

Ask The Professionals



Allison's Farm Market
Always Fresh From Our Fields



Bob Allison, B.Sc., Agr. "FARMER" 10636 8th Line, Georgetown, (905) 873-8283
Gabrielle Allison, B.A.Sc., R.D. CONSULTING DIETITIAN

Q: Is choosing a real Christmas tree harmful to the environment and forests?

A: Christmas trees are grown as a crop and do not come from the forest. A tree is harvested after 10 years. For every tree harvested, there are 10 more coming along. Christmas trees are actually beneficial to our environment. One acre of Christmas trees produces enough oxygen to support 18 people while removing CO2 from the atmosphere, countering the production of CO2 from use of fossil fuels. They can remove up to 13 tons of airborne pollutants per acre per year. Tree farms are a haven for many birds and mammals. And after the season, Christmas trees can be used as bird feeders, made into wood products or be a wildlife cover in fish ponds and woodlots. Most municipalities collect and discard trees and chip them to use as mulching. Being biodegradable, they return stored nutrients to the soil. From Nov. 15th, Allison's will have beautiful, fragrant door wreaths, swags and baskets. By the end of Nov., fresh Christmas trees - Fraser & Balsam Firs, & Pines, will arrive. Remember to ask us for tips on maintaining the beauty of your tree throughout the season.

GREG J. LAWRENCE, B. Sc., D. Ch.
FOOT SPECIALIST/CHIROPODIST

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Greg J. Lawrence B.Sc. D.Ch.

Member of the Ontario Society of Chiropractors and the Ontario College of Chiropractors

Q: Why do I seem to have more foot problems in the winter?

A: With the cold weather quickly approaching, we all must make changes in our lives. We start to wear heavier clothing, often in layers, adding weight on our feet. Our shoes change to boots, which are heavier. Our activity level often decreases with our inability to walk due to the climate. This may sound like old news, however, this is often the time of year people develop foot problems. Many of us would agree that our activity levels decrease in the winter months. How might this pose a problem? Our feet are a very complex structure of twenty-six bones and numerous tendons and ligaments. When we are not as active the soft tissues will tighten. If you have not been active for a while and go for that mile walk, an injury may result if you do not stretch. Also, a change in footwear, from shoes to boots is often necessary. This means more weight and not always more support. This will fatigue the soft tissue in the feet and lower limb. When adding the extra clothes for warmth, you are adding further strain on the foot until something gives up. It's not usually, the shoes! This will often account for arch pain, heel pain, bunion formation, neuromas (pinched nerves) and may cause havoc up into the knees and hips. Stretching is vital for strenuous activities. Supportive shoes & boots will help prevent these possible problems. If you are doing indoor athletics, it is vital that you wear appropriate shoes and stretch before activity. Many problems arise this time of year and are easily treated if the diagnosis is done early after the symptoms arise.

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DR. ANOOP SAYAL

Q: My hygienist always talks about "plaque". What is plaque?

A: Plaque is an invisible bacterial film that builds up on your teeth every day. That sticky feeling you get when you wake up in the morning is bacterial plaque. It forms after you eat anything and can form above or below your gumline. The bacteria in plaque contain toxins that attack and damage your tissues. Plaque causes gum disease and cavities. In other words, plaque must be removed every day or the bacteria will start to decay your teeth and loosen your gums. At your hygiene visit, we routinely evaluate your plaque levels and inform you of the proper ways to clean your teeth and gums to prevent plaque from hiding around your teeth and gums.

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MANON DULUDE

Q: Why do I have mixed emotions getting ready for Christmas?

A: Christmas can be a difficult time of the year. We are often apprehensive about celebrating Christmas due to the fact that our life circumstances may not allow for a traditional Christmas as depicted in the media. As a result, it is very easy to feel down and lonely. When life changes, it is very important to change or alter traditions to fit the new situation. Hanging on to old traditions can make it more difficult to cope with this time of year. See this as an opportunity to create a new tradition for yourself. There is no set rules for what one must do on days like Christmas. The meaning you will give to your day and its activities depend on you. Another option may be to plan a non-traditional Christmas celebration. Try planning a non-traditional dinner or outing with friends or family. Your non-traditional dinner may become a new tradition in itself or it may be a transition to setting new traditions with the years to come. Sharing responsibility for planning the event or cooking a meal is also a good way to decrease the stress which surrounds Christmas. It is all right to ask for help. Not asking for help and feeling resentful after the fact does not help anyone feel good about the celebrations. Having too rigid expectations of what the day should look like can contribute to major disappointments. Be open to surprises and recognize that even on Christmas the unpredictable can happen.



HALTON HILLS SPEECH CENTRE

211 Guelph St., Suite #5 Georgetown L7G 5B5

873-8400 www.haltonspeech.com



Karen MacKenzie-Stepner

Q: My husband suffered a stroke recently and now has aphasia. Can you explain what that is and what we should do?

A: Aphasia is a language problem that often results from brain injuries such as stroke. A person with aphasia has difficulty with communication. Speaking, understanding the speech of others, reading (even silently) and writing may all be affected. This communication disorder creates barriers to a person's ability to engage in conversations and makes participation in social and community life difficult. There are numerous things that you can do to help support your husband and assist him with communicating with others. Depending upon which communication skills he has difficulty with and the degree of this difficulty, the level of support and assistance will vary. However, regardless of the degree of difficulty, your husband should be encouraged to participate in as many conversations as he can. You can assist him by phrasing sentences and questions in a way that he is able to understand and respond to them. This may involve saying the sentence and rephrasing it again with gestures so that your husband can understand the message. The most important thing is for your husband to participate. A Speech-Language Pathologist can help with more specific suggestions. Call our Centre to get additional information.



RBC Dominion Securities

Phone: 905-877-5659 or Cell: 905-866-9414

Email: bbyckow@rbcds.com



Barbara Byckowski Investment Advisor, BBA, PFP, CFP

Q: Could you shed some light on the recent popularity of income and royalty trusts?

A: From a buyer's perspective, interest rates today are very low, so the current yields of 9% or more from income trusts look extremely attractive to the traditional income-seeking investor. The difficulties in the stock market have also caused even the most aggressive investor to adopt a more defensive approach to investing - here again income trusts fit the bill. As with any investment, there are pros and cons to consider. On the negative side, you must be aware that not all income trusts have "acceptable" liquidity. For example: RioCan has a very acceptable marketcap of \$2 billion, but most trusts have a market cap of \$300 million or less which can be an issue for some investors. With income trusts, you are essentially buying an interest in a business the same way you do with a common stock and hence, you are susceptible to the normal business risks of equity ownership. On the positive side, management has a commitment to pay a monthly distribution so there is a great focus on free cash flow. Second, although they may be new to the public marketplace, they often have a very long and successful history. For example, Advanced Fiber Technologies, the worldwide leader in pulp screening components, has actually been in operation for about 100 years. Feel free to give me a call at 905-877-5659 if you would like to discuss further.



The Centre

Skills Development and Training
Employment Counselling Program

184 Guelph Street
Georgetown, ON

905-702-7311 / 1-866-260-1174



Greg Daly Coordinator/Counsellor

Q: I spend at least three to four hours a day searching for jobs on the Internet and in the papers. I send out at least 8-10 resumes a day and I never hear back from anyone. What am I doing wrong?

A: You have spent all of your job search time using the Internet and answering newspaper ads. These are methods that advertise approximately 25% of the available jobs. What might surprise many job seekers is the fact that approximately 75% of the jobs available at any given time are NOT advertised; we call this the Hidden Job Market. While statistics vary, it is estimated that somewhere between 75 to 80% of Canadians who found work this past year did so through either networking or cold calling companies. Once you have made contact, one of the most effective job search strategies is a process known as "information interviewing." Start by researching companies within the industries that you wish to work in. Most job seekers rely on the Internet but you can also find some very useful information in business directories such as the Scott's as well as local municipal directories, and the Business Sections of newspapers. These resources can be found at libraries, and employment centres like the Georgetown Employment Partners Centre on Guelph St. An information interview is meant to get you into the "front door" of a potential employer. Prepare questions about possible opportunities within the industry as well as the company itself. Don't forget to take a copy of your resume with you. Sometimes, if your timing is right and the fit is there, a job offer could result from the meeting. Networking is another method of job searching, which is simply connecting with people and telling them what you are looking for. You will need a professional looking business card to leave with your contacts so they can use it to call you back or pass it on to a possible contact for you. Begin the process by phoning people you know in the industry in an attempt to procure any leads. While your initial contacts may not be aware of an immediate opening they may know someone who does know of a potential opportunity for you. For more information on putting together an effective job search plan contact the Georgetown Employment Partners Centre at 905 702 7311.

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GERALD ROSS H.B.Sc. PT, MCPA, res.CAMT

Q: I can't understand why my back pain is bad some days, but on other days it's fine.

A: Spinal pain that comes on without any recent obvious abuse or unaccustomed use suggests that your spine is not strong enough to cope with your basic lifestyle demands. Pain felt in the spinal area can come from many different tissues including some abdominal and pelvic organs. If you haven't already discussed your pain with your Family Doctor it would be a good idea to do so, just in case your pain is arising from non-spinal tissue. If this has been considered to be unlikely then a visit to a Physiotherapist is in order. Spines can be weakened by old injuries that heal without regaining healthy flexibility or by daily use that gradually weakens tissue to the point where even basic daily activities are intolerable. Your Physiotherapist will improve the mobility of areas of the spine and surrounding regions that currently underperform and will show you ways of moving that will allow you to work or play with less spinal stress. Physiotherapists use a variety of non-surgical, drug free therapies to achieve the best outcomes for their clients.

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**