

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

The Independent & Free Press
 A Metroland Community Newspaper
 SERVING HALTON HILLS AND SURROUNDING AREAS
 280 Guelph St., Unit 29,
 Georgetown Ontario • L7G 4B1
 Telephone (905) 873-0301 ext-232
 aschurman@independentfreepress.com



Angela Schurman
Sales Representative

Q: What is the benefit of placing a small advertisement on one of your community service pages?

A: A community service page is an ad which is produced in conjunction with area businesses to help support the advertising of a non-profit organization such as Cancer Assistance Service of Halton Hills, or the North Halton Literacy Guild. These pages are used to promote an event such as Police Day Family Festival (see today - pages 20 & 21).

There are many benefits of placing an ad on one of these pages. For the organization, it means they are able to allocate more funds to their cause, instead of having to fix advertising costs into their budget. The extra exposure in our paper also helps the attendance of the organization's event.

For the local businesses which advertise on the page, it is not only an opportunity to help out a worthwhile cause, but also to remind our readers of their company's presence in our community.

If you are interested in being a part of our community service pages, or have any further questions, please feel free to contact either myself at aschurman@independentfreepress.com or Paul Agius at pagius@independentfreepress.com

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

350 Main St. E., 1A Princess Anne Dr.,
 Milton, Ontario Georgetown, Ont.
 L9T 1P6 L7G 4W4
 (905) 878-6479 (905) 702-1611

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



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

Q: Do you make custom-made footwear?

A: Yes we carry custom-made Birkenstock sandals and clogs. We also have a new line of sandals & shoes. The new line by the Orthotic Group, includes sandals, casual & dress shoes, running shoes, clogs and golf shoes. Many of these style are new this Spring.

In order to manufacture such footwear, we take a plaster cast of each foot and send them to the lab. The footwear is made with a custom-made orthotic footbed according to the cast and prescription to make the weight distribution equal throughout the bottom of the foot.

Custom-made footwear is perfect after being on your feet all day in the summer months. As the warm weather approaches many individuals prefer to wear sandals instead of enclosed footwear. This is when people neglect to wear their orthotics.

Many extended health benefit plans cover the cost of custom-made orthotic footwear. So, if you would like the freedom from your orthotic or just want to walk around in comfort, give us a call.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



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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 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.

**Halton Hills
 Speech Centre**

Division of M. Karen MacKenzie-Stepner Speech-Language Pathology Professional Corporation

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

905-873-8400 www.haltonspeech.com



Karen MacKenzie-Stepner

Q: I am 40 years old and have had a lisp most of my life. Until now it has not bothered me although it is quite noticeable at times. I have recently applied for a promotion that would involve more face to face contacts and am worried that my speech may be a factor in my supervisor's final candidate selection. What can I do to get rid of the lisp? Is it too late to change it?

A: In our fast-paced world, first impressions are always important. The way that we speak often gives others an impression of our background, education and sometimes even our intelligence. That is why it is important to know that it is **never too late to change one's speech**. However, the way we speak is like a habit. So, the longer that we have had a particular "style" of speech, the harder it will be to change it, but with motivation and effort change is possible.

First, I would recommend a complete articulation (speech sound) evaluation by a Speech-Language Pathologist. This evaluation will determine which sound or group of sounds are in error and also exactly how the error is being produced. Then the Speech-Language Pathologist will teach you the correct placement of your tongue and flow of air in order to make an 's' and/or 's group' of sounds. After that, he/she will give you "drillwork" to do; that is, sounds and/or words to repeat again and again until they become more natural. Together, both of you will work to change the production of the "s" or "s group" of sounds until you can do it at conversational level without thinking about it. It will take effort and perseverance on your part to stick with it but remember, habits can be broken - **"speech therapy is not just for kids."**

RBC Investments

Dominion Securities

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

Email: barbara.byckowski@rbc.com



Barbara Byckowski
 Investment Advisor, BBA,
 PFP, CFP

Q: I have heard that a person can receive dividend payments tax-free if they have little other income! Is this true?

A: For several years, many individuals with little or no other income have been able to receive large amounts of Canadian source dividend income with little or no Canadian income tax to pay. The tax rules that allow this potentially tax-free receipt to occur are based on using the Dividend Tax Credit and the Basic Personal Tax Credit.

For 2003, the maximum amount of actual dividend that could be received tax-free for federal tax purposes was \$29,279. It is interesting to note that the amount of dividend that may be received tax-free ranges from the lowest amount of \$10,044 in the province of New Brunswick to the highest amount of \$29,279 in various provinces such as Ontario.

In order to understand whether or not dividend-paying investments may be appropriate for your situation, please feel free to give me a call for a complimentary one-hour consultation.

This article is supplied by Barbara Byckowski, an Investment Advisor with RBC Dominion Securities Inc. RBC Dominion Securities is a member company under RBC Investments. The member company and Royal Bank of Canada are separate corporate entities that are affiliated. Member CIPF.



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

280 Guelph Street, Unit #29

Georgetown, Ont. L7G 4B1

Fax # 905-873-0398

Attention: Ask A Pro

If you are a Professional who would like to be part of this page ~ call Angela 873-0301

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318 Guelph St., Georgetown
 Indoor Mall next to Harveys



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

Q: I have aches and pains but it seems that I have very little time to attend to my own health. What can a Physiotherapist offer a person in this situation?

A: People are often surprised at how much they get out of a Physiotherapy consultation. In some cases a relatively small number of movement types account for a great deal of the pain that reduces one's ability to work and play. A Physiotherapist can give you insights into the activities and movements that slow or in some cases stop the healing process. Having an awareness of these movements allows you to have much more control over your level of comfort and recovery. The assessment and treatment skills of a Physiotherapist ensures that a wide variety of treatments like massage, joint mobilization, joint manipulation, therapeutic ultrasound and therapeutic exercise are applied to areas of the body that need it most and in ways that the most beneficial. Reducing pain enhances mental productivity. Increasing one's physical abilities enhances physical productivity. Rehabilitation is a sound investment of your time.

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Christoph Summer
 Owner/Administrator

Q: Who can help me clean out my medicine cabinet of all these old pills?

A: This can be a very big chore for some of us! But there is help available.

First, check with your doctor. Make a list of the medications he wants you to be on and the times you are to take them. Then seek the assistance of your local pharmacist. He will help identify outdated medications and can destroy all your old pills safely and properly.

If you are having trouble taking them at the right time, show him your list. He may suggest a dosette system to help with this. He also can assist you in filling it properly.

Taking the right pill at the right time is essential in order for you to get the proper effects necessary for your good health. This important service is provided in most retirement homes and is invaluable to our senior clients.