

POLICE REPORT

Steer rustler

A skid steer and flat bed trailer valued at \$40,000 were stolen from a Guelph Street address in Acton overnight Saturday/ Sunday.

Police said the skid steer, being used to remove snow, was a 2009 Case 420 CT with a bucket attachment. The trailer was a 2007 Kang with plate number K1020F. Police have no suspects.

March Break caution

With the recent arrest of a Hamilton man in connection with a spate of residential

break and enters in the rural areas of Milton and Halton Hills, Halton police caution people not to be victims.

They offer these tips, especially if you're away from your home:

- Leave your travel schedule and phone number with a trusted neighbour or relative so that you may be contacted if necessary

- Leave a door key and key to your alarm system (if you have one) with a neighbour

- Have someone pick up newspapers and mail or discontinue all deliveries

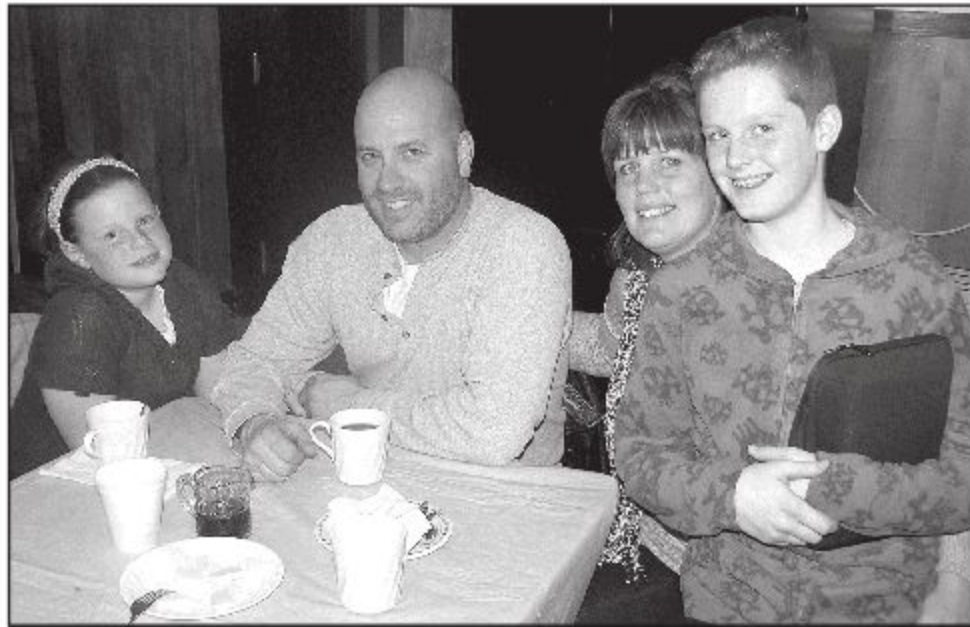
- Arrange to have your snow shovelled

- If you have a second car, leave it in your driveway or arrange to have a neighbour park their car in your driveway

- Check all windows and doors to make sure that they are locked

- Lock your garage

Police also remind the public to utilize Crime Stoppers to report any illegal activity at 1 800 222-TIPS (8477), through the web at www.haltoncrimestoppers.com or by texting "Tip201" with your message to 274637(crimes).



FAMILY FLAPJACKS: The Forbes family of Acton, from left: Emma, 9, P.J., Terri and Travis, 12, enjoyed the Shrove Tuesday pancake supper at St. Alban's Anglican Church. - Ted Tyler photo

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Change your clock and smoke alarm batteries

Change Your Clock



Change Your Battery

On Sunday March 9, the clocks spring ahead one hour in time, and this is also a great time to test your smoke alarms and change their batteries.

Halton Hills Fire Chief Brent Marshall strongly recommends changing your smoke alarm batteries and then testing the alarm to ensure it will function. Aside from pushing the test button to sound the alarm, another easy way to test it, is to hold a lit incense stick 10 - 12" below the alarm and allow the smoke to drift into the device causing it to sound.

Once the alarm sounds, fan the smoke away and give the de-

vice a quick vacuuming to ensure it is free of dust which can affect the performance of the smoke alarm.

The fire service suggests that smoke alarms between seven-and-10 years old, are candidates

for replacement. Manufacturers' specifications may also include an expiry date, which may be stamped on the device; however, generally speaking, the life span of a smoke alarm is 10 years.

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How healthy is your shoulder?

Are you living in pain or discomfort?

While there are many causes of shoulder pain, be it a sports injury, trauma or joint weakness, it's important to have an accurate diagnosis so that the appropriate treatment is implemented.

Common medical diagnoses for shoulder pain include rotator cuff tendonitis, rotator cuff tear, impingement syndrome, frozen shoulder, shoulder dislocations and shoulder separations.

Did you know?

Shoulder pain is one of the most common complaints treated at Eramosa Physiotherapy Associates through our Path to Improved Health.

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