

Art show supports the library

Gallery House Sol and the Friends of the Halton Hills Public Library present a select group of small art works for sale during the month of September. Gallery House Sol will generously donate a portion of the proceeds to the Friends. The selections are on view at the Georgetown branch of the Library. For more information, call John Sommer at 905-877-6460.

Become a Girl Guide

Join the fun. Girl guide registration continues for girls ages 5+ and adults. New members welcome. Learn new skills while making new friends and having fun. Info: 905-279-2790 or www.whiteoaksgirlguides.ca.

Store donates to hospital

Comfortable Elegance and Elegant Décor recently donated \$277, the proceeds from the store's first summer tent sale and barbecue, to the William Osler Health Centre Foundation (Georgetown campus). The winner of the 50-50 draw, Cindy English of Georgetown, also donated her portion back to the foundation.



Pet protection

Dr. Frances Walker gives Kali a rabies vaccination as Cassie Burns (centre) holds the leash and Cassie's grandmother, Debbie Codack, cuddles the cat. The animal shelter at the Brisbane intersection was a busy place Saturday, as the Upper Credit Humane Society held its annual rabies vaccination and microchipping event. Photo by Jill Beshiri

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Q: How do I know if I am purchasing good essential oils?

A: It is very confusing even to a qualified person to determine the quality of an essential oil. The first step is to use suppliers who can guarantee their product. The highest quality oil is one labeled "Certified Organic". There are many organizations throughout the world that will certify a property as organic with two of the best known being Ecocert and Demeter. To become certified one's land must be chemical free from three to seven years depending on the country of origin. These essential oils are more costly because it is extremely labour intensive and are farmed by a few small family operations. In addition, there has been no use of chemicals, fertilizers, herbicides, pesticides or fungicides. Another type of high quality oil is one that has been "wildcrafted". These essential oils come from wild growing plants and may be manufactured in larger quantities. It is also important that the plants have been ethically harvested and there has been no chemical treatment of the plants. The final classifications is "natural" and this means that when the oil is produced synthetic substances have not been added nor have there been any chemical alterations.

Elayne Tanner & Associates Inc.

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Elayne M. Tanner

Q: My wife and I have been together for 15 years. We still love each other and want to stay together but our relationship seems stale and boring. Can you offer us anything to get us back on track so we don't end up have separate lives?

A: I am in the planning stages of an exciting relationship enrichment course for couples to be offered early this fall. It will be based on a five-part video series, and hinged on the idea that relationships are works in progress. Each segment explores a different phase or element of the relationship process and shows how recognizing the phases can encourage personal growth and increase intimacy at any point in the cycle. This program honors the differences between men and women, gives them tools to communicate better, understand their relationship better and ultimately achieve greater intimacy. It will look at such issues as: trust, anger, jealousy and commitment. Couples will discover tools for increasing intimacy, dealing with power struggles, and working with differences. Together, we will travel from the beginning stages of romance, through the power struggles that develop, learn to express anger in healthy ways, and increase intimacy by expressing wants, needs, and dreams that we each bring to our partnership, as well as our bottom-line expectations. From there we will learn how to deepen intimacy and enrich the relationship. People in a relationship can, and should, grow into a full expression of who they are.

If you are interested in learning more about this exciting and entertaining new relationship enrichment course and in receiving more information as it develops, please call Elayne Tanner & Associates.



BETTY McTAGUE

BETTY E. McTAGUE

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Q: What is an example of a workstation designed for a standing worker?

A: Workplace design should fit the variety of workers' shapes and sizes and provide Support for the completion of different tasks.

Different tasks require different work surface heights:

- Precision work, such as writing or electric assembly - 5cm above elbow height is needed.
- Light work, such as assembly line or mechanical jobs - about 5-10cm below elbow height.
- Heavy work, demanding downwards forces - from 20-40cm below elbow height.

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Neil Young
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Q: I actually feel better when I do not take my "CHOLESTEROL MEDICINE". Do I really need to take it?

A: High levels of "bad cholesterol" and triglycerides are some of our most important health risk factors. Unresolved levels can contribute dramatically to the incidence of cardiovascular disease, a disease that not only kills by heart attacks and strokes but also can result in blindness, kidney disease and amputations. Even if a person survives a stroke or heart attack, they often lose independence, quality of life and if immobilised their expected life span can be dramatically shortened. Cardiovascular disease is often a condition without symptoms and when you take your cholesterol medicine you do not usually feel better. In fact, the side effects with some cholesterol lowering drugs can make you feel quite uncomfortable.

We must understand that controlling our cholesterol level is extremely important and that sometimes there is an inconvenience we must put up with to reduce our health risks. Appropriate exercise and comprehensive diet, if pursued conscientiously can minimise drug requirements. If your side effects are particularly bothersome, talk to your doctor about other therapies that can be tried.

One strategy to motivate you to look after your cholesterol is to understand and track your own levels. At our pharmacy we can perform two convenient cholesterol tests. One, a total cholesterol report that screens for possible high cholesterol levels, the second, a comprehensive cholesterol test that provides bad cholesterol, good cholesterol and triglycerides breakdown. We can help motivate diagnosed patients to better look after themselves. We can also identify people who may have undiagnosed cholesterol problems and direct them to their doctor if risk is suspected. Talk to us about your cholesterol and how we can help.



Colin M. Brookes
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Q: How do RESPs compare to In-trust accounts when saving for my grandchildren's education?

A: The cost of a post-secondary education is skyrocketing. Some estimates put the cost of a Canadian university education 18 years from now at \$100,000 dollars. Fortunately, there are ways to begin saving now. Many Canadians open registered education savings plans, or RESPs, for their children or grandchildren. An RESP allows you to put away up to four thousand dollars a year toward a child's/grandchild's post secondary education. Although contributions are not tax deductible, they do grow tax-sheltered. The federal government offers a \$400 grant to each plan which is equal to 20 per cent of the first two thousand dollars contributed annually, with funding capped at \$7,200 a lifetime per beneficiary. If you don't receive the full grant amount, it can be carried forward to future years. Since there are restrictions in place about how money is an education savings plan can be used, some people decide to open an in-trust account instead. This option offers more flexibility, but does place ownership of the money in the hands of the child. Upon reaching the age of majority, the child could spend the funds on something other than education. Using both and RESP and an in-trust account is the solution some find works best to save for post-secondary education.

Edward Jones is a member of the Canadian Investor Protection Fund.



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Q: I am thinking of buying a new furnace, but I have been hearing about this government grant program and I want to see if I qualify for a rebate before I purchase it. Can you explain the process to me?

A: Well you have heard correctly. The Government of Canada has announced a grant program to encourage homeowners to retrofit their homes to make them more energy efficient and reduce greenhouse gas emissions that contribute to climate change.

Only homeowners who have had the Energuide™ for Houses evaluation and have followed through on the recommendations made will be eligible for a grant. There is a cost to the homeowner for the Energuide™ for Houses service, which includes a pre-retrofit evaluation with blower door testing, a rating and home energy plan.

To receive a Energuide™ for Houses energy efficiency grant follow these three steps:

1. Have your home's energy efficiency evaluated by an Energuide™ for Houses Certified Energy Advisor before you do any retrofits.
2. Make some of all of your recommended energy efficiency retrofits.
3. Have your Energuide™ for Houses Certified Energy Advisor return for your free post retrofit evaluation.
4. Submit your grant application no later than 18 months after the date of the pre-retrofit evaluation. The greater the improvement in your home's energy efficiency, the greater the grant for which you will be eligible.

If you would like more information on this program, please visit www.thereep.ca or call Brent or Robin Cooper at the Halton Residential Energy Efficiency Project (Halton REEP) 1-866-501-1112 to book your evaluation.