

# Ask The Professionals

Send your questions for any of these professionals:  
**"Ask the Professionals"**  
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## adamson SPA AND SALON

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Rose

**Q:** I am a man, age 35, what can I do to make my appearance younger looking?

**A:** Today, more and more men are taking advantage of all the possibilities available for them to improve their image. As sun damage, day to day stress and of course lack of a skin care regiment can eventually take its toll on a man's skin. An ever increasing number of men are seeking consultation on how to improve their appearance in this very competitive world, where appearance counts. The predominant difference between men's and women's skin, is due to the hormone testosterone. Men have thicker skin and more active oil glands, making their appearance "tough and rugged". Because of this innate difference, men must take advantage of treatments at Adamson Spa and Salon through procedures such as microdermabrasion, specialized facials and deep cleansing treatments.

Many men are prone to ingrown hairs and shaving bumps. These occur when hair works its way back into the skin, causing irritation, redness and dark spots.

Laser hair removal can help eliminate this problem by completely clearing out the neck area from hair, or maybe just reduce the hair growth and have softer hair instead. All of this is possible with Nd Yag laser technology at Adamson Spa and Salon.

Patients have described the sensation from laser hair removal as a discomfort rather than pain.

This is very similar to the feeling of a rubber band snapping against the skin with an awareness of heat. After the laser hair removal treatment, patients can expect the treated area to be red and feel similar to sunburn. The last in cooling technology has made this treatment much more enjoyable. Laser hair removal is a great way for a man to update his appearance and create the image a man must have in today's competitive business world.

## RBC Dominion Securities

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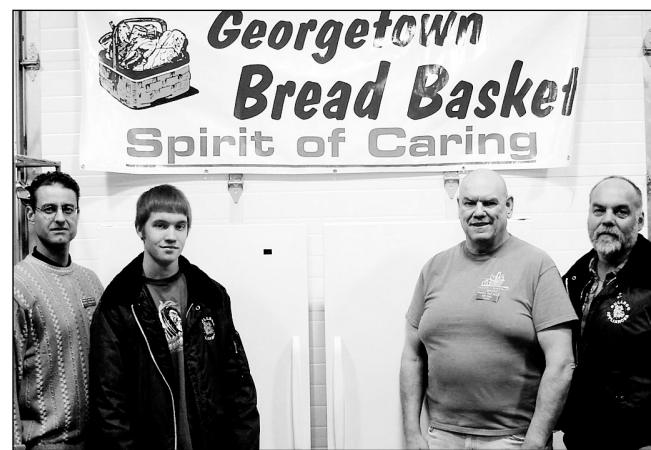
Barbara Byckowski  
 Investment Advisor, BBA,  
 PFP, CFP

**Q:** Who should have a will?

**A:** Great question! Studies show that most Canadians devote very little time or thought to the issues surrounding estate planning. This is typically a result of basic human nature - most of us would rather avoid unpleasant thoughts. While thoughts of death are unpleasant, ignoring the issues surrounding death and the estate can have significant repercussions to one's heirs. The preparation of a Will is typically considered by individuals in their late thirties or early forties. A will is the cornerstone of all estate planning.

A common misconception of estate planning is that it is only for affluent persons and those in the later stages of their lives. What must be recognized is that all persons should develop an estate plan no matter what age or economic status. An estate plan can ensure that taxes are minimized at death, the estate's assets are properly distributed and beneficiaries receive the support necessary to prevent undue hardship. I encourage you to give me a call to see how an estate plan is part of a comprehensive financial plan for you.

This article is supplied by Barbara Byckowski, an Investment Advisor with RBC Dominion Securities Inc. RBC Dominion Securities is a member company under RBC Investments. The member company and Royal Bank of Canada are separate corporate entities that are affiliated. Member CIPE.



## New sponsor

Georgetown Bread Basket is grateful to have Bulldog Appliances as its new corporate sponsor. The company recently donated two full-size upright refrigerators with a retail value of \$1,800. On hand for the donation were from left, Favez Zakaria, director, business co-ordinator of Georgetown Bread Basket, Matthew Alas of Bulldog Appliances, Ed Cox of Georgetown Bread Basket and Peter Alas, owner of Bulldog Appliances.  
*Submitted photo*

## Fire department quizzed on new smoke alarm law

Halton Hills firefighters have been busy answering several questions from the public on the new smoke alarm requirements that came into effect March 1.

Under the amendment to the Ontario Fire Code, working smoke alarms are now required on every level of a home.

Some of the common questions that have come into Halton Hills Fire Protection and Prevention Services and answers are provided below.

**Q:** Many homes have existing smoke alarms that are hardwired to an electrical circuit, where additional smoke alarms are installed, are they required to be hardwired as well?

**A:** No. Any additional smoke alarms are permitted to be battery operated.

**Q:** Where are smoke alarms required to be located in each dwelling unit?

**A:** A smoke alarm is required to be installed between each sleeping area and the remainder of the dwelling unit. Where the sleeping areas are served by hallways, the smoke alarms must be installed in the hallways. In addition, at least one smoke alarm is required to be installed on each storey that does not contain a sleeping area.

**Q:** Is it permissible to install additional smoke alarms beyond the minimum required in the fire code?

**A:** Yes. The regulation does not prohibit the installation of additional smoke alarms beyond the minimum number that are required. In larger homes where there are room and ceiling configurations that may interfere with the movement of smoke, or in homes where people sleep with bedroom doors closed, it is recommended to install additional smoke alarms to enhance early detection of smoke and warning of fire.

Anyone with questions about the requirements of the new law is asked to call Halton Hills Fire Protection and Prevention Services at 905-877-1133 for assistance. Visitors to Georgetown Market Place can also stop by the fire department's Information Centre on Tuesdays and Thursdays between 11 a.m. and 1 p.m. to talk with fire prevention staff



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**Q:** We are interested in having our home Staged in order to gain the most equity and ensure our house sells quickly. Please explain how a Home Staging Specialist works.

**A:** It is wonderful to know that home owner's are now realizing that a Staged property; a move in ready property, is in demand and will bring you results! Home Staging Specialists work closely with Builders, Home Owners and Realtors to prepare homes for sale. All properties (including condos and vacant homes) can be Staged despite the price or location.

There are a number of recommendations that a Home Staging Specialist can offer to evaluate and enhance your home's market appeal. Your house is probably your largest investment, be sure to maximize the appeal of your property!

**A Home Staging Specialist from Savvy Staging Solutions (S.S.S) works in 3 steps:**  
 1) **An on site appointment (a Consultation)** is scheduled and a thorough analysis of the property is completed. A Property Enhancement Guide™ is supplied and all recommendations / priorities are reviewed with you. A proposal from S.S.S can be provided if you are unable or do not wish to participate in the transformation / Staging of your property.

2) **Homework / Repairs** are to be completed as recommended in the Property Enhancement Guide™. S.S.S can facilitate this process and ensure the target market date is met.

3) **Staging** - S.S.S returns to showcase the property in the best light possible, as well as to designate it "move in ready". The Staging process offers a distinct marketing advantage over your competitors.

We look forward to working with you. Be sure to Stage and Market to Sell! Our customized services permit our clients to choose the level of investment (time and money) to best meet their needs. Call Savvy Staging Solutions at 905-877-3880 or toll free 1-877-80-STAGE or visit [www.savvystagingsolutions.com](http://www.savvystagingsolutions.com).

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MANON DULUDE

### Conflict is like a Load of Laundry

1. **Laundry involves a multiple step process; sorting, handling, ironing, folding, putting away.** Many clients will state that they never come to any resolutions in their conflicts. As a result, they find themselves revisiting the same difficult conversations or situations repeatedly. It is important to clearly state the problem, take time to discuss it and listen to each person's perspective and feelings about the issue, create an acceptable solution and move on.

2. **Once you have washed things up... Put them away. Don't throw them back in the hamper.** In conflict resolution, there is a need to address the issue and let it go. If you keep resurrecting all your old issues, it is either that they were not fully addressed or you are holding a grudge. In those cases, it is helpful to look at your overall attitude toward conflict.

3. **Sometimes we have to live with a stain**  
 When working with clients, I encourage them to work collaboratively to find resolutions to their conflicts. Collaboration implies a win-win outcome. When a compromise is required, I encourage people to see how they can address their feelings about it, so these feelings don't sabotage the agreement. Compromise often is a win-lose and leaves one party dissatisfied.

4. **Do a little at a time, don't let it pile up.**  
 Addressing conflicts as they arise is more productive. People who hold back have the tendency to explode and appear irrational in their concerns. Addressing each issue as they come up allows you to stay focused on that particular problem. It makes it easier to come up with constructive conversation and solutions.

5. **There are dozens of detergents... Explore new choices!**  
 Conflicts often arise from people thinking and feeling they have no choices. When you are involved in a conflict, don't stay married to your ideas. Try brainstorming new possibilities. It is amazing to see how a collaborative solution process can create new options for all involved. (Step outside of the "Laundry" Box, as you move forward,

6. **A little starch gives a backbone to your shirt.**  
 Having clear personal boundaries always helps. Be clear with what you need to have and protect. Also consider how you might be willing to be flexible with certain issues.

7. **From time to time, you need a professional dry clean.**  
 A little professional help can go a long way in understanding how to tackle conflict differently.

Manon Dulude is a Certified Coach and Counselor.. You can reach her at: 905. 873. 9393

## SUSAN S. POWELL BARRISTER & SOLICITOR

### FAMILY LAW

2 COUNTY COURT BLVD., BRAMPTON  
 (1 block south of Steeles at Hwy. 10)  
 (905) 455-6677



Susan S. Powell

**Q:** My wife and I are separating. We have agreed the children will live with her and that I will pay child support to her. We have agreed about everything else but she says we should still see a lawyer. I don't want to spend the money. If we have agreed to everything, do we still have to see a lawyer?

**A:** Yes. You should each see your own lawyer. Your own lawyer will talk to you about the issues you and your wife have agreed upon. They may then give you advice about issues that you did not consider. They will help you to ensure you and your wife cover all the issues and make sure you understand what you are each agreeing to with each other. They can prepare a Separation Agreement which sets out your agreement in writing and you can refer to in the future in case you forget some of the terms.

## 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**

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 & FREE PRESS**

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**Attention: Ask A Pro**

If you are a Professional who would like to be part of this page ~ call **Michelle 905-873-0301**



**Congratulations to the winner of our  
 March 6<sup>th</sup> Wine & Dine Contest  
 DAWN MASON**

She chose to eat at **SWISS CHALET**  
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