



# New Members!

**HELP DRESS ME, 21 Stevens Cr., Halton Hills, L7G1B7**  
905.877.1025, Fax 905.877.7264  
email: [Melissa@helpdressme.ca](mailto:Melissa@helpdressme.ca)  
[www.helpdressme.ca](http://www.helpdressme.ca). We offer image consulting, personal shopping, and styling services for women and men of all ages, backgrounds, and lifestyles. We educate you on wardrobe, beauty, appearance, and the impact these factors can have on your life and career. Contact Melissa Maveal for more information.

**Virtually Working for You, PO Box 49004, 497 Laurier Avenue, Milton, ON L9T 5J9** Tel: 647. 722.4953 Fax 647.477.6692. email: [mary@virtuallyworkingforyou.com](mailto:mary@virtuallyworkingforyou.com).  
Owner: Mary Judge. Virtual Office Assistant service provides off-site administrative support services. Reduce your stress levels and spend time working IN YOUR business. This can save you valuable time and money.

Specialties: advanced PowerPoint, Excel and Word.  
**Pointindesign**  
[www.pointindesign.com](http://www.pointindesign.com) Tel. 905.702.9573 or [Info@pointindesign.com](mailto:Info@pointindesign.com). Kelly Letros is Art Director for this innovative design studio. Their marketing design solutions have been sought out by some of Toronto & GTA's top restaurants, hotels and magazines. From business cards to books and magazines...intelligent and sustainable design is our passion!

**ICE DREAM ART, 340 Queen Street, Acton, Ontario L7J 2Z5 – 519.853.8333.**  
Owner: Lyne Trudel. We serve Ice cream cones, cakes, pie and more. Try our Chocolates, pastries (French) and decadent desserts with our Gourmet coffees. Premium teas and hot chocolate (20 kinds). Afternoon tea by reservation only and gift baskets for any occasion. In the fall look for our gourmet Panini.

**Water Depot Georgetown, 333 Mountainview Rd South, Georgetown, L7G 6E8. 905.702.2700, Fax 905.702.1346, [waterdepotgeorgetown@bellnet.ca](mailto:waterdepotgeorgetown@bellnet.ca)**

We provide a wide array of water treatment for residential and commercial. Hardness, staining, odour, and drinking water concerns can be eliminated by our services. Visit our store and discover the WATER STATION open 7 days a week providing purified drinking water on tap at substantial savings.

**The Stuffed Olive – Wood Oven & Taps, 1-210 Guelph Street at Rexway Drive, Georgetown, L7G 4A9, 905.877.1848, Fax 905.877.2542 [www.thestuffedolive.ca](http://www.thestuffedolive.ca)**

Casual Mediterranean restaurant to open in early summer 2006. Wood Burning Oven cooks casual Mediterranean cuisine: tapas from Spain, pizza from Italy, North African dips, paella, pasta, seafood, steak.

We feature local microbrews on tap and every wine we offer is available by the glass. Most of all, we aim to please. Mike is the Happiness Facilitator. Just ask! If we can do it, we will.

**Robinson & Son Plumbing is locally owned and operated.** Please call **905.702.5456**. Kevin is a licensed plumber and cross connection specialist, who can take care of all your plumbing needs in the Halton Hills and surrounding area. Whether it is repairs, installation, renovation, new construction, drain cleaning and inspection and cross connection control services, give Kevin a call.

**Water Magic, P.O. Box 129, Acton, Ontario, L7J 2M3 Phone: (519)-853-3987 Fax: (519)-853-0197 [www.watermagic.com](http://www.watermagic.com).** Owners: Chris and Maya Drechsel In operation since 1983. We promote water conservation products through consumer/trade shows throughout Canada and the U.S.A.

## 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

### SMC SERVICES

**Susan Redmond**  
Certified Divorce Financial Analyst

Phone: 647-722-4910  
Fax: 647-477-2665  
email: [sredmond7@cogeco.ca](mailto:sredmond7@cogeco.ca)



Susan Redmond

**Q:** Can I use a CDFA™ instead of a lawyer?

**A:** No. The CDFA™ is not a substitute for a lawyer. The Certified Divorce Financial Analyst™ will not offer any legal advice. Even if you and your spouse are able to agree to a divorce settlement via mediation or on your own we recommend that you see a divorce lawyer in order to look over the legal issues that are associated with all divorce cases.

The question answers itself if you reverse it: Why do you need a divorce lawyer if you already have a divorce financial planner? Answer: Because financial planners are not experts in the law and lawyers are not experts in financial planning.

Our role is to provide you and your lawyer with the best possible information about your financial needs – now and in the future – so that your lawyer can negotiate the best possible settlement for you.



**Mountainview Residence**  
*owned and operated by the Summer family*

222 Mountainview Rd. N.  
Georgetown, ON L7G 3R2  
Bus: (905) 877-1800 Fax: (905) 873-9083  
[www.mountainviewresidence.com](http://www.mountainviewresidence.com)



Christoph Summer  
Owner/Administrator

**Q:** My parents are considering a move to a retirement home. If and when they move, are there restrictions that I should know about? For example, can I visit or phone any time?

**A:** Retirement homes cater to independent, relatively healthy seniors who want to enjoy a more carefree, enriched lifestyle. Think of your parents as living in a hotel-like environment. You can visit or phone as you, (or your parents), please. Your parents determine the restrictions as to times.

Some retirement homes lock their doors in the evening for security purposes only. Using an intercom system, residents and visitors may still come and go at their leisure.

Just as they have always done, your parents can entertain as they would in their own home and can even invite friends to join them in the dining room for meals.

Again, think of this as a move into a hotel setting, with the freedoms they have always enjoyed.

### 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 was playing soccer when another player knocked into me. As a result, my body twisted to the right, while my right foot remained planted. I felt immediate pain to the inside of my right knee, as well as, hearing a “clunk”. There was swelling and occasionally I felt my knee lock. My doctor has told me that I probably have a tear to my ‘medial meniscus’. What is this?

**A:** The medial and lateral menisci are crescent-shaped pieces of fibrocartilage that lie on the top portion of the shin bone (tibia), where the tibia articulates with the thigh bone (femur). They act like shock absorbers and allow for a congruency between the two ones (“fill in the gap”). Frequently, a twisting injury such as yours, will cause injury to the medial meniscus (the one closer to the inside of the knee). Depending on the extent of injury, this may result in anything from a mild sprain to a tear of the meniscus. If the portion torn becomes dislodged, it can get caught between the tibia and femur. This can cause the “locking” that you are experiencing.

Tears along the outside edge of the meniscus usually heal well because there is a fairly good blood supply to these areas. However, tears toward the inside of the meniscus are poorly supplied by the blood, subsequently resulting in poor healing. Depending on how disabling your injury is, you may require surgery. An Orthopedic surgeon will ultimately make that decision. Regardless, you will need to keep your knee and entire lower extremity, strong. A physiotherapist can advise you regarding the correct exercises. If you do undergo surgery, be sure to see a physiotherapist afterwards in order to help you quickly regain your range of motion and function.