

# Ask the Professionals

## Georgetown

Physical and Sports Therapy Clinic

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Georgetown, Ontario  
Tel: (905) 877-8668  
Fax: (905) 877-4165



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

**Q:** This winter I have vowed not to aggravate my low back condition while snow shoveling. Any advice?

**A:** The key is "preparation". You have to remember that the technique of shoveling puts your back in a most compromising position. It involves flexing forwards and rotating, which is the most inviting position for a back injury. Not to mention that adding a load of heavy snow to that puts further stress. A simple yet effective stretch to do-before, during and after your shoveling is: in standing, put your hands on your lower back just below your waist with fingers pointing downward. Bend backward from the waist and then come back to an upright position. Repeat 10-15 times. You can also "prepare" by strengthening your core muscles. These are the muscles that keep us stabilized as we stand, walk, run, etc. Make sure you receive proper instruction on how to do so from a health or fitness professional. Choose a shovel that has a smaller, plastic blade. This will be lighter than a metal one, and will ensure that you don't try to pick up large loads of snow. Ergonomic (bent) shafts will allow you to keep the load closer to your body and not have to bend forwards as far. Grip the handle with your hands at least 30 inches apart. The further hand should be close to the shovel. As you lift the snow, squat with your feet apart and back straight. Lift with your legs. Do not take too large of a load. Walk to where you want to place it and step into the direction that you are throwing it. Do not twist. Finally, take frequent breaks. It will take you longer, but at least you will be able to tackle the next snow fall. In the case that you do hurt your back, seek help sooner rather than later. This will speed up your recovery.

ANY QUESTIONS  
ABOUT THIS NEW SPECIAL  
FEATURE CAN BE DIRECTED TO:  
AMY SYKES  
905-873-0301 EXT. 237  
ASYKES@THE.IFP.CA

## RBC Dominion Securities

905-450-1850

Email: [barbara.byckowski@rbc.com](mailto:barbara.byckowski@rbc.com)



Barbara Byckowski  
Investment Advisor, BBA, PFP, CFP

**Q:** I am looking for a fresh perspective on my portfolio. How do I get a handle on my investments and possible strategies to rebuild in 2012?

**A:** These days, lots of people are trying to get a handle on their investment portfolio and make sure they are on the right track for the next 12-24 months. It is important to invest some time and take the necessary steps to determine which strategies are best for you.

First step is to determine how much you have lost in relative terms. It is important to get a grip on the state of your TOTAL portfolio and that includes your pension, group rsp funds, investments, rsp/trif funds and any other investment vehicles you hold.

We can help you analyze your portfolio, make the necessary adjustments in order to rebuild your wealth and restore your portfolio to its pre-crisis status. We have age-specific strategies and investment approaches which will get you to where you want to be. It is important that you complete this exercise early in the New Year.

Please give me a call at 905-450-1850 to discuss how we can help.

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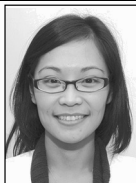


## SHOPPERS DRUG MART

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905-877-2299



Cherry Tanega, RPh  
Pharmacist

**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 full 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 and 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 to 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!

## ROSS...Bounce Back

Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,  
Georgetown



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

**Q:** What can I do to make my holiday season happy & safe?

**A:** Keep salt and sand in a place that makes it easy to use, like on a chair by the entrance to your home or business.

- Check the weather forecast prior to retiring for the evening so you can set your morning alarm earlier than usual to clear any snow with less haste.
- Plan your morning tasks, such that your car's defrost has a chance to ensure proper visibility, perhaps review your day's plans or sort your mail while waiting.
- If you just can't stand looking under the hood to check your car's windshield washer fluid, get gas at full service stations during the winter months, it's less costly than the accidents caused by poor visibility.
- Neck pain sufferer's benefit from using high coat collars and scarves throughout the winter. Muscles will automatically tighten if you're cold in an effort to generate heat.

Thank you all, clients, family and so many others, for your support and patronage.

On behalf of all of us at Ross Physiotherapy Solutions, we wish you a happy holiday season and a great New Year.

Gerry, Kristie and the staff at RPS

# Radio club's tractors stolen

Halton Police report two John Deere lawn tractors and other items belonging to the Georgetown Radio Control Club were stolen from a large shipping container on a rural property in the 10 Sideroad/10th Line area sometime between Nov. 24 and Wednesday (Dec. 14).

Entry was gained onto the property after a lock was cut on a gate. The shipping container was entered after a lock on it was broken.

The tractors were valued at \$7,300 in total. Also taken was a grass sweeper, generator and picnic shelter.

A Georgetown man was charged with having over 80 mg of alcohol in 100 ml of

blood after Halton Police stopped a vehicle being driven erratically on Trafalgar Rd. about 11:55 p.m. Saturday.

Charged is Ghanshan Pundit, 50.

Police are investigating a break and enter into New Orleans Pizza on Queen St. E. that occurred sometime late Tuesday or early Wednesday. A rear door was forced open to gain entry. An undisclosed quantity of cash was stolen.

Police are investigating a break and enter into Acton Dry Cleaners on Queen St. sometime late Wednesday or early Thursday. A window was forced open to gain entry. An undisclosed amount of cash was taken.

## Best Buy CORRECTION NOTICE

NEWSPAPER RETRACTION FOR THE BEST BUY DECEMBER 16 CORPORATE FLYER

On the December 16 flyer, page 21, these products: Bell and Virgin Samsung Galaxy Nexus Phones (WebCode: 10186528/10186331), were incorrectly advertised with an LTE feature. Please be advised that these phones do NOT have the LTE specification or network available to them.

We apologize for any inconvenience we may have caused our valued customers.

DoTheWagJag! Buy together and we all win!

Ask Me About

WagJag

wagjag.com for details



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## HOLIDAY CLOSURE

### 2011 MUNICIPAL HOLIDAY SCHEDULE

#### CIVIC CENTRE - 905-873-2600

The Civic Centre will close for the holidays Friday, December 23, 2011 at 12:00 p.m. and will re-open on Monday, January 2, 2012 at 8:30 a.m.

#### ACTIVAN - 905-873-2601 ext. 2617

The ActiVan Service will be available on an after hours basis. Please book your trip no later than Wednesday, December 21st, 2011.

The booking office will be closed 12:00 noon on Friday, December 23rd, to December 27th, and again on Friday, December 30th, 2011.

#### CANINE CONTROL - 905-877-6235

#### FIRE DEPARTMENT HEADQUARTERS

14007 10 Sideroad - 905-877-1133

Halton Hills Fire Department Administration will be closed at noon Friday, December 23, 2011 until Monday, January 2, 2012.

#### INFRASTRUCTURE SERVICES - PUBLIC WORKS

Public Works office will be closed Friday, December 23, 2011 at 12:00 p.m. and will re-open on Monday, January 2, 2012.

#### Public Works After-Hours Contact

905-873-2600 - press 2 to connect to the Public Works After-Hours Line and follow the prompts.

#### PUBLIC LIBRARIES

Acton Branch 519-853-0301  
Georgetown Branch 905-873-2681

Holiday hours for the Acton and Georgetown branches of the Halton Hills Public Library:

December 24: 9:30 am - 12:00 noon  
December 25: Closed  
December 26: Closed  
December 27: 9:30 am - 8:30 pm  
December 28: 9:30 am - 8:30 pm  
December 29: 9:30 am - 8:30 pm  
December 30: 9:30 am - 5:00 pm  
December 31: 9:30 am - 12:00 noon  
January 1: Closed  
January 2: Closed

Both branches will re-open on January 3, 2012 at 9:30 a.m.

#### RECREATION & PARKS DEPARTMENT

##### Gellert Community Centre

December 24 open until noon  
\*(Lane swim 9-10am, Leisure swim 10-11am)  
December 25 Closed  
December 26 Closed  
December 27 - 30 Open  
\*(additional Leisure swim 2:00-3:00 pm)  
December 31 open until noon  
\*(Lane swim 9-10am, Leisure swim 10-11am)  
January 1 Closed  
January 2 - 6 Open  
\*(additional Leisure swim 2:00-3:00pm, Lane swim on Mon, Wed and Fri at 10-11am cancelled)

##### Acton Indoor Pool

December 24 - 26 Closed  
December 27 - 30 Open  
\*(additional Leisure/Lane swim 2:00-3:00pm)  
December 31 & January 1 Closed  
January 2 - 6 Open  
\*(additional Leisure/Lane swim 2:00-3:00pm)

\*Regular admission fee applies

##### Acton Arena & Community Centre Mold-Masters SportsPlex & Memorial Arena

December 24th open until noon  
December 25th Closed  
December 26th Closed  
December 27th - 30th Open  
December 31st Open until noon  
January 1st Closed

##### Georgetown Seniors Centre & Acton Seniors Centre

December 24 Closed at Noon  
December 25 - 27th closed  
December 28 Open 8:30AM - 4:30PM  
December 29 Open 8:30AM - 4:30PM  
December 30 Open closed at noon  
January 1st Closed

##### John Elliott Theatre

Closed for renovations.

#### FOR EMERGENCIES

- FIRE/POLICE/AMBULANCE: DIAL 911 157

"Dreams are today's answers to tomorrow's questions."

~ Edgar Cayce

1 Halton Hills Dr., Halton Hills ON L7G 5G2  
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