

# Ask The Professionals



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**Bob Allison, B.Sc., Agr.**  
"FARMER"

10636 8th Line, Georgetown,  
(905) 873-8283

**Gabrielle Allison, B.Sc., R.D.**  
CONSULTING DIETITIAN

**Q:** Is popcorn as good for you as corn on the cob?

**A:** Yes. Both are rich in lutein and zeaxanthin, two carotenoids which may help promote healthy vision and possibly protect against cataracts and macular degeneration. Popcorn is a source of carbohydrates that is naturally high in fibre and contains very little fat, so it is a great low calorie snack UNLESS you're adding butter, margarine, oil or going for the microwaved, popcorn stand or movie-theatre variety, which are all loaded with fat as well as salt. Your best bet - air popped, next best - a "light" or better yet - low fat" microwave brand (Orville's low fat 'Smart Pop' has been one of the best I've come across). Check labels and make sure your comparisons are based on comparable serving sizes, as brands will vary.  
Three cups of popped popcorn is considered a serving (of grain foods) and contains roughly 60 - 80 calories and 3 grams of dietary fibre. The "low fat" or "light" microwave varieties contain hydrogenated fat but very little (ranging from about 0.8 to 1.8 grams of fat per 3 cups). The trick is not to have an entire bag which contains approximately 12 cups of popcorn or 4 servings worth - at least not on a regular basis.

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MANON DULUDE

**Q:** I ended my relationship, so why is it so difficult to get over it?

**A:** This is a question which I hear often. Individuals who chose to end a long term relationship are often surprised at the fact that they are experiencing a wide variety of emotions. When one has decided to end their relationship, they may believe that their feelings for their partner are completely dead. It comes as a great surprise to them when they find themselves grieving the relationship. This can be a very confusing time raising doubt about one's decision. I often hear my clients say "If it hurts this much it must be the wrong choice". Because it hurts does not mean it was the wrong choice. Separation is a time where emotional bonds are being dismantled. Relationships provide many things to a person; emotional and financial security, companionship, a traditional concept of family etc. It is the losses and the need to rebuild a new identity as a single person which are difficult to work through. I have helped many individuals in their transition process and encourage you to seek support if you are going through a separation or divorce.

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

350 Main St. E., 1A Princess Anne Dr.,  
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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:** I was told that I have metatarsalgia. What is this condition and how is it treated?

**A:** Metatarsalgia is a general term used to denote a painful foot condition in the metatarsal region of the foot (the area just before the toes, more commonly referred to as the ball-of-the-foot). This is a common foot disorder that can affect the bones and joints at the ball-of-the-foot. Metatarsalgia is often located under the 2nd, 3rd, and 4th metatarsal heads.

**Cause**

With this condition one or more of the metatarsal heads become painful and/or inflamed, usually due to excessive pressure over a long period of time. It is common to experience acute, recurrent, or chronic pain with this common foot condition. Ball-of-foot pain is often caused from improper fitting footwear.

Other factors can cause excessive pressure in the ball-of-foot area that can result in metatarsalgia. These include shoes with heels that are too high or participating in high impact activities without proper footwear and/or orthotics. Also as we get older, the fat pad in our foot tends to thin out, making us much more susceptible to pain in the ball-of-foot.

**Treatment & Prevention**

The first step in treating metatarsalgia is to determine the cause of the pain. If improper fitting footwear is the cause of the pain, the footwear must be changed.

Unloading pressure to the ball-of-foot can be accomplished with a variety of footcare products. Orthotics designed to relieve ball-of-foot pain usually feature a metatarsal pad.

**HALTON HILLS  
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873-8400 www.haltonspeech.com



Karen MacKenzie-Stepner

**Q:** I have a 2 1/2 year old boy who has about 15 words in his vocabulary. The rest of the time he points and grunts to get what he wants. Should I be concerned or will he "grow out of it"?

**A:** At the age of 2 1/2 years a child should have a vocabulary of several hundred words, use both nouns and verbs in combination, refer to himself as "me", answer "where" questions and be able to have "conversations" with other children. It is important to remember that all children develop their skills at different times, however, if your child has a limited vocabulary by 2 1/2 years and is not showing any indication of increasing it on a daily basis, there is possibly cause for some concern. If there are signs of frustration and anger at not being understood and if there is a reluctance to imitate words and phrases that are modeled for him, it would be advisable to refer your child for a speech and language assessment with a Speech-Language Pathologist. If you have any other questions or concerns, please call the Halton Hills Speech Centre for information on assessments, individual therapy or possible group therapy.

**DR. ANOOP SAYAL**

Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

**Q:** Is it true that certain vitamins are important for my teeth?

**A:** Just like our bodies, our teeth and gums need certain vitamins and minerals to stay healthy and strong. This is especially important for expecting mothers, babies and children. An adequate intake while the teeth are developing will help to ensure strong and healthy teeth. Calcium, aided by phosphorous and vitamin D, is the main component of teeth and bones. Vitamin A is necessary for the formation of tooth enamel, and Vitamin C is essential for healthy gums. Fluoride is an important mineral for tooth decay prevention.

As with the overall health of our body, a good diet is the best way to ensure an adequate supply of vitamins and minerals. A variety of whole grain breads, cereals, fruits, vegetables, lean meats and milk will help to ensure strong and healthy teeth. Sugary snacks should be taken in moderation. A healthy diet, along with good home care and regular checkups will help keep your teeth healthy for a lifetime!

**RBC Dominion  
Securities**

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Barbara Byckowski  
Investment Advisor, BBA,  
PFP, CFP

**Q:** I hold a portfolio of stocks and I am not happy with the performance over the last few years. I've heard alot about "investment discipline". Can you describe the discipline you follow?

**A:** The discipline I use for a stock portfolio is a process not a "product". It involves a set of rules and guidelines that allows me to manage individual portfolios in a disciplined and organized manner. This process has been critical to achieving positive returns over the past few years! The greatest benefit of the process lies in the fact that it focuses entirely on the well-being of your portfolio rather than on the individual stock positions.

Rule#1: Sell stocks that are downgraded to a 3(neutral) or less by RBC Dominion Securities analysts.

Rule#2: At the beginning of a new quarter, your portfolio is adjusted for any sector allocation changes.

It is important to remember that the discipline is a process and not a specific current portfolio. Give me a call or email if you would like a complimentary analysis of your investment or RSP portfolio.

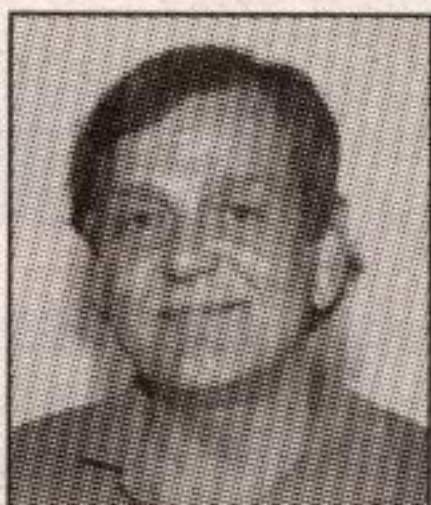


**The Centre**

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've heard that the best way to get ahead is to find a company and stick with them for at least a few years. I'm not sure why, but for some reason, I just can't seem to stay in any one place for very long. What should I do?

**A:** The first thing to do is to try to understand why you've been "job hopping." There are at least a couple of possibilities. It may be that the type of work you've been doing isn't right for you - either you have no passion for it or it's just not consistent with your skill set - or, if you find you're continually involved in conflicts with co-workers, you may need to further develop your interpersonal skills. Either way, it sounds like you could benefit from speaking with an Employment Counsellor. If you're not quite ready to meet with someone one-on-one, you might want to try attending a workshop to gain some more information. Over the next several months, our Employment Counsellors will be conducting a series of three-hour workshops focusing on a variety of employment related topics including: *Using Personal Assessment Tools for Effective Career Decision Making, Building Confidence and Self-Esteem and Conflict Resolution.* The most important thing is that, having now identified the problem, you commit yourself to the solution. Good luck!

For more information about our Individual Employment Counselling services or about our upcoming workshops, please call the Georgetown Employment Partners Centre at 905-702-7311. Our services are offered free of charge to the unemployed and underemployed.

Greg Daly, Counsellor  
Employment Counselling and Assessment Services

This project is funded by the Government of Canada

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

**Q:** Last year I had to stop my summer activities part way through the season because I kept on pulling a muscle. How do I keep this from happening this year?

**A:** Light activity prior to stretching increases it's effectiveness by increasing the temperature of the muscle. To warm up I recommend doing the movements the sport requires at 40 percent of game speed then repeat those movements at 10 percent more speed until you are moving at close to regular sport speed. Focus on precision and control. By simulating the sports demands in this way you increase your mental preparedness and heighten those reflexes that prevent injury. Tissues tear during activity when they are too short or are unable to stretch. Stretching before and after your sport effectively lengthens tight tissues and prevents injuries that occur due to improper tissue length. A Physiotherapist can design stretches that are specific to the needs of your sport or activity and your body. Injuries occur and recur for a reason. Do not accept pain as a part of being active or should you give up your activities due to recurrent injury. Consult your Physiotherapist for a practical injury rehabilitation and prevent program that is designed to meet your specific needs.

**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