

Library has busy agenda planned this month

Library forum

Halton Hills Public Library hosts a public forum on the Georgetown Branch renovation and expansion project tonight (Wednesday), 7 p.m. at the Gellert Community Centre. Architects will present their concept drawings and seek comments from the public.

Job seeking help

Halton Hills Public Library will be holding Resume Critique Day, today (Wednesday) 1-4 p.m. Meet with a Career Information Specialist from The Centre for Skills Development & Training at the Georgetown branch for a one hour consultation. Free. To book an appointment call 905-702-7311 ext. 109.

Program for babies

Is your baby between six and 23 months old? Halton Hills Public Library offers a free program called

Baby Tales that will support your baby's verbal development with stimulating rhymes and rhythmic music, and encourage brain development with gentle bounces and tickles. This registered program is offered on Thursday mornings in the Georgetown Branch, 10 a.m. July 5 to August 9 and in the Acton Branch on Wednesdays, 10 a.m. July 4 to July 25. Register at www.library.hhpl.ca or in person at either branch.

The Velveteen Rabbit

Halton Hills Public Library presents Erewhon Theatre's *The Velveteen Rabbit!* This beautiful tale is a modern children's classic, in which a stuffed toy rabbit learns what it means to be real. Erewhon Theatre's dramatic adaptation, with its lovely masks, puppets and props is an excellent introduction to the world of theatre. The performance will be held in



the Acton Branch on Saturday, June 23 at 10 a.m. and in the John Elliott Theatre on Tuesday, July 3 at 7 p.m. Tickets are \$2 at the library. Info: www.library.hhpl.on.ca or call 519-853-0301 or 905-873-2681 ext. 2520.

Just Dads Storytime

On Saturday, June 16 at 2 p.m. dads and their kids are invited to join us at the Georgetown branch of the Halton Hills Public Library for storytime! We'll read some stories and celebrate Father's Day! No registration required. For more information, visit www.library.hhpl.on.ca or call 905-873-2681 ext. 2520.

Book sale

The Friends of the Halton Hills

Public Library are holding their annual Big Book Sale on Saturday, June 16 at the Georgetown Branch (9 Church St.) from 9 a.m. to 3 p.m.

Small business help

Looking to start or expand a small business? Halton Hills Public Library invites small business owners to meet with a professional business consultant from the Halton Region Business Development Centre at the Georgetown branch on Thursday, June 21 Register for a free one-hour consultation at 1-866-4HALTON or busdev@halton.ca

Summer Reading Club

Kids of all ages are invited to join Halton Hills Public Library's free "Lost Worlds" TD Summer Reading Club! Studies have shown that school-age children lose many of their reading skills over the summer months if they do not continue to

read. The library's reading club will provide the incentive to keep kids reading, and it's a lot of fun too! Kids will receive a free poster and booklet (while supplies last), printed in both English and French, and a calendar to keep track of their reading. They will earn prizes and stickers, and some lucky children will win \$50 bank accounts from our local TD Bank! Register anytime beginning June 26.

Export business seminar

Halton Hills Public Library, Georgetown branch, will be holding a seminar on Starting an Export Business, on Wednesday, June 27, 6:30-8:30 p.m. Javier Lopez, Business and Export consultant with the Halton Region Business Development Centre, will provide small business owners the information needed. Registration fee is \$20. Register: 1-866-4HALTON or busdev@halton.ca.

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

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Q: Why is my computer so slow?

A: This is probably the most common of all PC ailments. The answer is typically either Malware (virus, worm, spyware, or greyware) or system corruption or both. Usually it starts with an infection that, given time, will get into the operating system itself. The one thing I have noticed is how "spyware" is so common yet there are so many of us that are not sure what it is. It can often be the digital beginnings of Identity Theft not just PC slowdowns. I had a local client infected with several variants of spyware and just prior to my visit her bank had contacted her to tell her there was \$2000 withdrawn from her account and deposited to a Paypal account. She was shocked. Fortunately the bank was able to reverse the monies. Many PC users are doing banking, credit card transactions, stock trades, money transfers etc without knowing if they are secure or not. Often, when there are several users on a PC, there may be something installed on another account that affects all accounts. Come back next time for more about security and performance.

PCCS

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Individual, Couple & Family Counselling, Family Mediation, Parenting Coordination, Separation & Divorce Services

www.pccs.ca info@pccs.ca 1-866-506-PCCS

Q: We are divorced but have difficulty communicating regarding the children. We just end up arguing. Can you help?

A: Absolutely! We have Parenting Coordinators whose very purpose is to assist separated or divorced couples communicate more effectively and become better co-parents. The Parenting Coordinator coaches, educates, mediates, monitors and can even arbitrate issues. This method is excellent for those who may not communicate well, who have different parenting styles, different interpretations of the court order or agreement, where there are access issues, concerns of alienation, mental health or substance abuse issues. The Parenting Coordinator serves as a voice for the children so that their needs are met and not lost in the parental conflict. This is an excellent resource for separated parents! Call us for more information or visit our website at www.pccs.ca

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GERALD ROSS
H.B.Sc. PT, MCPA, res.CAMT

Q: My wrist and forearm has become terribly sore since I clipped my shrubs and the pain isn't going away. What's the problem?

A: Pruning and other forms of tool use requiring repeated squeezing use the muscles of the forearms very vigorously. These muscle groups are relatively small and therefore do not create the sensation of general fatigue that alerts people to the possibility that they are pushing their limits. The unfortunate gardener may not be aware of just how hard the forearm muscles were working until the inflammation from overuse sets in 4 to 12 hours later. The application of cold to the sore areas is generally appropriate with the initial 48 hours of injury. Using anti-inflammatory medication and avoiding gardening for a while often alleviates the pain. To achieve a level of recovery that is better able to withstand the demands of the rest of the gardening season a complete rehabilitation program of specific stretching and strengthening exercises prescribed and progressed under the direction of a Physiotherapist is appropriate. Treatment of recurring or especially severe episodes may require additional treatment methods such as deep friction massage, myofascial release taping, mobilizations with movement, night wrist bracing and sometimes acupuncture all of which can be offered through physiotherapy.

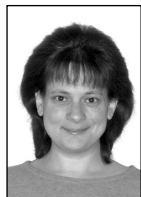
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Shari White
Education Director

Oxford Learning has five important tips to help ensure effective studying, which will help all students later this month with their exams.

FIVE IMPORTANT STUDY TIPS

1. TALK TO TEACHERS

Students should talk to their teachers before, after or during class and ask for an outline of the exam. Know the key areas on which to focus studying.

2. ENSURE NOTES ARE COMPLETE

Most students have missed at least one class or dozed off a couple of times. Talk to friends, teachers or anyone who may have any missing information needed to study for a test or exam.

3. CONDENSE NOTES

Make studying much less overwhelming by condensing notes and textbooks by creating mind maps or writing jot notes.

4. CREATE A STUDY SCHEDULE

Plan study time considering the weight of each test or exam and current grades. Portion an approximate number of hours of studying for each exam. Record study days and number of hours in a planning calendar. Remember to do a weekly summary.

5. STUDY LESS

That's correct! Study in half hour increments, taking 10 to 15 minutes breaks. This will make studying more effective and provide more realistic study goals.

If your exams have not gone well, or you need support for Summer School, call us today! We offer classes all throughout July and August to get you through school and well prepared for next year! Ask about our super Summer Special!!

DR. ANOOP SAYAL

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DR. ANOOP SAYAL

Q: Did you ever stop to wonder why your dentist wants to take x-rays of your mouth? Wouldn't a thorough examination of the mouth give the same kind of information?

A: In a word, no. X-rays, which show the hidden roots of teeth and the jaw, can help the dentist decide how to treat a problem. Dental diseases can't always be seen because they can occur in the jaws and hidden parts of the mouth. Some of the diseases are very serious. also, good x-rays can show the doctor where tooth decay and infection are located. Impacted wisdom teeth and poorly fit dental work can also be seen.

It is reassuring to know that today's x-rays are very safe. In most instances, the amount of radiation you receive is about the same as you might receive from the sun on an average day. Your dentist will take every measure to protect you from excess exposure. Look to him to help you with all your dental needs.

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Christoph Summer
Owner/Administrator

Q: How can I be sure that the retirement home I am considering is a good one?

A: References from residents or their family members are always very reassuring. Also, when you are inquiring, ask about the ownership and/or professional management, how long has the home been in business and note whether the home is in good shape.

While there is no government body regulating retirement homes, there is a voluntary non-profit association called the Ontario Retirement Communities Association (ORCA). This association is committed to setting and maintaining high industry standards ensuring quality living for its residents. Specially trained inspectors tour all facility members surveying all areas to ensure quality control in matters of fire and general safety, food and laundry service, recreational and social programs, staff education and improvement programs, etc. They then issue an appropriate award assuring the public that the home has met these high standards. The retirement home should have their award displayed. Be sure to look for it! It is the retirement home "Good Housekeeping Seal of Approval" so to speak.

For more information, their web site is: www.orca-home.com