

# Local couple in Africa to provide polio immunization

Georgetown Rotary Club member Harry Hope and his wife Helen are doing what they can to eradicate polio around the world.

The Georgetown couple left yesterday (Tuesday) along with others from neighbouring Rotary Clubs for Ghana, Africa as part of the clubs' participation in the Global Polio Eradication Initiative. While there, the couple and other Rotary members and supporters will be immunizing children in Accra using drops rather than needles.

"They hope to immunize 80 million kids between birth and five years old," said Harry Hope.

In 1985 Rotary members worldwide, including the local clubs, vowed to immunize all the world's children against polio. Since then Rotary has raised more than \$600 million US across the world and slashed the number of

polio cases by 99 per cent.

"Polio has been a big problem in Third World countries," said Hope. Worldwide this year there were 1,414 cases in Third World countries, the highest number were in Nigeria, followed by Yemen and Indonesia, a dramatic difference from 1988 when there were 350,000 cases of polio in 125 countries.

Since 1985 210 territories are now polio-free, and 134 of those, which contain half the world's population, have been certified polio-free by independent commissions.

India, which held more than 70 per cent of the world's polio cases, is very close to driving out polio with only 39 cases so far this year.

Rotary members who go on the immunization trips pay their own way.

This marks the third such trip for the Hopes. Last year they went to India to

immunize children and earlier this year they were in Togo, where they visited several different villages with their group to immunize approximately 3,000 children.

"If you haven't seen these little villages you have no idea what they're like," he said.

"We do it because we want to give something back, it changes your life," said Hope. Both he, a former owner of an aviation business, and his wife, a former nurse, are retired.

The image of polio victims crawling on the ground begging remains very vivid in his mind.

"It's a terrible disease that's so easily prevented," said Hope.

"You immunize a little kid, or little baby, you can say to yourself this little boy or girl is not going to get polio. So little will do so much."

—By Lisa Tallyn, staff writer

## Anti-smoking author to address students

Georgina Lovell, author of *You are the Target. Big Tobacco: Lies, Scams—Now the Truth* will be speaking at local high schools today (Wednesday) about the tobacco industry and the marketing tactics used to hook youth.

Lovell will be at Christ the King High School 8:20 a.m. to 9:35 a.m. and then at Georgetown High School, 10:15 a.m. to 11:30 a.m.

The event is being presented by Halton Region Health Department, in collaboration with the two Halton school boards.

The Health Department is also offering grants of \$1,000 to every high school in Halton to support students in implementing tobacco prevention initiatives at their schools.

# Ask The Professionals



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Shari White  
Education Director

**Q:** I know first term report cards are coming out soon and my daughter's teacher already called and requested an interview with me. What questions should I ask? How will I know if my daughter is where she should be?

**A:** Many times it takes asking the right question to get the right answer!

Here are some leading questions that will give you more information about your daughter, and where she stands in the program.

- Are my child's reading and comprehension skills where they should be?
- Does my child have difficulty with comprehension?
- Does my child have difficulties with:
  1. Listening to instructions?
  2. Following directions?
  3. Staying on task?
  4. Organizing notes, work, and/or stories?
- Do you have to ask my child to sit still, be quiet or speak up?
- How does my child behave in class? In the schoolyard?
- What does she like to do best?
- What are her areas of strength?
- Does she have areas of weakness?
- Does my child appear happy?

If any of the answers to these questions are sending you warning signals and you would like some information on how to fix them, please call us at 905-877-3163 to arrange a no-obligation visit.

## SUSAN S. POWELL

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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.

## GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

(905) 877-8668



83 Mill St., Suite B  
Georgetown, Ont.  
L7G 5E9



Marta Masley  
B.Sc.(PT), M.C.P.A.

**Q:** I have been having right hip and knee problems. My physiotherapist has told me that I overpronate at my feet and orthotics would help correct this. Is it possible that poor foot biomechanics can cause hip and knee pain?

**A:** Your body is all part of one kinetic chain. The foot is the most important link within the kinetic chain, since it is the first part to hit the ground as you walk. In general, your foot motion can be described as normal, overpronated or oversupinated. Imbalances with the chain can have effects as high as the neck region.

For overpronators, the purpose of orthotics is to maintain the foot in a "neutral" position. For oversupinators, the purpose is for the orthotic to absorb some of the ground forces, since a supinated foot is a "locked and rigid foot."

How your feet react with the ground determines how the rest of your body reacts as well. In a normal kinetic chain, muscles must contract against the forces generated by abnormal foot biomechanics. This leads to muscles and tendons having to work improperly. As a result, they eventually fatigue and breakdown. When the muscles and tendons cannot work properly, they are unable to keep joints in alignment. This can have effects throughout the body. More prevalent however, are problems closer to the feet such as in your case, the knees and hips.

Your orthotics are transferable between shoes. They may take a few days to get used to, but will play a great roll in decreasing your symptoms.



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Lara Torrance, ASP™  
Owner, Accredited Staging Professional

**Q:** Our Realtor® recommends that we have our home professionally Staged®. What is Staging® and how will this service help us sell our home?

**A:** Home Staging® is the process of preparing any property for sale, regardless of price or location. Staging® brings about an amazing transformation and effectively prepares your home for sale. In 2005, potential buyer's are knowledgeable and they want to purchase a property that is move-in ready. The days of merely cutting your lawn, placing flowers in the foyer or the old trick of freshly brewed coffee lingering in the kitchen are gone! If you are planning to sell your home there is work to be done and it is best to complete this prior to listing your property. If you decide to take your chances and list before your home has been professionally Staged®, the lack of interest in your property and / or a low offer may reflect your decision.

When your property is Staged® by an Accredited Staging® Professional (ASP™), all aspects of your home (curb appeal, clutter, colour, special features, furniture placement, lighting...) will be addressed and your property will be deemed move in ready. Realtors® will have great confidence in listing your property because they know it is Staged® and ready to be SOLD.

You'll discover that your property will sell without spending a lot of money. An ASP™ will work within your budget to assist you in obtaining top dollar. Your property will be transformed into a savvy space that highlights the features of the home and invites the potential buyer to move in and not out!

For more information and / or to inquire about Home Staging® Services, please contact Savvy Staging Solutions at 905-877-3880.

Send your questions for any of these professionals:  
"Ask the Professionals"  
Independent & Free Press, 280 Guelph St., Unit 29, Georgetown L7G 4B1

## Elayne Tanner & Associates Inc.

Elayne M. Tanner  
B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.  
Counselling & Psychotherapy  
Individuals, Couples, Children & Families



Elayne M. Tanner

11084, 5th Line, Milton, Ontario  
(905) 854-0801

**Q:** As a result of a past illness, I suffer from chronic pain. The doctors say that I just have to live with it but I hate to accept that. Can you offer any help?

**A:** Whether as a result of an injury that appears to have healed, a past illness or trauma or even when totally unexplainable, chronic pain takes a physical and emotional toll. The resultant stress and anxiety often cause sleep problems and make you feel weak and helpless. Your social life may be ruined, as you never know when you will have a good day. But chronic pain does not have to rule your life. At Elayne Tanner & Associates we offer many ways to take control of the pain. When the pain is psychologically trauma based, understanding it may be sufficient to stop it. An experienced psychotherapist will be able to take you safely through the process. Relaxation techniques, meditation and/or hypnosis are frequently very successful in immediately alleviating pain and in teaching individuals to control future pain. Our CD, 'An Oasis of Serenity' is available so that you can benefit at home.

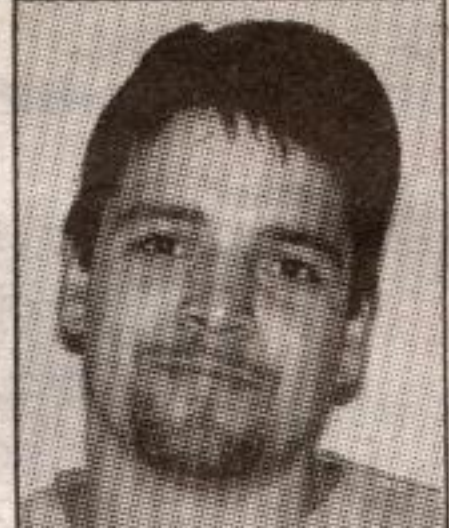
Our associate who is a specialist in energy therapy skills can also offer you Reiki and a very new and effective technique known as ZPpoint. Reiki has been long known for its effectiveness in pain management and pain reduction and the new ZPpoint may be even more effective in certain situations.

No matter what technique is chosen, some people find the effects are very gradual with pain issues, while others notice improvement immediately. Do not accept the prognosis that says you have to live with it. Come to Elayne Tanner & Associates and take control of your life.



332 Guelph St., Georgetown  
905-877-8731

email: tunerauto@on.aibn.com



Jason Turner

**Q:** My new car dealer says I have to return to their facility for all my car's maintenance to keep from voiding the warranty. Is this true?

**A:** Absolutely not. You can have routine service done by any competent independent service station, shop or garage and still maintain your warranty. Just make sure your vehicle is serviced at the intervals specified in your owner's manual or warranty booklet and keep very clear records of your maintenance. Be sure to have the date, parts installed, vehicle identification number, and mileage recorded on every invoice.

Keep these receipts in a safe place. If you have a service log in your owner's manual or warranty booklet, use it.