



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

DISTRACTIONS WHILE DRIVING

You have probably heard recently, that legislation has been passed that will target drivers using cell phones while operating a motor vehicle. We all know that distractions are a dangerous combination and common part of driving on today's congested roadways. Any way to lessen the number of distractions faced daily would greatly help one to focus on the task at hand, and get on with their day. At the Georgetown Hearing Clinic, we do not condone the use of cell phones while driving, but when absolutely necessary, a hands free device, such as a speaker phone, Onstar™ or a bluetooth connected earpiece can be very useful and help reduce distraction - not to mention allow the driver the use of both hands.

At The Georgetown Hearing Clinic, we provide a wide variety of custom fit and non custom fit bluetooth hands free devices.

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NEWS

HALTON HILLS YOUTH CENTRES RECEIVE MENTAL HEALTH FUNDING BOOST

Local youth will benefit from mental health services at the Halton Hills Youth Centres thanks to the fundraising efforts of local businesses.

Over \$10,000 raised at the third annual Movie Under the Stars event was recently donated to the centres and used to support an intensive youth worker position at both the Acton and Georgetown locations.

In partnership with Reach Out Centre for Kids (ROCK), the intensive youth worker ensures that all young people frequenting the centres are provided access to mental health services.

"We are incredibly grateful for the generous support of the Movie Under the Stars event," said Mayor Rick Bonnette. "We recognize that mental health is as important as staying physically fit



Town of Halton Hills photo

Staff from Georgetown Chevrolet, Scotiabank, Royal LePage Meadowtowne, Generations Physiotherapy Centre and The Club at North Halton present Halton Hills Youth Centres with \$10,300 raised at Movies Under the Stars. On hand were (front row, from left) Stephanie Barrington, Samantha O'Leary, Mayor Rick Bonnette, Silvana Bezina, Ola Jiskra, Alana Stroeder, Barbara Legere, Kosta Papadeas, Oliver Catalig; (back row, from left) Glen MacDonald, Councillor Jane Fogal, Melanie Frazer and Mike Jacobs.

and this community's collaborative spirit is a big part of the success of our Youth Network. I am pleased that the Town continues to grow and improve the operation of our local youth centres in partnership with our local business leaders."

Halton Hills Youth Centres are supervised, recreation-based, drop-in locations that offer scheduled activities supporting an array of active and passive recreation and social opportunities for youth aged 12 to 24. Trained staff work with the young local residents and provide referrals to services in Halton Hills and within Halton Region.

The centres are located at 96 Guelph St., Georgetown (inside Gary Allan High School) and 47 Mill St. E., Acton.

For more information visit www.haltonhills.ca/youth or contact Stephanie Barrington, recreation co-ordinator - youth programs at 905-873-2601, ext. 2285 and youth@haltonhills.ca.

The Movie Under the Stars event was sponsored by Georgetown Chevrolet Buick GMC, Generations Physiotherapy, Silsells Team Royal LePage Meadowtowne Realty with title sponsors Scotiabank, The Club at North Halton and Tim Hortons Georgetown.

MAN FACING CHARGES IN GEORGETOWN SHOOTING

Halton Regional Police have arrested a Mississauga man in connection with a recent shooting at a home in south Georgetown.

The incident occurred the afternoon of Feb. 26 when police officers, along with the tactical rescue and canine units, responded to a report of shots being fired at a residence on Garrison Square, near Mountainview and Argyll roads. Police say nobody was home at the time of the incident and there were no injuries.

Following an investigation, Juvonte Hylton, 22, of Mississauga was charged with possession of a weapon for a dangerous purpose, reckless discharge of a firearm, possession of a controlled substance and fail to comply with recognizance.

"Police believe the victim and their residence were targeted by the accused," states a police press release.



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Zachary Fiddes
B.ENG., O.L.S. President

Q : What are setbacks and how do they affect my property?

A : In last month's topic about Zoning I touched on setbacks and in this month's feature I would like to expand on this topic.

Setbacks are defined as the distance between roads, property lines, structures, or significant features where building is prohibited. Setbacks are created by Municipal and Provincial governments through By-laws to protect public safety, privacy, and the environment.

When building a structure on your property, such as a garage or even a shed, you should know how far it needs to be located from a setback line prior to construction. Costly mistakes are made by home owners who build within the setback limit.

As a licensed Ontario Land Surveyor I'm available to discuss the setback regulations governing your property and help ensure any structure you plan on building meets these regulations.

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BPHE, RAC,
RTCMP

Q : Is Acupuncture Effective in the Treatment of Pain?

A : Acupuncture is well known for its ability to relieve pain and to help manage chronic pain disorders. It has been shown to stimulate the production of endorphins (chemicals that block pain), neutralize trigger points, relax muscles, and block the transmission of pain signals to the brain.

Chinese Medicine views pain as a result of a blockage of the normally smooth flow of Qi through the body's circulation pathways. Qi is the energy that nourishes every cell, tissue, organ, and system in the body. When its circulation is obstructed due to injury, stress, or disease, it accumulates on one side of the blockage and is deficient on the other side. According to TCM theory, Acupuncture relieves pain by moving the Qi.

Acupuncture is an effective therapy for many different types of pain syndromes including neck & back pain, headaches, nerve pain, tendonitis, and sports injuries. It is an excellent way to provide pain relief and at the same time improve local circulation to the affected area, thereby encouraging the body to heal itself. Acupuncture helps resolve acute and chronic pain syndromes.