



Georgetown Kiwanis Club recently made another \$10,000 donation to the *localmotion* fund-raising campaign, at a recent luncheon meeting at North Halton Golf and Country Club. The donation marks the \$100,000 mark of the total \$120,000 pledged by the Kiwanis Club. On hand for the presentation were (from left) Kiwanis president Janet Allison, Halton Hills Recreation and Parks director Terry Alyman, and Kiwanis members Kelly Trenton and David Ashbee.

## Kiwanis Club contributes to the community

Photos by Ted Brown



The Kiwanis Club gave a \$500 donation to Teen Education and Motherhood (TEAM), \$450 to the Secondary Teen Education Program (STEP) and \$450 to the Secondary Community Outreach Experience (SCORE) program, which will be used for incentive programs to encourage students to improve class attendance. From left, SCORE program teacher Sharon Speers and site co-ordinator Donna Kerton accepted the cheque from Kiwanians Marilyn Serjeantson and Janet Allison.



Georgetown Kiwanis treasurer Brett Worby recently dropped by the Mac's Convenience store at 10 Mountainview Road to acknowledge manager Rose Casil's contribution to the Kiwanis Club through the sale of Nevada tickets, of which the Kiwanis Club is the benefactor. Mac's has been selling the Nevada tickets for eight years at that same location.

# Ask The Professionals

Send your questions for any of these professionals:  
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**Marta Masley**  
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**Dale Grindley**  
 LAc, D.HOM

**Q:** Recently I have been hearing about classical homeopathy, what is it?

**A:** Classical Homeopathy is a system of natural medicine developed by a German Doctor, Samuel Hahnemann, in the 1800's; based on some core principles and practices.

\*Human beings are a combination of physical body, emotional responses, and habitual mental patterns; all inseparable and animated by a non-physical life force (which leaves at death). Illness is an imbalance in this life force.

\*Symptoms (eg. anxiety, pain, rash etc) are experienced as the life force copes with imbalance and stress (emotional, environmental, food, etc.). If the symptoms are suppressed (forced to go away by some means or medicine which does not assist the force to achieve its objectives), long term consequences may ensue.

\*Most illnesses are not (as many believe) different illnesses, but one illness evolving through time (as the life force becomes more imbalanced). Symptoms come and go, depending on our general state of health, stress, and how past sickness was treated.

\*Medicinal substances (remedies) of mineral, plant and animal origin are used, which if given in sufficient quantity to a healthy individual would cause the very symptoms one is trying to treat. By this homeopathic (similar-suffering) method, the body's self-regulatory mechanism is not suppressed but encouraged, and imbalances removed from all levels. These remedies are primarily used in ultra-small doses (so not to cause unwanted side effects), and in specially prepared form (to work on the physical and non-physical levels).

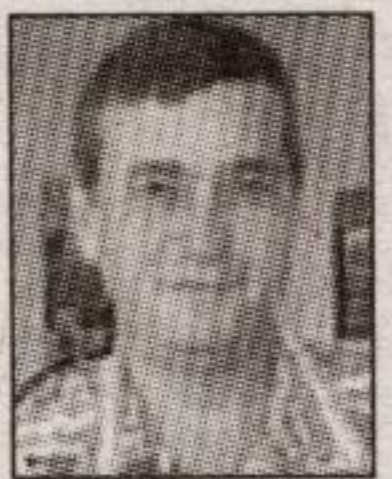
\*Only one remedy at a time is used. Each remedy initiates a unique response in the body, so a second remedy at the same time would attempt to stimulate the combined body, so a second remedy at the same time would attempt to stimulate the combined body/remedy response of the first remedy, and so on. Therefore, more than one remedy produces a confused and unpredictable situation.

With classical homeopathy, many long standing and often complex illnesses can be successfully treated, and health truly improved.

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**Don Jones**  
 Proprietor

**Q:** Why, and when should wine be decanted?

**A:** Using a wine decanter "wakes up" the wine so that its full personality can be enjoyed. A few moments before serving a vintage wine the age-old practice of decanting will separate the wine from harmless sediment or crystals, which may have developed over time. Pour the wine slowly down the neck of the decanter to ensure very slight oxygenation. This will deliver the wines various aromas, already at their peak. Decanters for aged wines are a tall shape with a long neck on a slightly rounded base. The narrowness of the neck allows airflow to be regulated thus gently awakening the aromas. Whereas before serving young wines decanting for several hours helps to bring the young wines future qualities forward through oxygenation, or breathing. Decanting will aerate the wine by encouraging rapid oxygenation allowing the wine to develop its complex aromatic qualities. Ideal decanters for young wines must ensure that a significant surface area of the wine is in contact with the air and therefore are of a flattened shape with a broad base, or horizontal, of a duck shape. Decanting also presents the wine in a glass or crystal receptacle to highlight its clarity and brilliance. In our next article we'll discuss how the shape of a wine glass affects the wine's taste. At Carafe we carry a wide assortment of both decanters and wine glasses.

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**Q:** I have lived with my girlfriend for just over 2 years. I want to separate from her as we are arguing and I no longer want to live with her. My income is much higher than my girlfriend's income. Do I have to pay her spousal support if we separate?

**A:** There is no obligation to pay spousal support to your girlfriend if you have not lived together for three years unless you are the parents of a child. Once you have lived together for three years or have a child together than you may have an obligation to support your girlfriend. Couples who live common-law should consult a lawyer to learn their rights and obligations as they may be different from those of a married couple.

## 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

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**Attention: Ask A Pro**

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

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**Shari White**  
 Education Director

**Q:** We just received the mid-term report card and I know it is not to early to ask, do you have any hints to help my son prepare for tests & exams?

**A:** At Oxford Learning, we have many ideas on how to help your child study for tests. Here are just a few . . .

- Make a plan. Set goals for each session. Divide your material into units and assign one unit per day. Write this in your planner! Give yourself a three-day break before the test and make sure that you have learned all the units by then.
- Study in short bursts. Fifteen minutes at a time is excellent. After 15 minutes, take a five-minute breather. Do some exercise. Stick your head out the door. Get refocused.
- Use the SQRCRC method: **S**urvey the headings, introductions and summaries in order to get the main idea. **Q**uestion yourself, "What do I hope to learn by reading this note?" **R**ead carefully for detail. **C**over the work. **R**ecite what you have just read, trying for main ideas and details. **C**heck to see how well you have done.