

# Local Zellers not Target-ed yet

The Zellers store in the Georgetown Market Place will not be changing to a Target store... at least not yet.

Target Corporation secured a leasehold agreement earlier this year on up to 220 Zellers locations through Canada.

Friday the first 105 to be brought under the U.S.-based Target banner were announced, and the Georgetown store isn't on the list.

Additional locations are expected to be announced this fall.

Six to nine months prior to opening as Target stores, the majority of stores will be closed for significant remodeling. On average, about \$10 million will be invested in remodeling each location, which is expected to create a significant number of construction jobs.



The Georgetown Market Place Zellers store was not among those listed Friday to fall under the U.S.-based Target banner.

Photo by Ted Brown

Target store openings will begin in 2013, and a detailed schedule of individual store opening dates will be made available at a later date.

For more information, visit [www.target.com/pressroom](http://www.target.com/pressroom).

# Fire department to be honoured with CH Environmental Award

Halton Hills Fire Department will be recognized for the "green" initiatives in its two new fire stations with a Conservation Halton Environmental Award of Excellence Thursday evening.

The department will receive its award under the Stewardship category during the presentation at Conservation Halton (CH) Administration office in Burlington.

Norm Miller, spokesperson for CH, said the fire department built its two stations (10 Sideroad and Maple Ave.)

to LEEDS gold standard. The facilities include things like geothermal heating, low-flow water efficient plumbing, refurbished furniture and a system to collect rainwater to be used to fill and wash the fire trucks.

Other award winners include Kale Black of Burlington, Rattlesnake Bolt-ing Project, City of Burlington, Gladys Speers Elementary School in Oakville, Oriana Harris of Milton, Don Lee of Mississauga, and Don Ford of the Conservation Halton Foundation Board.

# Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted For the Professionals by June 30, 2011. [features@independentfreepress.com](mailto:features@independentfreepress.com) or call 905-877-0301 ext. 237

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**Q:** How can Coaching help me better manage my career planning process?

**A:** Finding a new career or a new position can be an intimidating prospect. One of the important goals of the career decision-making process is finding career options most compatible with an individual's interests, skills and abilities.

Job searchers fall into 3 categories; the Hunter, the Explorer, and the Conqueror.

The **Hunter** has a targeted career goal and needs a personal marketing plan.

The **Explorer** tends to be vague about his career direction and needs assistance in discovering his interests. This personal discovery work is achieved through conversation and the use of assessment tools which provide clarity and unbiased information about the person's skills, interests, personal style, and career values. This information maximizes the client's confidence in designing and implementing a new career plan.

The **Conqueror** likes the work he is involved in and is motivated to move his career forward. In this case, coaching assists in identifying and developing key behavioral strengths necessary to secure a promotion. Coaching will assist him in mapping out a career plan to achieve his desired career destination.

Wherever you find yourself on your career path, working with a Coach will guide you through the discovery, career decision-making and marketing phases of your career management process. Coaches focus on helping clients to create career plans which are aligned with their strengths, values, interests and skills. Coaching will also assist you with implementing your plan and overcome obstacles as they are encountered. The outcome is expected to bring you personal success and overall life satisfaction.

Manon Dulude Ph.D. (candidate) is a Professional Certified Coach with the International Coach Federation. She offers Executive, Leadership and Team Development Coaching as well as Career Coaching. To contact Manon, call 905 873-9393

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JENNI VENERUZ

**Q:** Why does our balance decrease as we get older?

**A:** One of the leading health concerns for people over the age of 60 is falling. This can lead to lengthy hospital stays and even death. Good balance is dependent on many factors. We require good sensory input from our eyes, our vestibular system (inner ear) and the proprioceptors in our joints. People with arthritis, glaucoma or inner ear disorders, for example, will likely have decreased balance. These problems are more common in people over 60. Balance can be easily improved with the proper exercises and with vestibular rehabilitation.

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**Q:** Is thumb sucking bad?

**A:** Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur.

By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs.

So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.

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Christoph Summer  
Owner/Administrator

**Q:** I am thinking of moving into a retirement residence. With so many variables and prices, how do I make a choice?

**A:** This is a seemingly daunting task but one that can be made easier if you give yourself the time and plan ahead.

A good place to start is with residences that come highly recommended by family and friends. Secondly, residents with membership in ORCA (Ontario Retirement Communities Association.) have met the industry's high standards, ensuring quality care.

Next, do a realistic assessment of your needs. For example, what help are you receiving now and what added help would you like?

Add to this, a "wish list". What added features are important to you? What type of setting would make you feel most at home? How does the home look? Is it a bright, clean, friendly place to live? Can you bring your own furniture... and so on?

Compile a list of questions and fill out a separate evaluation for every residence you visit. That way, you will have a consistent assessment of each home without the worry of forgetting the details. Consider too, staying for a meal and comparing this important aspect of retirement living.

Your evaluation of homes can be based on all the things that are important to you and your needs including, of course, the cost.

## FUTURE SHOP CORRECTION NOTICE

On the May 27 Flyer, please be advised that the 32" Dymex LCD HDTV (page 6, WebCode: 10165772) and the 46" and 55" Samsung Skype LED HDTVs (page 7, WebCode: 10164041/10164043) have incorrect features advertised. The Dymex TV should show 720p resolution. And the Samsung TVs should show 120Hz Refresh rate. Also, please note that the savings claims advertised for the following products on pages 15 and 17 are no longer valid. The Sandisk 8GB SDHC card (WebCode: 10096935) should show \$22.99, Save \$7, not save \$8, and the Garmin Navi GPS (WebCode: 10154640) should show \$199.99, Save \$40, not save \$50.

We sincerely apologize for any inconvenience this may have caused our valued customers.

[www.theIFP.ca](http://www.theIFP.ca)

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