

Ask The Professionals

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Community Calendar

Georgetown

Physical and Sports Therapy Clinic

83 Mill Street, Suite B,
Georgetown, Ontario
Tel: (905) 877-8668
Fax: (905) 877-4165



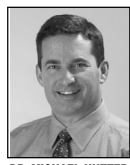
Marta Masley
B.Sc.(PT), M.C.P.A.



DENTISTRY ON
SINCLAIR

99 SINCLAIR AVE., SUITE 306, GEORGETOWN
905-877-0107

WWW.DENTISTRYONSINCLAIR.COM



DR. MICHAEL HUTTER

Q: My Dentist has recommended a crown, what does this entail?

A: When you have a tooth requiring restoration one option is a crown.

If your tooth has lost its original filling a crown is an excellent way to save your tooth by protecting it against future decay and restoring full functionality. A crown can repair damaged surfaces and protects against future wear and tear.

Your tooth may have also been fractured or cracked. A crown can be placed over a broken tooth to return the tooth to its functional state.

A crown involves preparatory steps and must be coordinated with an external lab facility which fabricates the crown. You will need to book two appointments with our office to have treatment completed.

A crown can benefit you in the following ways:

- It covers and protects the tooth.
- It is a durable cosmetic tooth enhancement
- The inner core buffers the crown against heavy biting pressures
- The outer porcelain layer is matched to the color of natural tooth enamel

Elayne Tanner & Associates Inc.

Elayne M. Tanner
PHD (C), RSW, BA, BSW, MSW, Dip Soc Adm
Counselling & Psychotherapy



Elayne M. Tanner

Milton 905-854-0801
www.etasolutions.com

Q: There is a "feel good" email going around that speaks to the importance of paying attention to what is going on in a child's life in order to explain changes in school success. Do you think this is accurate?

A: I know the message you are referring to. It talks about a child who is dirty, sad and doing poorly in school. While the teacher initially holds no hope for the child, after reading his records she realizes that this child has experienced the illness and death of his mother and an uninvolved father. The story goes on to demonstrate how the kindness and attention of one teacher turns the life and future of this little boy around. Do I believe it? Without a doubt! This story tells us two things that I know to be true.

One message contained is that it only takes one interested caring person to turn around a young person. This individual is often not a family member but instead an objective and neutral third party such as a neighbour, teacher or counsellor. I believe and hope that I have been this person to many young people over the years. The other thing we learn in this story is to see children as the barometers of what is happening in the family. When a child's behaviour suddenly changes this usually signifies problems in some part of the child's life. Since children often don't have the words to express their fears and concerns, they let their behaviours demonstrate their internal chaos. Again, the right counsellor can help interpret the child's behaviours and help the child navigate through the bad times. These might include death of a loved one; the physical illness or emotional depressions or anxieties of a parent; domestic violence; abuse; divorce; remarriage; school difficulties or even the loss of a pet. Do I believe that one person really can have such an impact? Yes I do! The many thank you notes that I have received over the years attest to it.

Tuesday, March 23

Infant nutrition clinic:
Free at Metro Ontario Pharmacy at Metro Grocery Store, 367 Mountainview



Dr., 11 a.m. to 4 p.m. A look at the differences between different infant formulas, vitamins

your baby may need, the introduction of solid foods, how to tell if your baby is growing properly, and the benefits and current guidelines related to breastfeeding. Clinic will be conducted by a registered and experienced pharmacist. Everyone is welcome.

Optimist TV Bingo: Tune in every Tuesday night, 6:30-7:30 p.m. on the Cogeco Cable channel. Prizes are \$50 to \$250 per night. Tickets are available at local convenience stores.

TOPS-Georgetown: meets Tuesdays at St. Andrew's United Church, 89 Mountainview Rd. S. Weigh-in: 6:30 p.m. Meetings follow at 7:30 p.m.

Georgetown Seniors Centre euchre: (euchre 1st and third Tuesday; bid euchre second and fourth Tuesday), 7 p.m. at the centre on Guelph St. Admission \$2.

Wednesday, March 24

Acton Branch Canadian Cancer Society Campaign Kick-off And Volunteer Ap-

preciation Dinner: All canvassers, volunteers, drivers, knitters, daffodil salespersons, etc are invited to attend dinner and meet their fellow canvassers, 6 p.m. at Knox Presbyterian Church, 44 Main St. N., Acton. The Mayor and local councillors have been invited to attend. Door prizes and entertainment are part of the fun evening. Anyone wishing to join in as a volunteer can call Cathy Gerrow, 519-853-1424.

Apprenticeship seminar: March is Apprenticeship and Skilled Trades month at the Acton Employment Resource Centre and a free seminar will be held 11 a.m. with a representative from the Ontario Masonry Training Centre talking about a trade you can build a solid future on at Links2Care Acton Employment Resource Centre, 45 Mill St. E., Acton. Space is limited, to register: 519-853-5014.

Adult education upgrading: Need help with Read, Spell, Write, basic math and computers? Literacy North Halton can help. Small groups or one-on-one. Call 905-873-2200 to register.

German Skat: a card game is played at the Georgetown Seniors Centre every Wednesday starting at 6:30 p.m. For details call Martin, 905-878-7013.

Aphasia help: Do you or anyone you know suffer from Aphasia? The Halton Aphasia Centre is a non-profit organization. **Continued on pg. 23**

Q: I took a fall while downhill skiing, resulting in a serious knee injury. I've been told that I have a partial-to-complete tear of the ACL. Will I require surgery for this?

A: The anterior cruciate ligament (ACL) is a relatively weak structure that runs from the thigh bone (femur), to the shin bone (tibia), preventing the tibia from displacing forwards from the femur and preventing hyper-extension of the knee joint. ACL injuries are common in skiing, due to the high and stiff nature of the ski boot and the propensity for falling while skiing. Depending on the extend of damage to your knee, surgery may or may not be indicated. Often other structures in the knee are also damaged during such an injury. Ultimately, pain, stability and function are the determinants of the necessity of surgery. The stability of the knee joint depends upon the strength of the surrounding muscles and ligaments. This is why the initial course of treatment after a knee injury is to decrease swelling and increase stability, possibly with a brace or just strengthening. The most important muscle to strengthen in the knee with ACL damage is the hamstrings, since this group of muscles act to stabilize the knee in a similar way as the ACL. If sufficient stability cannot be attained with an aggressive strengthening program, then surgery is usually required.

SUSAN S. POWELL

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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.

Mountainview Residence

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222 Mountainview Rd. N.

Georgetown, ON L7G 3R2

Bus: (905) 877-1800

Fax: (905) 873-9083

www.mountainviewresidence.com



Christoph Summer
Owner/
Administrator

Q: I feel that I am ready for a retirement home, but I'm worried about losing my independence.

A: This is a very common concern for many people considering this kind of move. In fact the opposite is true; moving to a retirement home can give you *more* independence.

Retirement homes typically provide accommodation, meals, 24 hour staffing, laundry and housekeeping services. This kind of care will free up time and allow you to participate in activities you missed for lack of "fun" time. In addition to those activities you are currently enjoying in the community, you can enjoy social activities right on your doorstep since most retirement homes also provide a variety of recreational programs.

So, rather than losing independence, you can enjoy a more enriched lifestyle.

Healthspan

NATUROPATHIC

Georgetown Medical Centre

1A Princess Anne Drive
905-873-8729

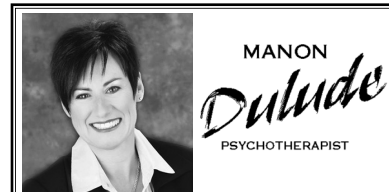
www.healthspan.ca jfountain@healthspan.ca

Q: I've heard so much about flaxseeds. What can they do for you?

A: The National Cancer Institute has singled out flaxseed as one of six foods deserving special study in cancer prevention. Lignans in flaxseeds are converted by intestinal bacteria into "human lignans" which are associated with a reduced risk of prostate, breast, uterine and ovarian cancers. Flax can also help with hormone balancing. A recent Mayo Clinic Study found that eating 4 tbsp ground flaxseeds daily for 6 weeks cut in half the number and severity of daily menopausal hot flashes. In a small scale study at Laval University, 25 women who consumed 4 tbsp ground flax daily for 8 weeks experienced a significant reduction in mild menopausal symptoms. In this study, ground flaxseed was as effective as a daily dose (0.625 mg) of estrogen replacement in relieving mild menopausal symptoms. **Beneficial Fats:** Flaxseeds contain the anti-inflammatory and heart-healthy omega 3 fats, primarily alpha linolenic acid (ALA). **Fiber:** 2 tbsp of ground flaxseed contain more fiber than a slice of multigrain bread (4 grams) The soluble fiber component is sticky and binds cholesterol and hormone byproducts in the gut. The insoluble fiber maintains intestinal pH and regularity. To gain maximum benefit from flaxseeds they must be ground, soaked or sprouted and eaten raw ie. on oatmeal or salads, in yogurt or protein drinks. It is wise to start with a small amount and increase slowly to 2-4 tbsp per day for adults.



Julia Fountain,
BSC, ND



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Please come to a

STAG and DOE

for

Jamie-Lee Gillham
and **Adam Frigault**

Saturday, March 27
8:00 p.m.

Lions Hall (behind the Old Arena)
43 Mill St., Georgetown
Great Food, Door Prizes, Games and Cash Bar