

Ask The Professionals

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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

11084, 5th Line, Milton, Ontario
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Elayne M. Tanner

Q: Someone has suggested that I am an alcoholic but since I never miss work, haven't been arrested and don't need a drink first thing in the morning I'm cool, right?

A: Not right! You don't mention if you are male or female or your age but the signs of alcoholism are pretty much the same. They include:
Drinking alone or in secret
Not remembering conversations or events
Feeling an urge to drink
Irritability if alcohol isn't available
Hiding or hoarding alcohol
Building a tolerance so that you need more alcohol to feel the buzz
You do NOT need to drink daily to be an alcoholic. A binge alcoholic is someone who drinks 5 drinks or more on a single occasion (a couple of hours) and this number goes down to 4 for a woman.
Last, you do NOT need all of these symptoms to have a problem with alcohol. Just one can indicate a serious concern.

So you see, it doesn't take much to begin having trouble with alcohol. Before you know it, it is controlling you instead of you controlling it. Alcohol steals lives, relationships and assets. I often refer to alcohol as the illicit lover—the secret partner in your relationships. Don't let this devious lover steal your life. Speak to your doctor or a counsellor such as myself before alcohol runs and ruins your life.

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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.



211 Guelph Street., Georgetown
905-877-3163



Shari White
Education Director

Q: Shari, I know Oxford Learning is moving soon, but I can't remember all the information. Could you please give me the details again? Thanks!

A: Currently we are at 211 Guelph St. and we will be holding classes here until next Friday, July 28th. Then we will be moving to the Halton Gate Plaza at 324 Guelph St. This is the same plaza where the Powerzone is located, beside Tim Horton's.

We will be open there for classes on Tuesday, August 8th, 2006. Our phone number, fax number and email will all be the same, so please feel free to use them to contact us.

In addition to having more room for our Core and Advantage after school programs, the larger centre will allow our Little Readers to have their very own space, but we will still maintain the small class sizes so each child will receive the individual attention they need. The small, half-day classes at Oxford Learning's Little Readers Academy® are a fun-filled way for your 3 to 6 year-old to spend the summer and get a head-start for school. Our enriched, individualized program also features writing, math, art, music and reading by phonics.

Summer is also the ideal time to catch-up or get ahead for the next grade at Oxford Learning. First, we pinpoint how your child learns. Then, we create an individualized program that goes beyond tutoring to teach your child to learn and study more effectively. For better grades, motivation and confidence this fall, keep your child's mind sharp with just a few hours each week at Oxford Learning. Contact us today for complete details!

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DR. ANOOP SAYAL

Q: What are some of the benefits of white fillings?

A: Our teeth are as much a part of our facial appearance as our eyes, ears, nose and skin. As such, they deserve all the care and attention we can give them. A healthy mouth is a happy mouth, and a beautiful smile is a symbol of youth, vitality and joy. Modern dentistry has made it possible for everyone to enjoy the benefits of a radiant smile and strong teeth. Today, prevention is the name of the game. The old adage, "prevention is better than treatment" also holds true for our teeth. It's a scientific fact today that our teeth can (and must) last us for life. We need only to give them the care they deserve, throughout our lives. Thanks to advances in modern dental materials and techniques, teeth can now be restored with a more aesthetic and natural appearance using "white fillings". The most simple form of "white filling" is technically called a composite. It is made up of a composite quartz resin and usually contains some sort of light sensitive agent. These light cured composites are extremely cosmetic and most often bonded into place in just one visit. For this reason, they are often referred to as "bonding". They can be used in both the front of the mouth as well as in your back teeth. These materials are available in a variety of shades so that they can match the colour of your own teeth. When "bonding" a filling material to your tooth, the dentist will first remove all the decay, prepare the tooth, and then condition the enamel and dentin. A thin resin is then applied which bonds to the etched surface of the tooth. After placement, these composite fillings are hardened by shining and intense light on them for a brief period of time. The strength of these fillings is incredible. Today, we can bond plastics and even amalgam to your teeth. Bonding increases the strength of these restorations far beyond those of only a short time ago. Another type of white filling is called an inlay. These fillings (made from composites or porcelain) are usually placed in back teeth when esthetics is a major concern. This is a two visit procedure. However when it comes to strength and cosmetics, the extra time and expense is well worth it. To increase their strength and longevity, inlays are fabricated in the dental laboratory and then bonded into position during the second appointment.

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318 Guelph St., Georgetown
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GERALD ROSS
H.B.Sc. PT, MCPA, res.CAMT

Q: I have an ache that is just not going away. How do I decide which type of treatment is the one that I need?

A: Combination of non-surgical and drug free therapies are often very effective in rehabilitating these types of problems. Approaches that a Physiotherapist may use could include any or all of:

- ~ Ergonomics which is fitting the work environment to your body's abilities.
- ~ Therapeutic exercise to re-co-ordinate and strengthen your muscles so you move more efficiently.
- ~ Massage to enhance the flow of fluid through the injured tissue and to relax over active muscles.
- ~ Joint manipulation to restore lost joint motion using gentle passive motion.
- ~ Ultrasound, interferential current, heat, cold or acupuncture to enhance comfort and healing.
- ~ Taping or bracing to protect fragile tissue while it's healing.
- ~ Foot orthotics to restore and maintain efficient leg motion when therapeutic exercise cannot restore this function fully.

By possessing competence in using a variety of therapeutic approaches Physiotherapists offer comprehensive care without fragmenting service delivery. Our training and education within the traditional health care team enables Physiotherapists to recognize situations where surgical and pharmaceutical approaches may be appropriate to permit full recovery.

Halton Hills Speech Centre

211 Guelph St., Suite #5
Georgetown L7G 5B5

905-873-8400 www.haltontspeech.com



Karen MacKenzie-Stepner

Q: Over the past winter and spring my pre-school age son has had numerous ear infections. A friend told me that my child is at risk for hearing and speech and language difficulties. Can you explain how this might happen and what can I do?

A: Middle ear infections (otitis media) are a common ailment of early childhood. Otitis media is the inflammation of the middle ear, usually in association with fluid build up. Symptoms, frequency and severity of otitis media can vary from child to child. However, one common factor for all children who experience otitis media is a fluctuating hearing loss. The middle ear houses 3 small bones that vibrate and send signals to the inner ear when sound waves strike the ear drum (a thin membrane separating the outer ear from the inner ear) and set these bones in motion. However, when a child has otitis media the fluid build up in the middle ear will often prevent the eardrum from vibrating normally. This will prevent good sound signals from reaching the inner ear and subsequently the brain. Thus, the child will experience a hearing loss that is most often temporary. However, if a child experiences recurring bouts of otitis media, permanent damage may be done to the small bones, eardrum or hearing nerve, which may result in or cause permanent hearing loss. It is therefore important to be aware of the signs and symptoms of otitis media. A good source for this information is your family physician.

Hearing loss due to otitis media may cause speech and/or language problems. A child learns speech and language development from hearing and listening to other people talk in his environment. However, if a child is having difficulty hearing during the stages of development then we may see a delay in the development of his speech or language because he is not gaining the full advantages of the language-rich experiences around him. If a child does not develop critical precursor speech and language skills, then we may see a domino effect in the delay of his communication skills.

If you are concerned that your child may have otitis media it is important to contact your family health care professional immediately. If your child has had numerous middle ear infections it may be necessary to consult with an audiologist to evaluate your child's hearing and a speech-language pathologist to assess your child's speech and language development and provide suggestions/recommendations as necessary.



A thrilling shootout win over Oakville clinched the championship for Georgetown's under-15 Eagles at the Walter Kirchner girls' soccer tournament in Woodstock recently. Members of the team (forefront) are: Kristina Paolucci. Second row (from left): Victoria Winkler, Camille Isip, Zana Zahreddine, Jessica Clouter. Third row: Jennifer Fuller, Emily Kalsbeek, Cassandra Hale, Charlotte McIlwaine, Katarina Green. Back row: Manager Debbie Bailey, coach Stephanie Bailey, Britney Modzelewski, Christie Bailey, Kenzie Carpenter, Stephanie Ablett, Jennifer Gibson, coach Steve Green Carly Williams, coach Rick Bailey, Jessica Mick.

Submitted photo

Under-15 Eagles win tournament in shootout

Giving up just one goal throughout the entire tournament, the Georgetown Eagles needed a nerve-racking shootout to defeat Oakville in the championship game of the Walter Kirchner under-15 girls' rep soccer tournament in Woodstock, with Jessica Mick supplying the winning strike from the penalty spot.

Preliminary round— Georgetown 1, Sarnia 0: Mick (G); Kristina Paolucci (SO).

Georgetown 0, Oakville 0: Paolucci (SO).

Georgetown 2, London City 0: Jennifer Gibson, Mick (G); Paolucci (SO).

Semi-final— Georgetown 2, Woolwich 0: Jessica Coulter, Mick (G).

Championship game— Georgetown 0, Oakville 0: (Georgetown wins on penalty kicks)

Williams promises 'nothing fancy' at Neumann College

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Williams played with, and more than held her own against, strictly boys' competition in Georgetown until the age of 16, but then made the jump to the well-established Toronto Aeros women's hockey organization, and for the past two years has starred for the midget AA team, which lost just five games in two seasons and won two provincial championships.

"I like to stand in front of the other team's net because not a lot of girls can move me," she said. "That's my thing. Nothing fancy."

Williams also helped her high school squad, Christ the King's Jaguars, to the Halton quarter-finals and their most successful season to date.

She has two part-time jobs and has been doing some dry-land training in preparation for the Knights' training camp in late August.

(Eamonn Maher can be reached at emaher@independentfreepress.com)