

Ask the Professionals

ANY QUESTIONS ABOUT THIS NEW SPECIAL FEATURE CAN BE DIRECTED TO:
AMY SYKES
 905-873-0301 EXT. 237
 ASYKES@THE IFF.CA

MANON **Dulude**

PROFESSIONAL COUNSELING SERVICES
 905-873-9393

WWW.FORGEACOACHINGANDCONSULTING.COM
 INFO@FORGEACOACHINGANDCONSULTING.COM



Q: My Teen is isolating herself in her bedroom, should I be concerned?

A: Teens are living a complex phase of life where they learn to become their own person by examining their belief and value systems. This explains their intense curiosity to try new things and challenge concepts they had taken for granted. They tend to seek new sources of inspiration and information and distance themselves from family as a way to practice becoming independent.

While solitude offers time for introspection, extensive isolation in teens should not be overlooked as it may be the tip of the emotional distress iceberg.

Time on their own is not enough to conclude that something is wrong with your teen, pay attention for other indicators such as: disrupted sleep patterns, drastic changes in social circle and areas of interest, noticeable decreased level of energy and motivation, lack of interest in school, hobbies and friends, as well as high level of irritability and emotional reactivity.

Teens who demonstrate a number of these symptoms would benefit from consulting with a counsellor or their family physician for support and to increase their resiliency.

Manon Dulude is a certified member of OACCPP and a Professional Certified Coach. She can be reached at 905-873-9393.

SUSAN S. POWELL
 BARRISTER & SOLICITOR
FAMILY LAW

350 RUTHERFORD RD. S.
 (Plaza 2, Suite 320)
 on the Corner of Steeles & Rutherford

905-455-6677



SUSAN S. POWELL

Q: My girlfriend won't let me see my children. Do I still have to pay child support?

A: Yes, you have to pay child support even if she is not letting you see the children. It is important to find out the reasons why she is not letting you see the children so that those issues can be looked at and you can try and resolve them. Parenting counselling can often help with this issue or you could try mediation.

You have a right to see your children as well as receive information about them. You should discuss this issue with a lawyer even if you are attending parenting counselling or mediation. A lawyer can also try to help resolve the issue, but if all else fails, it may be necessary to bring the matter before the Court and have a Judge review the matter and make an Order for the terms of your access.

Tooth Chatter



A LETTER TO SANTA

Dear Santa:

I have been an extra, extra good boy all year! This year I need to ask you for something very special! I really need a new set of dentures! "All I want for Christmas is some new false teeth!"

You see, I went to visit my Denturist, Alex last week, as I do every year, for my yearly check up. My dentures have become loose and are causing me discomfort. Whenever I eat, food gets under my plate and causes me pain. My upper denture often falls down while I'm talking. How embarrassing! Not to mention my annoying "floating" lower denture. Santa don't be mad at me, but my lower teeth have been sitting in my bottom drawer all week, I just can't wear them.

Alex explained to me that gums constantly shrink, and therefore in time causes dentures to become loose and illfitting. Also, I told him how it takes me twice as long to chew my food as it used to. He told me this was because the teeth on my denture have become dull, and therefore unable to cut through the food like they should. He also said that my bite was "off" meaning my jaw was not coming together properly when I bite down. He said this could be the reason I've been having so many headaches. Apparently illfitting dentures could be the cause of many health problems. Santa, this Alex guy really knows his stuff!

We have both decided that if I'm going to enjoy my turkey dinner this Christmas, that I'm definitely going to have to have a new set of dentures!

Thanks Santa!! Your buddy, Kirk

Creating confident smiles since 1982.

Alexander Trenton, DD, F.C.A.D. (A)
 Denturist
Georgetown Denture Clinic,
 18 Church Street,
 Georgetown, Ontario
905-877-2359

(Across from the Library and Cultural Centre)



Mayor Rick Bonnette addresses the audience at his annual luncheon held at Eagle Ridge Golf Course Thursday.
Photo by Ted Brown

Arenas, libraries were necessary, mayor contends

Continued from pg. 7

business attraction and existing business expansion in some of the more challenging areas of the Town; namely the downtowns, existing business parks in Acton and Georgetown, the Guelph St. Corridor, and the Intensification (GO station) and Brownfield (Beardmore) Areas."

10. Studying specialized transit opportunities for youth

Bits and bites from the Mayor's speech included:

- The Town plans to sell the Memorial Arena site for redevelopment (after its decommissioning) and to use the proceeds for other capital projects

- First Gulf has bought the property originally eyed by Target for a distribution plant and is now actively marketing it to another company. "Looks positive, but no guarantees," said the mayor.

- "I think the message has gone out... that Halton Hills is a strong place to open up a business." Thirty new businesses opened in Halton Hills in 2011.

- Despite ongoing criticism over the arenas project decision, the mayor made a business case: with minor hockey teams booking 369 hours at out-of-town rinks this season, he estimated that meant that 12,000 people would leave the community and potentially eat and shop out-of-town. By building the arenas, that keeps people in town and shopping local. "That's one intangible benefit that makes a solid business case," he said.

- The groundbreaking for the two new Georgetown ice pads will be in June 2012 with the pads ready for the fall 2013 ice season.

- The Town is currently reviewing its business licensing bylaw. "The intent of the review is to see what is currently working and whether it is beneficial to continue to license certain types of business classes," he said. "The big question is whether the licence control measures reduce or eliminate potential health and safety risks to our residents."

- To date the Town has implemented 91 per cent of the 70 recommendations in its award-winning Green Plan.

- In 2012, 800 homes will be built utilizing the Town's Green Development Checklist. As well, the Region has released more 1,200 SDE (single detached equivalent) units of water for more growth, predominantly in Georgetown.

- To the naysayers on the new library construction, Bonnette said since the new Acton Library has opened last February, borrowing of materials has increased by 133 per cent. Renovations and expansions to the Georgetown Library and Cultural Centre should be completed by late 2012.

The Chamber presented the mayor with a gift, a donation in his name to the Georgetown Hospital Fund.

IN FOCUS
 physiotherapy

& WellnesCenter Inc.

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



JENNI VENERUZ

Q: I have had "clicking" and pain in my jaw for many years. It has recently become more painful and sometimes locks. Can a physiotherapist help me?

A: Pain in the jaw can be very debilitating and if left untreated can result in permanent disability and dysfunction. Physiotherapy is an excellent option for people with jaw issues. The goals of physiotherapy are to improve the biomechanics of the jaw, reduce pain and restore function. The physiotherapist will work with you and your dentist and/or orthodontist to develop the best treatment plan for you.

Exercises given are simple, painless and very effective. Most treatment can be done as a home program.

Jenni Veneruz has advanced training in the assessment and treatment of the TMJ (temporomandibular joint).

HealthSpan CLINIC+STUDIO
 WELLNESS

You can feel better.
 EXPLORE YOUR OPTIONS

71 Mountainview Rd. S.
 Georgetown, ON L7G 4J5
905-873-8729

www.healthspan.ca jfountain@healthspan.ca



Julia Fountain,
 BSc, ND

Q: I've been getting a low of heartburn lately. What can I do?

A: Your first lines of treatment are lifestyle-based. These include eating less at each meal, eating slower, minimizing trigger foods and losing weight. Heartburn occurs when the "clasp" between the esophagus and stomach doesn't close properly. This results in stomach acid travelling into the esophagus. Certain foods are known to relax this clasp. Studies show that limiting caffeine and alcohol will improve heartburn in up to 30% of people. Combined with a low carbohydrate diet, up to 70% of people improve. Weight loss, even as few as 3-4 pounds, can decrease pressure on the stomach which can help. Food intolerances can be a common cause and are tested as part of a naturopathic treatment plan. If you eat Tums regularly you need a Naturopathic Doctor!



By Cory Soal
 R.H.A.D.

LIVING WITH A LOSS OF HEARING

Some voices are easier to understand than others. The clearly speaking person produces words that are more precisely formed, or articulated. The rate of speed of words spoken also affects our ability to understand.

If one can hear the speaker as he/she is talking, this makes it easier to understand. The environment also has an affect on speech understanding — bare walls and floors in a room causes sound to "bounce" around. Keep in mind that it is much easier to converse in a quiet, carpeted room.

Make sure that there is good lighting and try to maintain a speaking distance of less than nine feet. You'll be pleasantly surprised at how much easier conversation is.

Hearing loss can dampen enjoyment of movies, music, church services, watching TV, eating out and talking on the telephone. Even a mild hearing loss can reduce your quality of life.

The Georgetown
HEARING CLINIC
We care about your hearing!

Professional Arts Building
 99 Sinclair Ave., Suite 210
 Georgetown
(905) 873-6642

"Questions are never indiscrete; answers sometimes are."

~ Oscar Wilde