

Jack Layton left lasting impression

Like many, I was sad to learn of Jack Layton's passing last month.

In the days and weeks following his death, it became clear that the legacy of his life was more powerful than the cancer he struggled with in recent months. His unwavering optimism, commitment

to social equality and lifelong dedication to public service will be remembered by many for years to come. His premature

passing serves as a reminder that our time on this earth is short and that we must use each and every day to its utmost.

While we sat on opposite sides of the House of Commons, we were also colleagues. Both of us were first elected to Parliament in the 2004 federal election. During the last seven years, I watched as he worked tirelessly for his party and for the ideals he believed in. His hard work paid off last May when, for the first time in Canadian history, he led the NDP to Official Opposition status.

When the new 41st Parliament started in June, he established a new tone of civility in the House. As the new Leader of Her Majesty's Official Opposition, he was genuinely committed to promoting decorum in the House, not only out of respect for his fellow Parliamentarians, but also with the hope of renewing Canadians' faith in Parliament.

Perhaps his greatest legacy will be the historic breakthrough in Quebec that saw the election of 59 new NDP members and the defeat of the separatist Bloc Québécois.

There are several fond memories I have of him over the years. We often saw each other at the gym in Ottawa, where his steadfast penchant for physical activity kept him coming back even during his cancer treatment.

Our last encounter took place in late June in the House of Commons during the debate on restoring Canada Post's mail service. I asked him a question and he answered. Little did I know that it would be the last time we would see each other. Regardless of our differences over policy, he continuously demonstrated his commitment to his convictions and to building the party he so believed in.

Although each one of us wears a different political stripe, as members of Parliament we are all united by our hopes and efforts to make Canada a better place. The optimism and dedication that comes with serving the public is something that crosses party lines.

I will remember Jack for his optimism, for his dedication to his convictions, but most of all, I will remember him for how he convinced Canadians in Quebec to turn away from the separatist Bloc Québécois and toward a federalist alternative.

You can contact me by phone at 1-866-878-5556 or by email at michael.chong@parl.gc.ca

—Michael Chong is the MP for Wellington-Halton Hills

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Tooth Chatter

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... Lend Me Your Ears

By Cory Soal
R.H.A.D.

You have probably heard recently, that legislation has been passed that will target drivers using cell phones while operating a motor vehicle. We all know that distractions are a dangerous combination and common part of driving on today's congested roadways. Any way to lessen the number of distractions faced daily would greatly help one to focus on the task at hand, and get on with their day. At the Georgetown Hearing Clinic, we do not condone the use of cell phones while driving, but when absolutely necessary, a hands free device, such as a speaker phone, line Onstar™ or a bluetooth connected earpiece can be very useful and help reduce distraction - not to mention allow the driver the use of both hands.

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Q: My 8 year old is complaining about pain in her heels and I've noticed that she's limping. She just started playing soccer...what could this be?

A: Sever's Disease is the most common cause of heel pain in a growing athlete. Common age of occurrence is in between 7-15 years.

- Symptoms:**
- Pain/tenderness in the heel which worsens with activity
 - Pain when the heel is squeezed
 - Pain with running/jumping
- Cause:**
- Sever's Disease is caused by repetitive overuse of the bones and tendons in the heel. This in turn causes increased inflammation in the growth plate which causes pain. The muscles and tendons become tight and weak. Sports that involve a lot of foot pounding and heel motion can cause excess inflammation. Soccer, baseball and basketball are common culprits. Starting a new sport or the start of a new season can also start things up.
- Treatment:**
- Rest, Ice
 - Orthotics, good shoes
 - Anti inflammatory medications
 - Modalities that reduce inflammation (ultrasound)
 - Stretching and strengthening prescribed by the physiotherapist

If the inflammation and pain is significant the therapist may recommend a break from the aggravating activity or sport.

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Christoph Summer
Owner/Administrator

Q: What is the difference between a nursing home and a retirement home?

A: Long Term Care (LTC) or Nursing homes are mostly for seniors who have significant health care issues and generally require higher care levels than retirement homes. They are partially funded by the government and offer a range of accommodations from ward to private rooms. Applications for LTC need to be submitted through Community Care Access Centres (CCAC).

Retirement homes, on the other hand are almost always chosen depending on a senior's needs and personal preferences. With flexible lifestyle options, retirement residences let you choose which services you need, which services you want, how to spend your time and with whom to spend it. They take the work and worry out of day-to-day living.

Each retirement home reflects the personality and style of those who own and operate it. Look for the best -- look for the warmth, personality and accommodation style that best meets your needs and preferences.

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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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Q: I separated from my husband last week and want a divorce. What is the best way to proceed?

A: There are 3 conditions under which you may seek a divorce: adultery, cruelty and having been separated for more than a year. It can be very difficult and expensive to make a claim for divorce due to adultery or cruelty. The majority of divorces are based on a claim of having been separated for one year or longer. In order to obtain a divorce an Application has to be made to the Superior Court of Ontario. In the Regional Municipality of Halton, the court is located in Milton.

Many married couples negotiate the terms of a Separation Agreement before proceeding to commence their divorce proceeding. The terms of the Separation Agreement might include custody/access, child and spousal support, special/extraordinary expenses (e.g. daycare/babysitting, uninsured health expenses, some activities, post secondary expenses) division of property, the sale or transfer of the matrimonial home, health benefits, life insurance and payment of debts among other issues.

Once you have negotiated the terms of a Separation Agreement you could then apply to the court for the divorce. This is called an "uncontested divorce" because all the other issues have been settled in the Separation Agreement and usually takes approximately 3-4 months. You will be unable to obtain a Divorce Order, however, until you have been separated for one year.

If you and your husband are unable to negotiate the terms of a Separation Agreement, then you may have to file an Application with the court and resolve matters with the assistance of the court. It is a longer process and much more expensive than negotiating a Separation Agreement. Mediation and collaborative law may assist with resolving difficult issues.

It is always important to understand your rights and obligations when you separate or are considering separating from a spouse. A consultation with a lawyer at this stage can be very important to also help you understand how you should proceed.