

# Free yoga to aid Georgetown food bank

The Georgetown Bread Basket is in need of donations of: cold cereal, stews, canned meatballs and spaghetti sauce, instant coffee, jam, salt, powdered milk, canned tomatoes and canned meat as well as healthy snacks for children.



Enjoy free yoga on Fridays (any class) and Tuesdays (6:15 p.m.) at Studio 2 for Yoga and Wellness with the donation of a bag of groceries. Consider your donation as an act of selfless service. When you give, you receive.

For details: [www.studio2yoga.ca](http://www.studio2yoga.ca) or 905-877-3793.

# Sign up now for Cribbage League at the Legion

Players are needed for the Monday Night Cribbage League, beginning at 7 p.m. on Sept. 12 at the Georgetown

Legion. Anyone interested, please call Ev, 905-873-2306 or Judy, 905-877-6128.

## Best Buy CORRECTION NOTICE

On the August 12 flyer, page 16, please note that the Fido LG Optimus 2X (Web Code: 10175272) shows an incorrect monthly rate plan for the price advertised. Be advised that the phone is available for \$49.99 only on a 36-month select voice and data plan. Also, please note that the incorrect product specifications were advertised for the Samsung 14" Laptop (SF410-S01CA) (Web Code: 10176436) found on page 6 of the August 12 flyer. This laptop features 4GB of memory and the 1st generation Intel® Core™ i5 processor, NOT 6GB of memory and the 2nd generation Intel® Core™ i5 processor, as previously advertised. We apologize for any inconvenience we may have caused our valued customers.

## FUTURE SHOP CORRECTION NOTICE

On page 13 of the August 26 flyer, please note that the advertised price of \$49.99 save \$50 applies only to the Sandisk 8GB Professional SDHC Memory Card (WebID: 10168052), NOT the 16GB card, as previously advertised. As well, please note that the Motorola TX500 Bluetooth® Car Speakerphone (WebID: 10172504) advertised on pullout page 6 (pullout page 7 in Thunder Bay) of the August 26 flyer DOES NOT have an FM transmitter, as previously advertised. We sincerely apologize for any inconvenience this may have caused our valued customers.

# Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted For the Professionals by Sept. 25th, 2011  
[features@independentfreepress.com](mailto:features@independentfreepress.com)  
 or call 905-877-0301 ext. 237



905-873-3103  
 333 Mountainview Rd S  
 Georgetown, ON L7G 6E8

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



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

**Q:** I injured my back and my doctor diagnosed me with facet joint syndrome. What are the facet joints and can physiotherapy help?

**A:** The facet joints are found on the back of each vertebrae in the back. Articular cartilage lines each of the bones. The role of the facet joints is to limit excessive movement and to provide the spine with stability. Facet pain can occur due to trauma, repetitive movements and arthritic changes in the facet's articular cartilage. Poor posture can also lead to undue stress on the joints as well as improper body mechanics. Injuries to the facet joints often result in one-sided back pain that is accompanied by muscle spasm and stiffness and is aggravated by bending backwards and side bending to the affected side. Pain is often described as a dull and achy pain that can become sharp. It will usually occur with prolonged sitting or standing or lifting and carrying heavier items.

A majority of the time facet joint syndrome is treated without surgery. Physiotherapy or conservative treatment is usually prescribed. In the initial stages, treatment is directed to settling down pain and muscle spasm and improving your mobility. The Physiotherapists at Eramosa Physiotherapy Associates will then proceed to direct you into the positions and postures that will help to reduce your discomfort. Manual therapy techniques and modalities such as acupuncture, TENS, heat and ice can also be employed to decrease your pain while specific exercise will be incorporated to strengthen YOU and return you to your activity pain free!

## 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:** What are the different types of custody?

**A:** 1. Sole Custody - the parent with whom the children resides makes all the decisions concerning the children. The other parent has a right to see the children and a right to information about the children.

2. Joint Custody - the children live primarily with one parent and the other parent has a right to see the children. Both parents make major decisions about the children together.

3. Shared Custody - the children generally live one-half of the time with each parent often on a week on /week off schedule. Both parents make major decisions jointly. The parents should live relatively close to each other so that the children may attend the same school, activities, etc.

4. Split Custody - This situation occurs when the children do not live together. For instance one child may live with one parent and the other child resides with the other parent. It does not often occur.

There are pros and cons to each type of parenting and you should speak to a lawyer before making any decisions.

## Halton Hills Speech Centre

211 Guelph St., Ste #5,  
 Georgetown L7G 5B5  
**905-873-8400**  
[www.haltonspeech.com](http://www.haltonspeech.com)



Karen MacKenzie-Stepner

**Q:** I've heard some local preschools are offering a specialized literacy program that you are involved with. Can you give me more information on the program?

**A:** The program you are referring to is called TLC for Kids (Technology Enhanced Literacy and Communication for Kids). TLC is currently offered at the Halton Hills Child Care and the Tiny Tim Developmental School campuses in Milton and Georgetown. It is a collaborative program of several community organizations that aims to enhance the literacy and social communication skills of all children aged 2 \_ to 6. The program is \$100.00 for 12 sessions and is open to all families who consent for their children to attend. The children attend a session once a week for 30-40 minutes in a small group format. A Speech-Language Pathologist oversees the program, sets goals and monitors each of the children's progress. A Communicative Disorders Assistant actively runs the program with the Early Childhood Educator. The use of a computer and data projector allow the children to interact with computer games that focus on literacy and language skills, and a variety of motivating circle activities are also used. Goals in the TLC program are also incorporated into the children's daily routine. Workshops, newsletters and hand-outs are also a part of TLC. The Halton Hills Speech Centre is very proud to be a part of this innovative program. Please contact our centre for more information.

## 1961 - August 26 - 2011 Happy 50th Wedding Anniversary Pat and Paul Burroughs



Much love and congratulations from Paul and Kim, Robin and Todd, Tara and Mark, and your seven grandsons: James, Riley, John, Ethan, Peter, Ryan, Mark

Guess Who's  
**50**  
 Happy Birthday  
 Susan!  
 Love  
 Jeffrey, Amanda,  
 Mark and Charlie  
 XOXO

## Synergy Benefits CONSULTING INC.

wfired@synergybenefits.ca  
**905-703-8857**  
**1-877-826-2468**  
[www.synergybenefits.ca](http://www.synergybenefits.ca)



Wendy Farrow-Reed  
 CHRP (Certified Human Resource Professional)

**Q:** What are the minimum wage rates for 2011?

**A:** After seven consecutive increases, the Ontario minimum wage rate will remain at \$10.25 per hour in 2011. In the fall of 2011, the government will appoint a committee representing both business and workers to provide advice on the minimum wage in advance of the 2012 budget.

If an employee is under the age of 18 and works less than 28 hours a week or they are employed during a school holiday the minimum hourly wage is \$9.60. If an employee works in an establishment that serves liquor, the minimum hourly wage is \$8.90. Hunting and Fishing Guides: less than 5 consecutive hours a day, \$51.25 per day. Hunting and Fishing Guides: 5 or more hours a day whether or not the hours are consecutive \$102.50 per day. Homeworkers (defined as people doing paid work in their home for an employer i.e. sewing or answering calls for a call center) \$11.28 per hour.

The rates were last changed on March 31, 2010.

## DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in  
 Georgetown  
 Marketplace Mall



DR. ANOOP SAYAL

(905) 877-CARE (2273)

**Q:** How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

**A:** Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child's teeth. The dentist can also show how to best clean the infant's teeth and advise the parents on the best dietary habits for their child's optimum development. This visit also helps the child to realize the dental office isn't something fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children's teeth healthy begins with timely visits to your dentist.

## ROSS Bounce Back

Ross Physiotherapy Solutions  
**905-873-7677**  
 318 Guelph St.,  
 Georgetown



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

**Q:** I have heard a lot about kids health and backpacks. What should I look for when I buy my child's back pack?

**A:** Here are some helpful guidelines -

- Choose shoulder straps that are padded and wide, but allow free arm movement even in a winter coat.
- Consider backpack compartments to prevent shifting of the contents. Adjust backpack straps so the bottom of the pack sits above the beltline.
- Make sure that it's cool/ hip/ happening or whatever term is being used these days.
- Also be as selective as possible with what is placed in the backpack the child should be able to get the pack on and off without straining.

I posted a few more tips on our website under children's health at [www.rossphysio.com](http://www.rossphysio.com) under children's health, bottom left of the home page.

# CHURCHES & TEMPLES

## GEORGETOWN ALLIANCE CHURCH

Sunday Worship\* at 10:00 am  
 \*Nursery and Jr. Worship for children  
 290 Main Street (south of Maple)  
**905-873-0249**  
[www.togetheratgac.com](http://www.togetheratgac.com)

## GEORGETOWN CHRISTIAN REFORMED CHURCH

welcomes you!

Lead Pastor: Rev. Gary vanLeeuwen Youth Pastor: Brian DeBoer  
 Sunday Worship Services: 10:00 am & 6:00 pm  
 11611 Trafalgar Road (north of Maple Avenue) **905-877-4322**  
[www.grc.on.ca](http://www.grc.on.ca)

## KNOX PRESBYTERIAN CHURCH

God's Word for Today's World.  
[www.knoxgeorgetown.ca](http://www.knoxgeorgetown.ca)

REV. DR. JAMES COOPER  
 116 Main St. S., Georgetown, ON  
**905-877-7585**

Chair-lift access available.  
 'Sunday's Cool' youth ministry program for ages 4 & up.  
 Service Dial-in: **905-702-1629**

SUNDAY WORSHIP SERVICES: 11:00 A.M.

### SUNDAY SERVICES

- Lord's Supper 10 A.M. • Ministry Meeting 11:00 A.M.
- Fellowship Lunch 12:00 P.M. • Ministry Meeting 1:00 P.M.

Meeting In: Georgetown Seniors Centre  
 Address: 318 Guelph Street  
 Phone: 905-873-1005 Website: [www.haltonhillsbiblechapel.com](http://www.haltonhillsbiblechapel.com)

