

Ask The Professionals



Allison's Farm Market

Always Fresh From Our Fields

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



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

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

Q: In 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.

By around November 20th, Allison's Farm Market will have fresh Christmas trees - Fraser & Balsam Firs & Pines. Beautiful, fragrant door wreaths, swags and baskets will also be available. 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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Milton, Ontario
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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: Are we more prone to foot ailments in winter months?

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 activities, 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.

DR. ANOOP SAYAL

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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!

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MANON DULUDE

Q: I have heard of therapists and Life Coaches. I want to seek help but I am not sure with which professional I should consult. Can you help me understand the difference.

A: Good question. Many have asked me to clarify the two terms. Therapy and Life coaching are very different processes, which address different needs and goals. Therapy is meant to address issues that prevent a person from being the healthiest they can be emotionally. Therapy aims at shedding light on issues that might stem from childhood, family relationships, dysfunction linked to addictions, trauma or mental health condition such as depression and anxiety. In a nutshell, therapy is designed to resolve negative life experiences and their resulting symptoms. Life coaching is very different. Firstly, not all therapists are trained as life coaches and not all coaches are trained as therapists. Coaching is applicable to personal life, relationship, performance and/or business concerns. Make sure you select a coach trained in the specific area you want to be coached in. Coaching is not just a nicer way to refer to therapy, it has very different functions. Coaching is for individuals who are well. They come to the process of coaching without emotional baggage that prevent them from functioning in their everyday life. Coaching is proactive. It is a process where one evaluates and realigns their mindset and goals in order to impact one's present state and create their future. The ongoing coaching relationship assists individuals with staying the course of their vision and creating options or choices enabling them to reach the desired outcome. Needless to say both therapy and coaching will improve one's quality of life. Therapy and life coaching cannot be done by the same professional simultaneously. If you think that you might want to explore the benefit of coaching or therapy and are unsure on which would best apply to you, do not hesitate to contact me. It will be my pleasure to discuss your particular needs and help you define which will best suit you.



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Karen MacKenzie-Stepner

Q: My 4 year old son has extreme difficulty making words. When he speaks, it sounds like he is only using vowels and we see him struggling to do even that. We have heard about something called the PROMPT method. What is it and how does it work?

A: The PROMPT (Prompts for Restructuring Oral Phonetic Targets) method was first described by Deborah (Chumpelik) Hayden in 1980 as a visual and tactile therapy technique for children with developmental apraxia. Apraxia, simply defined, is when an individual can use their oral muscles for involuntary movements such as smiling, yawning or licking their lips, but cannot co-ordinate them during the complex and rapid movements needed for speech. The PROMPT method is based on a hierarchy involving different stages of control during the production of speech (i.e. breath control, jaw control, tongue control, etc.). The clinician "prompts" the child by placing their hands in a specific fashion on the child's face to help the production of a sound. Each sound has its own specific prompt. The clinician works with the child using the prompts to first teach syllables, then words and finally progressing to the sentence and conversational level. The prompts are gradually faded out when the child has mastered the sequencing of the sounds. This technique is now widely used with children who have sound difficulties, even if it is not developmental apraxia. It has been found that the manual prompts gives some children the necessary feedback they need to learn the correct placement of certain sounds. For children with extreme difficulty producing sounds, this technique helps organize their physical system during the production of sounds and gives them the basis to work from when they are attempting new words. To determine whether this technique is appropriate for your son, it would be necessary for him to have a speech and language evaluation first. For more information, please contact the Centre.



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Barbara Byckowski
Investment Advisor, BBA,
PPF, CFP

Q: What year-end tax strategies are there?

A: Without knowing your personal circumstances, I can only give you an overview of some strategies that may work for you. Please feel free to give me a call at 905-877-5659 for a complimentary consultation. Prior to implementing any tax planning strategies, a qualified tax advisor should be considered.

- * tax loss selling
- * defer realizing capital gains
- * trigger capital gains in an in-trust account
- * if you are turning age 69 in 2003, you must convert your RSP (or LIRA) to a RIF and/or a life annuity or a locked-in option
- * low-income year- if you are expecting to be in the lowest marginal tax bracket in 2003 but expect to be in a much higher marginal tax bracket in retirement, then you may want to consider making an early withdrawal from your RSP before year-end to bring your taxable income up to approximately \$32,000.
- * year-end bonus planning - receiving a bonus prior to year-end allows you to earn RSP contribution room for 2004 assuming you are not already at your maximum.
- * defer mutual fund purchases
- * RESP contributions - the deadline is December 31, 2003.

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

Q: I have been resting my sore back for weeks now and just as it seems to start to get better it flares up again. Why?

A: It is common for people to treat muscle and joint soreness with the strategies that they have learned from treating other common illnesses. When one gets the flu the most common strategy is to rest and let some time pass. When one wishes to get stronger people will often exercise with as much vigour as their will can generate. The strategy is most effective in recovering from joint and muscle pains lies in the middle ground between these two extremes. Knowing how much to rest the injured tissue and how to rest it in the context of maintaining a relatively normal lifestyle depends on numerous factors such as what exact tissue is the painful one and how it is stressed when I do my daily activities. Consulting a Physiotherapist will allow these questions to be answered quickly and precisely so you can get on the road to a sustainable recovery sooner.



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Christoph Summer
Owner/Administrator

Q: Can I get help after my surgery?

A: In today's society hospital stays are not what they used to be. To insure that hospital beds are available as required, discharge may be sooner than many seniors feel comfortable with. A senior and/or their family members may feel that some extra time in the hospital would have given them more strength to cope alone at home. In some instances, the Hospitals can coordinate home assistance for the senior, but it can be a limited resource. Many retirement homes are offering another alternative for seniors - "Convalescent Stay". This service offers the same kind of comforting care that "Mom" provided when we were sick; but makes available the extra care skills needed for more complex recoveries. Try to plan convalescence care before surgery, if possible. The truth is - When you're feeling poorly - a little bit of "Mom" is just what the doctor ordered.