



BASF employees donate to the United Way

The United Way of Halton Hills recently received \$1,000 from BASF on Todd Road after the employees held a number of fund-raising events. On hand for the presentation were (from left) BASF employees Joe McLaughlin and Leslea Pollock, BASF site manger Steve Ransome, and United Way volunteer Don Fitzsimons and executive director Kim Robinson.

Photo by Ted Brown

Habitat for Humanity holds public meeting on spring building plans in Georgetown

Habitat for Humanity Halton (HfHH) is building a brand new home at 50 Dayfoot Drive with an anticipated construction start date of spring 2006.

An information session and community meeting will be held tomorrow night (Thursday) at Salvation Army Community Church, 271 Mountainview Rd. S., starting at 7:30 p.m.

Volunteers are needed to not only work on the building, but to provide refreshments and lunches to the builders. Anyone can volunteer. HfHH is able to match the level of volunteers' skills, or enthusiasm to the needs of the build. Safety equipment, such as hard hats, eye protection and safety gloves for all volunteers on the build will be provided by HfHH; however, volunteers are required to provide their own safety boots. All volunteers are provided with

free, mandatory health and safety training prior to beginning work on the build.

This is the first Habitat home in Georgetown with more to be built. This home will provide decent, affordable housing and the pride of home ownership for a single mother with two young school-age children.

HfHH, formed in 1999, and one of 67 Habitat non-profit affiliates across Canada, works in partnership with businesses, churches and community people from all walks of life, to serve those in need of decent, affordable housing by building or renovating houses so that families in the community can break free of the poverty cycle for generations to come.

For details visit the website www.habitathalton.ca or call the office at 905-637-4446 (toll-free, 1-866-314-4344) to find out how to get involved or make a donation.



Small Engine Night School Course 2006

Instruction by Don Hamilton, a Master Mechanic with 38 years of experience and award winning performance.

- Learn the basics of maintenance and care for your small equipment.
- Save \$\$\$ on minor repairs and preventative maintenance.
- Be prepared for each season before it arrives.

Tuesday evenings 7 - 9 pm
at Adam's Rental and Repair.
 334 Guelph St., Georgetown

Cost \$20 per class for 8 weeks, plus manual fee.

Call 905-451-2729 to register.



Amanda Powell and Martin Gardiner were joined in matrimony Saturday, December 10th, 2005.

The couple will reside in Milton, following a Hawaiian honeymoon

Congratulations, kids!

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: My 10 year old daughter is a competitive gymnast. Over the years of intensive training, she has had numerous injuries (sprained ankles, muscle strains, etc.) Should she be wearing any type of braces, or have her wrists/ankles taped before she performs?

A: Gymnastics, or most sports for that matter, involves stress on different body parts. By the sounds of it, your daughter is probably practicing anywhere from 10-20 hours weekly. Muscle strains or joint sprains can occur either due to overuse, or because of a traumatic episode. Either way, precautions should be taken if a sprain or strain does occur. Seeking immediate physiotherapy treatment can help expedite healing, and your physiotherapist can advise you on when it is safe for your daughter to return to gymnastics. Usually this is done on a gradual and progressive basis. Initially, taping or bracing a joint or muscle may be necessary, but this is not a long term solution. A 10 year old child should not have to rely on splints to prevent injuries. It is imperative that the injured area be rehabilitated so that the child has a proper "internal support system". Again, your physiotherapist will know how to re-condition all components involved - strength, flexibility, proprioception.

Heal Thyself Clinic

Homeopathy

Reflexology, Yoga & Meditation Workshops,

Reiki, Shiatsu

519-853-8950

13377 Fourth Line, Acton



Cynthia Simmons
 Homeopathic Doctor

Q: Can you help with my DEPRESSION?

A: Patients with depression, bipolar disorder, and manic depressive syndrome can see significant improvement with the use of nutritional supplementation such as B Complex & Essential Fatty Acids. I recommend that all my patients take the basic nutritional support I refer to as cellular nutrition. Homeopathic remedies are prescribed by symptoms rather than conditions, as each case of a particular illness can manifest differently in different people. When did your depression begin and what was going on in your life at that time? This is one of the first questions your homeopath will ask when you're seeking help for depression. The answers are as diverse and colorful as the patients themselves. Perhaps you have felt depressed all your life due to hereditary factors. Maybe it began after a major and traumatic event in your life, such as divorce, abuse, death of a loved one, or loss of employment. Or possibly you became depressed as a result of hormonal imbalance, which is common during puberty, after childbirth and during menopause. The answer provides an important clue to finding your homeopathic remedy. At the same time, regardless of the triggering event of your depression, homeopathy can help you get unblocked, turn the corner, and set you on the path to recovery. Yoga & Meditation may help in mild cases of stress or Depression. Breathing becomes distorted in depressed individuals and this can stimulate the Nervous System causing anxiety, depression, panic, stress or fear. Yoga increases mindfulness and will slow things down. Reflexology, Aromatherapy & Shiatsu are other modalities which can be beneficial for the depressed individual.

Send your questions for any of these professionals:

"Ask the Professionals"

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

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 depliquing 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.