

COMMUNITY CALENDAR

Wednesday, Jan. 4

BPW Halton: Business and Professional Women Halton meets the first Wednesday of the month, 6:45-9 p.m. at RattleSnake Point Golf Club, 5407 Highway 25, Milton. RSVP: Pat Dunwoody, pdunwoody@ifdsgroup.com or 416-506-8057; \$10 for pre-registered members, \$15 for non-members.

Thursday, Jan. 5

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.

Patient's Connect: a professionally facilitated drop-in support group for cancer patients is offered on the first and third Thursday of each month from 1-2:30 p.m. at Wellspring Halton-Peel, 2545 Sixth Line, Oakville. Info: 905-257-1988.

Friday, Jan. 6

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

Saturday, Jan. 7

Bottle Drive: CheerForce Flyers Cheerleading team is holding a bottle drive to help raise funds for their competition in Dallas, Texas. To arrange pick up, please call 416-526-9660 or e-mail info@cheerforceflyers.com.

Tooth Chatter



by
ALEX TRENTON
DENTURIST

"HAD A FALLING OUT?"

If a tooth is lost it's important to replace it with an artificial one to prevent your other teeth from drifting out of line. These neighboring teeth can become more susceptible to decay and gum disease. Tooth misalignment can also cause jaw problems.

These are four main types of artificial teeth. Each is designed to solve a specific problem.

*A removable partial denture

*Complete or full dentures

*Dental implants

*A fixed partial denture or fixed bridge

Be sure to carefully consider which dental prosthesis is right for you. You do not need a referral; simply call our office direct.

Consultations are always free. If you have any questions regarding your dentures, give our office a call.

You do not need a referral - simply call our office direct.

Creating confident smiles since 1982.

Alexander Trenton, D.D., F.C.A.D. (A)
Denturist
Georgetown Denture Clinic,
18 Church Street,
Georgetown, Ontario
(905) 877-2359

(Across from the Library and Cultural Centre)
www.georgetowndentureclinic.com

STARS AND SPARKLES presents
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NEW Birthday Bash! ages 6+ Boys & Girls
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GEORGETOWN CINEMAS
235 GUELPH STREET
905-873-1999

1 **NARNIA THE LION, THE WITCH & THE WARDROBE**
PG Daily 6:45 p.m. & 9:15 p.m.
Wednesday thru Sunday 2:00 p.m.
Frightening Scenes

2 **CHEAPER BY THE DOZEN 2**
PG Daily 6:45 p.m. & 9:00 p.m.
Wednesday thru Sunday 2:00 p.m.

3 **FUN WITH DICK & JANE**
PG Daily 7:00 p.m. & 9:00 p.m.
Wednesday thru Sunday 2:00 p.m.

GIFT CERTIFICATES AVAILABLE
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By Cory Soal
R.H.A.D.

... Lend
Me
Your
Ears

LOSS OF HEARING DUE TO NON-AGING FACTORS

Hearing loss due to aging can be compounded by other things. A few of these include noise exposure, disease, and ear infections.

Hearing loss due to age and noise are cumulative. That is, hearing loss from noise exposure will be added on to hearing loss due to aging. Neither are not medically correctable. There is something to be said for protecting the hearing that we have left by wearing hearing protectors when exposed to noisy environments.

Each of us reacts differently to hearing loss. We may totally or partially deny that a problem exists. Typical "denial" statements are "you're mumbling again", or "I was not paying attention", and can be a way of concealing hearing difficulties.

The HEARING CLINIC

We care about your hearing!

Professional Arts Building
99 Sinclair Ave., Suite 210
Georgetown
(905) 873-6642

WOW 50!



Still Fifterrific



HALTON HILLS
Working Together Working for You!

2006 BUDGET MEETING

Budget Committee will be commencing Budget deliberations on **Monday, January 16, 2006**, at 6:00 p.m.

Please note all delegations will be heard on Monday, January 16, 2006. Accordingly, if you wish to address Budget Committee, please register by **Wednesday, January 11, 2006**, to Leesa Emmerson at 905-873-2601, ext. 2333. 197

EMPLOYMENT OPPORTUNITY

Part-Time ECE Instructor - Recreation and Parks
Posting No. 200601

The Recreation and Parks Department requires a part-time ECE Instructor for its Preschool programs in Georgetown.

RESPONSIBILITIES

- Successful candidate will provide a variety of preschool activities for children ages 2-1/2 to 5 years of age.
- Responsible for provision of craft, game, song, learning and special event type activities.
- Responsible for offering a structured program that will help prepare participants for entry into elementary school.

QUALIFICATIONS

- The successful candidate must be creative, caring and have experience working with children in a preschool/nursery setting.
- Preference will be given to those with current ECE qualifications (or equivalent) and first aid training.
- Candidates must be willing to obtain a criminal reference check prior to commencing employment.

SALARY RANGE

The salary range for this part-time position will be \$17.06 to \$20.30 per hour (January 1, 2006 rates), commensurate with qualifications and experience. The successful candidate **MUST** be able to work Monday, Wednesday and Thursday mornings (6-10 hours/week).

Qualified candidates may submit a detailed resume in confidence by **4:30 p.m., Friday, January 13**, quoting **Posting No. 200601** to:

Ms. Jackie Kerr
Manager of Human Resources
Town of Halton Hills
1 Halton Hills Drive
Halton Hills, ON, L7G 5G2
Fax: (905) 873-1431
humanresources@haltonhills.ca

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Personal information is collected under the authority of the Municipal Act, 2001 (S.O. 2001, C.25) and will be used to select a candidate. Questions regarding this collection should be directed to the Manager of Human Resources. Only those persons being interviewed will be contacted.

AN EQUAL OPPORTUNITY EMPLOYER

1 Halton Hills Dr.,
Halton Hills, ON L7G 5G2
Tel.: 905-873-2600
Fax: 905-873-2347

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 Low Level Laser Therapy? How does LLLT work? Which conditions are treated using LLLT?

A: LLLT, or Low Level Laser Therapy is a non-invasive, safe and painless tool in managing the pain of musculoskeletal disorders. It has been successfully used around the world for over 30 years, with no reported long-term side effects. LLLT is the application of red and near infra-red light over injuries or lesions to improve soft tissue healing and give relief for pain. LLLT, also called Cold Laser, is different from hot lasers, commonly used in surgery. The effects of LLLT are biochemical and not thermal; it cannot cause heating and thereby damage to living tissue. When the laser contacts the skin, the patient experiences no warmth or burning sensation as a result of the laser. Most people feel nothing at all while a few may feel a slight tingling during the treatment. LLLT is used to increase the speed and quality of tissue repair, improve function of damaged tissue, relieve the pain and resolve inflammation. In other words, it stimulates and energizes the cells. It is an excellent alternative to needles for acupuncture.

The LLLT produces a beam of light with a specific wavelength and frequency, which applied over the injured area to stimulate healing. When the light penetrates the injured tissue, the electromagnetic energy of the light is converted to chemical energy within each cell; it leads to chemical reaction in the cell, which results in acute and chronic pain relief, reduction of swelling and inflammation, stimulation of nerve function, increase of tissue strength, stimulation of tissue healing, increased mobility or range of motion.

LLLT is used for soft tissue injuries, joint conditions, most myofascial related chronic and acute pain. The following are conditions successfully treated with Low Level Laser: Whiplash Injuries, Headaches, Fibromyalgia, Carpal Tunnel Syndrome, Chronic neck, back, and shoulder pain, Knee Pain, Joint Pain in knees, hands, ankles, and hips, Arthritis, Osteoarthritis, Rheumatoid Arthritis, Rotator Cuff Injury, Bursitis, Tennis Elbow and Golfer's elbow, Plantar Fasciitis, Tendinitis, TMJ, Neuropathic Pain, Facet Syndrome, Ankylosing Spondylitis, Muscle Sprain/Strain, Myofascial Pain Syndromes, and other Musculoskeletal Injuries.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: How do I get rid of bad breath?

A: That depends on what is causing it. Often, bad breath results from less-than-optimal oral health and sometimes people are not aware that they are not performing oral hygiene as effectively as they could be. A dental hygienist or dentist will be able to evaluate your oral health procedures and make recommendations for improvement, also these professionals will be able to recognize any associated problems that might be contributing to an unpleasant mouth odour. In addition to evaluating and suggesting alterations to your brushing, flossing, and tongue deplaqueing regimen, your dental hygienist may recommend products such as a mouth rinse that contains zinc. If it turns out that the problem isn't in the mouth, a physician appointment is advisable. Sinus problems, stomach problems and certain foods and medications, and other factors can contribute to bad breath.

Halton Hills Speech Centre

Division of M. Karen MacKenzie-Stepner Speech-Language Pathology Professional Corporation

211 Guelph St., Suite #5
Georgetown L7G 5B5

905-873-8400 www.haltonspeech.com



Karen MacKenzie-Stepner

Q: My husband suffered a stroke recently and now has aphasia. What can I do to help?

A: Following a stroke some people have difficulty understanding what others are saying or have difficulty speaking. This is called Aphasia (AA-FAY-ZIA). There are many things that you can do to assist your husband to communicate to the best of his ability. Depending upon his specific difficulties a Speech-Language Pathologist can help you develop a personalized program that will help both of you.

The following is another option that is available to you. The Halton Aphasia Centre has two programs operating. On Mondays the group meets at the Glen Williams Town Hall and Tuesday a Burlington group meet at The Wellness House in Burlington. People with aphasia, due to stroke or head injury, have limited means of communication and this program provides supportive opportunities for the exchange of information, opinions and feelings. It is offered once per week at the above mentioned locations from 9:30 a.m. to 1:30 p.m. and is open to anyone, subject to assessment. This program's goal, under the supervision of a Speech-Language Pathologist, is to help aphasic adults recover to some degree their former communication skills, thus reducing their social isolation and improving their quality of life. For more information contact the Halton Aphasia Centre at 905-702-5312 or toll free 1-866-204-4044. Are you interested in becoming a volunteer communication facilitator? Please call for more information.