

IN MEMORIAM



In Memoriam
Joanne Daquano
June 30th, 1965 - September 11th, 2006
It's been a year since you went home to rest.
We've missed you so much.
We've shed tears.
We've continued to live.
We've continued to love.
We've continued to laugh.
We wish you could be with us.
But we know you're no longer in pain.
You live in our hearts and minds.
And we will always cherish you.
*Always and Forever,
Mike, Dylan, Dean and Darcy*

In memory of my very best friend
Joanne Daquano
who passed away September 11th, 2006
Missing you every day,
With love from your BBB,
Ann Hunt

CARD OF THANKS

FROM the family of Annemarie Meyer, we wish to thank friends and family for support and comfort given to us; special thanks to the Bennett Health Care staff and Dr. Vanbendegem, Rev. Peter Barrow for his assistance at this difficult time. Ian Pasmore and staff at Blue Springs Funeral Home; we could never have done this without your help and kindness. Many thanks to Sobey's for the luncheon trays. To Halton Camera, Mr. Henry (Lawyer) and the Town of Halton Hills for your dedication and continuing friendship. Thanks from the bottom of our hearts.
The Meyer Family



BLUE HERON WOODWORKS

ANNUAL FALL BLOW OUT SALE

Saturday September 15th from 9:00 am - 4:00 pm
11998 Winston Churchill Boulevard
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New Ready To Finish Handcrafted Furniture
Dressers, armoire, wardrobes, night tables, dressing vanity, quilt racks, blanket box, desks, bookcases, corner cabinets, hutch and buffet, china cabinets, TV/Video stand, entertainment armoire, jam cupboard, pantry, jelly cabinets, pie hutch, deacon benches, coffee and end tables, drysink, sofa tables, microwave stand, washstand, harvest table, wine table, plant stands, hall tree, half moon table, magazine racks, magazine tables, and much, much more.

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Custom Orders Welcome.

GARAGE SALE

Friday September 14th

30 GARDINER DRIVE

Saturday September 15th

22 and 30 GARDINER DRIVE

8:00 am to 12:00 pm

Collectibles, Art Books, Video Games,
Furniture, Lovely Things

MULTI FAMILY GARAGE SALE HOME DAY CARE CLOSING

Saturday, September 15th

52 MOORE PARK CRESCENT

8:00 am - 12:00 pm

Rain or Shine

All types of household items. A HUGE assortment of toys. Something for Everyone!

Ask The Professionals

Ask Questions. Get Answers. "Ask the Professionals"

E-mail your questions to: features@independentfreepress.com

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DR. ANOOP SAYAL

Q: How can I overcome my dental fears?

A: Only about 50% of Americans receive regular dental care. In addition, a recent study shows that 8 - 15% of people avoid dental care completely. As you may have guessed, fear is the culprit. It may have been an unpleasant past visit or a friend's exaggerated story about their dental work, which prevents many people from scheduling a dental visit.

Many patients mistakenly take the attitude that it's best to be "out" during any type of dental surgery or work. That's not always wise. Often, there are side effects and risks that result from anesthesia. Instead, many dentists use a variety of techniques designed to help their patients relax by fully understanding what needs to be done.

When needed, certain medications can be given to lessen the pain and anxiety. The best known of these is nitrous oxide, or laughing gas. When combined with oxygen, it produces a feeling of wellbeing. Above all, discuss your fears openly with your dentist. The help you need is often just a matter of mutual understanding.

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DAY & EVENING APPOINTMENTS

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MANON DULUDE

Q: How do I develop better communication skills?

A: Communication is a bridge between individuals. The more effective your communication style becomes the stronger your relationship will become.

Consider the following points prior to engaging in conversations:

Be aware of your mindset and intention as you approach the other party. Are you intending to give them a piece of your mind, setting the scene to prove your point and getting your way? Or are you willing to respect the other party and work at generating solutions which will be agreeable to all involved?

Surprise often creates an imbalance of power in a conversation. If you feel taken by surprise and attacked by the other party, it can leave you feeling angry or speechless. Before responding, consider listening very carefully to what is said then ask for a time out to formulate your own thought. This gives you time to think clearly about your reply rather than just react. Use the delay to process your feelings and create a response that is not based in anger.

Stick to one issue at a time. Bringing up unresolved issues, into the current conversation, is a competitive tactic utilized to gain power in the conversation. This will bring your discussion astray. If the other party communicates that way, it is important that you bring them back to focus on the issue at hand.

Avoid playing games. Saying things to test people's reaction is not a direct approach to express your concerns. Let the other party know you have a concern and be direct. Lastly, speak assertively not aggressively. Assertiveness implies that you will declare with assurance your position without the intent to be hostile or create a conflict.

There are many traps to be aware of when involved in difficult conversation, consider working with a coach to improve your own awareness and skills. It will go a long way in changing the quality of your interactions.

Manon Dulude is a Professional Certified Coach and Psychotherapist. She can be reached at 905 873-9393.

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

Q: Last fall I creamed my back cleaning up around the yard.
What can I do to keep this from happening again?

A: Here are some suggestions:

- ✓ list the jobs that you wish to accomplish and execute them over several days with time to for spinal rest and relaxation. A copy of our spinal "R&R" protocol is available at our front desk.
- ✓ consider the physical nature of each job and set up a schedule that gives you a variety of postures and movements
- ✓ minimize the low back motion that companies raking and using a broom by stepping side to side or forward and back so your pelvis and torso move as a unit rather than one bending and twisting on the other
- ✓ use your equipment to its greatest advantage. Place loads in the wheelbarrow over the axle rather than near the handles, keep digging and cutting instruments sharp and in good repair, use carts as often as possible rather than carry.
- ✓ Make several trips with light and easy to handle loads rather than fewer more awkward and heavier loads.
- ✓ Remember that sources arising from deep within the body are often not uncomfortable at the time you are doing the aggravating activity but will produce pain up to 12 hours later. Try to remember episodes of pain from previous years, identify the likely cause in execute your tasks in a way that minimizes exposure to these causes.

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Q: I want to learn more about the Law of Attraction and the Power of Positive Thinking. Do your offer this kind of help?

A: Yes, we help people understand and apply the Law of Attraction and the Power of Positive Thinking, which when done, can lead to joy, success and better functioning. Most persons go through life thinking more about the negatives or their current circumstances, instead of what they want. By doing that you are only attracting more of what you already have. Learn to think about what you want and gain the power from positive thinking to help you feel better about things and achieve the life you have dreamed of living. Give us a call and we will help you get started.



Mountainview Residence

owned and operated by the Summer family

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Christoph Summer
Owner/Administrator

Q: My parents are considering a move to a retirement home. If and when they move, are there restrictions that I should know about? For example, can I visit or phone anytime?

A: Retirement homes cater to independent, relatively healthy seniors who want to enjoy a more carefree, enriched lifestyle. Think of your parents as living in a hotel-like environment. You can visit or phone as you, (or your parents), please. Your parents determine the restrictions as to times.

Some retirement homes lock their doors in the evening for security purposes only. Using an intercom system, residents and visitors may still come and go at their leisure.

Just as they have always done, your parents can entertain as they would in their own home and can even invite friends to join them in the dining room for meals.

Again, think of this as a move into a hotel setting, with the freedoms they have always enjoyed.

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