



... Lend Me Your Ears

By Cory Soal
R.H.A.D.

FOOD ALLERGIES MAY CAUSE EAR INFECTIONS

If your child suffers from frequent ear infections, and you can't pin point the cause, it may be something he/her ate. It's recently been found that food allergies may trigger ear infections, which left untreated can cause hearing loss.

The allergies create mucous congestion in the nose, which then flows into the tube connecting the nose to the ears. Eventually the tube gets blocked and infection causing bacteria grow.

To determine if food allergies are causing your child's ear infection have him/her tested. Once the troublesome food is discovered your physician can suggest alternatives. And take heart, kids often outgrow food allergies – and their tendency towards ear infections.

For more information feel free to call...

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We are so excited to announce the engagement of our mother Cathy Tutt to Andy Davison.

*Love Always
 Erin, Robyn & Josh
 Mom & Dad & Family*

Wednesday, Jan. 23
Kindergarten registrations:
 Parents interested in registering their children in 2013-2014 JK/SK and Full-Day Early Learning Kindergarten may visit their local Catholic elementary school on January 22 and 23, 9 a.m. and 12 p.m., and 1:30-5 p.m. Info: www.hcdsb.org.

Equilibrium-Georgetown:
 meets 7:30 p.m. (doors open at 7 p.m.) at Norval United Church, 486 Guelph St., Norval. Free admission. This month: Anxiety Disorders Overview with guest speaker Dr. Nadine Nyhus, who works at both the Georgetown and Action offices of the North Halton Mental Health clinic. Dr. Nyhus, a psychiatrist with over 20 years experience, practises general psychiatry with a particular interest in integrating spirituality and all aspects of health with traditional mental health treatment. Info: CMHA, 905-693-4270 or georgetown@equilibrium-oakville.com

Adult Learning Centre: Need to know how to use a computer for employment? Basic computer workshop starting end of January. Daytime spaces available. Free tuition. Info: 905-873-2200.

Free Employment Services: Experts from VPI will provide resume assistance, interview coaching, help with employment related communications like cov-

Community Calendar

er letters, and much more at the Georgetown library, Wednesday mornings. Call 905-873-9816 to book your free appointment.

Free Acoustic Jam: at The Shepherd's Crook, 86 Main St. S., Wednesdays at 8 p.m. Info: Frank, 416-356-8847.


Drop-in Family Storytime: Wednesdays, 2 p.m. at the Gellert, 2 p.m. at the Acton HUB. Also at Georgetown library Tuesdays, 10:45 a.m.; Thursdays, 2 p.m.; Saturdays, 11 a.m. For the preschool crowd.

Nordic Pole Walking in Georgetown: Wednesdays, 6:30 p.m. outside Gellert Centre. Info: Ginger Quinn, 905-691-9122.

Nordic Pole Walking in Acton: 10-11 a.m. in the Agriculture Building at Prospect Park. Admission \$2. Poles available.

Thursday, Jan. 24
Orientation Meeting for new Distress Centre volunteers: 7 p.m. Distress Centre North Halton is now accepting applications for its February/March training session. This is a telephone distress line and caring

individuals who want to reach out and help people in need are wanted. To attend call 905-877-0655 or email dcnhalton@bellnet.ca



International watercolour artist Sheldon Saint: will be featured in the Williams Mill Gallery from Jan. 23 to Feb. 4. Opening of Bahamas Treasures will be held Jan. 24, 6-9 p.m. Info: www.williamsmill.com

Bingo at Halton Hills Optimist Club, 13439 Hwy. 7, 7-9 p.m.

Free business advice: from a Halton Region business consultant, 10 a.m. to 4 p.m. at the Georgetown library. Book free one-hour consultation in advance: 1-866-4HALTON.

Friday, Jan. 25
Georgetown Lions Fundraising Texas Hold'em: at Lions Hall, 42 Mill Street, Georgetown. Doors open at 6 p.m. Come and enjoy free chili, snacks, cheese tray, tea, coffee. Poker starts at 7:15 p.m. Half Time enjoy free pizza. Cost: \$40 to start, for 2,000 starting chips, optional re-buys for the first three rounds, plus optional add-ons. Lions have pledged \$25,000 to Halton Hills Library.

More CALENDAR, pg 11

Ask the Professionals


SEND IN YOUR QUESTIONS TO:

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

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ROSS...Bounce Back
Ross Physiotherapy Solutions
905-873-7677
 318 Guelph St.,
 Georgetown



Gerry Ross
 H.B.Sc. PT, MCPA,
 res.CAMT

Q: My husband and I are separated. Our son, who lives with me, will be attending college this fall. Does my husband have to contribute to our son's college expenses and, if so, how much?

A: You and your husband should contribute to your son's post secondary expenses. You should discuss the matter with your husband when your son is applying to college and discuss the anticipated costs so that your husband is aware that you will be seeking a contribution from him when your son will be attending college. You should keep your husband informed of when your son is accepted to college and any details you receive. You will both need to review your financial circumstances so that you can plan for this additional expense. You should provide a copy of the invoices and receipts to your husband once they become available.

Once the total expenses for the year are known, then you should apply any RESP's, if applicable, to the expenses. Next, you would determine the contribution your son should pay to his college expenses.

Your son has some obligation to contribute to his own education unless there is a family history that suggests otherwise. Usually you would consider the cost of college, the income of you and your husband and your son and any other financial resources that may be available. As a very general rule, your son should contribute in the range of 25% to 50% to the costs of his education. His contribution can be from his savings, employment, scholarships, bursaries or, if necessary, student loans. If monies have been gifted to your son, such as money from grandparents, ensure it is stipulated by the grandparents whether these monies, or a portion of them, are to be used towards post secondary expenses.

Once you have determined the balance of the college expenses, after deducting the RESP's and contribution by your son, then you and your husband should contribute proportionate to your incomes towards the remainder of the expenses. Expenses such as union dues and employment expenses, if applicable, can be deducted from your income when determining the amount of income that should be considered in calculating your proportionate share.

Set up a consultation with a lawyer to further discuss your obligations regarding post secondary expenses.

The question to the answer above is the correct question to the Q/A that appeared in error Jan 15, 2013. The IFP apologies for this error.

Ask the Professionals
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 GEORGETOWN, ON L7G 4B1
 ASYKES@THE IFP.CA

ROSS...Bounce Back
Ross Physiotherapy Solutions
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 318 Guelph St.,
 Georgetown

Q: I am experiencing a number of symptoms that I feel like I am having a heart attack. My physician assures me that in spite of my racing heart, I am fine. My GP suggested I talk to a therapist regarding anxiety. How can that help me?

A: Anxiety seems to have reached almost epidemic proportions in our community. Not a week goes by that I am not greeting a new client suffering from anxiety. Anxiety sufferers are both female and male; from children to seniors.

Anxiety, a normal reaction to a stressor, is associated with feelings of fear, unease, panic and dread. It is often accompanied by sweating, shortness of breath, racing heart, crying, depression and what I refer to as a "smaller life" meaning that the sufferer begins to narrow their contact sphere—not wanting to go out socially; refusing to see friends and family and eventually taking a leave from work. Although the sufferer hopes that the anxiety and potential embarrassment can be contained by reducing outside involvement these approaches do not help.


Although you may feel like you are dying, I can assure you that in all the years I have worked with this problem I have never had a patient die of anxiety or a panic attack.

Anxiety is a normal reaction to a stressor. It is your body's way of trying to prepare you to deal with a high stress situation that will result in a fight or flight response. Everyone experiences anxiety regarding some stressors and the reactions that you are feeling is a normal and healthy response if not to this extreme.

Changing your thinking and learning anxiety reducing techniques will assist in coping with high anxiety. Just because you feel that a situation is stressful is not proof that it actually IS so bad. Once you start to fear a stressor, you create more anxiety when forced to face it. This is a very treatable problem and the longer you let it become entrenched the worse it will get for you.

Q: I broke my wrist and strained my back after slipping on the ice. Will easing back into normal day to day activities be enough to get me back to the way I was before?

A: Injuries such as yours are serious enough to warrant a consultation with a physiotherapist. Working with a physiotherapist now will ensure that you recover to the greatest extent that is possible. The degree of recovery that occurs spontaneously may allow you to be comfortable in your current lifestyle but not in the more physical spring and summer activities. Your physiotherapist will discuss your lifestyle with you and set you up with a program that will ensure that you can enjoy the upcoming spring and summer activities without disruption, comfortably and with confidence.



Georgetown Denture Clinic
 Alexander Trenton, DD, F.C.A.D. (A) Denturist

TOOTH CHATTER - georgetowndentureclinic.ca

SPORTS MOUTH GUARDS

Athletic sports mouth guards are made of soft plastic. They are adaptable to fit comfortably over the upper teeth. Mouth guards are important because the average cost of dental treatment over a lifetime for one tooth lost is approximately \$5,000. When it comes to sports equipment, mouth guards are a priority. They protect not only the teeth, but the lips, cheeks, and tongue. They also help protect a person from concussions and jaw fractures.

How does one choose a mouth guard? Any mouth guard is better than no mouth guard. However, it is important to choose a mouth guard that fits comfortably. If a mouth guard interferes with breathing or speech, or if it feels bulky, it should not be worn.

Whatever your age or sport, mouth guards are an important part of sports safety and your exercise routine. Do what you can to protect your smile and preserve your health. Ensure that you have a properly fitted guard made by a professional.

For a professionally made mouth guard, give our office a call. We care about your smile!

WE BUILD BEAUTIFUL SMILES!
Consultations are always free!!

18 Church Street, Georgetown 905-877-2359

"You're braver than you believe, and stronger than you seem, and smarter than you think"
 ~ A.A. Milne