



# New Members!

(continued from page 4)

**Center Stage School of the Arts, 36 Main Street South, Georgetown, 905.873.2424, www.center-stage.ca.** Artistic Directors Claudia Lopez-Cacedo and Kelly Paddle. Since 2001, our mission is to teach the art of dancing in a professional and enthusiastic atmosphere. Classes are offered in Ballet, Tap, Jazz, Acrobatics, Hip Hop, Musical Theatre, Modern and Ballroom for ages 3 to adult. It truly is a school "WHERE DREAMS CAN COME TRUE."

**Region of Halton - Income and Employment Services.** The Service provides a variety of supports that assist participants in meeting their basic needs and equips them with the skills, training and employment opportunities they need to re-enter the workforce. Contact Bronwyn Spotton 905.825.6000 ext. 2701.

**Jason Clark, Sales Representative, Royal Lepage Meadowtowne Realty, 905.877.8261, www.jasonclark.ca.**

A Georgetown area resident of 25 years, I am flexible with the ability to adapt readily to the demands of the job or clients by presenting a practical, proven approach to decision making. If considering any Real Estate transaction, I would appreciate the opportunity to apply and work for you. I welcome your call. It's Your Move!

**The Swish Sisters, Independent Sales Representatives, Beijo Canada, 905.873.1726, swishsisters@gmail.com.** Dawn and Debra McIlvenna, "The Swish Sisters," are Independent Sales Representatives for Beijo in Canada - designer handbags and more! We look forward to meeting you at Trade Shows, Women's Forums & Home Showcases. Just give us a call—it's all in the bag!

**Outdoor Power Equipment, 61 Guelph St., Georgetown, 905.877.0314.** Family-owned by George, Mark and Keith Poullos. Our 20th anniversary is this year. Since August 1986, we continue to maintain a large base of repeat customers. We sell and service many lines of Outdoor Power & Recreation equipment. We are unique to our industry in the fact that all three owners are factory trained, licenced, and certified to repair almost all gasoline-powered products.

**JOJO On Wheels (Mobile Beauty Salon), Georgetown, 905.872.JOJO (5656), www.jojoonwheels.ca.** A mobile Beauty Salon/Spa, I make house calls. I am a stylist with 28 yrs of experience and bilingual (French). I specialize in men/woman/kids cuts, colour, perms, manicures/pedicures and body wraps. Just call me. I'll come to homes, weddings, hospitals, workplaces, parties and

more. I will bring beauty to you!

**Diesel Doctors Ltd., 13249 Highway 7, Georgetown, Tel: 905.873.9009.** Owners Zenon Tkacz, Pawel Tkacz and Chris. Kazarian specialize in medium and heavy-duty diesel engine and truck repair.

**Fred's Towing, 46 Guelph St., Georgetown, 905.877.4471.** Proudly serving Halton Hills since 1958. Insist on Fred's for all your towing needs: light, medium and heavy towing; lockouts, fuel delivery, flatbed service, accidents, tire changes, etc. Available 24 hours a day. 7 days a week. We are always on duty to serve you. Local & long distance. Competitively priced.

**Vineyards Estate Wines (inside the new Great Canadian SuperStore) 905.877.1815.** Visit us soon! The Best of Wine Country now in Georgetown .....fine wines, personal service and a great selection! Award winning VQA wines from Hillebrand, Peller and Trius as well as classic favourites, wine accessories and more are available.

**Bell Mobility, Dayna Fawcett, 1.866.622.3001, dayna.fawcett@bell.ca.** We offer innovative products that increase productivity and decrease costs. Bell Mobility has an exclusive offer for Chamber members giving you great savings. Please ask me about Blackberry, 10-4, or Go-Trax and what they

can do for your business. I am available to meet with you at your convenience. Check out our business site [www.businessonthego.ca](http://www.businessonthego.ca).

**Landscape Creations Supply Centre, 46 Armstrong Ave., Georgetown, 905.702.8342.** We are offering the following products and services: natural stone, Interlocking stone, outdoor lighting, topsoil, mulch, sod, etc. A full line of landscaping products and services is available. Do it yourself or we will do a portion of the project for you, or we will do the entire project for you. You decide.

**CAA is back in town! 374 Guelph St., Georgetown, 905.702.1139.** Our full-service Travel Agency offers Disney vacations, resort package deals, cruises, coach tours, travel insurance, group travel, air tickets, car and hotel, passport photos, travelers' cheques, triptiks and more.

**Halton Women's Place** is an organization providing shelter and crisis services for physically, emotionally, financially and sexually-abused women and their dependent children and is dedicated to ending violence against women and their children. Serving the Halton Region community in Ontario, Canada. **Crisis Lines 905.878.8555 and 905.332.7892.**

## 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

**YORKSHIRE**  
ENTERPRISES INC.  
stress-free bookkeeping & tax preparation

Conveniently located:  
Knolcrest Centre  
360 Guelph St., Unit 47  
Georgetown, ON L7G B5  
T 905-873-2697  
info@yorkshirent.com  
yorkshirent.com

Trust Yorkshire Enterprises to make personal income tax preparation easy and stress-free.



**Sarah Simpson**  
Certified Bookkeeper

**Q:** I think I owe the Canada Revenue Agency (CRA) a lot of money this year and I can't afford to pay them right now. What should I do?

**A:** File your taxes by April 30th, even if you owe money that you can't pay immediately. If you do not file on time you may be required to pay a late filing penalty of 5% of the balance owing, plus 1% for each month the return is late up to a maximum of 17%. This can add up quickly to a considerable amount! If you have received a late filing penalty in any of the preceding 3 years a repeating penalty is calculated at 10% of the balance owing and 2% for each month the return is late. After April 30th, interest on the unpaid balance is calculated at 8% and is compounded daily. To add salt to the wound, the penalty fees and interest paid are not deductible. The CRA does have a Fairness Package that does permit a part or all of the penalty tax or interest to be waived or cancelled due to extraordinary circumstances beyond the control of the taxpayer. More importantly, bring your information to a tax specialist such as Yorkshire Enterprises. Have your taxes prepared by one of our trained tax consultants who may be able to find deductions for you that will reduce or eliminate the tax owing.

**Call Year Round For An Appointment, During Tax Season, Drop In:**  
Monday to Friday 10am - 7pm,  
Saturday 9am - 1pm

**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:** The season for my favourite hobby - gardening - is approaching. I want to make sure that this year I am prepared, and don't end up hurting my neck and back as I did shortly into last year's season. Is there anything that I can do to prevent injury?

**A:** First of all, you are on the right track by seeking "prevention" advice rather than waiting until you have sustained an injury. Gardening can be just as strenuous as any other sport, putting your body in awkward positions, involving repetitive movements and requiring stamina. Therefore, it requires a warm up and strategy like other sports. A warm up is important because it helps decrease strain and fatigue to your muscles by making them more extensible. A proper warm up will include stretches that are held for 20-30 seconds and repeated 3 times. Important areas to stretch before gardening are: neck, shoulders and low back. Aside from preparing your body for gardening, you should utilize the appropriate tools to make the task easier on you. Ergonomic tools are designed to minimize the stress on your body so that you can enjoy your gardening. Ensure that your work is directly in front of you and at an appropriate height. The less reaching, twisting, bending that you have to do, the easier it will be on your body. Finally, know how to pace yourself and when to stop. Take a break when you feel you need it. Ask for assistance when you have to lift something heavy. Don't push through it if you are feeling any discomfort or pain. You don't want to put an early end to your hobby.

**adamson**  
SPA AND SALON

2 Adamson Street, Norval  
Hwy. 7 (Bovaird W.) &  
Winston Churchill  
905-877-1604  
www.adamsonspa.com



Rose

**Q:** Is laser hair removal safe for me?

**A:** The greatest advantage of laser hair removal is the speed of the treatment in conjunction with long lasting results. The old technology is the electrolysis which is done by a needle inserted into each hair follicle. Today's technology has perfected safe & affordable laser hair removal machines. The wavelengths of all 3 modalities (Yag1064, diode, IPL) are within parts of the visible and the near infrared portions of the electromagnetic spectrum. They are longer than dangerous X-ray wavelengths, yet shorter than microwaves which can overheat the tissue. The technologies are designed to cause selective heating of lesions, but are safe for the surrounding tissues. Will not damage your cell structure.

To prevent injury to the eyes all laser and light systems are equipped with wavelength specific safety eyewear. You will consent to wear the glasses all the time during your treatment.

At Adamson Spa and Salon your laser technician will always make sure that you'll feel safe and taken care of.

**Manon Dulude**

• **Psychotherapist**  
Individual, Couple &  
Family Counselling

DAY & EVENING  
APPOINTMENTS **873-9393**

**38 OAK STREET  
GEORGETOWN**



**MANON  
DULUDE**

**Q:** How do I know if my teenager is depressed? Some of his behaviors are similar to a depressed adult while other behaviors are quite different.

**A:** Depression in teens is a fairly common phenomena and is often mistaken for "normal adolescence rebellion." It is very important to note that rebellion in teens is not a normal thing. The belief that most adolescents will go through a "crisis" or "phase" is a myth we must dispel. Although we are well aware that adolescence is a challenging time with many psychological and physiological changes, this period of a child's life does not have to look like an ongoing "crisis". Depression in teens can go unrecognized by many since it presents itself somewhat differently than depression in adults. While apathy is a predominant symptom in depressed adults, agitation and irritability are more often noticeable in teens. Consequently, it is not unusual to have explosive teens identified as difficult and rebellious rather than as depressed. Another symptom which is typical in teens is social dependency. In order to avoid their inner turmoil, teens will often spend as much time as possible socializing with friends. Sleep disturbances, increased need and desire to sleep or a decreased ability to sleep are common to depressed adults and teens. For teens, this causes difficulty in attending class and learning. It is not unusual for depressed teens to have failing grades and to cut class. Depression in teens can often be mistaken for laziness. Seventy percent of the teens who are depressed do not know that they are depressed. Of those who may know, they suffer in silence by fear of being judged and ridiculed. If you believe that your teen is depressed, it is important that you break their isolation, and have them consult with a family physician or a therapist.