

Time Out



Sports and Taps

Fri July 22 Sat July 23 Fri July 29 Sat July

The Reluctants

Bone-Yard

The Pepper Shakers

Queen of Knights

WEEKLY LIVE MUSIC & DANCING IS BACK! Every Sat is Ladies Ngt! \$3.50 shooters

DAILY SPECIALS

*Dine-in only

- Mon – Pound* & Dom. Pint \$13.75
- Tues – Tall Boy (Can./Coors) \$5
- Wed – 1/2 price wings*
- Thurs – Tall Boy (Can./Coors) \$5
- Fri – LIVE MUSIC & Dancing Mini Dom. Draft Pitchers \$7
- Sat – LIVE MUSIC & Dancing
- Sun – JAM Night 5-9 pm with Crosstown Band & 1/2 Price Wings*.

905-877-1913 68 Main St. N., Georgetown (Moore Park Plaza)



Ward 4 councillor Ann Lawlor sits as committee chair during a meeting in March.

Photo by Kathryn Boyle

New fast-track process for building permits in Halton Hills

By Nelia Raposo
Special to The IFP

The building department at the Town of Halton Hills now has a fast-track option for issuing selected building permits. Instead of waiting the usual 10 days, small construction and repair projects will get the green light within a week.

What they have done is respond to requests from some of our contractors and residents asking for a fast-track ser-

vice for selected building permits and so new decks, new sheds, plumbing lines, and small residential repairs will be reviewed in five days rather than ten days, the typical time period that is required by the Ontario Building Code, Ann Lawlor, Ward 4 Councillor, said at July 11 council meeting.

I just want to say well done to the building department for introducing this. I think it reflects great service to our residents. Good on you, she said.

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Georgetown



Gerry Ross
H.B.Sc. PT, MCPA,
FCAMT

Q: My pain comes and goes for no apparent reason, what can be done to figure it out?

A: Physiotherapists are expert detectives when it comes to figuring out pain patterns. It is common for pain from postures or activities to go unnoticed when the individual is concentrating on something else (like data on a computer, conversation or sports). In other cases the painful tissue may lie deep within the body and therefore may not have the pain receptor density that is required to give instant feedback, but is sufficiently sensitive to react to inflammatory chemicals once they have had time to accumulate, often long after the aggravating activity has stopped. This produces a time lapse between the cause and effect making self assessment very difficult. Your physiotherapist is very skilled at identifying these subtle sources of aggravation.

DR. ANOOP SAYAL

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DR. ANOOP SAYAL

Q: Is thumb sucking bad?

A: Yes and no. First, it must be understood that thumb sucking is a natural reflex. An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur. By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become bucked. The bottom front teeth then become crowded backward. A misalignment of the teeth occurs. So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.