



Halton Hills Hydro is warning residents of another phone scam circulating through town. If you receive suspicious solicitation, please call Halton Hills Hydro at (519) 853-8501.

Halton Hills Hydro warns residents of circulating scam

A phone scam has been caught circulating in Halton Hills.

According to Halton Hills Hydro's Facebook page, many customers have been coming forward claiming employees at the Ontario Electricity Support Program (OESP) have called their residents asking for access into their homes to perform an audit, a furnace check or to install equipment.

The OESP does not require any of these services. Do not provide any personal information over the phone and

do not let anyone into your home unless you are sure of their identity and purpose of visit.

If you receive suspicious solicitation by phone or at the door, call Halton Hills Hydro at (519) 853-3701 or report the scam to the Canadian Anti-Fraud Centre at 1-888-495-8501.

For more information on the Ontario Electricity Support Program and how to apply, visit www.haltonhillshydro.com or www.OntarioElectricitySupport.ca to apply online.

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Jenni Veneruz
Owner/ Registered
Physiotherapist

A: My daughter suffered a concussion in gymnastics and she has no more symptoms at rest, can she return back to gymnastics?

Q: Once symptom free, it is recommended that each athlete undergo a step-wise process of physical exertion testing. Similar to weight training, athletes recovering from a concussion should not skip to 100% exertion from 0% in a short time frame. Physical exertion testing is important not only for physical re-conditioning, but to guard against symptom relapse and help prevent premature return-to-sport. It is well known that concussive symptoms can be aggravated with exercise and even though you may feel well, running, jumping or stick handling are things that may cause your symptoms return.

Carolyn Dew

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BPHE, RAC,
RTCMP

Q: I struggle with depression at this time of year. Can Acupuncture help?

A: A growing number of people suffering from depression are looking for other therapies to help support their standard treatments of counseling and medication. Others are seeking alternatives to antidepressant medications. Recent research suggests that acupuncture can be a promising option.

One study found the traditional Chinese practice to be as effective as antidepressants, and another study found that acupuncture can help treat the medications side effects.

According to TCM theory depression is seen as an imbalance in the liver organ system and works to correct this by improving liver circulation and boosting the spirit.

Science understands that acupuncture helps improve the mood by releasing natural feel good chemicals in the brain, called endorphins. In addition, acupuncture increases oxygen to the tissues and cycles out stress hormone. The calming nature of acupuncture also decreases the heart rate, lowers blood pressure, and relaxes tense muscles.

For chronic pain sufferers, acupuncture can be effective at both reducing chronic pain and addressing the depressive emotional component that comes along with pain.