

# PORT CREDIT LIBRARY SET TO BECOME A "PAVILION IN THE PARK"



PHOTO BY COURTLAND SHAKESPEARE

The new design of the Port Credit Library was finally unveiled last Tuesday.

Along with the Mayor, the Commissioner of Community Services, Paul Mitcham, and members of the Port Credit Village Project, architect Bob Goyeche (RDH Architects) demonstrated a 3D walkthrough of the design and took questions from residents.

Following years of discussion and research, everyone agreed the library is situated in an iconic location for the town of Port Credit. It possessed, however, a certain "quirkiness" with its walls, layout and awkward vehicle connection to the surrounding roads.

The phrase used to describe the buildings new identity is "pavilion in the park" said Goyeche. Work next year will include renovation and a small addition.

The entry will be more grand with a gentle walkway and fewer barriers. They are going to remove some concrete and replace it with "glazing" (glass).

There will be an RFID (radio frequency identification) checkout so members will find it easier to go in and out of the library including access to a new outdoor patio on the river side.

We are removing "tons of wall" said Goyeche. They are also

**BOB GOYECHE** architect with RDH (left) presented the new design and took questions from everyone attending.

**MAYOR MCCALLION** (above right) was also on hand to talk about the opportunity funds made available, provided by the Federal Government.

going to dye or colour the brick to be a more unified colour.

The Texaco Room will actually get shrunk by 10 to 15 feet in order to facilitate the changes. The concrete "T" structure of the building will largely go unchanged.

For that reason, no skylights will be possible. Adding a second story is also very unlikely at this point, too. It would require a lot more study and expense. The budget is currently in the neighbourhood of \$3 million.

The amount of shelf space was always considered a critical concern from the very beginning. The design and amount of space for books and materials will remain faithful to the requirements spelled out by the library administration.

The building was described as sound and solid with no concern over "sinking" or any structural issues. Although the surrounding soil may have sunk, the building has not.

Topics such as insulation and air-handling, however, are a high priority. The entire underside and roof require a much higher R value. This will result in substantial energy savings. In addition, the quality of glass proposed will be far better insulation than the rock walls currently in place.

Councillor Carmen Corbasson (Ward 1) said Clarkson Library will remain open while Lakeview, Port Credit, Lorne Park and Burnhamthorpe branches will all close for renovations and repairs.

*continued on page 9...*



## Could One Hour With This Doctor Give You The Answer To Your Disc Pain?

**Now, in Oakville, one doctor has what may be the most important breakthrough in non-surgical back pain treatments. Before and after MRI studies have shown disc bulges shrink in size – even with the most painful cases of L4-L5 herniations.**

If you've had disc problems for years, recently injured your back, or you're suffering with sciatica, you must hear about these new studies.

Scientific studies tell us that spinal discs are responsible for most of the aches and pains people suffer from. Discs act like a cushion between our backbones and allow for a space at each level so the nerves can exit the spinal column.

When these discs get injured or wear out from bad posture, they begin to degenerate and cause pain. Bulging and herniations begin to form, pressing on the nerve roots. If the herniations occur at L4-L5, they can severely compromise the large sciatic nerve, causing muscle weakness, tingling, and severe pain.

The most common invasive treatment for disc herniations is surgery. This cost on your long term health is plenty. The recovery time and missed work can be anywhere from 3 to 6 months, not to mention the obvious severe risks associated with all surgery.

But here's the biggest problem... there is a high failure rate of back surgery. One medical study found that on average, 53% of L5-S1 back surgeries fail to produce relief of symptoms (International Orthop 1987.)

**Before You Go Under The Knife And Opt For Spinal Surgery...** You should seriously consider a less invasive approach called Spinal Decompression.

Non-surgical spinal decompression is a technology that has been proven to reverse disc herniations. It creates a vacuum effect on the disc, which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing.

Spinal decompression treatments are very gentle. In fact, every once and awhile I even catch a patient sleeping during sessions.

You'll simply lie on your stomach or back, whichever is appropriate, and then a specialized belt is gently put around your waist. We'll set the unit to focus on your problem area – then the ad-

vanced decompression computer system will do the rest. Most patients feel better with just a few treatments, and best of all there will be no dangerous drugs, no invasive procedures, and no painful exercises.

### The Research Behind This Treatment

One clinical study has shown non-surgical spinal decompression to be extremely successful (good or excellent relief) in 86% of patients with herniated discs and degenerative joint disease – without the side effects.

Another study presented at the American Academy of Pain Management in 2007 showed...

"Patients reported a mean 88.9% improvement in back pain and better function...No patient required any invasive therapies (e.g. epidural injections, surgery)."

As you can see, spinal decompression has a high success rate with helping disc herniations, sciatica, and back pain. In just a matter of weeks you could be back on the golf course(down south), enjoying your love life, or traveling again.

### Feel the Improvement – and Say "Yes" to Life Again

With my "Decompression Evaluation" we'll be able find the problem and then correct it. Think of how you'll feel in just a few short weeks. See and feel your life change for the better. Start your body on the way to pain-free, normal living. Feel tight joints rest, relax, free up. Feel muscles tied in knots become more supple. Feel strength in your muscles increase.

You're able to live life like a normal person again, without back pain – able to play with your kids, enjoy time with friends, and finally get a good night's rest.

### The Single Most Important Solution To Your Sciatica and Back Pain

It's time for you to find out if spinal decompression will be your

sciatic and back pain solution. For a short time only, I'm running a very special offer where you can find out if you are a candidate for spinal decompression.

### What does this offer include?

Everything I normally do in my new patient evaluation. Just call before Dec 9 and here's what you'll get...

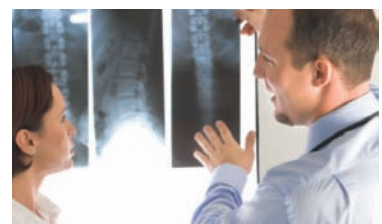
- An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll get to see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Until Dec. 9, 2009 you can get everything I've listed here for only \$77. The normal price for this type of evaluation including x-rays is much more, so you're saving a considerable amount by taking me up on this offer. (Limited number)

### Here's what to do now:

Due to the expected demand for this treatment, I suggest calling my office at once. The phone number is **905-845-2291** Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our office is called Alliance Healthcare Professionals and you can find us at 232 South Service Rd E (QEW&Trafalgar) Tell the front desk you'd like to come in for the Decompression Evaluation before December 9.

*Sincerely, Dr. Brian D Huggins Certified Spinal Decompression Practitioner*



For those suffering with herniated lumbar discs, a non-surgical, drugless solution is helping patients be pain free.