

**(Continued from pg. 19)  
Badminton anyone?**

Acton Badminton Club meets Mondays and Thursdays, 7:30-9:30 p.m. in the Acton High School gym. Info: Sandra, 853-1189.

The East Enders Badminton Club invites players to join them Friday evenings. For info call Karen Vito at 877-0903.

The Central Badminton Club will start its fall season, Sept. 16, 7:30 p.m. at the Georgetown High School, gyms 1&2. For info: Erika, 873-6331.

**Overeaters Anonymous meets**

Overeaters Anonymous-Acton meets Thursdays, 10 a.m. at the Acton Christian Reformed Church, Queen St. (Hwy 7).

**Basketball League starts**

Halton Hills Men's Basketball League plays Tuesdays in the Georgetown High School gym. The recreational group starts at 6:45 p.m. and costs \$35 for the fall and winter session. The competitive group starts at 8 p.m. and costs \$70. Enrolment is limited to the first 64 registrants.

**COMMUNITY  
CALENDAR**

**Portrait drawing**

Pallet and Pencil Guild of the Credit Valley Artisans hosts Portrait Drawing every Tuesday, 7:30-9 p.m. in the Cedarvale Lodge in Cedarvale Park. New members welcome. Models are also needed for one-time portraiture sitting. Info: Rita, 873-2290.

**Georgetown seniors euchre**

The Georgetown Seniors Centre will hold Tuesday night euchre at the centre at 7 p.m. Sept. 21. Cost is \$2 per person. All welcome. Info: 877-6444.

**Free job workshop**

Unemployed? Career change? Free job workshops presented by Halton Dufferin Skills Evaluation Centre for Completing a Return to Work Action Plan and Researching and Selecting Appropriate Training, at the Georgetown library, Sept. 21, 9 a.m.

to noon. Info: 1-800-610-7668.  
**Garden lecture**

A gardening lecture series sponsored by the Glen Williams Millennium Committee and Sheridan Nurseries will be held 8-10 p.m. Sept. 21 at St. Alban's Church Hall in Glen Williams. Cost will be \$15 per lecture. To register call 702-8311.

**Glen Seniors Drop-in**

You are invited to the Glen Williams Seniors Drop-in on Sept. 22 for games, cards, shuffleboard and darts at St. Alban's Parish Hall. Info: Peggy, 873-7603.

**Tree care workshop**

Halton Hills Arboricultural Society will host a Tree Care Workshop on Sept. 22, 7 p.m. at the Alcott Arena. The Society will raffle a six-foot Colorado blue spruce tree. Tickets are three for \$2. Info: Terry, 702-8308.

**Soccer Club registration**

Georgetown Soccer Club will hold its Indoor Soccer registration, Sept. 22, 6-8:30 p.m. and Sept. 25, 10 a.m. to 3 p.m. at Georgetown Marketplace.

**Notice of  
Liquor  
Licence  
Application**



The following establishment has applied to the Alcohol and Gaming Commission of Ontario for a liquor licence under the Liquor Licence Act:

**Application for a Sale Licence**  
Canneberges

126 Main Street South, Georgetown

Any resident of the municipality may make written submission as to whether the issuance of the licence is in the public interest having regard to the needs and wishes of the residents. Submissions must be received no later than **October 15, 1999**. Please include your name, address and telephone number. If a petition is submitted to the Commission, please identify the designated contact person.

**Note:**

The AGCO gives the applicant copies of all objections.

Submissions to be sent to:

**Licensing and Registration Department**  
**Alcohol and Gaming Commission of Ontario**

20 Dundas St. W, 7th Floor,

Toronto ON M5G 2N6

Fax: (416)326-5555

E-mail at [licensing@agco.on.ca](mailto:licensing@agco.on.ca)

**Ask The Professionals**

Send your questions for any of these professionals "Ask the Professionals" Independent & Free Press, 211 Armstrong Ave., Georgetown L7G 4X5



**Gabrielle Allison, B.A.Sc.,  
R.D.  
CONSULTING DIETITIAN**

*Providing professional guidance  
on food & nutrition*



R.R. 2, 8th Line, Georgetown, Tel: (905) 873-8283 GABRIELLE ALLISON

**Q:** Should I put a child on a weight loss "diet"?

**A:** NO! If a child is over the 95th percentile on the growth charts, it's best to allow the child to "grow into" their weight. Placing a child on a restrictive weight loss regime will rob them of the energy and nutrients needed for growth and brain development, and may set them up for a lifetime struggle with body image and weight management. Our role as parents is to encourage an active lifestyle and to offer a variety of wholesome foods throughout the day. Allow the child to decide how much to eat. This teaches them to tune in to their hunger and satiety cues.

Beginning in the preschool stage (>2 years), you can offer the lower fat milk and milk products and focus more on leaner meats, fish and poultry. However, young children should not be limited in their choice of nutritious foods because of the fat content. The high fat, sugary convenience foods or fatty luncheon meats and fast foods could be limited. Many are low in nutrients and can interfere with intake of nutrient dense foods at the next meal or snack.

If you need some dietary guidance for your child(ren), consult a Dietitian in your area today.

**GREG J. LAWRENCE, B. Sc., D. Ch.**  
FOOT SPECIALIST/CHIROPODIST

350 Main St. E.,  
Milton, Ontario  
L9T 1P6  
(905) 878-6479

1A Princess Anne Dr.,  
Georgetown, Ont. L7G 4W4  
(905) 702-1611  
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Greg J. Lawrence  
B.Sc. D.Ch.

Member of the Ontario Society of Chiropractors  
and the Ontario College of Chiropractors

**Q:** Every fall when I participate in indoor sports, my feet ache.

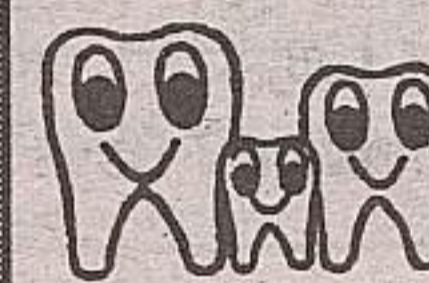
**A:** This is the time of year when many changes occur. The environment around us starts to cool in temperature, leaves start to change colour, our hours of work in the garden come to an end, kids start back to school, winter outdoor and indoor sports begin.

Many of us do not realize the potential for injury when participating in sports. It is usually only when a serious injury results, that we need medical attention. Many kids and parents alike, often complain of nagging aches and pains, but still compete on school sports teams, the adult sports leagues, or even in grade school gym classes. We must remember that indoor sports involve activities on hard concrete floors which are hard on the joints. Sometimes all that may be required is footwear best suited for the sport or best suited for YOUR particular foot structure. If footwear is not the problem, braces may be required for the knee or arch supports for the feet. With the help of these devices, you can participate in sports or every day activity, pain free. If you or your children are constantly plagued by ongoing knee or feet problems, think about what the end result might be in 20 years - arthritis.

A career in sports starts at a young age. It is never too young to detect and treat potential problems.

**DR. ANOOP SAYAL**

Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

**Q:** I have heard that there is a link between gum disease and heart disease.

**A:** The most common strain of bacteria in dental plaque can cause blood clots that induce heart attacks when they escape into the blood stream. This research was reported in 1998 from the University of Minnesota. Previous studies have found the incidence of heart disease is about twice as high in people with gum disease. Researchers think that chronic inflammation of the gums due to plaque also could be involved in the inflammation of the blood vessels that is known to the build-up of plaque in the arteries. Although there are many factors involved in the development of heart disease, reducing the risk of diseases linked to dental bacteria is a common lessons preached by dentists: brushing, flossing and regular check-ups in doing so, we can keep our teeth and gums healthy for a lifetime.

**Nancy Desjardins R.N.C.P.**  
Registered Nutritional Consulting Practitioner

- Holistic Nutrition
- Weight Loss Program
- Cleansing Program
- Iridology

**Tel: (905) 873-0194**  
**E-mail: [natlive@globalserve.net](mailto:natlive@globalserve.net)**

**Q:** What seems to be the problem with fat loss?

**A:** A problem with our bodies ability to lose fat, lies in the science of a hormone called insulin. Over the last ten years, we have seen the advent of low-fat diets hit the market. We are led to believe that if you replace saturated fat laden foods with low fat carbohydrates, our problems would be solved. Not exactly! Over the last decade we have become even fatter with nearly a 30% jump in obesity.

"What next?"  
Many scientists, physicians and weight loss experts believe the true key to successful long term loss in balancing our insulin levels, by lowering our glucose load and increasing our protein intake. You may also be thinking, "Well I don't eat much sugar and I'm still fat." Here's a little statistic! Most North Americans consume approximately one cup of sugar daily. Also virtually every single carbohydrate you consume (bagels, potatoes, carrots and breads) are quickly metabolized into glucose (sugar) in your system? The higher your glucose load, the higher your insulin levels.

Understanding how insulin levels correlate to increased fat gain will give you the knowledge to arm your for your own war on th nearly 30 billion fat cells that call your body home.

(Please understand that the two most effective ways to increase your body's ability to lose fat is 1) eat the right nutrients at regular intervals throughout the day every 2 1/2 - 3 hours and 2) Exercise.

For more information on how you can reach and sustain your optimal weight and energy level by eating the foods your body needs please call 905-873-0194.



**HALTON HILLS  
SPEECH CENTRE**

328 GUELPH STREET  
GEORGETOWN L7G 4B5  
873-8400

**Communication is Vital**



**Q:** My husband has recently suffered a stroke and now has physical/communication/emotional difficulties.

**A:** Unlike other illnesses like cancer or Alzheimer's Disease, strokes offer little time to prepare. The sudden onset is traumatic for both the person and the family as you cope with a stroke's often physical and emotional changes. The sudden emotional outbursts or use of profane language that sometimes occurs following a stroke is unsettling for not only the individual themselves but also for those around them.

It is difficult to give specific suggestions for your husband as strokes affect everyone differently. However, here are some guidelines that would be helpful.

1. Communicate in quiet spaces with minimal distractions; do not try to talk over the television and/or have more than one person talking at once.
2. Speak slowly and concretely.
3. Respect the individual's preference for physical space and touch (it may have changed following the stroke)
4. Avoid frustration.
5. Use functional communication (i.e. pictures, writing).
6. Encourage the individual to communicate (hand gestures, body/eye movements) to decrease feeling of loneliness and isolation.

For individuals who have communication difficulties following a stroke, recovery continues to happen long after discharge from the hospital. Therefore, it is important to keep working on communication skills and try to keep discouragement to a minimum.

A Speech-Language Pathologist can provide specific therapy tasks and support as well as help modify the environment to make optimal communication occur. Our Centre, in partnership with the Heart and Stroke Foundation of Ontario (Halton branch) and Georgetown and District Memorial Hospital offers a Living with Stroke program. This is a six week program aimed at providing stroke survivors and their family valuable and practical information and offers them the opportunity to meet and talk to other people undergoing the same challenges. For more information please feel free to call.

**Adamson Street  
Spa and Salon**

2 Adamson Street  
Norval

**905-877-1604**



BELINDA MIGUE  
Aesthetician

**Q:** What are the advantages to wearing porcelain nails compared to the "old" acrylic nails?

**A:** We at Adamson Spa & Salon have chosen to offer a porcelain dipped artificial nail. We hand file the nails, instead of using a drill, leaving your natural nail healthy. You won't end up with those unsightly furrows or ridges. These nails are both flexible yet strong, and are thin not thick.

The french tipped nails you may choose gives you the freedom to have simple and elegant low maintenance nails, or apply colour, remove it later and still have french nails without air brushing.

Come in and experience our unique and pampering atmosphere when you visit us at Adamson Spa & Salon.

Call Monika for an appointment at: 905-877-1604