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O'Connor MacLeod Hanna LLP welcomes Robert A. Watson



O'Connor MacLeod Hanna LLP, Halton's full service law firm, is pleased to welcome Robert A. Watson to our team of specialized professionals.

Bob Watson practices civil litigation exclusively. His emphasis is on corporate/commercial work. With over 20 years of experience from downtown Toronto, Bob brings a wealth of knowledge to the Litigation Department of O'Connor MacLeod Hanna LLP. His practice includes contract litigation, disputes among shareholders and partners, litigation to recover real property and insurance claims and coverage disputes. He has conducted trials and appeals in all levels of superior courts and appeal courts (provincially and federally).

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Physio News

by Robin Collins

B.H.Sc. (P.T.), B.Kin., Dip. Sport P.T.
Registered Sport Physiotherapist

Shoulder pain can make everyday activities seem like laboring tasks. Trying to put your coat or a sweater on can become a strategic planning session of what arm to put in first. Many will agree, if you are sitting in the front seat of your car, shoulder pain will make you think twice before reaching into the backseat to grab your briefcase. Usually the last straw for our patients is sleep deprivation. People are often surprised and alarmed to realize how much their shoulder contributes to a comfortable sleep at night.

People can experience shoulder pain for many reasons, and similarly can lose function of their shoulder as a result of many causes. Eramosa Physiotherapy Associates continues to strive to be leaders when it comes to shoulder pain.

One of the most common reasons for shoulder pain is tendonitis, specifically rotator cuff tendonitis. The rotator cuff of the shoulder is made up of four muscles that act as the control and stability center in the shoulder. If the four muscles are successfully working together there will be a balance of positioning and strength that aims at keeping the shoulder moving fluidly and without any catches. The goal of keeping your shoulder moving pain free is reliant of several key factors.

Neck and shoulder postures are extremely important to establish a solid foundation for the rotator cuff to "pull from". If we think of the muscles like an elastic band, it would be very difficult for the elastic band to generate tension if one end doesn't stay stable and in the appropriate position. The shoulder blade is the foundation for the rotator cuff, and the shoulder blade is strongly influenced by neck posture. Ensuring that you minimize rounding shoulders and chin poking forward postures will provide the necessary foundation for your rotator cuff.

Next we need to realize that there are changes to the rotator cuff that occur as a process of aging. This doesn't mean that the "over 30 club" should stop trying to lift their arm, but it does mean that we need to be aware of the physical demands that we are requiring of our shoulder. If you are working in a job that requires constant elevation of your arm, or working at shoulder height and even "mousing" on a computer, the shoulder is depending heavily on the rotator cuff strength to control its position. Any weakness can predispose you to injury.

Physiotherapists are skilled at assessing the biomechanics of the shoulder joint, the function of the rotator cuff and establishing, if necessary, a specific exercise program to address and strengthen deficits. So if you are still rubbing your arm after a day of the computer, working or throwing ball - it is time to take control of your shoulder rather than having your shoulder control your life. Keep up with life and stay in the game!

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The TransCanada Halton Hills Generating Station is beginning to take shape on Steeles Avenue. TransCanada recently donated \$250,000 to the Town as part of its Community Investment program.

Photo by Ted Brown

Town gets \$250,000 boost

The Town of Halton Hills is \$250,000 richer after representatives of TransCanada Corporation handed over a cheque recently.

TransCanada is building the Halton Hills Generating Station, a natural gas-fired power plant, in the 401-407 Gateway Business Park. The state-of-the-art low emissions plant, scheduled for completion in 2010, will produce 683 megawatts of power, which is enough to provide power for 600,000 homes.

The donation is part of TransCanada's Community Investment program. Bill Watts, project manager, and David Small, site manager, presented a cheque to Mayor Rick Bonnette at a June council meeting. One of the top priorities of this program is to improve the quality of life for the people who live in the communities where TransCanada does business.

"TransCanada is pleased to support initiatives which meet our community investment criteria and align with our priorities of education, health, environment, or civic investment projects," said Finn Greffund, TransCanada vice-president, Power Generation and Development, in a press release. "TransCanada is proud to donate \$250,000 in funding for the Town of Halton Hills. We all benefit from living and working in healthy, vibrant communities."

"This is good news," said Bonnette, accepting the cheque. "The \$250,000 is part of the community contribution that TCE made to the Town of Halton Hills. This is part of the agreement that we had with TransCanada and part of the approval process. We're very pleased TransCanada has fulfilled their obligations."

"Not only do we get this very generous donation, this plant will generate significant property taxes for many years to come."

FUTURE SHOP

CORRECTION NOTICE

Klipsch RPW10 Subwoofer 10105923. On page 6 of the July 18th flyer, the package shows two subwoofers but in fact the price and package only include one.

We sincerely apologize for any inconvenience this may have caused our valued customers.

WAL-MART

CORRECTION NOTICE

The price of the 8 GB iPod® Touch (#551932) advertised in our current flyer (ending July 25th) is incorrect. The correct price is \$279.83 every day.

We apologize for any inconvenience this may have caused.



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