

GRAHAM'S COMPUTER SOLUTIONS



Graham Lowes remembers the first computer program he ever wrote - on a tiny Commodore VIC 20, back in the 70's. "Computers have changed a lot since then!", he says.

A native of the U.K., Graham studied computers at Newport Technical College before coming to Canada in 1984. While still a student at Durham College in Oshawa, he spent his summers working at the college programming on the college's H.P. and I.B.M. mainframes. After graduating with a diploma in Business Administration, Graham spent the next five years working for local computer stores, improving his skills in his favourite place - the Service Department.

Although trained as a programmer, service was always Graham's first choice. "I'm never happier than when I've got the cover off a system and I'm working

inside," he says. "Problem solving, troubleshooting - that's my real interest."

1993 was a special year for Graham. Through his long association with local colleges & computer businesses, he was named chairman of the Microcomputer/Technologist Advisory Committee at Sir Sandford Fleming College in Peterborough. In November of the same year, he opened his own computer business, "GRAHAM'S COMPUTER SOLUTIONS", in the Lower Level of the Northumberland Mall. Graham can help you with all your computer needs - new P.C.'s, upgrades, networking, programming, software - and of course, Service! So if you have a computer problem, Graham has the Solution!

Hours: 9:30 - 6:00 Mon. Tues. Wed., 9:30 - 9:00 Thurs. & Fri., 9:30 - 6:00 Sat. Northumberland Mall, Lower Level 372-7377.

CARDINELL PHYSICAL THERAPY



Deanna Lundgren & Aaron Cardinell

Cardinell Physical Therapy is located on 24 Covert St. in Cobourg, it is owned and operated by Aaron Cardinell, a physical therapist (physiotherapist) with six years clinical experience in medical rehabilitation (rehab). The clinic has been in operation since Oct. 92 and since then, Aaron has expanded his clinic with more exercise rehab equipment, more rehab modalities, as well as a Cybex Orthotron.

Physical Therapy or medical rehabilitation is a profession that deals with cardiorespiratory (heart & lung), neurology (nervous system), and orthopedic (muscles, bone, and joint) problems, that are associated with injuries or disease processes. In the private physical therapy setting the patients have primarily orthopedic injuries that may occur with sports injuries,

motor vehicle accidents, or disease processes ie. arthritis.

Mr. Cardinell attended school at the University of Manitoba and has a key interest with orthopedic injuries, especially spinal and sport related injuries. Mr. Cardinell feels that his training at the U of M has allowed him to gain a hands-on or manual therapy technique to his patient care, also his experience with university sports has given him a good scope of sports related injuries.

Cardinell Physical Therapy has recently expanded the operations by adding in more therapeutic modalities for pain management, exercise rehabilitation equipment for strength and endurance training as well as a computerized joint and muscle strength measuring devise (Cybex). The Cybex is capable of accurately measuring strength of all joints of the upper and lower extremity, which is quite helpful to the physician when comparing an initial injury to the injury later in the rehab process.

If you have any questions regarding physical therapy, have a doctor's referral for treatment or if interested in an injury assessment, please contact Deanna Lundgren or Aaron Cardinell at (905) 373-9040. Business hours are Monday to Friday at 9 a.m. to 5 p.m.