

Business



April's best business

Time-out Sports at 113 Mill St. E., in Acton was chosen as this month's Business of the Month, by Halton Hills Chamber of Commerce, as representatives dropped by to present the sign. From left, owner Brian Lalonde, chamber president Scott Becksted, owner Una Lalonde, and chamber reps Norm Paget and Travis Allinott.

Photo by Ted Brown

On the road again!!
From the band that brought you the heart-warming Don Messer Tribute comes their all new show -

Memories of Western Swingin' and Country Singin'

- ★ OLD TIME AND FANCY SWING TUNES
by Canadian Grand Masters Fiddle Champion **Scott Woods**
- ★ GOLDEN OLDIE WESTERN SONGS
by talented singer **Tom Leadbeater** and the band
- ★ FAVOURITE GUITAR INSTRUMENTALS
by East Coast Music Award Winner **Bruce Timmins**

APPEARING

Heritage Theatre - Brampton
Thursday, May 9 @ 2 p.m.

For Tickets Call (905) 793-4600

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IDA MAE WOODBURN

Q: What different ways can I use essential oils in skin care?

A: The ways are many and varied and the selection of oils is determined by your skin type. The skin is the largest organ of the body and the face is considered by many to tell your life story. The most obvious way to use essential oils is in a facial. Essential oils are ideal for any skin type and can help clear the skin of toxins and because of their small molecular structure they are able to penetrate into the vascular and lymph systems. By adding the oils to masks and facial massage blends conditions such as acne, rosacea, dry skin can be addressed. Masks can be made at home using recipes with clay, honey and different fruits. There are several types of clay available and selection should be made according to skin type. Skin care does not apply only to the face although this is the one that is affected most by environmental pollution and many other harmful elements. The feet and hands deserve our attention and by using personally designed creams and lotions many conditions can be helped. See a certified aromatherapist for more information.

Elayne Tanner & Associates Inc.

Elayne M. Tanner

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Elayne M. Tanner

Q: My friends say I am being abused. My marriage is not perfect but he promises to change. Shouldn't I stay and work on it?

A: Marriages take work, but there is no place in a marriage for abuse. Abusive spouses always promise to change, but unless they make the choice to get counselling, they rarely do. Abuse is not only physical beatings, it also includes:

- Physical abuse: pushing, slapping, punching, choking, kicking and throwing objects.
- Sexual abuse: forced, coerced or unwanted touching or sex, withholding of sex or affection, or sexual practices that make her feel humiliated, or degraded.
- Emotional abuse: withdrawal of affection, jealousy, denial of her feelings, putdowns, constant criticism, name calling, isolating her from friends and family, controlling her activities, destruction of property, pets or treasured objects; threats to harm friends or family, making her account for every minute, every action; controlling her with fear, threats of suicide, threats on her life as well as allowing her to have no money of her own, forcing her to account for and justify all money spent and not allowing her to earn money.

This is not a small problem. Although men do suffer spousal abuse also, one in four Canadian women have experienced physical or sexual violence at the hands of a marital partner. It happens in rich families as well as poor. Why don't women just leave abusive relationships? The biggest reason is fear. Fear of being injured or even killed, living without money, and losing the support of family. She believes his apologies and hopes he will change. He is not violent all the time so she holds on to the hope that the relationship won't end, just the abuse. In order to make necessary changes, women need information and improved self-esteem. They can then evaluate their situation and decide what to do about it. No one should live with abuse. Counselling for the victim is the best way to start making the necessary changes.

BETTY E. McTAGUE

CHIROPODIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

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 **Hereditiy**. 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, then 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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Neil Young
B.Sc., Phm.

Q: I am an fertile woman. Should I take folic acid?

A: Probably.

In the last ten years data has shown that the risk for Neural Tube birth Defects (NTDs) can be reduced by as much as 70% if folic acid is taken before pregnancy. These defects are those that affect the brain (anencephaly) and/or the spinal cord (spinabifida) and occur in the first four weeks of pregnancy - before most women even know they are pregnant! These infants usually survive but require extensive medical and surgical care, certainly affecting their quality of life and creating psychological and financial hardships. We are at a great advantage to know that, by just taking a sufficient supplement of folic acid at least 3 months prior to conception and throughout the first 3 months of pregnancy, at least half the number of NTDs can be prevented. Since many pregnancies are unplanned all women who could become pregnant should take a folic acid supplement. What is folic acid? Folic acid is a B vitamin available in tablet form or as an ingredient in many multivitamin preparations. Folic acid is fairly inexpensive and has other health benefits. Choose a product that contains at least 0.4 mg of folic acid in a daily dose. Eating foods high in folic acid - broccoli, corn, orange juice, beans - will not supply enough folic acid to prevent NTDs.

Some women may be at higher risk of NTD pregnancies and need a higher dose of folic acid only available with a prescription. This higher risk group includes those with a family history of a NTD, a previous pregnancy affected by NTD, persons who have insulin-dependent diabetes, who are on certain anti-epileptic medication (carbamazepine or valproic acid) or who have clinically diagnosed obesity.

If you are a woman of childbearing age and there is any possibility of becoming pregnant, you should consider taking folic acid. It is that easy to help prevent these serious birth defects.

Edward Jones

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Q: With interest rates low, should I buy short term GICs?

A: When it comes to investing, we all want the best return possible. But in the hunt for high returns, people often make a glaring error in strategy. For example, when interest rates are low, many GIC investors buy only short-term certificates. They plan on rolling their money into higher-paying GICs when they mature, if rates rise over the coming year. Not only are they gambling rates will rise, they are also missing out on the highest rates currently available.

It's better to ladder those certificates. That means investing in GICs with a range of maturity dates. That way, you always have money coming due to reinvest, should rates rise. It also means you have money invested at the highest rate currently available. In the long run, this strategy helps you minimize risk without sacrificing return.

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Send any questions you may have for our professionals on this page clearly stating who your question is for and with the heading

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MAIL or FAX

The Independent & Free Press

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Attention: Ask A Pro

If you are a Professional who would like to be part of this page ~ call **Angela 873-0301**