

# Local sandwich makers grilled by customers over tainted meat recall

Continued from pg. 1

Pat Comisso of Pat's Prime Cuts and Deli on Mountainview Rd. has also had to answer a lot of questions from customers, but he doesn't mind at all.

"I want them to feel comfortable

## Final Glen bridge work depends on weather

The Town is hoping the weatherman is smiling upon Halton Hills today, as the completion of the Glen Williams Bridge depends on dry weather.

Chris Mills, Director of Engineering and Infrastructure Services, said the bridge contractor is close to completing the summer reconstruction project. An asphalt coat was laid this week, but the last step—the installation of the railing—is weather dependent. The railing was not expected to arrive until yesterday afternoon, when rain threatened. Should it rain, the railing installation will occur on Tuesday. Town staff will be on hand Tuesday to ensure safe passage of children crossing the bridge for the first day of school at Glen Williams School. Vehicular traffic will still have to be detoured.

If there is no rain yesterday or today (Friday), the bridge could be open to vehicle traffic tonight.

and safe when they buy one of our products," said Comisso.

He said his store also didn't carry any of the affected meats, and that a lot of the luncheon meats he sells he makes himself.

Those he doesn't make, are from European suppliers who make "them the old-fashioned way," he said.

George Kolitsopoulos, owner of Mr. Sub in Georgetown Market Place, which had to pull its roast beef and corned beef off its menu because it was part of the Maple Leaf recall, said business has been about the same as it was this time last year.

He said the rest of the Schneider cold cuts they sell were not produced at the Maple Leaf plant.

He too, said customers "are a little more aware, and asking a lot more questions."

"There are probably a few who are avoiding Mr. Sub right now," he said.

Susan Levy, an employee at the Boston Pizza in Georgetown, said they have taken their beef dip and cheese steak sandwich off their menu until they receive further notice from their head office. Both items were made with Maple Leaf beef.

But she said the outbreak has not impacted business at all.

## Physio News

by Robin Collins

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

### WEED OUT THE SORENESS

The most important gardening tool is the human body. Proper body positioning, well designed gardening gloves and tools along with frequent rest breaks are the key to being a healthy gardener. Gardening is an active pursuit that can cause muscle strain to the lower back, shoulders, knees and arms, especially for those who are out of shape and do not move properly.

With its focus on crouching, bending, reaching and lifting, gardeners need to prepare and be aware of their bodies. Aches, pains, sprains and sometimes even a fracture can result from improper positioning of the body, overuse of specific muscle groups, poor gardening technique and pushing to work harder and longer than needed.

Whether you're a master gardener or budding amateur, Eramosa Physiotherapy Associates recommend that enthusiasts follow these safety tips for tackling the gardening chores:

**Begin with a warm up** – Start with easy raking, or go for a five-minute walk to warm up your muscles. Follow this with stretching all major muscle groups to help prevent injury.

**Be aware of your posture and body mechanics** – Move your feet instead of twisting at your waist when sweeping, raking, mulching or potting. If you can't avoid twisting, tighten your stomach muscles in order to protect your back. Use your legs rather than your back when lifting or unloading heavy bags or pots. Bend your knees, keep your back straight, and hold the object close to your body to prevent unnecessary strain on your back.

**Use ergonomically correct tools** – Buy tools with long handles to help with weeding. Build or buy a potting bench that is high enough to prevent unnecessary bending. Sit on the ground to trowel without bending over. When kneeling use a knee pad to avoid putting too much pressure on your knees.

**Pace Yourself** – Take breaks throughout your work and do some gentle stretching to keep limber. Vary tasks to make sure different muscles get used and one particular muscle group is not overworked.

**Raking or hoeing** – keep your tools close to your body and your back straight to reduce strain. Use your arms and avoid twisting your trunk. Use long-handled tools suited to your height.

**Weeding or planting** – do not bend from the waist. Squat or kneel on a kneeling pad. If you have difficulty getting up, use a kneeling pad / bench with a support handle for assistance.

**Digging or shoveling** – insert the head of the shovel vertically into the ground and step on the blade. Lift small amounts at a time and bend at the knees, using your legs not your back to lift the load. Avoid twisting. Use a wheelbarrow to move big or heavy loads.

• Spread heavy lifting and digging tasks over a week rather than a weekend, and spread major projects throughout the seasons.

**Lifting or carrying** – know your limits and lift properly: bend your knees, not your back. Keep the load close to your body. A four-wheeled cart is sturdier and easier to use than a wheelbarrow;

**Pruning or trimming** – get as close to your work as possible. Don't stretch beyond your reach or past your stable footing. Rehearse the movement as a stretch first to test your ability and positioning.

• Match the size of the gardening tool handle to the size of your hand. Choose tools that you can hold so that your hand remains positioned in line with your forearm.

• Hold your tools in a loose comfortable grip. Holding too tightly may cause injury.

If you are injured while gardening, consult a registered physiotherapist. Physiotherapists have the knowledge and skills to help relieve pain, increase mobility, build strength, and improve balance and cardiovascular function. Our experienced physiotherapists will assess your injury and provide appropriate treatment to help get you back up to speed.

## SHOPPERS DRUG MART

### Correction Notice

On page 1 of the Shoppers Drug Mart® Flyer dated Saturday August 30, 2008, the "Shoppers Drug Mart Coupon Event" (in effect from Saturday August 30, 2008 until Monday September 1st, 2008) was incorrectly advertised.

**Please note that:** The \$20.00 Shoppers Drug Mart coupon is provided to you free when you spend **\$75.00 or more** on almost anything in store, **NOT \$50.00 or more** as stated.

We apologize for any inconvenience that this may cause.

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at 10:00 AM

Nursery & Jr. Worship for Children

[www.togetheratgac.com](http://www.togetheratgac.com)

290 Main St. (S. of Maple)  
905-873-0249

**St. George's Anglican Church**

60 Guelph Street, Georgetown 905-877-8044

Additional parking at Georgetown District High School  
[www.stgeorgesgeorgetown.com](http://www.stgeorgesgeorgetown.com)

**SUMMER WORSHIP**

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