

# Ask The Professionals

To advertise in the monthly feature ...  
Please contact Michelle at 905-873-0301 Ext. 237

**GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC**  
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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 recondition all components involved - strengthen, flexibility, proprioception.

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



**The Natural Choice Naturopathic Clinic**  
**Dr. Jennifer Fitzgerald, ND**  
**Naturopathic Doctor**  
2 Guelph St., Georgetown, L7G 3Y9  
Tel: 905-877-9935  
Email: jfitzgerald.nd@gmail.com

**Q:** Are there natural ways to reverse the signs of aging?

**A:** Yes, there are many natural ways to decrease signs of aging both inside and out! Before you consider facelifts, botox injections or expensive creams, you may want to consider Cosmetic Acupuncture. In fact, many of our favorite Hollywood stars are doing just that: reportedly Madonna, Gwyneth Paltrow and Cher are receiving weekly treatments. But Cosmetic Acupuncture is not just for the rich and famous. With the growing demand for safe and effective anti-aging techniques, Cosmetic Acupuncture has become both affordable and obtainable. A "Cosmetic Acupuncture Face Lift" works by stimulating and toning sagging and aging skin, removing toxins and encouraging cellular reproduction. It helps erase fine lines and decrease deeper lines. It may help reduce double chins and sagging puffy eyelids. Even dark circles under the eyes can be virtually eliminated. Acupuncture increases blood circulation and collagen to the face, thereby moisturizing the skin from the inside out, creating a natural tightening reaction of the facial muscles. As an added benefit, Cosmetic Acupuncture can also increase your own natural energy, providing you with a complete sense of relaxation and rejuvenation. Cosmetic acupuncture is also pain-free! When the tiny, sterilized, disposable, hair-thin needles are inserted into specific areas on the face and body, you may feel a momentary sting or tingling sensation. This is followed by a complete sense of relaxation. The procedure is non-surgical and requires no drugs or unwanted side effects. Cosmetic acupuncture can benefit those who want to prevent signs of aging, as well as those in their 40's, 50's and 60's to erase 5 to 15 years of aging from their face!  
To learn more about what Cosmetic Acupuncture can do for you, call Jennifer Fitzgerald, BSc., ND at The Natural Choice for a complimentary 15 minute consult.

**Mountainview Residence**  
*owned and operated by the Summer family*  
222 Mountainview Rd. N. Bus: (905) 877-1800  
Georgetown, ON L7G 3R2 Fax: (905) 873-9083  
www.mountainviewresidence.com  
uschi@golden.net



**Christoph Sumner**  
Owner/Administrator

**Q:** My mother has Alzheimer's disease and needs to move to a residence. What features should I be looking for?

**A:** Assisted living is an option for individuals who typically can no longer live independently. It provides services to meet residents' individualized needs in ways that promote their independence and reflect their personal choices. Residences will typically provide meals, laundry services, housekeeping and social activities along with some personal help if needed. Because Alzheimer's disease seriously affects a person's ability to carry out daily activities, the help available in a retirement home will allow your mother to remain independent longer - as long as your mother is not aggressive and does not wander. Someone who is forgetful may be taking too little or too much of an important medication so be sure that the residence will administer medications. Ask too, if there is an extra cost for this. It is also helpful if the seating arrangements in the dining room allow residents to sit in the same place for each meal. This makes it easier for your mom to find her place and facilitates staff to recognize if a resident has forgotten to come to a meal. If she does forget occasionally, ensure that the staff will follow up with a reminder. Assisted living is designed for those who need extra help in their day-to-day lives but who do not require the 24-hour skilled nursing care found in nursing homes. *Having Alzheimer's disease, or caring for a loved one with the disease, can be stressful and overwhelming. The Alzheimer's society meets regularly at 7 p.m. on the second Tuesday of every month at Mountainview Residence, 222 Mountainview Rd. North.*

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This program is for women who want to take charge of their life and bring it to the next level. Coaching is a powerful approach to personal growth. It is now accessible to you through a Group format. Gain momentum from working with other women who like you want to bring change to their lives. Coaching will assist you in looking inside yourself and generating goals and solutions that fit your Vision, Passion, and Values. This program will explore all areas of your life; personal, career, financial, health and fitness and personal growth. Coaching will bring you to make choices that will move your life in the direction that you want it to go!

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For information Call: (905) 702-0082 Email: info@coachmanon.com  
Starting date: September 25, 2006  
Time: Mondays 8 to 9:30 pm  
Location: GoodLife Fitness Clubs  
171 Guelph Street, Georgetown  
In Partnership with Helen MacCormack CPF of Partners in Planning and Real Canadian Superstore & Goodlife Fitness Clubs.

**Savvy Staging Solutions**  
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If you want to sell your property and get top dollar - you need to team with the experts at Savvy Staging Solutions!



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Bus: (905) 877-3880 Toll Free: 1-877-80-STAGE  
www.savvystagingsolutions.com

**Q:** We are interested in having our home Staged in order to gain the most equity and ensure our house sells quickly. Please explain how a Home Staging Specialist works.  
**A:** It is wonderful to know that home owner's are now realizing that a Staged property; a move in ready property, is in demand and will bring you results! Home Staging Specialists work closely with Builders, Home Owners and Realtors to prepare homes for sale. All properties (including condos and vacant homes) can be Staged despite the price or location. There are a number of recommendations that a Home Staging Specialist can offer to evaluate and enhance your home's market appeal. Your house is probably your largest investment, be sure to maximize the appeal of your property!  
**A Home Staging Specialist from Savvy Staging Solutions (S.S.S) works in 3 steps:**  
1) An on site appointment (a Consultation) is scheduled and a thorough analysis of the property is completed. A Property Enhancement Guide™ is supplied and all recommendations / priorities are reviewed with you. A proposal from S.S.S can be provided if you are unable or do not wish to participate in the transformation / Staging of your property.  
2) Homework / Repairs are to be completed as recommended in the Property Enhancement Guide™. S.S.S can facilitate this process and ensure the target market date is met.  
3) Staging - S.S.S returns to showcase the property in the best light possible, as well as to designate it "move in ready". The Staging process offers a distinct marketing advantage over your competitors.  
We look forward to working with you. Be sure to Stage and Market to Sell!  
Our customized services permit our clients to choose the level of investment (time and money) to best meet their needs. Call Savvy Staging Solutions at 905-877-3880 or visit www.savvystagingsolutions.com.  
expertise and support in a non-judgemental manner. The mere act of consulting with a staging expert will enable you to devise a plan, save time and money, remain calm / focused, adhere to a budget and commit to having your property staged properly.


**RBC Dominion Securities**  
Phone: 905-877-5659 or Cell: 905-866-9414  
Email: barbara.byckowski@rbc.com




**Barbara Byckowski**  
Investment Advisor, BBA, PFP, CFP

**Q:** We are looking at selling our family farm and would like some direction on how to minimize taxes to be paid. Can you help?

**A:** Yes we can help. We offer advice to local farmers and assist in planning prior to the sale of their farm in order to ensure they minimize taxes. We work with YOUR accountant and lawyer to make sure you get the best advice possible from your chosen team of professionals. A \$500,000 capital gains exemption is still available to individuals that decide to sell a farm. In order to qualify for the exemption, the property in question must be qualified farm property and is subject to some conditions. There are basically two conditions that need to be met in order to qualify for the \$500,000 exemption on farm property. The conditions are based on ownership and usage. During our initial consultation we will detail the conditions and assist in determining your eligibility. There are other ways to dispose of farm property that can minimize taxes. The most common way is to transfer to a spouse at any time while the farmer is alive and postpone tax on any taxable capital gain and any recapture until the spouse sells the property subject to the attribution rules. For a planning consultation, please give me a call at 905-877-5659  
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## Musical Theatre Camp presents free show, *Mungle Jungle*

The Town of Halton Hills Musical Theatre Camp presents a theatrical performance, *Mungle Jungle*, complete with song and dance tomorrow (Thursday), 7-8:30 p.m. This production is created and presented by the campers in this summer's Musical Theatre Camp. These eight to 12-year-old campers have worked hard for the past three weeks and are ready to show you their set design skills and amazing musical and dance abilities. Admission is free and everyone is welcome. Come hear the *Mungle Jungle* rumble at the John Elliott Theatre in the Halton Hills Cultural Centre on Church St. For information call 905-873-2601 ext. 2702.

## Children's performer Doug Barr is coming to Halton Hills Library

Doug Barr, one of Canada's favourite children's performers, is coming to Halton Hills Public Library on August 19. Barr's 25 years of musical storytelling will shine in this interactive show that features wacky lyrics and lots of action. Families and kids of all ages will enjoy this high-energy performance. It will be held at 10:30 a.m. in the Acton branch, and 2 p.m. in the Georgetown branch. Tickets are \$2 and on sale now while they last. For more information, call 905-873-2681 ext. 2520 or 519-853-0301.



## Bridge game for beginners starts in the fall


A new bridge game will be starting this fall. It will start out as a beginner game with instruction sessions and slowly progress up to the intermediate level. You can start at the start or join later. It will be an evening game on Thursdays, 7-10 p.m. Call Tom for details, 905-877-7486.

## The Flower City Theatre Festival Indoors & Outdoors... All Summer Long!

### INDOORS: THE HERITAGE SERIES

Don't miss these 3 highly-entertaining shows running all summer long at the Heritage Theatre 86 Main St. North in Downtown Brampton. Shows run Thur-Sat Evenings at 8 pm & Sun Matinees 2 pm  
**Last Chance to see all 3 Heritage Series Shows for just \$50 (with a Festival Subscription)**

**Art by Yasmina Reza**  
**Directed By Scott Lale**  
Aug 4, 6, 17, 20




When Serge buys an expensive work of abstract art and shows it to his best friends Marc and Yvan, it sparks a debate about the value of art that could end up costing them their friendship.

**The Last Five Years**  
by Jason Robert Brown  
Directed by Danny Harvey  
Aug 5, 11, 13, 24, 25, 26, 27



This clever and charming musical explores five years in the romance of Jamie and Cathy from beginning to end. *And... Vice Versa!*

**Wake Me When It's Over**  
by Vince Grittani & Rosalind Mills  
Directed by Robert Woodcock  
Aug 3, 10, 12, 18, 19



Overwhelmed by the reality of turning 50, Roger enters a 12 Step program to cope with the many women in his life in this delightfully upbeat musical.

**ORDER NOW & SAVE! Call 905-874-2800**  
**OUTDOORS: SHAKESPEARE SQUARE**  
The works of the Bard return to Ken Whillans Square at Brampton's City Hall (2 Wellington St. West) Shows run Fri-Mon evenings at 7:30 pm for 3 weeks each. "TWELFTH NIGHT" Opens Aug 11 & runs to Aug. 28

