

COMMUNITY CALENDAR

Continued from pg. 12
Sunday, Oct. 30

Bruce Trail hike: A 5 km hike on a local trail to celebrate Halloween. Depart at 1 p. m. from the tall light standard between Zellers and the grey building. Wear your costume or bring candies! Bring water and a snack. Leader: Maureen, mosmith@cogeco.ca

Community brunch: Acton Kinette Community Brunch will benefit St. Joseph's School this month. The all-you-can-eat buffet will be held 9:30 a.m. to 1 p.m. at the Acton Community Centre. Cost is \$5 per person, preschoolers free.

Journey to Kapasseni: A Refugee's Gift: Immanuel Lutheran Church invites you to this special showing at Georgetown Cinema, on 235 Guelph St., 4 p.m. Admission is free. A freewill offering will support the Kapasseni Project to rebuild a poverty and war-torn community in Mozambique. Info: Ted Von Zuben, 905-873-7887.

Aikido clinic: Georgetown Aikido is holding a clinic at the Memorial Arena, 10:30 a.m. to noon and 1:30-2:30 p.m. Guest instructor Fred Haynes. Spectators welcome. Info: www.georgetownaikido.com

Halloween Monday, Oct. 31

TOPS-Acton: meets Monday Nights at St. Joseph's Church, Church St. E. Weigh-in only 5-6 p.m. Then home to the trick or treaters. Info: call Ena, 519-853-1526.

Tuesday, Nov. 1

Flu shot clinic: Halton Region Health Department is offering free Influenza Immunization Clinic, 3:30-8 p.m. at Christ the King Secondary School, for those six months of age and over. No appointments necessary. If you have a fever or do not feel well, postpone your visit to a later date. Please wear a short-sleeved shirt.

Sharia Law: Plan to attend the Georgetown University Women's Club meeting, 7:30 p.m. in the Gallery of the Cultural Centre, 9 Church St., when the guest speaker will be Homa Arjomand, the co-ordinator of the International Campaign Against Sharia Court in Canada. The public is invited to attend. New members welcome.

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



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Josef Tratnik
 Counsellor

Q: I have a very dear old friend who has always been something of an excessive partier. Lately, he has been using drugs constantly and started being verbally abusive to me. Is it right for me to distance myself?

A: It is natural for you to have mixed feelings over your relationship with your friend. You have a long history of friendship with him and you most likely have a great many memories of the good times you have shared. However, his current drug use is something that is severely affecting the quality of your relationship. While you may experience some guilt over your thoughts of distancing yourself from him, your concern should rightly be for your own peace of mind. To use a metaphor, you must make sure your own ship is seaworthy before you try to keep someone else's boat afloat.

While it may be difficult, you must learn to separate your feelings for the person you knew from the drug affected person you know now. You may very well have to grieve the loss of the friendship, cherishing the memories of the person you knew, but knowing that he is not who he was. Friendship, even a very dear one, is always a two way street. If your friend will not choose to change his situation by asking for help, you must understand that it is really him who is choosing to end the relationship. A skilled counsellor can help you work through these difficult and conflicting emotions and help you find some peace with your decision.

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CW INTERIORS

Carolyn Williams
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carolynwilliams@ccogeco.ca
 Member of CDECA



Carolyn Williams

Q: Can an Interior Decorator offer any suggestions for holiday decorating and entertaining?

A: What a great question! Right after Halloween, we all start to think about the busy holiday season that is rapidly approaching. At CW Interiors we offer a unique service that can make your home a dream come true for the holidays. For the first time, we are offering packages that can transform your space into a holiday wonderland! If you need décor suggestions, we can come in and design a tree, a mantle, an entrance or staircase. The package includes all materials and installation. If you are looking for a spectacular table setting for a special evening, we will come in and incorporate a beautiful design with your existing china and crystal.

Remember, it is the holidays, don't be afraid to pull out the glitz and glam. The most important bit of advice we can give about holiday decorating is, make sure your designs are full and lush. Use thick ropes of garland, and be sure your decorations suit the scale of the space or item you are decorating. Even in contemporary designs, for the holidays, more is better.

We are also very excited about our own special evening coming up! On November 10, join us at Accent Décor, at Miller and Main (221 Miller Dr.), for an inspiring evening. Come in for great ideas on holiday décor, and see what is new in the store for Christmas. Refreshments will be served, and it is a great opportunity to do a little Christmas shopping. Bring a design question, and we would be thrilled to offer our advice. What a great girls night out! Space is limited, so call to book a seat for you and the girls, (or guys!) Give Tina or Many a call at 905 873-9196 to reserve



211 Guelph Street., Georgetown



Shari White
 Education Director

Q: I just received a letter of concern from my child's teacher saying that he lacks effort. I think he is just being lazy. How can I get him to put effort into his schoolwork?

A: No one is truly "lazy". Laziness comes from a lack of motivation. Can we at Oxford, or you as a parent motivate your child? Honestly, the answer is "no" we cannot motivate children. We can create lots of stress for them (and us); we can complicate their lives; we can insist; we can bribe; we can punish; we can see that homework gets done. Motivation requires an active mind that wants to try even if it is hard.

Children motivate themselves when they discover we are offering them something they want. This means our job is to lead them to understand why they should motivate themselves. We must encourage independence and self-esteem in our children. We must learn to communicate with them on their level if we expect them to become motivated. They need a good reason why the activity is important to them, and the reason must be in the context of their lives. At Oxford, we have mastered our technique of Successful Coaching and can help motivate your child. If your child needs help, don't delay! Call us today!



PLAY SCHOOL

Who: 2-1/2 to 5 years old



When: Nov. 9th - Dec. 21st ~ One Hour Sessions
 Time: 9:00-10:00 a.m. (18 Sessions)
 Where: Georgetown District High School
 Family Studies Parenting Classroom, Room 132
 Cost: \$25.00 total for all 18 sessions

For further information call Georgetown High School office for information or application 905-877-6966

Just What the Doctor Ordered for

Halloween

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Aaron Chiasson
 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 Alzheimer's Awareness Month (January) or the naming of Georgetown & Acton's Citizens of the Year.

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 myself Aaron Chiasson at 905-873-0301 or email: achiasson@independentfreepress.com.

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 Aaron 905-873-0301