

Two men sought for home entry

Two suspects are being sought by Halton Police following a daylight home entry in Georgetown.

Shortly before noon on Wednesday (April 3) two males entered a residence in the area of Guelph and Mill Streets, confronted the occupant and demanded money.

The victim was physically assaulted, receiving minor injuries and a quantity of cash and cell phone was taken.

During the altercation one of the suspects was armed with what the victim believed to be a handgun.

Suspects:

1) Male, white, middle aged, grey hair (maybe long), under 6'0 tall, black hat, all black clothes and a non-winter jacket with a collar.

2) Male, white, 20-30 years old, buzz cut, dark black sunglasses (possibly Oakley brand), also wearing black clothes and a black non-winter jacket with collar and a black hat.

Anyone with information on this incident is asked to contact the One District Criminal Investigations Bureau at 905 825-4747 ext. 2415, Crime Stoppers at 1-800-222-TIPS(8477), through the web at www.haltoncrimestoppers.com or by texting 'Tip201' with your message to 274637(crimes).



By Cory Soal
R.H.A.D.

... Lend
Me Your
Ears

NOISES AND YOUR SLEEP

Noise does not have to be loud to be harmful, it could take as little 60 decibels (the level of a quiet air conditioner) – to prod us from deep to superficial sleep without our knowing it, interrupting R.E.M. Cycles and leaving us to face the day fatigued and unfocused.

Sleep deprivation from various noisy sources has been blamed for the thousands of highway and industrial accidents each year. The Hearing Clinic specializes in noise alleviating ear plugs, for more information please call today.

For more information feel free to call...

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Ask the Professionals

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Q: Why are hobbies so important to your emotional well-being?

A: Have you ever noticed how when you create art, do wood working projects, scrapbook, knit or sew etc, you feel happier? That is because doing things with your hands triggers a pleasure reaction and a feel-good state in your brain. The brain is circuited toward effort driven actions. This means we are wired to create things and in return we feel good. The benefit of making things with your hands is not only to create a product, it truly is psychological and physiological. The focus required to create brings people to reach a state of "Flow". That is, when we lose track of time and purely enjoy the process and the moment. This psychological state combined with the repetitious and rhythmical movements which come from making things or creating are known to be very soothing and relaxing. So the next time you want to manage your stress, get off the couch, turn off your computer, pick up a hobby and create something.

Manon Dulude is a certified member of OACCPP and a Professional Certified Coach. She can be reached at 905-873-9393



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Christoph Summer
Owner/Administrator

Q: I feel that I am ready for a retirement home, but I'm worried about losing my independence.

A: This is a very common concern for many people considering this kind of move. In fact the opposite is true; moving to a retirement home can give you more independence.

Retirement homes typically provide accommodation, meals, 24 hour staffing, laundry and housekeeping services. This kind of care will free up time and allow you to participate in activities you missed for lack of fun time. In addition to those activities you are currently enjoying in the community, you can enjoy social activities right on your doorstep since most retirement homes also provide a variety of recreational programs.

Some retirement homes lock their doors in the evening for security purposes only. Using an intercom system, residents and visitors still come and go at their leisure.

So, rather than losing independence, you can enjoy a more enriched lifestyle.

InFocus Rehabilitation Centre Inc.

324 Guelph St., Georgetown
Halton Gate Plaza
905-702-7891



JENNI VENERUZ

Q: When I lie down or roll over in bed, I feel a spinning sensation. Why?

A: You may be experiencing the effects of a condition called BPPV. This is a very common problem that occurs in the inner ear. Crystals that are normally contained in a sac in the inner ear fall loose and float into one of the canals. When you move your head in certain directions, the crystals will move through the fluid and stimulate receptors inappropriately, giving you a sensation of "spinning" or VERTIGO. A Registered Physiotherapist with advanced training in Vestibular Rehabilitation can help guide these crystals back into the sac with a very simple and painless maneuver. The treatment is highly effective and the vertigo should be gone after the first visit.

SUSAN S. POWELL BARRISTER & SOLICITOR

FAMILY LAW

350 RUTHERFORD RD. S.
(Plaza 2, Suite 320)

on the Corner of Steeles & Rutherford

905-455-6677



SUSAN S. POWELL

Q: What financial disclosure has to be made when a couple separate?

A: You are required to provide your complete Income Tax Returns and Notices of Assessment for the last 3 years. You are also required to provide your most recent pay statement if you are an employee. If you are self-employed there are documents such as Financial Statements and Income Tax Returns for the Business that are required.

It is important that you retain these documents from year to year and not throw them away.

If there is an issue about the division of property, ensure you retain your financial records which show your assets and debts you had as at the date of your marriage and as at the date of your separation. For example, bank account statements, RRSP's, GIC's, Canada Savings Bonds, purchase and sale of vehicles, pension statements, life insurance policies, credit card statements, line of credit statements, car loans and other financial documents.

If you are uncertain as to what financial documents to retain, you should consult a lawyer. It is better to be safe than sorry.

"Disciplining yourself to do what you know is right and important, although difficult, is the high road to pride, self-esteem and personal satisfaction." - Margaret Thatcher, 1926 - 2013



Georgetown Denture Clinic

Alexander Trenton, DD, F.C.A.D. (A) Denturist

TOOTH CHATTER - georgetowndentureclinic.ca

STAGES OF DENTURE CONSTRUCTION

1. **"IMPRESSION"**: A mold is taken of your gums. A plaster/stone model is then poured. The exact replica of your mouth will enable us to build you a precision-fitting denture.

2. **"BITE BLOCKS"**: The bite establishes the correct position your jaw should be in when they come together. A wax bite block is used to establish this position. Other points of anatomical interest will be marked on the block at this time.

3. **"TRY IN"**: Type of teeth are selected, and they are actually set up with wax in a plastic denture. This enables us to move teeth around and change them, until we have achieved the desired look and function. Only when you are happy with the look do we begin the long involved process of fabrication and the finished product.

4. **"INSERT"**: Today is the day you have been waiting for, the day you get your new dentures. We will insert your dentures, and make any necessary adjustments. You will then be informed of the best methods for good oral hygiene and denture care.

5. **"ADJUSTMENT"**: New dentures can take up to a month or even longer to settle into your tissues. You will probably experience tender sore spots during this period. Be patient! If you get sore spots, give our office a call. That's what were here for!

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