



## A Super Walk

Keith Robins (left), Lynette Owoc and Jack Reed (right) were among the 65 people who took part in the annual Super Walk for Parkinson's Disease this month at the Gellert Community Centre. A total of \$12,384 was raised.

Photo by Brian LeVogeur

# Ask The Professionals

Ask Questions. Get Answers.

"Ask the Professionals"

E-mail your questions to:

features@independentfreepress.com

## ROSS PHYSIOTHERAPY SOLUTIONS

Practical solutions for peak performance  
**905-873-7677**

318 Guelph St., Georgetown  
Indoor Mall next to Harveys



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

**Q:** Why does my back hurt even if I do not work hard?

**A:** Our sense of how hard we are working largely depends on how fast we get our heart rate going and how many large muscles are being used. Back pain is often caused by irritation to deep ligaments, tendons and discs which do not produce any sense of exertion even when they are working very hard. Activities like raking, turning soil, pruning hedges and sweeping can place more stress through discs and ligaments than in the larger muscles or heart. A long drive can stress these tissues as well. Our staff always reviews your lifestyle so we can highlight how you can do what you need and want to do in a way that allows you to recover and stay well.

We are running our **Back Pain Prevention Seminar** again on **Tuesday September 30th at 7:30**. Please RSVP to 905 873 7677 and find out how you can get your Autumn yard work done safely this fall.

## MANON Dulude PSYCHOTHERAPIST

PROFESSIONAL COUNSELING SERVICES  
**905-873-9393**

WWW.FORGEACOACHINGANDCONSULTING.COM  
INFO@FORGEACOACHINGANDCONSULTING.COM



**MANON DULUDE**

**Q:** I am dissatisfied with my life and don't know what I want. How can a coach help me clarify what I want for my future?

**A:** When asked about what it is they want, many find themselves with an empty wish list. There are all sorts of reasons and excuses why individuals stop dreaming and wishing for what they want. Lack of vision, confidence, and negative personal beliefs are some of the challenges which interfere with creating a fulfilling life.

I often meet individuals who do not have a clear vision for their future. Whether they scaled down their vision and eventually let go of it due to failures and discouragement or they had achieved their goals and did not think of setting new ones, many are left with little direction and fall into an unchallenging routine.

The unfortunate impact of an unchallenging routine can be a sense of boredom and futility. When individuals are in that state of mind, they sometimes make poor choices in an attempt to shake the boredom they live.

Coaching is a process meant to assist one to look beyond their self-imposed limits where an exciting life vision, goals and "WANTS" have a place. Your coach will; challenge your mindset, invite you to redesign a comprehensive life vision, set goals, and take control of your personal, professional and financial future. Coaching assists you in breaking down your vision into manageable steps and keeps you on working through them. Your coach will emotionally support you and encourage you to creatively overcome your obstacles.

Whether you want to take your business or career to the next level, reach a particularly challenging personal goal, or plan the next phase of your life, working with a coach is an effective approach to achieving personal clarity and success. Your coach will get you through the foggy patches and keep you inspired to stay the course.

Manon Dulude is a Certified Professional Coach with the International Coach Federation. She works with individuals and businesses. She can be reached at 905 873 9393.

## SUSAN S. POWELL BARRISTER & SOLICITOR FAMILY LAW

350 RUTHERFORD RD. S. (Plaza 2, Suite 320)  
on the Corner of Steeles & Rutherford  
**905-455-6677**



Susan S. Powell

**Q:** How do I have my child support increased if my husband is now earning a higher income than he was when we signed our Separation Agreement?

**A:** You should ask your husband for a copy of his previous years Income Tax Returns and then determine how much child support he should be paying. Once you have determined how much your husband should now be paying you can vary your child support by amending your Separation Agreement. An Amending Separation Agreement sets out the paragraph (i.e. child support) that is to be amended and states the new amount of child support. It should state your husband's current income and the date when the new amount of child support is to start.

If you have a Court Order then you must have the Order varied by the court. If you and your husband agree to the amount of the variation for child support then documentation must be filed with the Court and it is unlikely you will have to attend Court. If you are not able to agree then you will have to attend Court. In either case have a lawyer assist you with obtaining the change in your Court Order and/or preparing and Amending Separation Agreement.

## RBC Dominion Securities

**905-450-1850**

Email: [barbara.byckowski@rbc.com](mailto:barbara.byckowski@rbc.com)



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

**Q:** I am curious about exchange traded funds and how they compare to mutual fund performance. Can you provide me with some information and a review of my mutual fund portfolio?

**A:** We offer complimentary portfolio reviews and 2nd opinion of your current investments and financial plan. Just call me at 905-450-1850 and we can arrange an appointment.

Exchange traded funds have a history of outperforming most of Canada's mutual funds. By definition, an Exchange Traded Fund will perform approximately at its benchmark index, less a small MER. A recent study completed by Standard and Poor's showed that less than 9% of Canada's equity mutual funds outperformed their S&P benchmark index during the past 5 years. The study on five year performance also showed that actively managed Canadian funds missed their S&P benchmark index by an annualized rate of 4.34%... that is performance lost to the investor.

Exchange traded funds are also tax efficient, can be bought and sold during the day and are an easy way to purchase a diversified portfolio. The Exchange Traded Funds are easy to understand and track the performance of well know indices for example: the performance of StreetTracks Gold Trust is tied closely to performance of the price of gold.

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member CIPF. ©Registered trademark of Royal Bank of Canada, Used under licence, RBC Dominion Securities is a registered trademark of Royal Bank of Canada. Used under licence. ©Copyright 2008. All rights reserved.

Barbara Byckowski is an Investment Advisor with RBC Dominion Securities Inc. Member CIPF  
This article is for information purposes only. Please consult with a personal advisor before taking any action based on information in this article. Barbara can be reached at 905-450-1850.



## Churches & Temples

### Georgetown Alliance Church

**Sunday Worship\***  
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)

**SUNDAY WORSHIP**  
8:00 am Traditional Worship  
9:30 am Worship with Nursery Care  
11:15 am Contemporary Worship  
K'NeCT Kids (Church school) & Nursery Care  
Thursday Worship - 10:00 am

REV. DR. JAMES COOPER  
116 Main St. South  
Georgetown, ON  
(905) 877-7585

Service Dial-In:  
(905) 702-1629

SUNDAY WORSHIP SERVICE: 11:00 A.M. (Nursery Services Provided)

### GEORGETOWN CHRISTIAN REFORMED CHURCH

welcomes you!

Lead Pastor: Rev. Gary vanLeeuwen

Associate Pastor: Rev. Ted. S. Bootsma

Sunday Worship Services: 10:00 am & 6:00 pm  
11611 Trafalgar Road (north of Maple Avenue) **905-877-4322**  
[www.grcr.on.ca](http://www.grcr.on.ca)

### MOUNT ZION FULL GOSPEL MINISTRIES

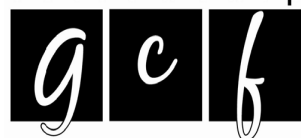
(Affiliated with World Christianity Ministries)

A Life changing ministry

"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

BALLINAFAD COMMUNITY CENTRE downstairs  
ALL WELCOME Sunday Worship 11a.m.  
PASTOR ANDREW G. PATON (COUNSELLING AVAILABLE)  
(519) 853-5657

### georgetown christian fellowship



growing • caring • friendly

Join us Sundays at 9:30AM for coffee 10:00AM Service, Nursery & Kids Church! Lead Pastor: David Tapley

13619 Hwy 7 West Tel. 905-873-9652 Website: [www.gcfchurch.ca](http://www.gcfchurch.ca)

### St. John's Anglican Church, Stewarttown est. 1834

Trafalgar Road and 15th Sideroad - The Friendly Little White Church on the Hill  
Join us on Sunday, Sept. 28th for

Prayers in the Cemetery: 9:30 am, Sunday Worship Service: 10:00 am  
Interim Priest in Charge: Rev. Canon Marni Nancekivell  
Church Office: 905-873-0235  
All are welcome

### BAHA'I FAITH

BAHA'IS BELIEVE that we must rid ourselves of all forms of prejudice - racial, cultural, religious and economic.

For more information call 1-800-433-3284 or write  
BAHA' I, Box 91, Georgetown, L7G 4T1  
[www.ca.bahai.org](http://www.ca.bahai.org)

## OXFORD LEARNING

Skills for Success, Lessons for Life.<sup>®</sup>  
324 Guelph Street., Georgetown  
**905-877-3163**



**Cyndi Olsen**  
Education Co-ordinator

**Q:** Why don't children read more?

**A:** Ask any random group of kids about reading and they'll tell you that it's boring. Reading is old news—a holdover from a bygone era. Remember when children strained their vision reading by candlelight, or by a flashlight under the covers? Those classic images of childhood are relics.

Kids today will more likely be remembered for their above-average video game prowess or their knowledge of browser specifications and music video streaming speeds.

The fact that today's kids are trained by instant technological entertainment gratification—pleasure is never more than a flick of a button away—is one of the major reasons that reading has fallen out of favour with today's youth.

Reading books—in the old-fashioned, alone and quiet sense—does more than simply help to develop a strong vocabulary. Reading is like debriefing for media-saturated children. It helps the children learn how to delay gratification. It teaches them how to self-amuse and be patient, and to focus on one thing at a time. There is a clear ramp-up time to a book—sometimes it can take two or three chapters to get hooked, teaching perseverance and patience.

More importantly, spending time with a good book helps children develop skills that will pay off in the classroom. Reading teaches the importance of making connections. One thing that video games will never be able to do is transmit the emotional development of its characters. A book can also teach children how to empathize with others, a valuable trait when it comes to attending school!

Getting your child to unplug and read a book isn't an easy task but the rewards will be more than worth the effort!

Written with notes from the Oxford blog

For further information see our website at [www.oxfordlearning.com](http://www.oxfordlearning.com)

## Healthwatch SHOPPERS DRUG MART

Let's Talk™  
FREE PRESCRIPTION DELIVERY  
Open until Midnight 7 days a week

Georgetown Marketplace **905-877-2291** Joy Thornton, B.Sc.Pharm. Pharmacist/Owner

**Q:** I am confused. My doctor says I have arthritis and that I should just take Tylenol to control the pain. My friend also has arthritis but her doctor sent her to a specialist and she is taking several different drugs including weekly injections. Is my doctor doing everything he should for me?

**A:** Chances are that your diagnoses are different. It sounds to me like your friend has been diagnosed with Rheumatoid arthritis while your doctor has decided you have osteoarthritis. The treatment for these different types of arthritis is also quite different. Osteoarthritis is the most common form of arthritis, primarily affecting people over the age of 60 years. It is degenerative in nature—cartilage in the joints gradually wears away causing the ends of the bones to rub against each other. An athlete who has suffered joint injuries or someone who works in a job that puts stress on the joints is at higher risk of developing osteoarthritis later in life.

Rheumatoid arthritis is caused by inflammation and thickening of the joint's lining called synovium. Scientists believe inflammatory forms of arthritis such as rheumatoid arthritis may be triggered by bacterial or viral infections heightened by a flaw in the body's immune system. The result is an abnormal immune response that destroys the body's own tissues—in the case of rheumatoid arthritis the joints are the target.

Therapy for rheumatoid arthritis includes specially tailored exercises and medications such as anti-inflammatories and DMARDs (disease modifying anti rheumatic drugs). The medications most commonly used for rheumatoid arthritis can only be prescribed by your doctor.

Medications for osteoarthritis include a wide range of pain relieving and anti-inflammatory drugs. Acetaminophen is generally a good choice for long term use. It is generally safe and effective. When acetaminophen is not effective an anti-inflammatory medication may be tried. Acetaminophen and some anti-inflammatories are available without a prescription, but always check with a doctor or pharmacist before taking any of these medications.

Looking for more information on managing your arthritis? Why not talk to your Healthwatch Pharmacist?