

Local artists win awards in juried show

The art works of five Williams Mill artists were selected for the prestigious Visual Arts Mississauga's 28th annual Juried Show. All of the Mill artists who entered the show were accepted. All three stone sculptors from Studio 5 are represented in the show.

Mary Ellen Farrow won second prize in sculpture for *Past Tense: Future Perfect*. Eileen Millen won third prize in sculpture for *Sing a Song*.

The other Mill pieces in the show are Christine Montague's oil painting *Private Romeo*, which is a portrait of her son, a Lorne Scot.

Tiziana Manierka's oil painting, *Young Girl in Stripes*, which is a portrait of her daughter.

The fifth was Michael Young's soapstone sculpture, *Stardust*.

The show is at the Art Gallery of Mississauga until February 4.



Eileen Millen's sculpture, *Sing a Song*, won a bronze at the Visual Arts Mississauga Juried Show.

Photo by Fred Loek

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

Manon Dulude • Psychotherapist
Individual, Couple & Family
Counselling



MANON DULUDE

DAY & EVENING
APPOINTMENTS **873-9393**

**38 OAK STREET
GEORGETOWN**

10 tips to Do what you do & be where you are!

Imagine learning a tool that can offer you the guarantee to improve your life quality. Would you not want to run to learn it as soon as possible? This too-good-to-be-true tool is both common sense and extraordinary. Athletes and performers receive hours of coaching to master it and vouch for its merits. This tool is your ability to be in the "Here and Now", to focus your awareness and give full attention to the moment and activity you are engaged in.

By applying the following suggestions, you will boost the psychological benefits of all the activities you are involved in and possibly decrease your stress.

1. Quiet down your mind... You mind is your worst enemy. It is constantly babbling and stealing the show.
2. If you need to pay attention to something important. Do it and address it the best way you can! If not resolved totally, decide when you will come back to it. Now leave it until the determined time.
3. Learn to show up for life and enjoy every moments. Don't bring your trouble with you every where you go. Allow the current moment to take over.
4. Pay attention to all your senses... If you go for a walk, pay attention to the wind on your face, and notice the scenery around you. If you are having a meal, take the time to take in all the texture and flavor of your food.
5. Use mind centering activities such as running, drumming, swimming and dancing. Activities which live in their own rhythm are known for soothing the soul.
6. Notice your mindset- Your mindset is influenced by your emotions and your belief system. You can change your mind set therefore alter your choice of reactions to a set of circumstances. Notice that feeding emotions such as anger will keep you out of the moment and color the quality of all your experiences.
7. Connect fully- the art of romance is not about spending lavish amount of money on your lover. It is about being fully present in the moment; to listen with love, to do small gestures full of tenderness and to communicate by your presence that this person is the most important to you in that moment.
8. Visualize the desired outcome- Set a clear intent on what you want. Set the scene for it and let it unfold. You can't control every thing!
9. Learn to master a new activity. Whether it is doing puzzles, learning to paint, doing crafts or working on a new computer program, challenging your mind can help you be in the moment.
10. Take care of your body. Every culture knows the power of hot water and body care such as massage. Taking care of your body will feed your soul and remind you that nothing is more important than you and your health.

Manon Dulude is a Certified Life Coach and an Associate Certified Coach with the International Coach Federation. You can reach her at 905-873-9393



**Mountainview
Residence**

owned and operated by the Summer family



Christoph Summer
Owner/Administrator

222 Mountainview Rd. N. Bus: (905) 877-1800
Georgetown, ON L7G 3R2 Fax: (905) 873-9083

www.mountainviewresidence.com
uschi@golden.net

Q: Will a retirement home staff notice any subtle changes in my mother's health or offer reminders if she forgets to go for meals or to the programs?

A: Many retirement homes are, in fact, adept at noticing the general well being of its residents in a discreet manner. Here are a few things to look for when touring.

Is the nursing station in an accessible area where the residents can interact with the staff in an ongoing, recurring basis? This will enable the staff to be aware of any problems as soon as they occur. Some residences even check blood pressure and weight gain/loss on a regular basis. Make sure there is no cost for this.

It's natural that residents sometimes forget mealtime, as they are often engrossed in other activities. To ensure that residents eat regularly, see if the dining room has a set-seating plan. This ensures that the staff can tell immediately, whether or not residents have missed a meal. Ask also, if the staff follows up with a reminder to come to the dining room.

Take home a weekly activity sheet. Ensure that there are activities that will appeal to your mother and that they are in easy-to-find locations. Check too, that the office of the life enrichment coordinator is accessible. This is the person who can help introduce your mom to the various programs and give her reminders if she forgets.

In short, assess not only the interaction of staff with the residents but also the layout of the building with regard to accessibility to activity centers.

adamson

SPA AND SALON

2 Adamson Street, Norval
Hwy. 7 (Bovaird W.) & Winston Churchill
905-877-1604

www.adamsonspa.com

Q: How laser hair removal works?

A: Unwanted or excess hair can be an embarrassing problem for both men and women. The need for rapid non invasive method for hair removal has led to the development of various light sources for hair removal. These include; Ruby, Alexandrite, Diode and Nd-Yag lasers.

The laser beam finds the hair follicles by targeting the substance that gives skin and hair its color, it is called melanin. The ideal candidate for laser hair removal has darker hair than skin. That is the reason that tanning is not recommended while you are receiving your series of treatments.

Each time the laser fires, it is called "a pulse". One pulse takes about one second and can target an average one hundred hairs. Successful treatments are based on sending the beam of laser light to a group of hair follicles with enough power to disable or destroy the root permanently, but not enough power to harm the surrounding skin. As all these devices target the melanin in the hair, laser will not treat people with grey, true blonde and true red hair. These individuals lack sufficient melanin in order to achieve hair reduction.

Candidates with less melanin will have to resort to electrolysis for permanent hair removal. If laser is the preferred option there is a product on the market that will artificially add pigment to the hair follicle. This procedure will make laser just as efficient for hair removal for individuals with red grey or blonde hair.

Laser hair removal only destroys hair in its active growth phase, called anagen phase. Not all hair follicles present will be in this phase. It is therefore always necessary to perform multiple treatments, averaging between 8 to 10 treatments. Adamson Spa and Salon carries the Nd-Yag laser technology. It is designed to treat all skin color. With its true laser lights and trained laser technician, Rose V. hair removal is both comfortable and efficient.

For more information call Adamson Spa and Salon at 905 877-1604.

Herbal Magic

WEIGHT LOSS & NUTRITION CENTRES

130 Guelph Street, Georgetown
(across from Christ the King School)

905-873-2476

It's natural to feel this good.

Lose your weight
for \$1 a day!*

*limited time offer, based on full program, excludes mandatory product



**Carolyn lost
25 pounds
and
24 inches!**



Call today for a "free
consultation" by one of our
friendly weight loss counsellors

As our clients vary,
so do their results