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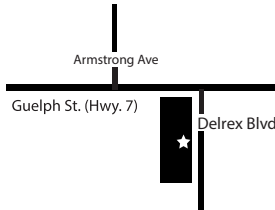
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DR. ELAYNE TANNER
Registered Social Worker

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Q: I can't really describe what's wrong. I feel cloudy and dull and always angry. But I'm not crying or sad so it isn't depression. What can this be?

A: Although some people experience crying and sadness and hopelessness, more people experience subtle symptoms of depression.

- You cannot focus or pay attention. Your head is cloudy. Books, TV, games all have lost their appeal. You are forgetful and often lose things. You do not feel sharp.
- You fall asleep fine, but wake up an hour or two later and cannot fall back to sleep. During the day all you can do is sleep. You are too tired to be effective at work. Your brain feels tired.
- Your mind won't turn off. You worry a great deal and keep obsessing. You replay the events and conversations of the day, over-analyzing everything.
- Your weight goes way up...or way down. You eat mindlessly and do not enjoy what you are eating. You have no interest in food and even though you have no appetite, you most likely over eat.
- You are numb or angry much of the time. You do not feel pleasure and you don't feel connected to others. You might feel restless but have no interest in doing anything.
- Without interest or feeling connected you tend to avoid friends and social activities. Your affect is so flat and you are so disinterested, people are uncomfortable around you.
- You may feel physical problems and pains that seem to not have a cause. This does not mean it is not real but the brain finds a way to fit your body with your depressed state and justify your mood and lack of engagement. Headaches, stomachaches, neck, back, and irregular heartbeat, can all be the results of depression.

Depression can be treated. I use a combination of talk, CBT, meditation, hypnosis and mindfulness. These are all techniques proven to bring about positive results. There is no need to suffer. Call today.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation



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Zachary Fiddes
B.ENG., O.L.S. President

Q: Does a survey plan expire after a period of time?

A: A survey is a special map of a parcel of land that provides details determined after research and field measurements. It is a snapshot of your property as of the date it was completed.

So a survey doesn't necessarily expire but rather quickly becomes out of date as properties are renovated and fences and sheds are built. A bigger problem using old surveys occurs when road widenings, easements, and severances are added to the property. A new survey will reflect these changes while an old survey does not.

Old surveys can still be very useful in providing historical information about the property and surveyors refer to these old plans for evidence when preparing a new survey. For example, some properties have buildings and fences that have not changed so they can become important information when determining a boundary.

In order to be up to date, a survey must reflect any changes that may have occurred on the property and show current registry office title information all of which won't be shown on an old plan. Only a licensed Ontario Land Surveyor can provide this information. I'm available to discuss your property should you have any questions.