



Santa Claus is coming to Acton!

Mark this date on your calendar
Saturday, Nov. 17th, 1:00 p.m.

Theme: A Nursery Rhyme Christmas

Please send in your float entries as soon as possible

Anyone who did not receive a form, please call Bill Spielvogel at 853-2924

Sponsored by the Acton Firefighters Association

Shop for jobs!
 Peel, Halton, Dufferin
 Network with 75 employers...

The jobs MARKET

FREE TO ATTEND!
FREE PARKING

Wednesday, October 24, 2001
 at the
International Centre, Exhibit Hall 6
 6900 Airport Road (at Derry) Mississauga
 10:00 a.m. - 7:00 p.m.

For more information call The jobsMARKET hotline at (905) 457-4747 ext. 297 or Toll Free at 1-800-668-1179 ext. 3297 or TTY at (905) 277-8630

www.jobsmarket.org

Register now for business showcase

Local businesses can have a chance to 'showcase' themselves at the annual Halton Hills Chamber of Commerce's Business Showcase, 5-8 p.m., on Wednesday, Oct. 24.

Held during Small Business Week, the showcase hosted by the Town of Halton Hills at the Civic Centre is a mini tabletop trade show providing people with the opportunity to showcase their products or services to the business public.

Space is limited and must be reserved by Friday, Oct. 19.

For more information call the chamber at 905-877-7119.

Halton Region Business Development Centre is also hosting a small business trade show with an open house wine and cheese reception on Thursday, Oct. 25, 5-7:30 p.m. RSVP by Oct. 23 by calling 1-866-4HALTON (1-866-442-5866).

Ask The Professionals

Send your questions for any of these professionals:
"Ask the Professionals"
 Independent & Free Press,
 280 Guelph St., Unit 29, Georgetown L7G 4B1

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R.R. #5 9TH LINE - #13950 Phone: (905) 877-5670
 GEORGETOWN, ONTARIO Fax: (905) 873-2648
 E-mail: ida@netcom.ca



IDA MAE WOODBURN

Q: Are essential oils safe during pregnancy?

A: Yes! Not only will you feel great you will receive many benefits from the oils selected. Pregnancy is not an illness and as long as oils are used in a controlled manner and safety adhered to, a massage or any home remedy such as an aromatic bath will not only be pleasurable but provide relief especially during the later months. The use of essential oils has been found to help with backache, stretch marks, swollen ankles, constipation and nausea to name a few. Citrus oils appear to be the safest to use during pregnancy but always check for any contraindications before using. There are several oils which should be avoided at certain times. Check with a certified aromatherapist before making your selection. In addition, the dilution in the carrier oil should be one half what would normally be used. Full body massage can be done until the fourth or fifth month when lying down can become uncomfortable. Adjustments such as lying on the side or seated in a chair with the body supported by cushions will help to alleviate this problem. Lie back and enjoy.

✓ PRE-PURCHASE INSPECTIONS
 ✓ MAINTENANCE INSPECTIONS FOR EXISTING HOME OWNERS
 ✓ COMPREHENSIVE ON-SITE REPORTS
 ✓ FULLY INSURED AND BONDED



HALTON HILLS HOME INSPECTION SERVICES

(905) 877-7633
 1-866-501-1112
 Georgetown, ON
 E-mail: cooper@aztec-net.com



BRENT COOPER
 CERTIFIED HOME INSPECTOR

Q: What is a maintenance inspection for existing homeowners?


A: A Maintenance Inspection is a Home Inspection designed for the existing homeowner who would like to know the operating condition of his/her home. It is a thorough visual inspection and report on the following major components: Roofing, Structural, Exterior, Interior, Heating & Cooling Systems, Plumbing, Insulation & Electrical. Over time problems may occur with any or all of these components due to improper installation, poor renovation construction or age. A maintenance inspection will inform the homeowner of any problems that may exist and can also be a form of preventative maintenance.

The homeowner is encouraged to attend the maintenance inspection. It is designed to be an informative, educational experience for the homeowner. The Home Inspector is there to identify any problems with the operating systems of the home and to answer any questions or concerns the homeowner may have.

Maintenance Inspections could help prevent a potential life hazard condition in the home or may find a small problem before it is left too long and becomes a very large expensive problem.

Knowing what to expect can help guide you into taking corrective action, thereby increasing the longevity of your home, its safety for the occupants and perhaps the value of your home.

For more information regarding home inspection please do not hesitate to contact our office.



BETTY E. McTAGUE
CHIROPODIST
 FOOT CARE SPECIALIST
 Georgetown 702-0111

Q: What are bunions?

A: Bunions are abnormal "bumps of bone" formed on the side of the big toe joint or on the top of the big toe joint.

If untreated, a bunion can ultimately lead to a serious arthritic condition of the joint or to a serious dislocation of the great toe causing overlapping or underlapping of the big toe onto the 2nd toe. This problem has the medical name of Hallux Abducto Valgus. Even a mild bunion can make you walk improperly, which in turn can lead to pains of your arch, leg and or back.

The number one reason for a person to have bunions is **Heredit**. It is not unusual to see three generations of a family with the same type of bunion problems. To a much lesser extent poor posture and ill-fitting shoes may also be responsible for the formation of a bunion.

Another type of bunion which some patients experience is what is known as a TAILOR'S BUNION or Bunionette. It is located on the opposite side of the foot where bunions normally appear, around the little toe joint, and emerges as something of a smaller bump, than the regular bunion.

In its early stages, the measures for relieving bunion pain at home are relatively uncomplicated. Warm water foot soaks may bring considerable, although transitory relief, as does cutting shoes out over the bunion.

If conservative measures do not relieve the pain and deformity, it may be time to refer your bunion problem to your chiropodist. Please do not assume foot surgery is automatically needed to treat bunion problems. In fact foot surgery for bunions should always be a last resort. There are many ways to treat them without surgery.

Such treatments as **Physical Therapy, Orthotics**, padding and strapping, medications and latex shield have proven to be some of the highly successful non-surgical treatments used in the **Ambulatory Foot Clinic** to treat bunions. If foot surgery is needed, it is performed using minimal incision techniques in the comfort and privacy of the Clinic.

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 website: www.VILLAGEortho.com



Dr. J. Eric Selnes
 B.A., B.P.H.E.,
 D.D.S., M.Sc., D. ORTHO.

Q: I have heard about these new invisible braces call **INVISALIGN™**... what is it?

A: Invisalign™ is an orthodontic technique, which utilizes a series of clear removable aligners to straighten teeth. Because of this, people who have been apprehensive about having conventional braces now have an alternative to provide correction of their crooked or spaced teeth.

With Invisalign™ there are no orthodontic braces or wires. Instead - 3D computer technology allows for the fabrication of customized aligners, which are used sequentially for your bite correction. Depending on the severity of your orthodontic problem, a series of precision aligners will be required numbering from as few as 12 to as many as 50. You will wear each aligner for approximately two weeks, removing them only for brushing, eating, and flossing. With each new aligner, your teeth will move gradually, day by day, week by week, until they have achieved the final alignment that your Align Technology® certified orthodontist has prescribed. Finally, you will have the smile that you have always deserved and envisioned easily and without the "tin grin".

Invisalign™ is not an option for every patient and is not intended for children. By allowing your orthodontist to examine your teeth, he/she will have the ability to explain the technique to you and decide if you are a good candidate for this innovative treatment.

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 Serving Individual Investors
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Colin M. Brookes
 Investment Representative
 905-702-9289

Q: How much money do I need to start investing?

A: At Edward Jones you can buy stocks for as little as \$150 per month! Instead of waiting until you have thousands of dollars saved to begin investing, you can begin today.

With this service, called Dollar Cost Averaging, you can buy full shares each month. By investing a fixed amount (\$150 or more) each month, your money buys more shares when the price is low and fewer shares when the price is high. Although this method of systematic investing doesn't guarantee a gain or prevent a loss, it often results in a lower average price per share than if you purchase a set number of shares each month.

At Edward Jones, we provide professional advice to help you reach your financial goals, whether this means securing a comfortable retirement, sending your children to college, or buying a new home, we will help you turn your goals into a reality.

To learn more about Dollar Cost Averaging, please call or stop by our office. We'd be happy to answer any questions you may have.

Elayne Tanner & Associates Inc.

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Elayne M. Tanner

Q: After eleven years of marriage we are divorcing. How can we help our 10, 8 and 5 year old through this time?

A: Divorce is now unfortunately a fact of life, however, unless the children have witnessed severe physical violence, very few accept their parents' decision. Knowing many divorced families also does not help children going through the experience. No matter what their age, children have a lot to go through after a family break-up.

In your case, 5 year olds often suffer separation anxiety and this may increase. This child may become clingy and regress in behaviour. Your 8 year old may believe that the divorce is his fault. He may deal with guilt, split loyalties, confusion, embarrassment and shame. Physical symptoms such as stomach-aches may occur. Your 10 year old will have even more problems with loyalty issues, feeling sorry for one parent while blaming the other. This child will likely be very angry and resentful. At any age, children need honest information, freedom to express their true feelings, often only possible with a neutral counsellor and must be told over and over that the divorce was not their fault and that they will always be loved and cared for by both parents. Children fear that if mom and dad could fall out of love with each other they can fall out of love with me too". They must be reassured that this will not happen. It is also important to remember that adults also go through many stages during divorce and frequently benefit from counselling, if the children are to feel safe, the parents must be emotionally well enough to parent. Frequently the fact that the parents are falling apart is the biggest problem that children face. During this time, both adults and children can benefit from counselling. **Elayne Tanner & Associates** is again offering an 8 week **adult evening group** for those who are Separated or Divorced, that addresses all these issues and much more. **Group starts Friday, October 19th, so please reserve your spot now, as space is limited.**