



## Silver anniversary

Royal Bank employee Cheryl Donaldson (left) was recently honoured with a cake and refreshments at the Main Street branch in honour of her 25 years with the Royal Bank. On hand to help her cut the cake were Holli Berkopec, (centre) manager of financial planning, and branch manager Emiliana Walls. Photo by Ted Brown

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# Ask The Professionals

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**IDA MAE WOODBURN**

**Q:** I have just learned I am pregnant. Is there anything I can do for stretch marks?

**A:** Stretch marks are a form of tiny scars in the underlying tissues of the skin due to stretching of the skin because of an excessive or rapid weight gain. We see this often in pregnancy as well as with weight problems during adolescence. Obesity will also cause this problem to appear. The key is prevention and to treat it before the marks appear. They are most often seen on the buttocks, breasts, abdomen and thighs and once they are formed are difficult to make disappear. Twice daily massage with a good blend of lavender, mandarin or neroli essential oils in sweet almond, hazelnut or rosehip seed oil can help reduce their colour. During pregnancy the massage should be started before the fourth month and continue after birth until the weight is back to normal. Also try to avoid rapid weight gain. A qualified aromatherapist will create a blend which you can apply daily with light sweeping motion over the most affected areas. In addition you should watch your diet and include raw and energizing foods. If stretch marks have already appeared, use the massage blend daily to help improve the condition of the skin. If you have any questions, please call me for extra information.

**Elayne Tanner & Associates Inc.**

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Elayne M. Tanner

**Q:** I have tried many times to make changes in my life, but each time I wind up back in the same old place. Is this a problem for other people too? How can I change this pattern?

**A:** I cannot comment on your particular situation without more information, but the scenario you describe is a fairly common complaint. Often, the roadblock to creating lasting change is pain that one has experienced in the past. It often acts like an anchor, tying us to our earlier times and making it impossible to move forward. In order to take those steps, therefore, we sometimes must first go backwards. What I mean by this is that we often have to examine painful past memories and experiences, in order to gain new understandings, so that we can untie ourselves from the past. We need to become aware of the tremendous amount of energy that is required to hold onto the pain. If we identify ourselves by our pain, and see ourselves in the victim role, it is unlikely that we will ever find a way to forgive those that hurt us. Understand that I do not mean that we have to accept what they did, but rather to realize that they did what they did because they didn't know better, or, they didn't think, or maybe they were ill or had been so badly hurt by others that their own ability to care for someone was damaged. Whatever their reason, they did not treat you badly because you deserved it but because of their own deficits. In other words, you do not have to be ashamed of your past because you did not cause it. Yet, if we give up our old familiar pain, we have to face the unknown. It is human nature to be afraid of change and thus, many of us stay anchored to the past. When we learn to let go of the past, we free up new energy with which to tackle the future. Then we can begin to make real and lasting changes. These steps can rarely be taken alone, but under the guidance of a trusted and qualified psychotherapist, who believes in this same viewpoint, you will quickly begin to make the desired changes.

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

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

BETTY McTAGUE

**Q:** How do you care for diabetic foot and what do you recommend for long term management?

**A:** Diabetics suffer from neuropathy and poor blood circulation in their feet. Hence any friction caused by improper footwear can easily lead to ulcerations and infections. Since diabetics have poor healing this condition may lead to a more serious state of infection such as gangrene.

Orthotics - Plantar ulcers can be treated by full length foam orthotics individually moulded to each foot. This full contact orthotic distributes pressure evenly. Indentations relieve pressures under ulcerated areas, enhancing the healing process.

Footwear - A full range of extra-deep shoes which can be modified to adapt to each individual's foot shape.

Severe cases may necessitate rocker soles to effectively relieve pressure.

\*A wide range of widths, sizes and styles ensure fit. Soft leather shoes enhance mouldability for corns and bunions.

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**Randy Carman**  
B.Sc., Phm.

**Q:** How can I tell if my child has head lice, and how is it treated?

**A:** Head lice are tiny insects that live on the scalp, usually behind the ears and on the back of the neck.

Lice lay greyish-white oval-shaped eggs, called nits, which stick to the hair shaft. One week later, they hatch, leaving empty shells.

Head lice are usually passed from direct head-to-head contact when children are close together, such as in schools or daycares. Anyone can be affected regardless of class or cleanliness. They do not spread disease.

Children should be checked weekly for signs of infestation. If lice or nits are found, chemical treatment is necessary. The most common products are Nix, R&C, and SH-206, available at any pharmacy. All family members must also be checked if one member has lice. Treatment is not necessary if no lice or nits are present.

The treatment must be used exactly as directed to ensure effectiveness, and is then repeated 7 to 10 days later to kill any lice hatched from eggs that survived the first treatment. If live lice or nits are seen 2 days after treatment consult your doctor or pharmacist for a different product.

Most nits are empty shells, so do not have to be removed to prevent spread, but it is usually done for aesthetic reasons. Vinegar is useful to help remove the nits.

Consult your pharmacist, doctor or health department for further information.

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**Colin M. Brookes**  
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905-873-7630

**Q:** Should I use my RRSP to Help Buy a Home?

**A:** It's an age-old question. How do I save for retirement and still save to buy a house? For some, the answer may be to borrow money from their registered retirement savings plan. The First Time Home Buyers' Plan allows qualified buyers to withdraw up to 20 thousand dollars to use towards the purchase of a home. Under the plan, the money you take out is not taxed, but it must be paid back within 16 years, with minimum annual payments. While the Home Buyers' Plan can give first-time buyers a boost, there are costs involved. Perhaps most important is that any money you take from your RRSP means it is no longer compounding, tax-free. It usually makes more sense to borrow from other sources if you can. But if you decide the Home Buyers' Plan is the right route for you, try to make every effort to repay what you borrow as quickly as possible.

## Attention Readers

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