

Ask the PROFESSIONALS



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Screen time linked to Developmental delays in Kids

Children and technology have become inseparable due to perceived values of people delivering the devices used in our daily lives.

1. Damaging effects of blue light exposure and UV rays.
2. Children spend 20 - 25 % of their waking hours on devices such as video games result in delays in learning by the time they begin school. Areas of suppression include language development and fine and gross motor skills. As well as problem resolution.

Personally in the office my findings include adults even at early years are developing the inability to raise their eyes above the horizon as much as 80 % less than looking down.

Reduced blink times are causing issues with eyelids, and tear production. As well as damage to the cornea due to improper blink rates.

As well low focusing flexibility which is not only due to near tasks more than distance and flexible viewing distances, produces the tendency to become near sighted.

The 20-20 Rule For every 20 min of screen time, a 20 minute break is recommended.

Children have been found to have healthier eye function if they spend time outdoors vs indoor activity as well.

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Question: What are the benefits of working with one Financial Advisor?

Answer: That's easy! First, they will pay attention to **your whole picture**. Even if you don't look at your investment statements, they will.

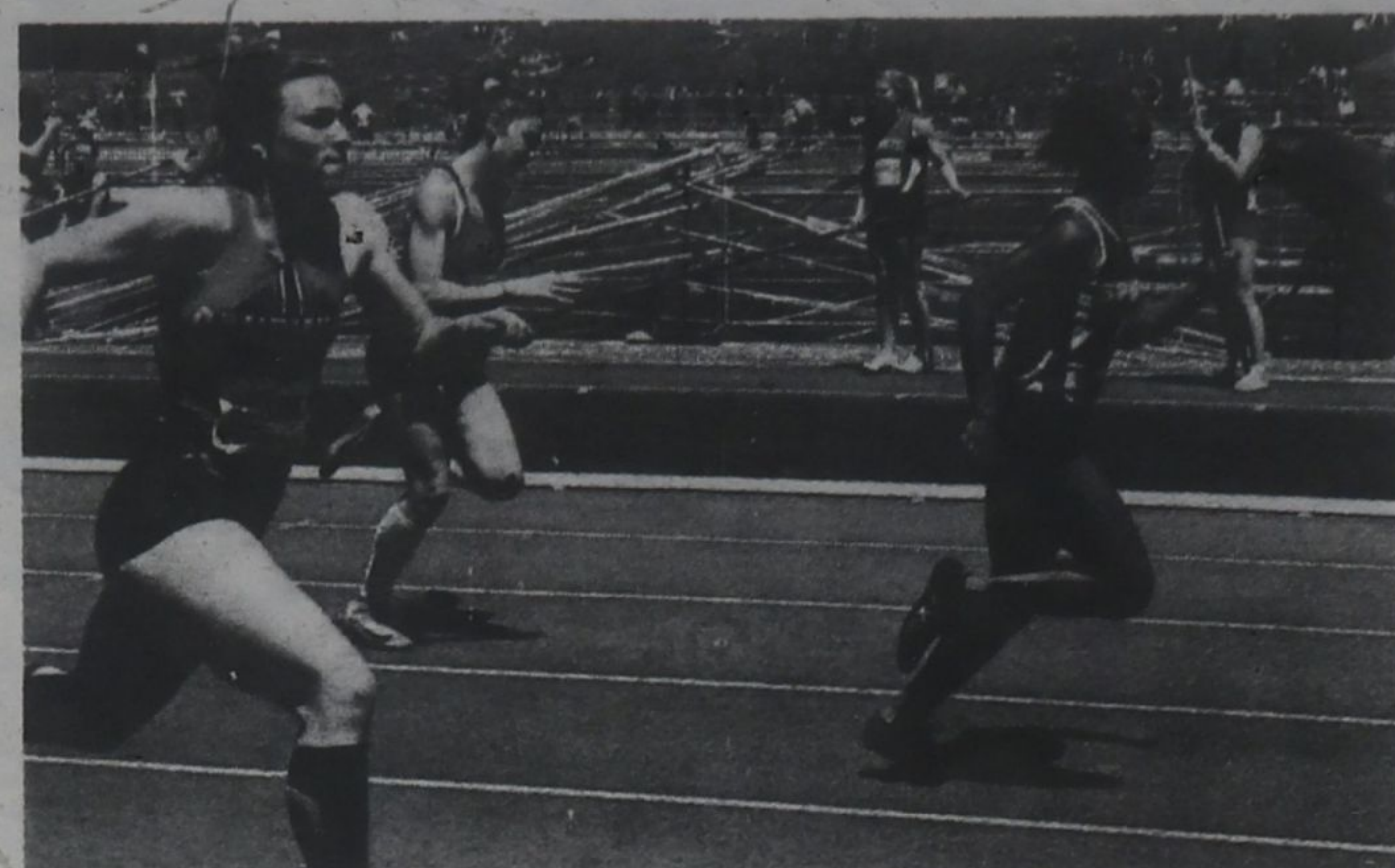
Second, working with one advisor will **reduce your financial stress** and make the load lighter. They can **simplify** your financial options and sharpen the focus on your goals.

Third, a good financial advisor will provide you with **expertise and knowledge** you may not have. They will help **prevent** you from taking **unnecessary risks** and focus on your long-term plan.

Additionally, your advisor can work with your accountant or estate lawyer to help **reduce taxes** and **protect** the things you have worked so hard to accumulate.

If you are working with multiple advisors and don't have a financial plan give me a call at 905-876-0120 or send an email to doug.hopkins@ipcc.ca.

COMMUNITY



Craig Kielburger Secondary School photo

Jenna James races to victory in the final of the junior girls' 300-metre hurdles.

JAMES SOARS TO OFSAA HURDLES GOLD

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Jenna James went into last year's OFSAA track and field championships as a medal contender. And though she did leave with a medal - a silver in the 400 metre - she had hoped to add a second in the 300 metre hurdles. A fall in her heat prevented her from vying for the title, though.

She earned herself a second chance this year by again qualifying for OFSAA with a convincing win in the junior girls' race at the South Regional championships, winning in 46.54 seconds.

But despite her success, James still had to deal with the impression she left on her OFSAA rivals last year.

"All the competitors remembered me as the person who fell," James said.

They'll certainly remember the Craig Kielburger student next year, but for a much different reason.

James set a personal best with a time of 44.46 to edge Windsor's Sierra Baltzer (44.65) for the junior girls' gold medal.

"I was in the lead going into the last hurdle and once I jumped that last hurdle, it felt like I achieved everything I had been training for," she said.

"She's very dedicated. There

aren't a lot of students that come into high school with that kind of personal drive," said Spartans track coach Heather Bryson. "She wants to be her best, so when she fell (last year), she was quite upset."

"She took it personally, but she's always striving to get better."

James wasn't done after her hurdles gold. She again earned a medal in the 400 metre by taking the bronze in a personal best time of 56.42, finishing four one-hundredths of a second behind the silver medalist.

James said she benefited from adding strength through her training since last year. A member of Oakville's Athletiques International, she qualified for the Legion track and field nationals last summer. She reached the final in the 300 metre and finished fifth.

Although she'll move up an age group this year, she hopes to earn a return to the national final.

Bishop Reding had three finalists at OFSAA. Brynn Miller finished fourth in the midget girls' pole vault. She cleared 2.90 metres, but two rivals cleared three metres on their final attempt to bump her off the podium.

Ashleigh Manning was seventh in the midget girls' triple jump with a leap of 10.47 metres. Jayden Parker was eighth in the midget boys' high jump after clearing 1.75 metres.



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Q: My husband and I seem to have the same fights over and over. The topic may vary but the pattern always seems the same.

A: When people spend time together the way they communicate becomes a predictable pattern or what is often referred to as "the dance." One closes in as the other backs away. While some feel that the only way to deal with a difference of opinion is to talk it out, others will feel that they need space and time to first think things through. Some communications styles include:

- **The Pursuer:** These people often feel like they are great communicators because when there is a problem, they want to talk it out immediately and keep at it until there is some sort of resolution. Repeating your point of view over and over until you wear the other person down is not the same as being a great communicator.
- **The Distancer:** While the pursuer is insisting that the issues must be talked through right now and for as long as necessary to get "closure," the distancer just wants time to get his or her thoughts together. They do not think well under pressure and often will use anger to push the other person away. They are accused of sweeping the problem under the rug. While it is important to give them space, the distancer often avoids returning to the problem at hand.
- **The Fixer:** These individuals want to quickly fix the problem. They have a hard time listening to what the real issue is but prefer instead, to advise, rescue and take control. These people often find themselves in a relationship with someone who they perceive always needs rescuing. Their partner, however, may feel disrespected.
- **The Blamer:** This is the person who approaches a disagreement as if it were a tennis match. Rather than trying to hear the other person's point of view, any complaint is deferred back to their partner by blaming. There will be a lot of "ya, but..." and "you do that too". If the problem is never anyone's fault, no one ever has to change their behaviour.

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Summer Time Dental Tips

The oppressive heat during the summer months can play havoc with your dental health. Also, high humidity leads to excessive sweating, which eventually results in loss of hydration. Here's a list of tips to follow for the well-being of your dental health while having a lot of fun this summer.

Keep Hydrated

Keeping yourself hydrated staves off tooth decay besides protecting your skin and gum tissues. Consume plenty of water and avoid sugary drinks. Chewing sugar free gums or sucking on artificially sweetened candies can be ideal since it aids in the production of saliva which prevents tooth decay.

Protect your Skin

The heat during the summer months may cause chapped, dry lips. Remember that the lips are the most susceptible to burning compared to other parts of the body. Yet, most people ignore when it comes to protecting their lips from the harsh effects of the sun. Damage to your lips for a considerable length of time can result in skin cancer. This is why you need to use a lip gloss or lips with a SPF of a minimum of 15.

Snack Intelligently

The best summer snack is undoubtedly fresh fruit. Choose the right fruits for the overall health of your teeth. For example, watermelon can be the ideal choice as it assists to clean the mouth on account of its high water content. However, citrus fruits are basically acidic and can result in the erosion of tooth enamel. Avoid roll ups and fruit gummies as they tend to get adhered between the teeth and remain longer if your mouth is dry causing cavities in between the teeth.

Protect your Teeth

A main activity during the summer months includes playing outdoor games. Mouthguards are cost-effective and can protect your teeth, lips, gums and cheeks. Wearing a mouthguard also ensures the prevention of grinding of teeth when you are playing.

Swim Wisely

Too much of swimming in a pool can lead to erosion and weakening of teeth. This is because of high chlorine content in a majority of pools. In contrast, swimming in an ocean can in fact cut down oral bacteria because of the high levels of salt in oceans.

Never Miss your Breakfast

Many people tend to be somewhat relaxed during the summer months and skip the first meal of the day. When you miss breakfast, you have a tendency to snack on unhealthy items all through the morning.