

## 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



**DYNAMIC CHANGES**  
 COUNSELLING

**COUNSELLING SOLUTIONS FOR  
 INDIVIDUALS AND FAMILIES**

26 Norton Crescent, Georgetown  
 (416) 428-0953  
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**Josef Tratnik**  
 Counsellor

**Q:** My husband lost his job a few months ago due to a department shakeup. While he has been looking for a new job, he has been depressed and is still angry about how he was let go. How can I help him move on?

**A:** When a person is let go from a position, especially when there doesn't seem to be a valid reason, there are many emotional issues that must be dealt with. Often, a person needs a certain amount of time to grieve the loss of their job. Certainly, this will be the case if your husband truly enjoyed his job and the people with which he worked. Moving on after any change can be a difficult process. Many of us come to identify ourselves with our jobs and our ability to support our families. Your husband's self-esteem and pride may have been damaged by this loss of employment. Also, he may be dealing with a certain amount of fear about being able to secure the same level of employment in order to maintain the kind of lifestyle to which he is accustomed.

What you can do is suggest to your husband that he now has an opportunity to reevaluate his career goals. He should take this opportunity to do some self-evaluation and decide on a personal plan for what he would like to achieve in the next few years. This is something with which you can help. If your husband is stuck in a state of anger, fear and depression and can't move beyond it, a counselling professional can guide him away from these destructive emotions towards a more positive outlook, where he can recognize and act on his opportunities and choices.

## CW INTERIORS

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 Member of CDECA



Carolyn Williams

**Q:** What are the advantages of having a professional come in to do a colour consultation.

**A:** Choosing colours for your home or office can sometimes be a tricky task and it should not be rushed. This task requires a lot more thought than someone coming in with a stack of paint chips and saying, "paint it blue", picking out a blue, and walking away with your cheque! As trained professionals, decorators and designers have studied colour theory. The professional understand why colours look the way they do, how people feel around certain colours, how light and shadow affect colour and the differences between cool tones and warm tones. The room's natural light, the mood you are trying to create, the purpose of the room, existing furnishings and flooring and what lighting exists for night time hours should all be considered.

Some colours can prove to be a little tricky when trying to pick an appropriate shade or value. Pink for example, may look gorgeous on a paint chip and appears to be the perfect colour for your daughter's bedroom. However, when the project is complete, you may find that it looks like a bubblegum explosion and you know you simply cannot live with it.

Care must be taken even when dealing with neutral colours, such as off-white or ivory. Without proper consideration, you may end up with a very grey-looking room, or you may end up with the pink you were trying to achieve in your daughter's room! Shades of ivory can range from yellows, to pinks, to grey, and green. One of the most deceptive shades to work with is taupe. Choosing this requires time to "watch" it on the wall in different light. You will be amazed how much a colour can change throughout the course of a day!

Another advantage of having a professional designer or decorator is that we can offer a variety of paint lines. Most paint companies offer a broad range of colours, but due to different formulations, the colours may vary slightly. For example, one company's colours may appear more "greyed" down, while another may look more "true and clear".

To help you determine what would work best for you in your home or office, and to avoid costly errors with colour choices and finishes, both interior and exterior, give us a call for a full and comprehensive colour consultation.

## The Independent & Free Press

A Metroland Community Newspaper

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**Aaron Chiasson**  
 Sales Representative

**Q:** What is the benefit of repetitive advertising?

**A:** Examples of repetitive advertising can be found in all forms of advertising. Most recently, the phrase "I'm Lovin' it" would remind you of which fast food company? McDonalds has made their fortune by making sure that their logo is everywhere, and that their slogans and jingles are catchy enough to remain with you long after seeing or hearing them.

Opportunities for repetitive advertising exist in print form as well. Many of our advertisers find our Service Directory or Business Card Bulletin Board to be the most effective, inexpensive ways to advertise their business. As both these features work as a directory of sorts, your potential customers will always know where to find you!

However, there is an opportunity to do this on a larger scale by taking an ad in the body of the paper. With a larger ad there is room to provide an in-depth look at the services your company provides. With the added space you might want to change part of your ad from week to week. By adding a "helpful hint" or editorial of some sort, the reader may begin to look for your ad because they are interested in what it says. While the editorial may be off topic in respect to what your company does, the reader will still be aware that your company DOES what it does. If that doesn't make sense, here's an example... About once a month Georgetown Chrysler Jeep owner Paul Auty writes a letter to the community on the ad which his dealership runs every Friday. Mr. Auty chooses to write about many different issues that concern the community. While these issues may not relate to the automotive industry, the reader is still aware that Georgetown Chrysler Jeep sells cars and at the same time allows the reader to learn about the people behind the cars.

Regardless of the size of ad you wish to place, repetitive advertising is an easy way to keep your business at the front of your potential customers' mind when they are looking for the services you specialize in.

## Hunt runs Nov. 7-11

# Police, partners readying for deer hunt

**H**alton Regional Police and several partners are gearing up for the 2005 controlled deer hunt next week in Milton and Halton Hills.

Throughout the annual controlled shotgun deer hunt, which runs from Monday through Friday (Nov. 7 to 11) in north Halton, police, along with enforcement officers from the Ministry of Natural Resources (MNR) and Conservation Halton, and municipal bylaw officers from Milton and Halton Hills, will be staffing the areas involved and have planned a co-ordinated response to ensure the safety of hunters, property owners and enforcement officers during the hunt.

Members of the Nassagaweya

Community Consultation Committee will also be assisting with the hunt staffing a voluntary check station at the Halton Sportsman Club on Steeles Ave in Milton.

Hunters are encouraged to go to the weigh station with their tagged animal so volunteers can collect statistics such as the weight, age and sex of each deer. The information will help to determine the size and health of the herd.

Any hunter licensed for the Halton hunt who attends the weigh station to have their deer checked will receive a crest and key chain.

The shotgun hunt covers only five days, however, other species are "in season" throughout the region at various times.

Unauthorized hunting or abuse of natural resources can be reported to a 24-hour tip line at 1-877-TIPS-MNR (847-7667).

Residents are also reminded that it is not uncommon for bears to be seen in Halton Hills. Bear sightings should be reported to the Bearwise Hotline at 1-866-514-2327. If the situation is dangerous police should be contacted immediately.

Anyone who wants to report infractions or illegal activity surrounding the controlled deer hunt should call Halton Police at 905-878-5511 or Crime Stoppers at 1-800-222-TIPS (8477) Information pamphlets about the controlled deer hunt are available at both the Georgetown and Milton police stations.

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**\$299** WITH **2.9%** LEASE RATE

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**WISE BUYERS READ THE LEGAL COPY:** \*Lease a new 2006 Ford F-150 XTR SuperCrew 4x4 for \$299/\$357/\$401/\$444 per month based on an annual lease rate of 2.9% and a 36 month lease from Ford Credit to qualified retail lessees, on approved credit, from Ford Credit. Total lease obligation is \$15,763/\$15,852/\$15,936/\$15,984. Some conditions and a mileage restriction of 60,000 km over 36 months applies. A charge of 8 cents per km over mileage restriction applies, plus applicable taxes. \$4,999/\$3,000/\$1,500/\$0 down payment or equivalent trade required. First month's payment and \$350/\$425/\$475/\$525 security deposit required. Lease offer excludes freight (\$1,200) licence, insurance, administration fees and all applicable taxes. \*\*Lease a new 2006 Ford Ranger Sport SuperCab 4x4 for \$269 per month based on an annual lease rate of 2.5% and a 36 month lease from Ford Credit to qualified retail lessees, on approved credit, from Ford Credit. Total lease obligation is \$9,684. Some conditions and a mileage restriction of 60,000 km over 36 months applies. A charge of 8 cents per km over mileage restriction applies, plus applicable taxes. \$0 down payment or equivalent trade required. First month's payment and \$325 security deposit required. Lease offer excludes freight (\$1,100) licence, insurance, administration fees and all applicable taxes. †For a limited time receive a "Built Ford Tough" leather jacket with the purchase of any 2005 or 2006 Ranger, F-150 or Super Duty (excluding Chassis Cab, fleet or government vehicles). ††\$0 Security Deposit with the purchase of WearCare (up to \$795 on a 24/36 month lease). WearCare is an excess wear and tear amendment product. It amends the customers lease wear and tear responsibilities (as stated on RCL contract) by waiving up to \$3,500 of excess wear and tear changes at lease-end (subject to certain exclusions). WearCare pricing (customer selling price is up to \$795 on 24/36 month RCL's). Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. Some conditions may apply to the Graduate Recognition program. See Dealer for details. Ontario FDA, P.O. Box 2000, Oakville, Ontario L6J 5E4