

# Ask The Professionals



**Ray Johnson & Associates Inc.**  
211 Guelph Street, Georgetown  
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RAY JOHNSON

**Q:** As a tenant, do I need insurance or does the landlord cover this? Also, I am planning on buying a condominium. Would I need insurance or is this covered by the condominium corporation?

**A:** Your landlord may have insurance but it only covers the building itself. It won't protect your property if you have a loss (such as a fire or burglary in your apartment.) It also does not cover you if you are responsible for injuries to others or damage to other people's property or to the building you rent. As for being a condominium unit owner, the condominium corporation only covers the outside of the building. You are responsible for everything within the inside walls, common area assessments, as well as for carrying personal liability. As a tenant or a condominium unit owner, you should ensure you have an insurance policy that covers your personal property and liability.

## BETTY E. McTAGUE CHIROPODIST

FOOT CARE SPECIALIST

Georgetown 702-0111

**Q:** The front of my lower legs hurt after exercise and walking, is this normal?

**A:** Here we are, into another new year and trying to live up to our resolutions.

Shin splint is the lay term for this type of discomfort.

This is usually an overuse syndrome. Too much! Too soon! Ice and specific lower extremity exercise can relieve the symptoms. However, the cause can also be from a compensating forefoot problem.

The use of properly fitted foot wear for the appropriate activity is essential.

Often a custom made orthosis from a plaster cast is used with success. This will stabilize the foot and how it functions during sports and everyday activities. Slow down with your activity. Pain is not gain. Do not work to the painful point. Your body will simply say "NO". Seek professional help.

## CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET  
NORVAL, ONTARIO

877-4288

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



**Q:** How important is it to have my child's spine checked at the chiropractor's office?

**A:** It is extremely important! Many spinal conditions that I see in adults began as uncorrected injuries in childhood. Aside from birth trauma (which I'll discuss at a later date) children subject their spines to more trauma than you and I do. A child falls more in the first six years of his life than at any other time. Those falls often inflict structural damage to spinal alignment.

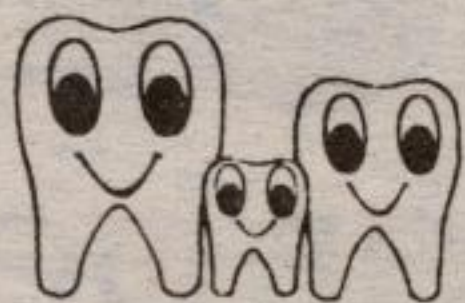
Many kids are far more sedentary now than many years ago. If you watch their posture while they play Nintendo, you can see why they end up with spinal problems.

My son was skiing last week. He had a bad fall. As a result of the fall, he had subluxations in his neck and upper back which I corrected that evening. I can't imagine how many children this happens to who do not go to a chiropractor to get checked. The immediate symptoms would disappear but the structural imbalance would remain and I'd probably see them many years after suffering from migraines.

Just as you take your children in to see the dentist to detect any problems that may be developing with their teeth, it only makes sense to see a chiropractor to detect any spinal problems and get them corrected.

## DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

**Q:** Is it true that certain vitamins are important for my teeth?

**A:** Just like our bodies, our teeth and gums need certain vitamins and minerals to stay healthy and strong. This is especially important for expecting mothers, babies and children. An adequate intake while the teeth are developing will help to ensure strong and healthy teeth. Calcium, aided by phosphorous and vitamin D, is the main component of teeth and bones. Vitamin A is necessary for the formation of tooth enamel, and vitamin C is essential for healthy gums. Fluoride is an important mineral for tooth decay prevention.

As with the overall health of our body, a good diet is the best way to ensure an adequate supply of vitamins and minerals. A variety of whole grain breads, cereals, fruits, vegetables, lean meats and milk will help to ensure strong and healthy teeth. Sugary snacks should be taken in moderation. A healthy diet, along with good home care and regular check-ups will help keep your teeth healthy for a lifetime!



## PRISM SECURITY INTERNATIONAL INC.

36 Armstrong Ave., 2nd Floor

Georgetown, ON

(905) 873-1935

1-800-882-8192



DAN WALLACE, CPP

**Q:** I own a business that has been broken into and expensive equipment stolen. Why would I need to hire a security consultant to improve my security?

**A:** A qualified independent consultant can furnish objective opinions without prejudice and without regard to any internal pressure or company politics. These opinions are based on the consultant's competency in the areas of experience such as law enforcement, education, professional credentials, and personal and interpersonal skills.

Once the threats are identified and countermeasures recommended the consultant then assists the client by drawing up specifications for an improved alarm/intrusion system, additional security personnel or patrols etc. based on the review of the problem(s). These specifications are then furnished to pre approved companies in order that they may submit their bids on the product or service. The consultant then assists the client in reviewing the bids and selecting the most appropriate company who meets the client's requirements.

The fees for the consultant's time are often saved in the integration of systems and human resources, guard force management, or implementation of policies and procedures. Since a client only pays for the consulting service on an as required basis the results are cost effective as most suppliers will "sharpen their pencils" when they know they are dealing with a security professional. When you engage Prism's services, *your problems become our problems.*  
TORONTO VANCOUVER DALLAS



**STEAMATIC OF HALTON**  
AIR DUCT AND CARPET CLEANING  
30 Mountain St., Glen Williams  
(905) 877-2320



MIKE REMES

**Q:** How often should heating and air condition systems be cleaned?

**A:** The recommended time is every 3 years. However if renovating or dust creating projects have taken place, the system should be cleaned as early as possible.

Furnace and filter maintenance is another important factor in providing clean air from your system. Monthly cleaning or changing of filter is essential. The longer dirty filters are left, the more dust and contaminants build-up in the system, restricting air flow, causing some blower motors to burn out.

Filters vary in efficiency with the throw away types being the lowest. Around 30%-40% peak arrest. Electronic and paper - fibre around 50%-90% peak arrest. Electro-static and HEPA around 95% plus peak arrest. Steamatic offers electrostatic enviro filters for sale. Standard sized or custom made requiring no hydro are easy to install and maintain.

For enquires or a FREE inspection  
please call Mike Remes 877-2320.



## Senior volunteers serenaded

Members of Globe Productions Debbie Tilson (seated) Mark Llewellyn, Nanci Llewellyn and Shannon Crawford entertained the audience at the Georgetown Seniors Centre volunteer appreciation day. More than 125 volunteers help keep the centre running performing a variety of activities such as sitting on the board of directors and program committees, fund-raising, assisting with reception, transportation and cooking. "If it wasn't for our volunteers, the centre wouldn't be the success that it is," said Adrianna Lawless, the centre's co-ordinator. Following the performance the centre made a donation to Globe, which it then donated back to the centre's fund it has set up for the Georgetown Little Theatre. The centre will be hosting an euchre on April 21 to support that fund.

Photo by Herb Garbutt

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## Tooth Chatter



by  
**ALEX  
TRENTON  
DENTURIST**

## CARING FOR OTHERS

You may find yourself caring for the health of another person - a family member or a close friend. When this person needs denture care, there's a lot you can do to help. It may be a little awkward and embarrassing at first, but go slowly.

All dentures - removable or fixed - must be cleaned daily. Check dentures for cracks and stains, fill the sink with water and scrub removable dentures thoroughly with a denture brush and soap. Rinse removable dentures in clear water after cleaning. Dentures should be soaked overnight. Be careful when cleaning around metal clasps and framework.

Get the other person to guide you in removing and replacing dentures. (with complete dentures, remember uppers go in before lowers).

If you have any concerns regarding your dentures, feel free to give our office a call.

We Build Beautiful Smiles!

WE CARE ABOUT YOUR SMILE!

Alexander Trenton, D.D., F.C.A.D. (A)

Denturist

Georgetown Denture Clinic,

18 Church Street,

Georgetown, Ontario

(905) 877-2359

(Across from the Library and Cultural Centre)



Ontario Division

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