

## Child Abuse Breaks Hearts



Child abuse is a far-reaching problem that affects children of all ages, socioeconomic levels and ethnicities. It is every adult's responsibility to help stop child abuse by reporting suspected abuse or neglect. If you believe a child has been harmed, or is in danger of being harmed, call your local department of children and family services or your local police department. If you are a parent, do your best to provide a nurturing, loving home environment for your child. If you need help doing this, there are resources to help you - look online or in the phone book, or ask for assistance through your church or your child's school. If we all do our part to prevent child abuse, we'll get to the heart of the matter.



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## Miss Acton to compete at Snowfest Family Day

Spirited competition will take centre stage at Caledon's third annual SnowFest Family Day at the Caledon Fairgrounds, Feb. 17. The first-ever Alliance Agri-Turf Ambassador Challenge has participation from eight agricultural fair boards across the region including: Acton (**Miss Acton Jordan Lentz and 1st runner-up Rebecca Nelles in photo**), Bolton, Caledon, Erin, Grand Valley, Schomberg, Shelburne and Orangeville. These ambassadors will go toe-to-toe in a timed obstacle course which tests their strength, agility and team spirit. For more information and schedule of events at Snowfest visit: [www.snowfestcaledon.ca](http://www.snowfestcaledon.ca).



**MORE MINIONS. MORE DESPICABLE.**



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Elayne M. Tanner

**Q** : My husband was always calm and loving. Now he is always angry. He denies any problem saying that his anger is my fault because I don't do anything right. Is this a mid-life crisis?

**A** : Sounds like you are describing depression. Although we recognize depression symptoms in women, they frequently go unnoticed or misdiagnosed in men. Women react to depression with crying, withdrawing and change in sleeping patterns, but society has taught men to react differently. Men often become angry, frustrated and uncaring.

Job stress is a common trigger of male depression. Feelings of disappointment, inadequacy or betrayal occur at work when promotions or praise go to others. This is a trigger for depression. Men often feel that they should be able to cope with work stressors and blame their personality change on familial issues. Some symptoms of depression in men include:

1. Inappropriate anger and frustration
2. Violent behaviour
3. Risk taking in areas such as spending, driving or sexual behaviour (affairs)
4. Withdrawal from family, friends and pleasurable activities
5. Fatigue
6. Loss of interest in work, hobbies and sex
7. Increase in drug and/or alcohol usage and/or sex

Whether in men or in women, depression and other associated issues are both common and treatable. Because society has done a better job of teaching women help-seeking behaviours, men's depression is often undiagnosed or misdiagnosed. Men are taught that they are supposed to be strong and fear that depression and accompanying anxiety is weakness. Because they avoid addressing it, men do not know how to manage depression so when they do learn, men often benefit quickly from simple techniques. CBT and other therapeutic techniques have come a long way. There is no longer a need to suffer with depression. Encourage your husband to see someone who understands so he can experience relief.

### SUSAN S. POWELL

**BARRISTER & SOLICITOR**

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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.

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