



Graeme Frisque/Metroland

Premier Kathleen Wynne made a stop in Acton on Wednesday (Nov. 8) for a meeting with the Our Kids Network. Wynne kicked off her late morning stop at the neighbouring McKenzie-Smith Bennett public school with a visit to Ms. Manning and Mrs. Kirkwood's kindergarten class. She was joined by Halton MPP, Indira Naidoo-Harris. While there, the premier spent a little time reading a book to students before making her way to the Acton Community Hub for her meeting.

Surge of counterfeit \$100 bills making rounds in Halton: Police

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The Halton Regional Police Service is warning local merchants and residents of a surge in reported counterfeit \$100 bills circulating in the region.

In a release issued Nov. 8, the HRPS said it had received 11 reports in the two weeks prior involving the same counterfeit \$100 bills, all featuring the latest polymer design.

"Local merchants are cautioned to be extra vigilant when accepting \$100 dollar bills, especially when being used for small pur-

chases that would maximize the amount of change given," wrote police in the release.

Police believe more than one counterfeiter is involved.

"Multiple suspects have been described as passing the bills and police suspect that an outside group came to the region with the sole purpose of attempting to pass the bills," added investigators in the release.

Police are asking anyone with information to call Crime Stoppers "See something, Hear something, Say something" at 1-800-222-8477 (TIPS), online at haltoncrimestoppers.com or by texting "Tip201" with your message to 274637 (crimes).

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Gerry Ross
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FCAMT

Q: I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down, I toss and turn all night. What is wrong?

A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.

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