



# Sale!

August 10-20

Now is the time to prevent spring weeds!



5065-957  
**Grass Seed**  
Drought Resistant - 1 kg  
Reg. \$17<sup>99</sup> **Sale \$13<sup>97</sup>**



5048-771  
**Round Up** 709 ml  
Ready to use!  
Reg. \$7<sup>69</sup> **Sale \$5<sup>97</sup>**



5048-753  
**Round Up** 2L  
Ready to use!  
Reg. \$15<sup>49</sup> **Sale \$13<sup>47</sup>**



5024-515  
**Turf Builder**  
Lawn Fertilizer w/ weed prevent  
(100% corn gluten) - 9.1 kg  
Reg. \$31<sup>99</sup> **Sale \$24<sup>97</sup>**




5132-217  
**Fertilizer Spreader**  
Broadcast  
Reg. \$44<sup>99</sup> **Sale \$39<sup>97</sup>**



5132-260  
**Fertilizer Spreader**  
Drop  
Reg. \$17<sup>99</sup> **Sale \$13<sup>97</sup>**



**ACTON HOME HARDWARE**  
362 Queen St. E., Acton 519-853-1730



905-873-9444  
www.poolguys.ca

**2011 Ultimate Pool Package**  
Any Pool Shape 15' x 30'  
Financing options available

**PICK A POOL**  
We give you the freedom of choice... don't settle for less!

**Create**  
your personal Oasis

### Ultimate Pool Package Includes:

- Stairs • Heater • Liner • Salt Sanitizer System
- Pump • Filter • L.E.D. Lighting
- 3' Finished Concrete Deck and more ...

**Still Booking For Construction This Summer!**

## Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted For the Professionals by August 31, 2011.  
features@independentfreepress.com  
or call 905-877-0301 ext. 237

### 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:** I always expect the worst. How can I develop a positive attitude?

**A:** Research shows that a positive attitude can make a big difference to your health, your sense of well-being, confidence and productivity. Mayo Clinic says optimists have better physical and mental functioning than their pessimist counterparts.

With practice you can re-train your brain to think positively. You must monitor and change the 'self-talk' or stream of thoughts that runs through your head all the time. Thoughts can be negative or positive and based on logic or on misconceptions and lack of information. You must rid yourself of the negative messages.

There are a number of forms of negative self-talk or as they are often referred to "twisted thinking". Some common ones are:

- **Filtering:** This happens when you focus on the negative aspects of a situation and filter out all of the positive ones.
- **Personalizing:** When something bad occurs, you automatically blame yourself and think it is all your fault.
- **Catastrophizing:** This happens when you automatically anticipate the worst in any given situation.
- **All or Nothing thinking:** You see things as either good or bad, black or white with no middle ground. You feel that you have to be perfect or that you're a total failure.
- **Should statements:** You criticize yourself to others for things that you 'should' or 'shouldn't' do.

You must work at silencing the internal critic. Don't automatically accept your negative thoughts. Challenge them and replace them with rational, positive thoughts. Like any new habit it takes time and practice but in time your self-talk will become more realistic and self-affirming. A good place to start is by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. And welcome to optimism!

### IN FOCUS physiotherapy

& WellnesCenter Inc.  
324 Guelph St., Georgetown  
Halton Gate Plaza  
905-702-7891



JENNI VENERUZ

**Q:** What is the Assistive Devices Program?

**A:** The Ontario Ministry of Health and Long Term Care runs the Assistive Devices Program (ADP) to help people who have long term physical disabilities get needed equipment and supplies. In some cases ADP will pay 75% of the cost of items like walkers, scooters and wheelchairs. Any Ontario resident with a valid health card can apply for this assistance. You must first find a healthcare professional who is authorized to assess whether you meet the funding criteria. These authorizers must be registered with ADP. They will help you decide what device is best for you and send in the appropriate paperwork.

In Focus Physiotherapy Inc. is proud to offer these specialized ADP services. Please call for more information.

### Mountainview Residence & Terrace

owned and operated by the Summer family  
222 Mountainview Rd. N.  
Georgetown, ON L7G 3R2  
Bus: 905-877-1800  
Fax: 905-873-9083  
www.mountainviewresidence.com



Christoph Summer  
Owner/Administrator

**Q:** What kind of lease agreement is there for a retirement residence? What happens if I eventually move out?

**A:** As a retirement resident, you have the same rights and obligations as any other tenant in Ontario, with a few important exceptions.

One notable exception is that you are not constrained by a long-term lease. However, if you plan to move out, you must give the management 30 days written notice. Notice can be given at any time, not just at the end of the month.

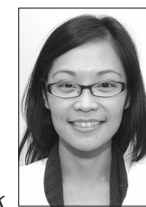
In a retirement residence, your rent is comprised of two parts-- service and accommodation. Should you choose to move prior to the 30 days; you are responsible for only 10 days of the service portion and 30 days of the accommodation. If, after you have moved out, the suite is rented within this time you are entitled to a rebate for the days that the room has been re-rented.

You also have the right to receive a Care Home Information Package (CHIP) at the time of move-in that clearly outlines what you have agreed to purchase, related costs, condition to the agreement and so on. Until you have received the CHIP, you can withhold payment.

### HealthWATCH My Health. My Way.



**FREE PRESCRIPTION DELIVERY**  
Open until Midnight 7 days a week  
Georgetown Marketplace  
905-877-2291



Cherry Tanega, RPh  
Pharmacist

**Q:** I look healthy when my skin is tanned. What is the safest way to get a tan?

**A:** For many people in our culture, tanned skin is a symbol of health. Ironically there's nothing healthy about tanned skin. Repeated exposures to UV radiation destroy the skin's elastic fiber which leads to wrinkles, sagging skin, and injury to blood vessels; therefore aging the skin prematurely. Also the sun can cause skin cancer. There are no safe ways to tan. Gradual tanning offers some protection against sunburns but it never protects against the cumulative and negative effects of the sun on your skin. The negative impact of tanning lasts much longer than the temporary pain associated with sunburns.

- Here are some safety tips during sun exposure:
- Limit sun exposure between 10am - 4pm, when the sun's rays are at their peak.
  - Don't forget to protect your eyes in the sun. The sun can cause cataracts so wear a good-quality sunglasses with UV protection
  - Protect your skin in the sun with clothing: wear a hat, long sleeves and long pants made of tightly woven fabric.
  - Always use sunscreen with an SPR of 30 or more.
  - Choose a sunscreen with the Canadian Dermatology Association logo or ask your Pharmacist to ensure that you are protected against both UVA and UVB rays.
  - Apply sunscreen at least 30 minutes before your exposure to the sun to allow it to penetrate the skin and then repeat the application 20 minutes after the exposure to ensure maximum protection.
  - Apply a generous amount of sunscreen; applying a thin layer reduces the effectiveness of the product. For instance a 100 ml bottle will cover your entire body 3 times when it is used properly.
  - Repeat the application every 2 hours and after swimming. This is important for children who spend long periods of time playing in the water.
  - Certain drugs and cosmetic products increase the risk of getting a sunburn.

Ask your Pharmacist whether you need special sun protection because of any medications that you may be taking.