

Business

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Chrome opens

With the opening of Chrome at 130 Guelph Street, teen girls now have a local store that caters to their fashion tastes. "We wanted to target teenage girls, and offer a full line of clothing," says owner Margaret Bidzinski, "My daughter Olivia works with me, choosing the styles we carry in the store. That way I have her opinion of what lines are popular in her age group." Bidzinski says although the store is primarily for teens, they also carry some ladies fashions, and said the store has a great selection of name brands, like Roxy, Split, Flosport, Hurley, as well as the Canadian-based Powder Room line, and TRL from Europe. Open since September 1, the store is located in Unit 1 at 130 Guelph Street, and is open Monday through Thursday from 10 a.m. to 6 p.m., Fridays from 11 a.m. to 7 p.m., and Saturdays from 10 a.m. to 3 p.m. For more information, call Bidzinski at 905-702-9237.

Photo by Ted Brown

Junior Achievement needs volunteers

Do you want to do something that makes a difference for kids? Do you like passing on your knowledge and wisdom to the next generation of business leaders?

Consider volunteering to deliver a Junior Achievement program in your community. Junior Achievement provides an opportunity for local business leaders, educators, parents and the community-at-large to work together to help prepare our youth for their future. Contact Jamie Schumacker at 905-877-4304 for more information.

Junior Achievement is hosting the Halton Hills Chamber of Commerce's Business After 5 event at Boston Pizza, on Wednesday, Oct. 6, 5-7 p.m. Find out how Junior Achievement can provide opportunities for today's business leaders to boost their management skills. All are welcome. Co-sponsored by Oxford Learning Centre and Boston Pizza.

Ask The Professionals

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC
 (905) 877-8668



83 Mill St., Suite B
 Georgetown, Ont.
 L7G 5E9



Marta Masley
 B.Sc.(PT), M.C.P.A.

Q: I have recently joined a gym and have been put on an exercise program. The personal trainer has told me to stretch. Why is stretching important and what are the rules of stretching?

A: Stretching is a form of exercise that helps to temporarily lengthen a muscle and its tendons (muscle attachment to bones). More commonly, this is termed as "improving flexibility". Stretching is important because flexibility is needed for various activities and sports. Putting undue stress on joints and muscles that are not flexible can result in an injury.

Stretching is most effectively done after a light warm-up. The muscle is warm and blood flow is increased, thus allowing for more of a stretch. Stretching should be done before and after a work out. The type of stretch performed is specific to the muscle being targeted. Your personal trainer should be able to show you stretches for particular muscle groups. A stretch should be performed slowly and in a pain free range. You should stretch to the point where you feel a firm pulling sensation. Hold this position for 30 seconds. Repeat 3 times.

Like any other training, stretching requires time and effort. Done on a regular basis, you should begin to notice changes in your flexibility and range.

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318 Guelph St., Georgetown
 Indoor Mall next to Harveys



GERALD ROSS
 H.B.Sc. PT, MCPA, res.CAMT

Q: My children play a lot of sports. Should they be stretching to prepare for activity?

A: Youthful tissue is more resistant than older tissue to strains and sprains but these types of injuries do occur in children. It is also important to consider that habits formed during youth lay the foundation for adult behaviour and from this perspective it is crucial that young people are taught the principles of pre-game preparation and post-game cool down so that they are more likely to enjoy the benefits of being active throughout their lives. Performing drills prior to sports enhances mental alertness and reflex responses and stretching prior to sports exposes the tissues to forces that may be encountered during the sport but do so in a more controlled manner, thus preparing the tissue without the risk of injury. Stretching after activity is one of the best ways to stimulate lengthening of tissues because the tissues are warm and therefore more pliable. This also "wring out" muscles which possess irritating chemicals such as lactic acid.

Send your questions for any of these professionals:
"Ask the Professionals"
 Independent & Free Press, 280 Guelph St., Unit 29, Georgetown L7G 4B1

The Independent & Free Press
 A Metroland Community Newspaper
 SERVING HALTON HILLS AND SURROUNDING AREAS

280 Guelph St., Unit 29,
 Georgetown Ontario • L7G 4B1
 Telephone (905) 873-0301 ext-232
 aspinney@independentfreepress.com



Adam Spinney
 Sales Representative

Q: What is the benefit of placing a small advertisement on one of your community service pages?

A: A community service page is an ad which is produced in conjunction with area businesses to help support the advertising of a non-profit organization such as Cancer Assistance Service of Halton Hills, or the North Halton Literacy Guild. These pages are used to promote an event such as Alzheimer's Awareness Month (January) or the naming of Georgetown & Acton's Citizens of the Year.

There are many benefits of placing an ad on one of these pages. For the organization, it means they are able to allocate more funds to their cause, instead of having to fix advertising costs into their budget. The extra exposure in our paper also helps the attendance of the organization's event. For the local businesses which advertise on the page, it is not only an opportunity to help out a worthwhile cause, but also to remind our readers of their company's presence in our community.

If you are interested in being a part of our community service pages, or have any further questions, please feel free to contact myself Adam Spinney at 905-873-0301 or email: aspinney@independentfreepress.com.

SUSAN S. POWELL
 BARRISTER & SOLICITOR

FAMILY LAW

2 COUNTY COURT BLVD., BRAMPTON
 (1 block south of Steeles at Hwy. 10) •
 (905) 455-6677



Q: My husband and I have decided to separate. My lawyer has told me that my husband and I should each prepare a Financial Statement. My husband told me his lawyer says that we can waive the Financial Statements if we both agree. My husband does not want to do a Financial Statement. What should I do?

A: When a couple separate and negotiate a Separation Agreement, there are 3 conditions they must meet. 1. The agreement must be in writing, signed and witnessed. 2. Each party is to have their own lawyer to obtain advice. 3. There must be financial disclosure. This is done by exchanging a Financial Statement. You have retained a lawyer to give you legal advice. If you do not complete a sworn Financial Statement your lawyer is unable to properly evaluate your situation and give you legal advice. You and your husband may believe you know each other's financial situation but there may be factors of which you are not aware and that should be taken into account when providing financial disclosure and determining support and dividing your property. In addition, if the situation changes in the future, it is often necessary to review the original Financial Statement. Financial Statements are very important documents. You should complete it so that it can be thoroughly reviewed with your lawyer and provided to your husband or his lawyer.

Attention Readers

Send any questions you may have for our professionals on this page clearly stating who your question is for and with the heading

"Ask The Professionals"

MAIL or FAX

The Independent & Free Press

280 Guelph Street, Unit #29
 Georgetown, Ont. L7G 4B1

Fax # 905-873-0398

Attention: Ask A Pro

If you are a Professional who would like to be part of this page ~ call Adam 873-0301

OXFORD

211 Guelph Street., Georgetown
 (905) 877-3163



Shari White
 Education Director

Q: I have noticed your ads many times in the paper. What does Oxford do for students? What do you mean by "Beyond Tutoring"?

A: Traditionally, tutoring relies heavily on memorization and its benefits are almost always short term. Repetitive memorization only stays with the student briefly. We give all Oxford students the ability to determine their level of success for themselves. Our exclusive curriculum and teaching methods develop students' metacognitive skills, which means they can understand how efficiently they are learning - learning for life! The Oxford program energizes the cognitive ability of the student to absorb and process information. This power stays with the student for life. It is used in every subject and in every learning activity. We teach students to become more aware of how they learn and to constantly raise and answer questions - Am I learning? Am I paying attention? Do I understand? Does this make sense? Oxford students master academic skills and get better grades, but more importantly, they understand. Oxford's program of cognitive development not only produces higher marks but also helps students develop better learning and processing skills for life.