

MADD donates van to police

Halton Regional Police are proud owners of a new RIDE van thanks to MADD (Mothers Against Drunk Driving) Halton.

The donation marked the culmination of a year's worth of fundraising targeted specifically for the purchase of this vehicle.

"The MADD volunteers worked very hard to pay for this van and the Halton Regional Police Service is very proud to have received it," said Sgt. Frank Phillips. "The van marked in RIDE colors and with the MADD logo will serve as a traveling billboard and remind people that if you drink, don't drive."

The RIDE (Reduce Impaired Driving Everywhere) program focuses on education and enforcement of the anti-drinking and driving message. High profile activities include the annual Christmas season blitz of roadside spotchecks.

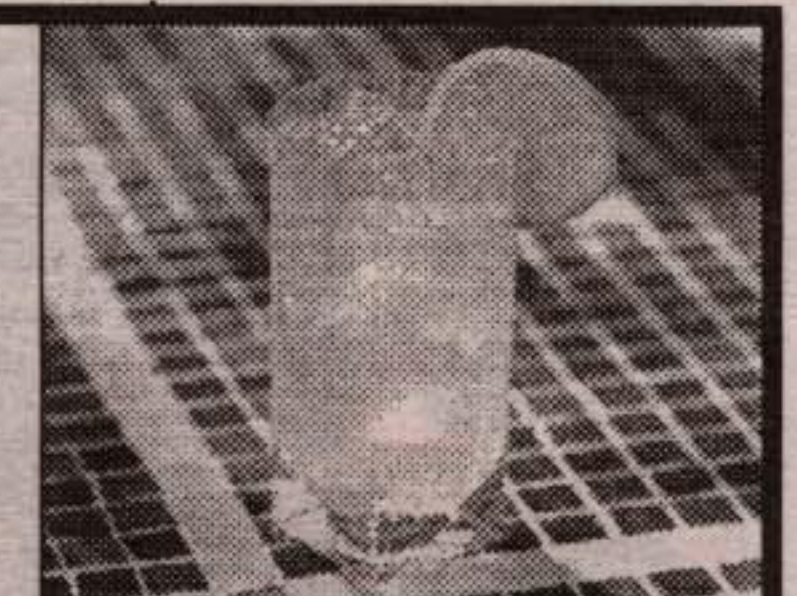
Beat the *hot* weather and save!



*Offer applies to all air conditioners and furnaces available from Union Energy. Purchase must be made between April 12 and April 30, 1999. To take advantage of the combo offer on the air conditioner and furnace purchase, products must be purchased and installed at the same time. Cannot be combined with any other promotional offer.

Call for a free in-home estimate.

1-888-687-6871



Providing home comfort with:

- furnaces
- air conditioners
- fireplaces
- water heaters
- natural gas*
- assurance plans
- service

take comfort
union
energy

*Not available in all areas.

Ask The Professionals Ask The Professionals Ask The Professionals

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: My husband and I recently sold our house. Now I have changed my mind and don't want to sell. Can I get out of the deal?

A: I assume by your question that you have entered into an Agreement of Purchase and Sale. An Agreement of Purchase and Sale is a legally binding contract and the contract can be enforced unless there are conditions in the contract which allow you to be released. These conditions are usually very specific and you must act in good faith. If you breach your obligations, the contract may be enforced against you and/or you could be sued for damages.

Even if the proposed purchasers of your house agree to release you from the Agreement of Purchase and Sale, you may have obligations to the realtor who negotiated the deal. When you listed your house for sale you probably entered into a listing agreement which set out the circumstances when commissions would be payable. This may mean that you owe commissions to the realtor.

Entering into an agreement to sell your home is a legally binding contract. Before taking any action, you should review the Agreement of Purchaser and Sale and your listing agreement with a lawyer who can explain your rights and obligations.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO
877-4288



ROBERT H. CRANFIELD, D.C.

Q: I understand that chiropractic is playing a much larger role in the area of sports medicine. Could you please talk about this?

A: Absolutely!! All world class athletes both amateur & professional are demanding the services of chiropractors because chiropractors are able to do something that no one else is qualified to do.

The world's fastest man, Donovan Bailey, credits his success to his coach & chiropractor. Early in his career, Donovan was checked out by Dr. Mark Lindsay just prior to running a race against Bruny Surin in Montreal. After getting an adjustment, Donovan went out and won the race. Subsequent to this, he realized that if he got checked out by his chiropractor just prior to running, he won. If he didn't, he lost the race. It didn't take long before he insisted that Dr. Mark Lindsay be with him at every important race.

A lot of athletes are using chiropractic to enhance their performances. The chiropractic adjustment removes nerve interference that is caused by spinal misalignments. If the nerve system works better, then everything else works better... a lot like tuning up a "F1" racing car.

So to enhance your day to day performances, call a chiropractor for an appointment to get checked.

DR. BRUCE FOLEY OPTOMETRIST

Suite 101
83 Mill Street
Georgetown, Ontario

Tel: (905) 873-2077

Q: Does laser eye surgery really eliminate the need for glasses or contact lenses?

A: This type of eye surgery is called *refractive* laser surgery. It's intent to reduce the dependence on glasses or contact lenses. In many cases that I have dealt with, the eyes have been completely corrected. In some cases the optical error has not been completely eliminated and glasses are still used occasionally. In all cases there has been a tremendous reduction in the overall correction (myopia, hyperopia and astigmatism) and the people involved are very satisfied with the results. For those who would normally require bifocals or reading glasses, the need for a reading correction is still there. Younger people will get to that point eventually. Some people who are near sighted (myopic) elect to leave one eye under corrected so that this eye will focus up close. This approach is called monovision. So... the promise of throwing away your glasses or contacts comes with a big *maybe*. This is surgery. There are risks and occasionally complications and unsatisfactory results.

The two main surgical techniques used to correct vision are, PRK (photorefractive keratectomy) and LASIK (laser-in-situ keratomileusis). Both procedures have excellent results but LASIK is gaining more popularity. Detailed descriptions of these procedures can be found at T.L.C.'s website (www.lzr.com) or at your Optometrist's office.

Optometrists will often co-manage the whole laser process with the laser centre and the surgeon performing the surgery. This is what I do. We perform the pre-operative examination/evaluation and give our advice. Once the surgery is performed we do all of the post-operative follow up and evaluations, starting at day one and for the following year. Refractive laser surgery is not for everyone and the best place to start asking questions in in your Optometrist's office.

Manon Dulude • Psychotherapist Individual, Couple & Family Counselling

DAY & EVENING
APPOINTMENTS **873-9393**

6 JAMES YOUNG DR.,
GEORGETOWN



MANON DULUDE

Q: Can children benefit from counseling?

A: Children can definitely benefit from counseling. Nowadays, children are confronted with many challenging situations such as family restructuring due to divorce or remarriage, various forms of abuse or trauma, difficulties with social skills, etc. Children often don't have the ability to understand or verbalize their feelings. As a result they use less direct means to communicate their distress. Children who struggle with their emotions may become increasingly withdrawn, aggressive, or generally uncooperative with their caregivers. Art therapy is a valuable approach to work with distressed children. Through the use of art materials, children find a way to externalize their thoughts and concerns. In doing so, children learn that they can distance themselves from the problem. This usually brings a great emotional relief. Most of the time, the children's art becomes the focus of the conversation and their issues are explored through metaphors and story telling. Not only do children learn to put their feelings out, they also learn ways to better cope, and when possible to create solutions to resolve their problems. From a child's perspective, art therapy is often a fun way to talk about the tough issues that are weighing on their minds.

Bare Image Electrolysis

(permanent hair removal)

360 Guelph Street,
Unit 47, Suite 5
Georgetown, ON L7G 4B3
Telephone: (905) 873-6388



LYNNE GRAVELLE

Q: How often must I go for treatment and how is it different from other types of hair removal?

A: The number of sessions depends upon the amount of superfluous hair an individual has. The skin's sensitivity and the type of temporary removal methods used in the past. Electrolysis treatments work best on a planned program of regular sessions.

Electrolysis results in a more positive, attractive you. Many patrons claim increased self-esteem from having an improved appearance. Electrolysis is an investment to enhance self-image. Why continue a never-ending task of regular waxing, tweezing and/or shaving when you can have permanent hair removal through electrolysis.

Electrolysis is the only proven method of permanent hair removal. This process should be performed by trained professionals only.

BETTY E. McTAGUE CHIROPDIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

Q: I have had sore feet for the past several months. Someone suggested it would be due to overweight. Is this true?

A: Have you gained some weight over the winter? According to Walking Magazine, April 1996, one study reports a definite relationship between weight gain and foot pain. The study followed 580 women for a five year period. The findings were that overweight women suffered from almost 3 times more heel pain and developed twice as much tendonitis as women within normal weight parameters.

Overweight women were also found to have a 50% higher rate of fracture and ankle sprains. So give your feet a rest, and keep your weight under control with a combination of healthy eating and regular exercise.