



For localmotion

Both Royal Bank branches in Georgetown were represented as they dropped by the Civic Centre to present a cheque for \$10,000 to the localmotion campaign which is raising funds to build the town's recreational facilities. On hand to make the presentation were (from left) Mountainview branch manager Ken Bossy, Main Street branch customer service representative Cathy Ireland, Main Street branch manager Emiliana Walls, and Halton Hills Mayor Kathy Gastle.

Photo by Ted Brown



Family donation

Les and Mary Bond dropped by Halton Hills Library's Georgetown branch to check out the series of books on the elements that they donated to the library in memory of parents Dennis and Ruby Bond, and their son Adam Bond.

Photo by Ted Brown



Teddy is going...going...

Auctioneer Bob Barette auctions a teddy bear, one of the many items that were up for bid at St. Andrew's Church's annual community auction). Proceeds from the event will go to many local projects located at the Mountainview Rd. church such as the Georgetown Parent Child Centre, Toy Lending Library and Narcotics Anonymous.

Photo by Shawn McAlpine

Ask The Professionals

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

(905) 877-8668



83 Mill St., Suite B
Georgetown, Ont.
L7G 5E9



Marta Masley
B.Sc.(PT), M.C.P.A.

Q: The season for my favourite hobby - gardening - is approaching. I want to make sure that this year I am prepared, and don't end up hurting my neck and back as I did shortly into last year's season. Is there anything that I can do to prevent injury?

A: First of all, you are on the right track by seeking "prevention" advice rather than waiting until you have sustained an injury. Gardening can be just as strenuous as any other sport, putting your body in awkward positions, involving repetitive movements and requiring stamina. Therefore, it requires a warm up and strategy like other sports. A warm up is important because it helps decrease strain and fatigue to your muscles by making them more extensible. A proper warm up will include stretches that are held for 20-30 seconds and repeated 3 times. Important areas to stretch before gardening are: neck, shoulders and lower back. Aside from preparing your body for gardening, you should utilize the appropriate tools to make the task easier on you. Ergonomic tools are designed to minimize the stress on your body so that you can enjoy your gardening. Ensure that your work is directly in front of you and at an appropriate height. The less reaching, twisting, bending that you have to do, the easier it will be on your body. Finally, know how to pace yourself and when to stop. Take a break when you feel you need it. Ask for assistance when you have to lift something heavy. Don't push through it if you are feeling any discomfort or pain. You don't want to put an early end to your hobby.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO
(905) 877-4288



ROBERT H. CRANFIELD, D.C.

Q: With allergy season coming up, is there anything a chiropractor can do to help my child with allergies?

A: Absolutely. Science has demonstrated without a doubt that the immune system does not act in isolation, but is intimately connected to both the endocrine and nerve systems. This is where the term neuroimmunology comes from. One's lifelong propensity to suffer from allergies is largely determined by factors that influence the maturation of the immune system while in utero and the first 2 to 3 years of life. A different term for allergy is Atopic Disorder. This would include hay fever, eczema, asthma, auto immune collagen diseases (rheumatoid arthritis, lupus) and even type 2 diabetes and M.S. Asthma rates in children have increased 160% in the last 20 years. If the medications and research were working so well, why would there be such a dramatic increase? Maybe they are missing something!! Researchers have found that much of this propensity towards developing allergies arises from the immune system's tendency to mature towards developing Immunoglobulin G (IgG) or a Th1 response or towards Immunoglobulin E (IgE) or Th2 response. Infants that mature towards a Th1 response have a much better outcome than those who lean towards the Th2 response. The Th2 response tends to cause allergies for the rest of their lives. In my next column, I will discuss the factors that cause either a Th1 or Th2 response. Until then, experience health naturally through chiropractic.

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

ROBIN COOPER

Certified Aromatherapist & Reflexologist

- Aromatherapy
- Reflexology
- Ear Candling
- Massage Oils
- Essential Oils
- Gift Certificates

The Georgetown Naturopathic Wellness Centre
16 Mountainview Rd. S., Georgetown
(905) 877-0759



ROBIN COOPER

Q: I am menopausal and suffer from hot flashes and sweats. Would you recommend Aromatherapy or Reflexology?

A: Hot flashes and sweats are caused by the irregular function of the blood vessels when they constrict and dilate. This will increase the blood flow, raise the body temperature and slightly increase the heart rate. Probably the main discomfort is embarrassment when you suddenly turn red or break into a sweat while in the company of others. You can do a number of things for menopause and the hot flashes that go along with it. Aromatherapy offers a number of pure essential oils that can be used to specifically treat hot flashes. Blend the following essential oils to make a synergistic blend and use 5 drops of this blend to 2 tablespoons of vegetable or a light olive oil for a massage oil or use 5 drops of the blend directly into the bath:
Clary sage 10 drops
Geranium 11 drops
Lemon 7 drops*
Sage 2 drops
Reflexology is also very effective in the treatment of menopause. It can make these changes in your body more bearable and relieve the stress and tension that can sometimes be part of the package. By working the pressure points that refer to the organs that are effected during menopause, it can help you through this period of your life by working towards a state of balance in the body. Good nutrition, vitamins, and regular Aromatherapy and/or Reflexology treatments are safe and effective treatments for menopause. If you have any questions please do not hesitate to contact my office.

SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW

2 COUNTY COURT BLVD., BRAMPTON
(1 block south of Steeles at Hwy. 10)
(905) 455-6677



SUSAN POWELL

Q: Do I have to pay my wife any other money other than my monthly child support and money towards the babysitting expense for our children?

A: Yes, there are other possible expenses to which you may have to contribute:
a) the portion of the medical and dental insurance premiums that can be attributed to your children;
b) health expenses that are not covered by health benefits of at least \$100.00 per illness or event. This expense covers many areas such as orthodontic treatment, prescription drugs, glasses and contact lenses, speech therapy, professional counselling provided by a psychologist, social worker, psychiatrist or any other person, physiotherapy, occupational therapy and hearing aids;
c) extraordinary expenses for primary or secondary school education or for any educational programs that meet the child's particular needs;
d) expenses for post-secondary education; and
e) extraordinary expense for extracurricular activities.
Remember that you will contribute to these expenses proportionate to the total income of yourself and your wife.

- ✓ 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: Are home inspections just for older homes?

A: Absolutely not: All homes old and newer are candidates for a home inspection. There are situations where people renovate their homes without permits, or even worse without real knowledge of what they are doing. Then you, the potential purchaser, come along assuming everything is fine because the home is not very old and feel a home inspection is not necessary and then eventually find out there are problems due to renovations etc. Examples of some of these problems that I have come across in my practice as a home inspector are tampering with the or removing integral structural components and adding onto or rearranging the electrical system in such a manner that it becomes a fire or life safety hazard. The list is endless when it comes to the "do it yourselfer" who is trying to save time and money. A home inspection is invaluable. Don't find yourself buying into something with potential risk. A home inspection can help limit your risk. Call our office to book your home inspection. We are available 7 days a week and always try to accommodate your schedule.



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Andrew Mackenzie
B.B.A., CFP
Associate Regional Director

Q: What are the basic elements of an estate plan?

A: Here are the basic elements of an estate plan:
A will: A properly drafted Will ensures that your wealth is distributed according to your wishes.
Tax plan: In Canada, your estate won't face death taxes as it would in some countries. But for income tax purposes some of our assets may be deemed to have been "sold" when you die, which means the estate could face a hefty tax bill for items such as capital gains. A number of strategies can help ease the tax burden, including transferring assets to children while you're alive. Trusts within your will can also be used to save tax for beneficiaries after you are gone.
Life insurance: Life insurance coverage can supplement your wealth and help provide financial security for your beneficiaries, and can be utilized to pay the taxes that may arise on death, thus preserving capital accumulated.
Business succession plan: Business owners should have a plan for their enterprise. This may involve selling the business and distributing the assets to their heirs, passing it along to children or stipulating who should manage the business. In most cases, the succession process should begin long before retirement, not at the time of retirement or when you die.
Enduring Power of Attorney (POA): You may need help with your assets while you are alive. If you are incapacitated and unable to manage your financial affairs, an Enduring POA can give a trusted spouse, friend, or relative the power to manage your affairs.
An estate plan should be considered part of an overall financial plan. Your estate plan takes your strategy one step further, allowing the wealth you build to provide for your loved ones after your death. Ask us how to get started on an estate plan. This is one area where good professional advice is crucial.