

# Ask The Professionals

Ask Questions. Get Answers. "Ask the Professionals"  
E-mail your questions to: [features@independentfreepress.com](mailto:features@independentfreepress.com)

## Georgetown

Physical and Sports Therapy Clinic

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Marta Masley  
B.Sc.(PT), M.C.P.A.

**Q:** I was recently in a car accident. I am now experiencing neck pain, which my doctor has referred to as a "whiplash" injury. What is this, and how can I get better?

**A:** Frequently during a car collision when one is relaxed and subsequently rear-ended, one's head is thrown backwards (hyperextension) and then forwards again (hyperflexion). This results in a soft tissue injury around the bony vertebral column of the neck (cervical spine), which is referred to as a "whiplash". Soft tissue refers to all tissue such as muscles and ligaments, excluding bone. These muscles and ligaments become over stretched and some fibers are possibly torn. This may result in internal bleeding known as hemorrhages, which in turn causes muscle spasm.

Depending on the severity of your whiplash injury, a soft collar may have been prescribed by the emergency department of your family doctor after bony and neurological stability has been determined. This helps support the injured tissues, but should not be worn for any prolonged period. It may produce added stiffness and tissue shortening. Seeking the treatment of a *physiotherapist* will help expedite your recovery. He or she will carefully gauge your progress ensuring that your neck does not receive further stress, which would interrupt the healing process. Of added importance is the need to maintain neck mobility, range of motion, strength and function during the recovery phase. Your *physiotherapist* will utilize various modalities, manual therapies and therapeutic exercise, progressing you towards full recovery.

**RBC Dominion Securities**  
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Barbara Byckowski  
Investment Advisor, BBA,  
FPF, CFP

**Q:** We go down to Florida every winter - what guidelines should we use to ensure we are always considered a Canadian Resident for tax purposes?

**A:** Before you head south for the winter for an extended stay, it is important to review your tax strategies, forms to file and paperwork to fill out to make sure your tax bills are as small as possible when you return next April. Residency: You will be considered a resident in the US if you meet either the lawful permanent resident (or Green Card) test or the "substantial presence" test. The substantial presence test is determined by the following calculation: you have been in the US for more than 30 days in the current year and if the total number of days you spent in the US during the current year, plus one third of the days you spent in the US in the last year, plus one sixth of the days you spent in the US in the year before last equals or exceeds 183 days. Therefore, you can spend up to 120 days each year in the US without crossing this threshold test. In calculating the number of days, you should be aware that a partial day in the US counts as a full day, although you can exclude days that you were in transit in the US (for less than 24 hours) on your way to another foreign country. If you meet this substantial presence test, you will be subject to US tax and filing requirements. This will be so even though you may also be a Canadian resident and pay Canadian taxes.

We work with local accountants to provide a full-service planning approach to all your financial needs. Give me a call if you would like a complimentary consultation 905-450-1850

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Susan S. Powell

**Q:** I have lived with my girlfriend for just over 2 years. I want to separate from her as we are arguing and I no longer want to live with her. My income is much higher than my girlfriend's income. Do I have to pay her spousal support if we separate?

**A:** There is no obligation to pay spousal support to your girlfriend if you have not lived together for three years unless you are the parents of a child. Once you have lived together for three years or have a child together than you may have an obligation to support your girlfriend. Couples who live common-law should consult a lawyer to learn their rights and obligations as they may be different from those of a married couple.

## HealthWATCH

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Joy Thornton, B.Sc.Pharm.  
Pharmacist/Owner

**Q:** I am currently taking 8 medications for my high blood pressure, cholesterol and diabetes. I am having a lot of difficulty remembering which pills to take when and sometimes I can't remember whether I have taken a dose or not. Is there anything you can suggest to help me?

**A:** First let me say, you are not alone. The World Health Organization estimates that people taking medications for long term conditions such as high blood pressure are taking them properly only 50% of the time. This number is staggering when you consider that not taking your medication properly can lead to worsening of your disease condition, increased health costs and even death. Taking your medications properly will not only help you get the best out of your prescribed treatment, it will also help you to take control of your condition and play an active role in your own healthcare. Here are some tips to help you:

1. Coordinate medication taking with fixed events during the day such as meals, brushing your teeth or bedtime
2. Establish a routine - take your medications at the same time every day
3. Talk to your doctor and/or Healthwatch Pharmacist about simplifying your dosing schedule if you feel it is too complex
4. Use a reminder device such as a watch alarm or cell phone alarm
5. Use a daily checklist - your Healthwatch Pharmacist can print one up for you
6. Ask your Healthwatch Pharmacist for a pill box called a dosette. This has sections for your pills up to 4 different time daily and for the 7 days of the week. You can fill this yourself, have a family member do it for you or ask your Healthwatch Pharmacist to fill it weekly for you.
7. Have your medications packaged in weekly blister packs. This is similar to a dosette except that the pills for each time of the day are sealed in a blister arranged on a weekly card. Your Healthwatch Pharmacist can provide this valuable service for you weekly.

Questions? Just call your Healthwatch Pharmacist at Shoppers Drug Mart, Georgetown Marketplace!

## Planting FOR THE FUTURE!

Most small businesses often underestimate the power of advertising. If an ad in a local publication doesn't bring customers banging down their front door or jamming their phone lines the very next day, then the ad is perceived to be a waste of money.

This could not be further from the truth. Advertising takes time. Ads almost never create the urge to run out and use the advertised product or service (except for sales and limited time offers). Rather, a good ad is like a seed that is planted in the minds of customers, where it grows with more frequent visibility.

This is especially true of ads for services, such as contract work or home repair. No one sees an ad for roofing and thinks, "Holy cow! I've got to go out and get my roof done right now!" No, a good ad placed in a local publication gradually reaches potential customers over time.

When one of these customers does require your services, it is thanks to their repeated exposure to your ad that their initial impulse will be to think of you.

Business owners who use this strategy understand that, "It is nice to be known, but it is even better to be seen and recognized!"

INDEED, PUBLICITY AND PROSPERITY ALWAYS GO TOGETHER!



THE INDEPENDENT & FREE PRESS

## WANTED

PROFESSIONALS WANTED

to inform our readers & answer their questions

THE INDEPENDENT & FREE PRESS

Contact Amy Sykes to find out about our booking specials

905-873-0301, ext. 237

[features@independentfreepress.com](mailto:features@independentfreepress.com)

## Community Calendar

Wednesday, Nov. 21

**Kittens:** Upper Credit Humane Society will be at Wal-Mart Georgetown, 6-9 p.m. with new kittens, ready for adoption to approved homes. All UCHS kittens are spayed/neutered, microchipped, tattooed and have their first shots and parasite treatment. Info: Cyrie Parker, 416-904-2811 or [www.angelfire.com/blog/kittens](http://www.angelfire.com/blog/kittens).

**Georgetown Horticultural Society:** meets 7:15 p.m. at St. George's Church. Speaker: Belinda Gallagher on "Why I love my garden". Other attractions: Raffle table & refreshments

**Sleepytime Stories:** 7 p.m. at the Georgetown branch library. Children are invited to wear their pajamas. This free drop-in program runs 30 minutes, and includes stories, music and fun.

**Family Storytime:** will be held 9:45 a.m. in the Georgetown branch library. This free drop-in program lasts 30 minutes.

**Awana Kids Club:** is offered to children from JK to Grade 6 and is hosted by Maple Avenue Baptist Church, 6:25-8 p.m. Info: Ed Egberts, 905-838-4644 or Heather Stiff, 905-873-9549.

See COMMUNITY, pg. 20

## FUTURE SHOP

CORRECTION NOTICE

Bell Home Monitoring Home Security Starter Kit.10094032. Due to vendor decision, this product is no longer available as advertised on page 21 of the November 16th flyer.

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

## FUTURE SHOP

CORRECTION NOTICE

WHIRLPOOL GU930PWSS Stainless Steel Standard Built-In Dishwasher 10086477. On page 29 of the November 16th flyer we advertised this item as Energy Star qualified when in fact it is not.

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

## BEST BUY

CORRECTION NOTICE

To our valued customers: We apologize for any inconvenience caused by an error in our flyer dated: November 16 - November 22.

Product: Hairspray 2 Disc Edition. On the front page of our November 16th flyer we advertised Hairspray 2 Disc Special Edition at 21.99 when in fact it is 28.99. Customers can purchase the Single Disc Edition at 21.99. SKU:M2141069



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## PUBLIC MEETING

NAMING OF CHRIS WALKER MEMORIAL TRAIL

Council has adopted Resolution No. 2007-0232 proposing that the existing Trafalgar Trail (Civic Centre through Trafalgar Country, Moore Park and Fairgrounds and back to Civic Centre) be renamed the "Chris Walker Memorial Trail" in recognition of local resident and trail advocate Chris Walker. The proposal is consistent with the Naming of Parks and Open Spaces Policy (Resolution 04-0275) where a park element like a trail may be named to honour the significant contribution of an individual to the community posthumously.

Any written comments regarding this issue should be directed to Warren Harris, Manager of Parks and Open Spaces at [warrenh@haltonhills.ca](mailto:warrenh@haltonhills.ca) or by Fax at (905) 873-1587 before December 21, 2007. 129

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