

## Ask The Professionals

Send your questions for any of these professionals:  
**"Ask the Professionals"**

Independent & Free Press, 280 Guelph St., Unit 29, Georgetown L7G 4B1



483 Guelph St  
 Norval, ON L0P 1K0  
 Tel: (905) 873-8510  
 www.mydoctor.ca/drkarmy

**Dr. Ann Karmy, B.Sc, D.C.**  
 Certified A.R.T. Provider

**Q.** What is Active Release Technique (ART) and how it used to treat pain? Who can benefit from ART?

**A.** Active Release Techniques (ART) is a type of manual hands-on therapy that corrects muscular and soft tissue problems. Soft tissues are muscles, nerves, tendons, ligaments and the connective tissue that surrounds or contains them. The manual technique used by the ART provider is not invasive, it is very specific, and provides excellent results. Usually a patient will see significant results within just a few visits. ART provider uses his or her hands to evaluate the texture, tension, movement and function of muscles, fascia, tendons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements. Active Release has the patient perform movements to take the muscle from the shortened to the lengthened position while the provider applies tension to break up adhesions in the muscle. This technique is therefore more aggressive than massage therapy and is used for repetitive strain injuries, muscle adhesions and joint dysfunction. Some of the more common conditions successfully treated with ART are: repetitive strain injuries, carpal tunnel syndrome, frozen shoulder, headaches, elbow pain, back pain, knee injuries, and a wide variety of other musculoskeletal conditions throughout the body. These conditions are often the result of acute injuries, repetitive stress and lack of oxygen to an area. The goal of ART is to restore optimal texture, motion, and function of the soft tissue and release any entrapped nerves or blood vessels. Active release is effective in treating muscular problems in athletes, car wreck victims, or overuse injuries. Only a credentialed ART provider can ascertain whether ART might prove beneficial for your condition. With a success rate of over 90%, Active Release Technique, is one of the most effective forms of treatment for repetitive-motion injuries, has helped Olympic athletes achieve gold medals, and allowed injured athletes to return quickly to their training protocols.

## CW INTERIORS

Carolyn Williams  
 905-702-1299  
 416-624-8772

carolynwilliams@ccogeco.ca  
 Member of CDECA



Carolyn Williams

**Q.** We would like to finish our basement this winter. What services can you help with?

**A.** At CW Interiors, we can provide full service for all of your renovation plans. From finishing basements, to ensuite baths, and even kitchens. We can provide design plans, renderings, finishes, paint colours, furnishings, contract trades, implement design and build. We are thrilled that we are now a full service company, having partnered with one of Halton Hills finest contractors, Aurelio Damota. Winter is a great time to do any interior renovation, with basements being number one on the list. Why not think about expanding your living space and adding value to your home. Ensuite baths are one of my favorites, it is an extremely rewarding area of design, since I get to create an absolute haven for someone! Again, this is one of the first things buyers look at in resale. You can never lose with a great bathroom. Let's talk renovation! Give us a call for a free consultation and estimate, and we will create a fabulous space!

## Heal Thyself Clinic

**Homeopathy**  
 Reflexology, Yoga & Meditation Workshops,  
 Reiki, Shiatsu  
 519-853-8950  
 13377 Fourth Line, Acton



Cynthia Simmons  
 Homeopathic Doctor

**Q.** What is Homeopathy and what can it do for me?

**A.** Homeopathy is a gentle, deeply healing System of Medicine. It was founded 200 years ago by German Physician Samuel Hahnemann. Unlike traditional pharmaceuticals which suppress symptoms that later recur, often on a deeper level, Homeopathy cures from the inside out. It removes the underlying emotional or mental stress of chronic disease first; then moves the illness out of the body. Homeopathy treats the whole body - emotional, mental and spiritual as well as physical. Homeopathy is SAFE with very low risk of side effects. It enhances Quality of Life as it heals. Visiting a homeopathic doctor is a unique health experience. Whether your concern is acute or chronic, you will be cared for in a thorough and holistic manner. Your first appointment can last up to 90 minutes. It consists of an extensive health history as well as an examination of physical and emotional issues as they relate to one's overall health. For this winter season, Homeopathy can help you with the Flu & Colds. The well indicated HOMEOPATHIC REMEDY will resolve a flu within a few days if taken at the onset. When you see your symptoms clear up in one day while others are suffering for weeks, you will see for yourself the power of Homeopathy.

### Thursday, Dec. 1

**Library Preschool program:** Halton Hills Public Library offers free programs for young children. Registration for most programs is by lottery; however, there are several drop-in programs that do not require registration. Registration forms are available at both branches, or at www.library.hhpl.on.ca December 1 to 30. Programs begin in January. Info: 905-873-2681 ext. 2520 or 519-853-0301.

**Christmas crafts:** Maple Nursery School, in Cedarvale Park, is hosting a Drop in Christmas Craft Workshop for 2-5 year olds and their parents, 1-3:30 p.m. All welcome, all supplies and snack will be provided. No charge but donations for the food bank appreciated.

**Ballinafad euchre:** Ballinafad Hall Board hosts euchre at the Ballinafad Community Centre, 7:30 p.m. Cost: \$3 per player. Lunch, coffee and tea served.

**Emotions Anonymous:** Is your life becoming unmanageable? Emotions Anonymous can help! No cost, no commitment and no appointment necessary. The group meets every Thursday, 7:30 p.m. sharp at Norval Presbyterian Church, rear entrance. Info: Angela or David, 905-873-2852.

### Friday, Dec. 2

**Christmas Youth Dance:** Kinette Club of Acton and P.O.S.S.E. of Halton Hills hosts a dance for Grade 5-10 (approximately 10-15 years of ages), 7:30-11 p.m. at the Acton Community Centre. Cost: \$5 per person.

**Christmas concert:** 7:30 p.m. at Georgetown Christian Reformed Church, 11611 Trafalgar Rd., Georgetown, featuring Brampton Christian Male Choir. Tickets, \$10 at the door.

**Friday night euchre:** 7:30 p.m. at Georgetown Legion. Admission: \$2.

**Youth Centre:** The Fund-raising Committee of Halton Hills Community Support and Information will unveil plans for a proposed new Youth Resource Centre, 12 p.m. at St. George's Anglican Church. If you are interested in learning about ways you can help, call 905-873-6502.

### Saturday, Dec. 3

**Christmas Joy:** Georgetown Children's Chorus presents *Christmas Joy*, at 2 p.m. and 7 p.m. at the Georgetown Christian Reformed Church, 11611 Trafalgar Road. Tickets \$10 (adults) and \$7 (seniors/students). Tickets at the door.

**Cote Terrace bazaar:** Cote Terrace Seniors Apartments, 171 Main St. S. in Georgetown, hosts a bazaar, 10 a.m. to 2 p.m. Bake table, knitting, crafts, white elephant. Lunch served 11 a.m. to 2 p.m.

**Christmas Bazaar:** 9 a.m. to 2 p.m. at Knox Presbyterian Church, Ospringe. Homemade baking, handmade goods, crafts, preserves, draws, new and used treasures. Lunch.

**Christmas on the Credit:** at St. Alban's Church Hall (wheelchair accessible), 537 Main St., Glen Williams, 10 a.m. to 2 p.m. Features this year: home baking and preserves, sewing & knitting, penny sale, garden shop, men's table,



# Happy Sweet 16 Riley

Love Mom, Dad,  
 Kelsey & Megan

## Community Calendar

- is a free editorial service to non-profit groups, churches, schools, and charity-supported events only.
- A contact name and telephone number must be part of each submission. Make sure the five 'Ws' (who, what, where, why and especially when) are included
- Fax to Community Calendar: 905-873-0398; e-mail: cgamble@independentfreepress.com or drop off at The Independent & Free Press front desk located in the Georgetown Market Place.



lunch and more.

**Family Together Acton:** Join us for Family Together at the Ontario Early Years Centre Acton Satellite, 85 Wallace St., with your children, from birth to kindergarten age, to interact with their children in creative, free play and circle activities. Talk with other parents or make use of our Resource Library. Info: 519-853-2574.

**Euchre:** is held every Saturday night at the Hornby Co-operative Nursery School on Steeles Ave. at 7:30 p.m.

**Overeaters Anonymous:** meets Saturdays 10 a.m., at Sacred Heart Catholic Church in Rockwood.

### Sunday, Dec. 4

**Book sale:** The Friends of the Halton Hills Public Library is hosting a big book sale 1-4 p.m. in the Gallery of the Halton Hills Cultural Centre. Lots of books for all interests and ages. Info: 905-873-2450.

**Father Mark Curtis:** Huttonville United Church presents *Father Mark Curtis and A Special Evening of Music*. Limited tickets; 5:30 p.m. supper and concert, \$25; 7 p.m. concert only, \$15. For tickets call 905-455-8258.

**White Gift Sunday and Children's Christmas presentation:** Sunday school children will perform a unique presentation of that special story at 11 a.m. at St John's, 11 Guelph St, Georgetown. Info: church office, 905-877-2531.

**Special Candle Light Service:** Everyone is welcome to attend the annual Advent Candlelight Carol Service, 7 p.m. at St John's United Church in Glen Williams. The participation of church choirs and church musicians playing piano, guitars, cornet, flutes, and fiddle will help capture the spirit of Christmas. Refreshments after the service. Info: church office, 905-877-2531.

**Advent Event:** at St. Andrew's United Church, corner of Mountainview Rd. and Sinclair Ave., 4-7:30 p.m. Join us for crafts, carol singing, trivia contest, Christmas tree ornament exchange, potluck supper and a talent show for all ages.

More CALENDAR, pg. 14



Rob & Correen Bouskill of Glen Williams and Sherry Werner and Bob Behrens of Topeka, Kansas would like to announce the marriage of their children **Duke** and **Staci** in a lovely river side ceremony on September 24, 2005 at the Terra Cotta Inn.

## Who's retiring?

After 43 years of dedicated service, not only to Murray Motors (now Georgetown Chevrolet), but to the community and surrounding areas of Georgetown, Jim Wallace is saying "Goodbye".

Congratulations; to a man who has shown us all what hard work, enthusiasm for cars and devotion to his customers is truly all about!

Your smile, keen knowledge and kind ways, made each customer know and feel reassured that they were receiving the best quality and customer service!

Congratulations Dad/Jim!  
 Love always, your girls and their families!



MANON  
**Dulude**  
 PSYCHOTHERAPIST

INDIVIDUAL  
 COUPLES  
 FAMILY COUNSELING  
 DEPRESSION  
 ANXIETY  
 SEPARATION/DIVORCE  
 LIFE CHANGES

38 OAK STREET  
 GEORGETOWN  
 ONTARIO

PROFESSIONAL  
 COUNSELING  
 SERVICES

(905) 873-9393