3Ac **Pond**

Enchanting, unique country **GEM**. Overlooks its own oasis of perennial gardens, mature trees, custom built gazebo, stocked pond with waterfall, stream & fountain. Open concept. Sun room with FP & air conditioning o/l panoramic views of water features. Walk out lower level. 3 bdrms, 3 wrms, den, rec rm & fam rm. \$839,900

Milton



\$3.5M **~25 Ac**
Not in the Greenbelt

1120.19ft x 989.25ft. Adjacent to 300acre Piper's Heath Golf Club. 6 min to 401; 2 to 407! **Natural gas!** 2 wells! 2 driveways! **Magnificent new 5800+ sq ft stone clad home:** 4+1 bdrms, 7 wshrms, 6+ FPs. 10' ceilings. **Superb!**



G'Town: 26 Church St

Charming home in **Park Area of Old Georgetown.** Walk to all amenities & GO !! Lovely foyer. Inviting spacious LR. Formal DR. Original baseboards & door trim. New kit. Wood flrs in bdrms. 2nd floor Indry rm combined with WR. 2 car gar. Private yard with patio and gazebo surrounded by mature trees. \$469,000

\$589,000



SHOP(40'x55')
13377 Fourth Line, HH

5 bdrm, 5 wshrm, main floor Fam rm & den. Eat-in kitchen with w/o to deck with **hot tub**. 3 offices. Fin bsmt with 3 large rms. **2 STORY SHOP (40'x55')**: heated, hydro, metal inside walls, office upstairs, ~14+ ft ceilings, truck, car & man doors.

New **\$259,000**



221 Mason Blvd, Acton

Cute 3 bedroom, **renovated home on large ravine lot.** **Hardwood floors**, updated kitchen, newer roof. Detached garage & large driveway. Private, fenced, large yard. **Ideal quiet street.** **Price to be announced ...** Call for more details or visit... www.MikeBaron.ca

New **~46Ac**



214128 10th L Amaranth

46 acres suitable for your dream home or hobby farm. North of Grand Valley & Waldemar. West of Orangeville. ~44 ac of arable land. ~2 ac EP. The land can be rented to a local farmer until you are ready to build. Culvert for driveway is on N frontage of property. Condition of well is unknown. \$229,900

~21Ac



Erin: 5660 Third Line

Rare, stunning & private o/l spring fed, stocked **pond** with fountain. 3+ bdrms. Renovated. **Cathdrl ceilings!** FP. Pebble stone walkways. **Huge tiered deck with hot tub o/l pond, gardens & hill to S. 20min to GO!** \$599,900

Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted For the Professionals by January 23rd, 2011. features@independentfreepress.com or call 905-873-0301 ext. 237

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PROFESSIONALS WANTED

to inform our readers & answer their questions

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Cheryl Tanego
RPh

Q: I was recently in a car accident. I am now experiencing neck pain, which my doctor has referred to as a "whiplash" injury. What is this, and how can I get better?

A: Frequently during a car collision when one is relaxed and subsequently rear-ended, one's head is thrown backwards (hyperextension) and then forwards again (hyperflexion). This results in a soft tissue injury around the bony vertebral column of the neck (cervical spine), which is referred to as a "whiplash". Soft tissue refers to all tissue such as muscles and ligaments, excluding bone. These muscles and ligaments become over stretched and some fibers are possibly torn. This may result in internal bleeding known as hemorrhages, which in turn causes muscle spasm.

Depending on the severity of your whiplash injury, a soft collar may have been prescribed by the emergency department of your family doctor after bony and neurological stability has been determined. This helps support the injured tissues, but should not be worn for any prolonged period. It may produce added stiffness and tissue shortening. Seeking the treatment of a physiotherapist will help expedite your recovery. He or she will carefully gauge your progress ensuring that your neck does not receive further stress, which would interrupt the healing process. Of added importance is the need to Maintain neck mobility, range of motion, strength and function during the recovery phase. Your physiotherapist will utilize various modalities, manual therapies and therapeutic exercise, progressing you towards full recovery.

Q: Can you tell me why I should consider opening my Tax-Free Savings Account with you at RBC Dominion Securities rather than a savings-style TFSA?

A: The full-service investment TFSA at RBC DS offers greater investment options and the potential for higher returns. If you are comfortable owning individual stocks or individual bonds, it may be the right vehicle for you. There is a 1% annual investment management fee but that means no commissions to trade (maximum 8 per year) and a professional, tailored investment strategy which is in accordance with your overall investment objectives. The Tax Free Savings account can boost tax-sheltered retirement savings when you have maximized on your rsp's. If you are not sure if it is worthwhile to invest in the TFSA, give me a call and I would be happy to discuss your situation.

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Q: How can I control my diabetes through the Holiday Season?

A: As we approach the Christmas season, there are certainly more temptations to interfere with effective blood sugar control but the rules remain essentially the same as the rest of the year.

Cookies, cakes, pies, eggnog are till carbohydrates and fat although there is so much more of them! It is important to remember to eat a balanced diet consisting of protein, fruit, vegetables and carbohydrates and not eat all those Christmas goodies in place of health foods.

Monitoring your blood glucose readings regularly (first think in the morning, just before a meal ad 1-2 hours after eating) will help to understand how your food affects your blood sugar.

After fat, alcohol has the highest calorie content per gram consumed. A few glasses of wine, beer or other alcoholic drink, especially after the evening meal may cause a delayed hypoglycemia (dangerously low blood sugar) the following morning and as late as 24 hours following those drinks! This is of particular importance t people with Type 1 diabetes but can also occur with people who have Type 2 diabetes, especially the elderly and those who take certain types of medications to control their blood sugar.

Remember to get adequate rest during this holiday season and avoid becoming run-down which can increase your susceptibility to illness. Illness as well as stress can both cause blood sugar levels to increase. In addition, certain cold and flu medications can also increase blood sugar levels.

For more information about diet and medications, consult a dietician, pharmacist or certified diabetes educator at your local Diabetes Education Centre.
Take care of yourself and have a wonderful Holiday!