

Ask The Professionals

COLONIAL

TREE SERVICE

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R.R.1 LIMEHOUSE 877-8591



BRIAN BUTLER

Q: Why do trees have to be cut or trimmed for power and communication lines?

A: Power lines overhead are most often uninsulated wires. These overhead wires can energize anything that comes in contact with them. Trees can become conductors with power leaking down through the tree to ground. It's during electrical storms or inclement weather that this is more often noticed. It's a fact that 70% of power failures are from tree contact. This is a prime concern to the electrical utilities and becomes very costly during adverse weather conditions. Also, there is a safety aspect involved to the public. Power wires touching trees in damp weather can electrocute you. Children and even your pets playing near trees may not be aware there are lines in the area and make contact which may be fatal or receive serious electrical burns.

All rural lines that are privately-owned are the property owner's responsibility. Colonial Tree Service can provide you with peace of mind with a proper clearance to your lines.

Cathy Kuindersma, B.Sc., N.D.
DOCTOR OF NATUROPATHIC MEDICINE
• Homeopathy • Nutrition
• Preventative Health Care • Botanical Medicine
(905) 873-2361



CATHY KUINDERSMA

Natural Health Care for you and your family

Q: I have heard a lot about Echinacea, what is it used for?

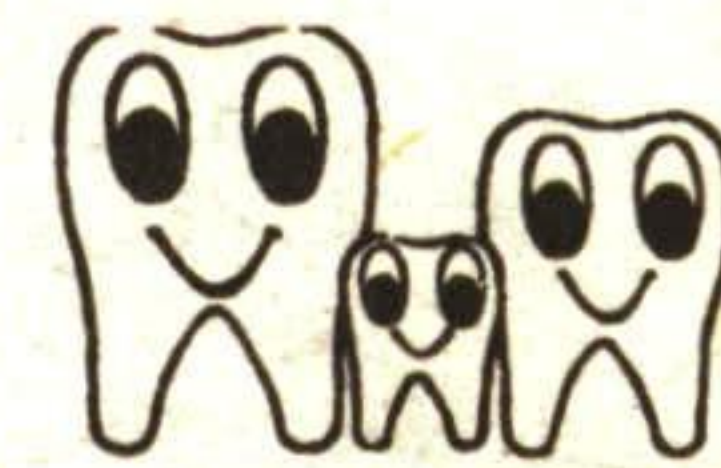
A: Echinacea, the purple cone flower, is a perennial plant that grows throughout North America. Echinacea has been used medicinally for many years by traditional herbalists as well as native healers. The species that are used most frequently are E. Angustifolia, E. purpurea, and E. pallida the other species of Echinacea have little or no medicinal value.

Clinically Echinacea is used to help stimulate the immune system so that it is easier to get over a flu, cold, throat infection etc. Echinacea contains a diverse range of active components that enhance different aspects of the immune system as well as having antiviral and antibacterial properties. Echinacea works by increasing the white blood cell count and then helps those white blood cells to work more efficiently.

The dosage for Echinacea for adults is 5 ml every 4 to 6 hours for up to 5 days (tapering off as the symptoms get better) in an acute problem such as cold, flu, sore throat etc. If the problem persists or gets worse than you should consult your physician or naturopathic doctor.

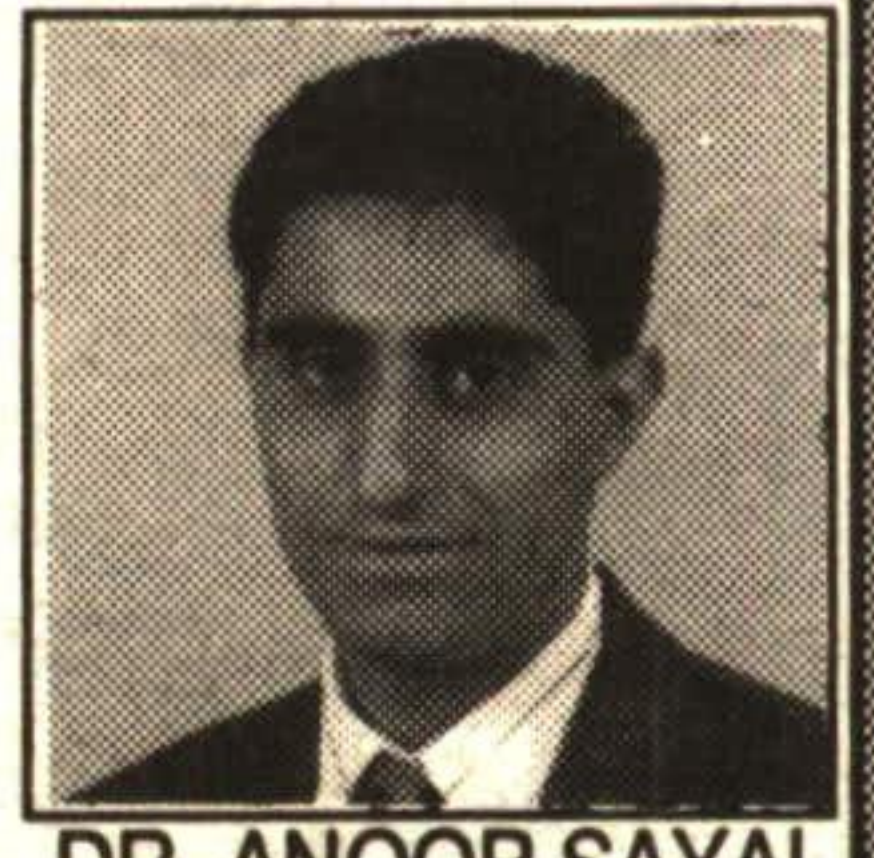
Usually Echinacea is used only for short periods 1 to 14 days however there are times when when long term usage is required and this depends on the status of the immune system which would be evaluated by your health care practitioner.

DR. ANOOP SAYAL
Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: I have a 9 month old son who is teething. He is very irritable. Is teething always painful and what can I do about it?

A: When a baby's teeth are ready to break through the gums, the gums usually become swollen and tender. The baby may drool excessively, become irritable, restless and may even develop a low grade fever. These are all very normal symptoms of teething. However, if the child develops a high grade fever or serious illness they should be seen by a physician. Recommended treatment consists of: chewing on a chilled teething rings or chilled washcloths, giving tempra as required to reduce pain, and increasing the volume of fluids given to the child. Teething gels should only be used in moderation since most is swallowed and may be harmful to the child.

It is comforting to keep in mind that teething is a natural process; when the tooth emerges, the symptoms vanish. If you have any questions or concerns, feel free to contact our office. Our goal is to maintain a healthy smile for a lifetime.



Karen MacKenzie-Stepner



873-8400



Rosemary Boyer

Halton Hills Speech Clinic

10 Mountainview Rd. S., Suite 203, Georgetown, ON, L7G 4J9

Q: My son is 3-1/2 years old and began stuttering a few months ago. What can I do to help him?

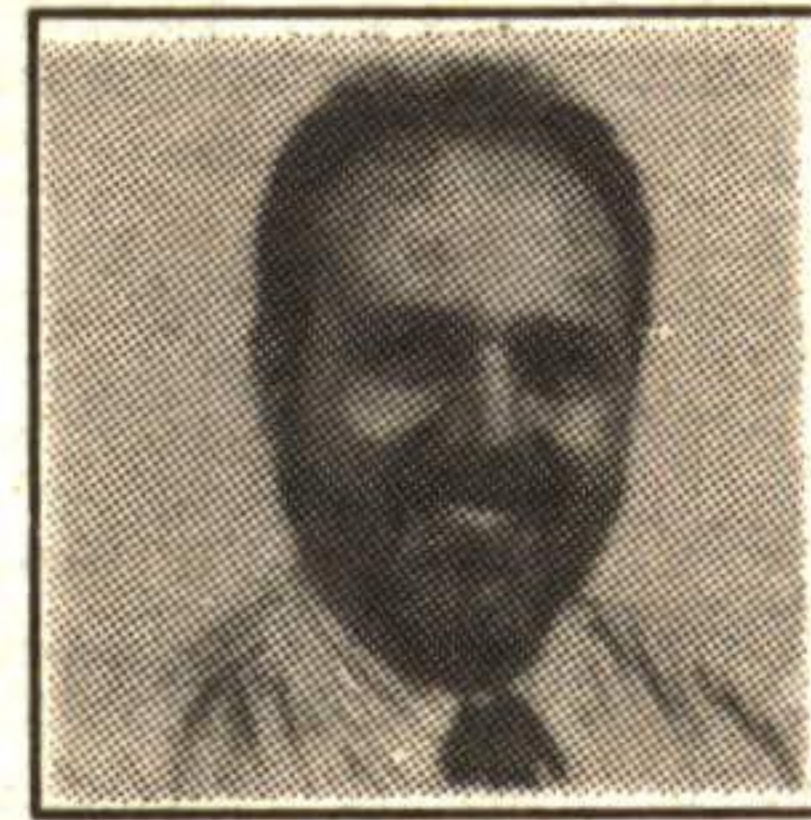
A: If your child has difficulty speaking and tends to hesitate on or repeat certain syllables, words, or phrases, he may have a speech dysfluency or stuttering problem. But he may simply be going through periods of normal dysfluency that most children experience when they learn to speak. You can help by modeling slow and relaxed speech when talking with your child. DO NOT, however suggest that he slow down or start over. In addition listen patiently. DO NOT interrupt or finish what your child is saying. You should seek help of a registered speech-language pathologist if you are concerned and/or if your child's dysfluent period lasts longer than 4-6 months.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO

877-4288

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



Q: On occasion when I have complained of back pain to my medical doctor he/she has tried to manipulate my spine. Is this a safe procedure?

A: Chiropractic care is a very safe procedure . . . when it is practiced by experts . . . namely chiropractors. You have to realize that the spinal adjustment as practiced by chiropractors is a highly specialized psychomotor skill. To be practiced by anyone who has only been given a weekend crash course is doing a grave disservice to both the adjustment and the patient. An article recently published in "The Family Physician" eluded to this very point. It stated that spinal adjustments were, in fact, very effective in the treatment of spinal problems but that it should be left to only those who have been properly trained . . . primarily chiropractors.

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EDNA TWEEDLE

Q: Why are more brides and grooms choosing the Rolls-Royce Limousines?

A: Because they have invested a great deal; in a gown, appearance, etc. & wish to be seen - not hidden behind tinted windows!

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The better way - Donna Rae
Sales Representative



DONNA RAE

Q: I need an unbiased opinion. If my home is listed would you be against or for an OPEN HOUSE?

A: That is a somewhat difficult question to answer. Sales Reps all have different thoughts on that issue. I personally make a judgement call on each individual home I list, whether it is country, in town, a large or small home. I will have an OPEN HOUSE at least once or twice but the rest of the time I prefer to find a prequalified buyer.

BETTY E. McTAGUE
CHIROPDIST
FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY E. McTAGUE

Q: Is it normal to be walking on a large bump on the outside middle of both feet? Professionals have been treating me for flat feet for years!

A: Sometimes it is difficult to determine if in fact a foot is truly flat especially when weight bearing. Treatments can vary drastically & sometimes be completely ineffective if the wrong appliance is dispensed. For Example: On clinical examination a patient presents with the classic long narrow weak foot & when standing appears to be "Flat". This is deceiving. The patient actually has a short tendoachilles and in the past was treated inappropriately. With the correct type of orthosis, made from a natural position cast and correct fitting footwear, this person received relief from knee and low back pain. They were also able to arrest far their deterioration of these feet.

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

Barrister & Solicitor, Notary
(905) 451-9539

2 County Court Blvd. Suite 230
Brampton, Ontario L6W 3W8



CAROL REID

Q: I recently signed a lease for my apartment for one year and now I want to move. My landlord says he wants the full year's rent from me. Can he do this?

A: You have not indicated why you wish to move, however, generally where a written lease is for a specified term (and does not have a provision that permits you as tenant to terminate the lease prior to the end of the term), you are stuck with the lease for the full term. Under the Landlord and Tenant Act, a tenant may apply to the Court for an Order terminating the tenancy, but only in special circumstances such as when the premises are in a state of severe disrepair or when the landlord has committed a serious breach of the lease. If you do break your lease, the landlord has a duty to minimize his loss by re-renting the premises as soon as possible. The landlord may claim damages from you for lost rent and expenses incurred to re-rent the premises. You may find it costly to break your lease illegally. However, you may be able to resolve the situation by negotiating an agreement with your landlord for early termination or by assigning your lease or subletting the premises. You should get legal advice regarding your particular situation before breaking your lease.