



MANICURE

Mellennia

Institute of Aesthetics inc.



PEDICURE



ELECTROLYSIS

THE EDUCATORS WHO SET THE HIGHER STANDARDS

- Advanced Aesthetics
- Aesthetics • Electrolysis

Start earning financial success within the first month of the program.

- | | |
|---|---|
| <input checked="" type="checkbox"/> Waxing | <input checked="" type="checkbox"/> Intermediate & Advanced Skin Technician |
| <input checked="" type="checkbox"/> Manicure/Pedicure | <input checked="" type="checkbox"/> Advanced Body/Spa Care Treatments |
| <input checked="" type="checkbox"/> Make-Up Artistry | |
| <input checked="" type="checkbox"/> Nail Technician | |
| <input checked="" type="checkbox"/> Electrolysis | |



SPA TREATMENTS



MAKE-UP ARTISTRY

NOW ACCEPTING REGISTRATION FOR SEPTEMBER CLASSES. Limited Space!

49 George Street South (at Queen), Brampton, ON L6Y 1P4

Call: (905) 453-6214

Registered Private School

Compost Give Away begins next week

Halton Region's Fall 2002 Compost Give Away will be begin on Sept. 23 and continue to October 1 (excluding Sunday, Sept. 29).

Hours of operation will be 8:30 a.m. to 4:30 p.m. at the Halton Waste Management Site, 5400 Regional Road 25, Milton.

All Halton residents are welcome to collect up to seven bags of compost. Residents must supply bags/containers and shovel, and are responsible for shovelling their own compost.

Donations of non-perishable food items will be collected on behalf of Halton area food banks. (Food donations are appreciated, but are not required to obtain compost.)

Halton's compost giveaway takes place twice each year, in the spring and fall. Yard waste collected through the region's yard waste collection program is converted into garden-friendly compost.

More than 4,500 Halton residents took advantage of the spring

2002 event, donating 6,500 kg of non-perishable food items and almost \$3,500 to local food banks, making this event one of the largest single-source food drives in the region.

Halton Hills St. John to get ambulance

Halton Region Emergency Medical Services (EMS) will be donating an older ambulance to St John Ambulance Brigade of Halton Hills. The donation will occur later this fall.

"Service to the community is at the heart of St. John Ambulance volunteers and I am pleased that we can help them by providing them with a vehicle to support their mobile first aid efforts during community events," said Regional Chairman Joyce Savoline.

Halton Region EMS staff had the option of sending the vehicle to auction, but felt that the community's needs were best served by donating it to a St. John Ambulance Brigade.

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

LIVING ESSENTIALS

A HEALTH SERVICES COMPANY

Complementary Health Care Practitioner
 Aromatherapy Massage, Reflexology,
 Ear Candling
 Certified Ear Candling Instructor

R.R. #5 Phone: (905) 877-5670
 GEORGETOWN, ONTARIO Fax: (905) 873-2648
 E-mail: ida@attcanada.ca



IDA MAE WOODBURN

Q: Do you run workshops?

A: In addition to certification courses in reflexology and ear candling, I have several special interest workshops. These include a soap making course where you learn the techniques to create your own soap bars and everyone will leave class with several different types of soap. In another one you learn how to make your own all natural cosmetics such as moisturizers, day and night creams, toners, lip balms, bath salts and gels. Both of these are wonderful sessions for personal use or to create fantastic gifts. "Making Scents of Aromatherapy" explores the ancient world of aromatherapy and topics include safe and practical application of essential oils in the home beyond massage, blending principles plus how to be an informed buyer of essential oils. The final one is titled "Your Personal Spa" and in this one you learn how to use essential oils to create your own facials plus an exquisite foot treatment. Everyone receives and gives and facial and foot treatment. There is also a children's soap workshop which is a wonderful idea for birthday parties or group events with children ages 6-12. If you need more information on dates and costs, please give me a call.

Elayne Tanner & Associates Inc.

Elayne M. Tanner

B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.
 Counselling & Psychotherapy
 Individuals, Couples, Children & Families

11084, 5th Line, Milton, Ontario
 (905) 854-0801



Elayne M. Tanner

Q: How do I learn to stand up for myself and not feel bad?

A: What you are talking about is assertiveness. Being assertive is not the same as being aggressive. Being assertive means having your needs and views considered and heard. The assertive person learns that his or her own views and needs are equally important as the other person's. He or she is made aware of his or her rights and responsibilities. He or she then learns how to express these views and needs in a way that does not impinge on the wishes of others. Lastly, they learn to interpret the other person's response. Women tend to be less skilled in assertiveness.
 At Elayne Tanner & Associates Inc., we want to help you learn these skills. What we have planned is an innovative, exciting daylong training process that will combine **Assertiveness Training for Women** with self-defense techniques designed to make women of all ages more able to control their own well-being. An optional third segment will be of special interest to those of you with dogs. A canine training specialist will, in a safe, fun way, teach you and your dog the necessary skills so that you dog, whether large or small, can act as a deterrent to any unwanted advances.
Where: At our beautiful new seminar and counselling centre located on 60 acres of beautiful escarpment farm land. 11084 5th Line Nassagaweya, Milton, North of 15th Sideroad, 10 minutes from Milton, Acton or Georgetown
When: Friday September 20, 2002; 9:00 am - 4 pm. Optional Saturday, September 21st segment; 9:00 am - 12:30 pm
Who: Women of all ages, Dogs of any size **Dress:** Comfortable Clothing
Cost: For the full 3 segment, 1-1/3 day programme: \$200.00 + GST
 Friday only: \$150.00 + GST. Includes Friday lunch and snacks, beverages and workshop binder for the full programme.
 Call to register or for further information

BETTY E. McTAGUE

CHIROPODIST
 FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

Q: What is the difference between a corn and a callus?

A: A **corn** is a small kernel shaped growth of dead skin that develops in areas of localized high pressure. Usually corns are found between the toes, on top of toe joints and sometimes on the balls of the feet.
 A **callus** is a toughened growth of dead skin, occurring over relatively large areas of increased pressure and friction. Dead skin builds up to protect the underlying tissue or bones. Usually callus is found on the balls of the feet and the heels. It is wise to wear comfortable roomy shoes. Cushion sensitive areas with mole-skin or donut shaped pads. Do not use corn plasters on your feet. Use a pumice stone or foot file regularly, followed by a moisturizing cream.
 Your Chiropodist will assess the cause of your corn/callus and will devise an appropriate treatment plan. The treatment plan may vary from simply reducing the corn/callus off your feet to preventing further corns/callus formation through orthotic therapy. Do not cut corns/callus on your own or allow your pedicurist to do it as it may cause infections.

YOUNG'S PHARMACY & HOMECARE
 Caring for more than 42 years
MEDICAL CENTRE PHARMACY

877-2711

PHARM ASSIST **Guardian**

877-2100



Neil Young
 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 day-cares. 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.

Edward Jones

211 Guelph Street, Unit 4
 Georgetown, ON
 Member CIPF

www.edwardjones.com



Colin M. Brookes
 Investment Representative
 905-873-7630

Q: My company has offered me early retirement. My severance package includes a large retiring allowance. What should I do with it?

A: When you leave a firm, based on your history with the company you may receive a retiring allowance. A retiring allowance is an amount received from a company in recognition of long service or to compensate you for the loss of employment. You may choose to spend your retiring allowance, but you will be subject to taxation on the entire amount. An excellent option for the funds is to transfer as much as you can to an RRSP. Your contribution will not affect your maximum contribution limit, as you are permitted to transfer \$2000 for every year of service you had with your company before 1996. You are also entitled to the appropriate tax deduction. Furthermore, you can invest an additional \$1,500 for each year before 1989 that you did not belong to a company pension plan. When you move your retirement savings into an RRSP, you must decide how that money will be invested. You have many choices: GICs, government securities, bonds, mutual funds, stocks, and annuities can all be held in an RRSP. Your best option is to diversify, either by choosing a mutual fund or by opening a self-directed RRSP that allows you to combine a variety of investments in one account.

CLOUD 9

HEALTH AND BEAUTY CARE

905-702-1099



AFTAB SHAIKH
 Massage Therapist

Q: How is massage therapy beneficial in various health conditions?

A: Oh it has been a while, on the onset I'd like to extend my thanks to Dr. Prior Donald for doing such an excellent job on my wrist surgery and also my thanks to Adamson Spa for giving me support and a platform to build my clientele.
 As I venture to do my own business, I look forward to serving clients both regular and new.
 Massage therapy is great for stress reduction. Stress causes losses up to 14 billion a year for Canadians. Present day life is full of stress from traffic jams to job related or personal life. Stress is a contributing factor for many conditions from heart attack, stroke, arthritis to insomnia (sleep problems). Therapeutic massage is very effective in reducing stress. Some other conditions where therapeutic massage is helpful are headaches, neck, shoulder, arms stiffness & aches, lower back pain, sciatica, fibromyalgia, frozen shoulder, thoracic outlet syndrome (TOS), carpal tunnel syndrome, whiplash injuries, sprains & strains & related repetitive strain injuries. There are many benefits to therapeutic massage, every individual enjoys it benefits on a unique level. Please keep smiling.