



### Exhibition, dedicated to local doctor, ends this weekend at Williams Mill

An exhibition by Halton Hills artist Randall Brandford at Williams Mill Visual Arts Centre in Glen Williams opened May 24 with a reception honouring the memory of Dr. Brian Christopher Jordan, a local physician who died in April, to whom the exhibition is dedicated. Greeting friends and guests were the doctor's wife Bonnie Jordan (left) and artist Randall Brandford. The show, which runs until June 15, features works on canvas in oxidized common metals.

Photo courtesy of Thomas Ray tomrayphoto.com

## Community Calendar

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### Thursday, June 19

**Architectural Conservancy of Ontario's Halton Hills Branch:** meets 7 p.m. at the Halton Regional Police Station's Community Room, 217 Guelph St., Georgetown. Public is welcome.

**Limehouse Memorial Hall hosts euchre:** every Thursday, 7:30 p.m. Price \$3. Light lunch served.

**Thursday afternoon euchre:** 1:15-3:30 p.m. at the Acton Legion. Hosted by the Ladies Auxiliary. Admission: \$2.

**Family Church Service:** 5:30-6:30 p.m. at St. Alban's Church in Glen Williams. A church service tailor-made for families with young children. Each family to bring \$5 to cover pizza and drinks.

**Strollercize:** Thursdays, 10-11 a.m. Participants will gather outside the Ontario Early Years-Georgetown, 8 James St. for a 45-minute walk. Free. Info: Jennifer, 905-873-2960.

**Acton Farmers' Market:** 3-7 p.m. every Thursday on Willow Street. Info: 519-853-9555, www.downtownacton.ca.

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**Q:** My son has recently been diagnosed as bipolar. He has just finished high school and is going to start university in the fall. We initially thought his erratic behaviour was due to his drug and alcohol use. He is now on medication that seems to be controlling the behaviour but he still wants to party. I am worried about what will happen when he goes off to university.

**A:** Bipolar disorder has been diagnosed more frequently in the last few years. We now are aware that while some stormy adolescent behaviour may be normal, when extremely erratic behaviours are noted, this may be due to depression or bipolar disorder, previously referred to as manic-depression.

When people use mind-altering substances such as recreational drugs or alcohol, the intent is to alter mood and to achieve the "high". Medications prescribed for depression or for bipolar disorder are intended to stabilize mood. Clearly, recreational substances used to alter mood are working against medication that is intended to stabilize mood. Hence your son, when using recreational substances will, at least, be receiving no benefit from his meds. At worst, he is further destabilizing his mood and will experience greater mood swings and discomfort. This is problem number one.

Problem number two is "disinhibition". Alcohol lowers inhibitions. It gives the shy, or insecure person the opportunity to be more outgoing and confident. This is fine if the young person is able to apply good judgment and adequate impulse control, however, these attributes are often in short supply for teens off to their first living experience away from home. This is even more true for the person with bipolar disorder. Individuals with bipolar disorder try to reign in their mood. Substances elevate mood. It is like trying to put out a fire with gasoline.

If your son can control and limit his drinking or drug use to a bare minimum then it might not be an issue, but that is a very big if for a teen, especially away from home for the first time. The bottom line is that bipolar disorder and mind-altering substances do not happily coexist. Hopefully your son can learn to respect the limits that his bipolar disorder puts on him and learn to value his well-being.

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Gerry Ross  
H.B.Sc. PT, MCPA,  
FCAMT

**Q:** Last year I had to stop my summer activities part way through the season because I kept on pulling a muscle. How do I keep this from happening this year?

**A:** Light activity prior to stretching increases it's effectiveness by increasing the temperature of the muscle. To warm up I recommend doing the movements the sport requires at 40 percent of game speed then repeat those movements at 10 percent more speed until you are moving at close to regular sport speed. Focus on precision and control. By simulating the sport's demands in this way you increase your mental preparedness and heighten those reflexes that prevent injury. Tissues tear during activity when they are too short or are unable to stretch. Stretching before and after your sport effectively lengthens tight tissues and prevents injuries that occur due to improper tissue length. A Physiotherapist can design stretches that are specific to the needs of your sport or activity and your body. Injuries occur and recur for a reason. Do not accept pain as a part of being active, nor should you give up your activities due to recurrent injury. Consult your Physiotherapist for a practical injury rehabilitation and prevention program that is designed to meet your specific needs.