

Fun day at Scottdale

The Ontario Heritage Foundation will be presenting its first Kidsummer Event at Scottdale Farm in Georgetown, today (July 16). Admission is free!

From 11 a.m. to 3 p.m., the event will offer children and their families lots of fun and exciting activities on this 531-acre property. Activities include nature walks, a scavenger hunt, archaeology and equestrian demonstrations, a barbecue, refreshments courtesy of Beatrice Foods, and Bea, the biggest cow you'll ever see!

Take the Trafalgar Road North 1.5 km to Scottdale Farm on the east side of the road.



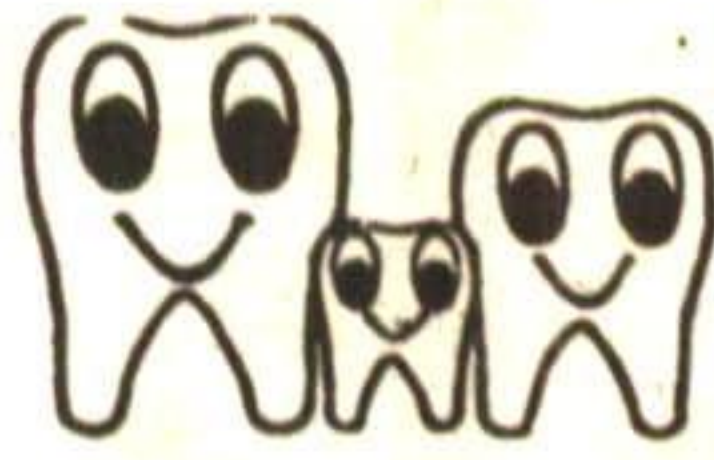
Dedicated members

Knox Presbyterian Church, Acton presented certificates of recognition to those who have been members of the church's congregation for 50 or more years. The awards were part of the church's 150th anniversary celebrations. Receiving certificates were back, (from left) Rev. Andrew McKenzie, the church's longest serving minister, Betty Armstrong, Helen Otterbein, Gladys Price, Bella Maye Roszell, Edith McEachern, Gladys Rennick, Betty McIntyre, Ella Morton, Wilma Coles, Helen Jocque, Edward Hansen, Dr. Arnold Bethune. Front, Ruby Hansen, Verna Smith, Isabel Murray, Harry Murray, Nellie Merkley, William Near, and Marguerite Spielvogel.

Ask The Professionals

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
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(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: Both of my parents had pyorrhea and had to have all their teeth pulled. How do I know if I have it and what can I do to prevent it?

A: "Pyorrhea", or periodontal disease is a term that refers to gum infection. This infection is caused by a buildup of plaque and debris around the teeth. Symptoms include: Red and swollen gums, bad breath, bleeding gums when brushing, loose teeth and possibly sensitivity to hot or cold foods. If the plaque is left to harden into tartar, the underlying bone that fastens the tooth may be damaged, and the teeth may loosen and fall out. It is very important for your dentist or hygienist to properly diagnose and treat this gum infection before your teeth become loose. Treating gum disease involves cleaning off any tartar or infection from around the teeth and teaching the patient proper brushing and flossing techniques. If you suspect that you may have "pyorrhea" see your dentist as soon as possible. With proper prevention and treatment, we can help you to keep your teeth healthy for a lifetime.

Carol L. Reid, B.A., LL.B.

Barrister & Solicitor, Notary

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CAROL REID

Q: What is a trust?

A: A trust is a manner in which you can transfer legal title to some or all of your assets to a Trustee. You can establish a trust while you are alive or under the terms of your Will.

By creating a trust you transfer legal ownership of some or all of your assets to your Trustee. You choose your Trustee which can be an individual person or persons or a trust company. You would provide your Trustee with instructions on how to use the trust assets as well as act out who will benefit from the trust (the beneficiaries).

A trust may allow you to take advantage of certain tax opportunities and assist you in the future management of your assets. You should consult with your lawyer to discuss if a trust would be beneficial in your situation.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO

877-4288

The Spine - The Life Line ROBERT H. CRANFIELD, D.C.



Q: What are the age limits that someone can visit a chiropractor?

A: There are none. People of all ages from newborns to the elderly, visit their chiropractor. Your chiropractor has learned and developed specific adjusting techniques so that they can work on a baby that may only be hours old. Many people don't realize it, but the birthing process can be a very traumatic event especially on the spine. This is why most chiropractors recommend having babies checked for spinal subluxations. The technique that the chiropractor uses on an infant is different than the technique he/she would use on a football or hockey player and different again than the one he/she would use on your great grandmother. Regardless of your age, the stresses of everyday life can cause spinal subluxations, which in turn causes nerve interference. This altered nerve function means altered function throughout the body which results in less than 100% health. Regardless of your age, it is important to get a spinal check up from your chiropractor.

BETTY E. McTAGUE

CHIROPODIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY E. McTAGUE

Q: There are hard bumps on the tops of my toes can corn plasters be used on them?

A: No...Never use corn plasters at any time on your feet. You will be causing a chemical burn on your normal healthy skin making the area more sensitive and painful. Get in to see your Chiropodist and talk about the cause of these lesions.

People do not walk on the tops of their toes so the subject of appropriate footwear or balancing of metatarsal heads with an orthosis must be discussed.

This problem can most often be rectified without surgical intervention.

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BRIAN BUTLER

Q: How do trees affect swimming pools?

A: Last month we discussed the underground problems with roots, but we also have above ground problems. Trees, depending on the size, shape, location and species can create a great deal of extra work for pool owners. Leaves, keys, seeds, flowers, pollen, twigs and branches all fall in the pool during the entire pool season. It is a constant battle. The fast growing trees, such as poplar, willow, manitoba and silver maples are most often the main culprit. These trees are the hardest to control and maintenance must be done about every three years. Your next concern is sunlight. Your pool warms up from sunlight and people prefer to swim when the sun is on the pool. Large trees can reduce the length of time that you have sunlight. It may mean that you have no sun in the morning or mid afternoon or later in the evening. Your neighbour's trees can often cause this problem and create poor relations between neighbours. If you have a pool, you'll understand. If you are planning to install a pool, consult a professional arborist. His background and knowledge of these problems can be addressed before excavation. Removing or trimming trees before the pool is installed is easier and often less expensive. Your landscape around the pool must help you to reduce your maintenance costs and enhance the beauty of your pool and property..

Cathy Kuindersma, B.Sc., N.D.

DOCTOR OF NATUROPATHIC MEDICINE

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• Preventative Health Care • Botanical Medicine

(905) 873-2361

Natural Health Care for you and your family



CATHY KUINDERSMA

Q: I suffer from seasonal allergies is there anything I can do to alleviate the problem.

A: Every year many people suffer from itchy, watery eyes, sneezing, runny nose, etc. This can make the summer months unbearable. Allergies indicate that the immune system is out of balance, and is in "hyper" drive. Usually environmental allergies have an underlying food sensitivity that when corrected may improve the allergies. The following are some considerations.

- 1) Identify any underlying food sensitivities (wheat and dairy are number one)
- 2) Diet - eat whole grain foods, whole vegetables, fruit, and increase vegetable protein - eliminate all foods with preservatives, artificial sweeteners, and processed foods.
- 3) Help improve the function of the liver through detoxification program which includes diet changes and botanical medicines (use dandelion, burdock, yellow dock, phytolacca, chelidonium, etc.)
- 4) Address any adrenal dysfunction and/or chronic candida (yeast) problems which will cause the immune system to be out of balance.
- 5) Supplements may be helpful including essential fatty acids (evening primrose oil, fish oils), Vitamin C with bioflavonoids, B complex, E, also zinc, selenium, calcium and magnesium.
- 6) Homeopathic medicine when prescribed properly will benefit.