

# Ask The Professionals

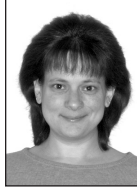
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Shari White  
Education Director

**Q:** Shari help! With only 2 1/2 weeks left of summer vacation, how can I prepare my Grade 2 son for the coming school year?  
**A:** During the first few weeks of school there are three areas that parents need to watch out for:  
Children having difficulty concentrating, paying attention and getting settled.  
Children having trouble learning to read, write or do math.  
Organization that may be a challenge.

### Tips for the First Few Weeks

It often takes time for young children to learn the "school game." Some are restless and unable to adjust to the new classroom environment. Practice for this by playing concentration games - make a game out of sitting still or not moving. Time each other and try to make each other move or laugh, etc. Play games such as Parcheesi and Concentration to help continue in the development of concentration skills.  
Primary grades are for the teaching of basic academic skills, such as reading, writing and math. Practice sounding out words as you read with your children every evening. Don't just read stories, play with them, and discuss them. Who did what? Why? What could have been different? Be silly! Enjoy! Have fun!  
While planning is not essential in these grades, it is an excellent time to introduce these skills. Kids love having their own planners and will enjoy writing down their different activities. Begin by entering personal activities in the planner - soccer games, dance classes, birthday parties. As teachers assign reading, projects or homework, enter the work into the planner. By the time your student is in the senior grades, time management problems won't be a problem at all!  
If you need more tips on how to help your child adjust to school, please call or email me at georgetown@oxfordlearning.com.

## 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  
905-854-0801



Elayne M. Tanner

**Q:** I sometimes get so angry and react in ways that are aggressive and that even frighten me. What's wrong with me?

**A:** Road rage. Domestic abuse. Angry outbursts or temper tantrums that involve throwing or breaking objects. Sometimes these erratic outbursts can be caused by something known as intermittent explosive disorder. This condition is characterized by episodes of aggressive, violent behaviour grossly out of proportion to the situation. The cause seems to be a combination of biological and environmental factors. These behaviours can ruin lives but counselling and medication can help control the outbursts and save your relationships and future. Most people with this disorder grew up in families where explosive behaviour and physical and verbal abuse were common. Being exposed to this type of violence at an early age makes it more likely for these children to exhibit the same behaviours. Other conditions must be ruled out before making a diagnosis of intermittent explosive disorder. Some of these are delirium, oppositional defiant disorder, antisocial personality disorder, schizophrenia, panic attacks and substance abuse. As a biological disorder, intermittent explosive disorder may be the result of chemical imbalances in the brain. If not treated intermittent explosive disorder may result in job loss, school suspension, divorce, motor vehicle accidents or even jail. Many drugs are effective in controlling intermittent explosive disorder and counselling can help repair the damage. Think about it - the sooner you deal with it the sooner you will feel better.

## Halton Hills Speech Centre

Division of M. Karen MacKenzie-Stepner Speech-Language Pathology Professional Corporation

211 Guelph St., Suite #5  
Georgetown L7G 5B5  
905-873-8400 www.haltontspeech.com



Karen MacKenzie-Stepner

**Q:** My husband has recently suffered a stroke and now has physical/communication/emotional difficulties. Our family and friends are having a difficult time talking to him, can you give us some suggestions?  
**A:** Unlike other illnesses like cancer or Alzheimer's Disease, strokes offer little time to prepare. The sudden onset is traumatic for both the person and the family as you cope with a stroke's often physical and emotional changes. The sudden emotional outbursts or use of profane language that sometimes occurs following a stroke is unsettling for not only the individual themselves but also for those around them.

It is difficult to give specific suggestions for your husband as strokes affect everyone differently. However, here are some guidelines that would be helpful.  
\*Communicate in quiet spaces with minimal distractions; do not try to talk over the television and/or have more than one person talking at once.  
\*Speak slowly and concretely.  
\*Respect the individual's preference for physical space and touch (it may have changed following the stroke)  
\*Avoid frustration  
\*Use functional communication (i.e. pictures, writing)  
\*Encourage the individual to communicate (hand gestures, body/eye movements) to decrease feeling of loneliness and isolation.  
For individuals who have communication difficulties following a stroke, recovery continues to happen long after discharge from the hospital. Therefore, it is important to keep working on communication skills and try to keep discouragement to a minimum. A Speech-Language Pathologist can provide specific therapy tasks and support as well as help modify the environment to make optimal communication occur. Our Centre, in partnership with the Heart and Stroke Foundation of Ontario (Halton branch) and the William Osler Health Centre, offers a Living with Stroke program. This is a six week program aimed at providing stroke survivors and their family valuable and practical information and offers them the opportunity to meet and talk to other people undergoing the same challenges. For more information please feel free to call.

## 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:** A friend recently talked about an uncontested divorce. What does that mean?

**A:** An uncontested divorce occurs when all other issues between a couple have been settled. Many couples settle issues such as custody and access of their children, and child support and the division of their property in a Separation Agreement prior to bringing an Application for a divorce. If these issues are part of the claims in the Application for divorce then this is not an uncontested divorce. It is usually much less expensive and time consuming to settle all other issues prior to commencing an Application for an uncontested divorce. There is usually a flat fee plus disbursements for the preparation of an uncontested divorce and it takes approximately 3-4 months to complete. Your original marriage certificate is required and must be filed with the Court.

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GERALD ROSS  
H.B.Sc. PT, MCPA, res.CAMT

**Q:** I have aches and pains but it seems that I have very little time to attend to my own health. What can a Physiotherapist offer a person in this situation?

**A:** People are often surprised at how much they get out of a Physiotherapy consultation. In some cases a relatively small number of movements types account for a great deal of the pain that reduces one's ability to work and play. A Physiotherapist can give you insights into the activities and movements that slow or in some cases stop the healing process. Having an awareness of these movements allows you to have much more control over your level of comfort and recovery. The assessment and treatment skills of a Physiotherapist ensures that a wide variety of treatments like massage, joint mobilization, joint manipulation, therapeutic ultrasound and therapeutic exercise are applied to the areas of the body that need it most and in ways that are the most beneficial. Reducing pain enhances mental productivity. Increasing one's physical abilities enhances physical productivity. Rehabilitation is a sound investment of your time.

## DR. ANOOP SAYAL

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Marketplace Mall

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DR. ANOOP SAYAL

**Q:** What does a root canal procedure entail?

**A:** Once the dental pulp has been infected, it must be removed from both the pulp chamber and the root canals. Once it has been removed, the pulp chamber and root canals are thoroughly cleaned and enlarged. Based on the level of infection, the dentists may choose to clean the area more than once. After the area is free of infection, the dentist will fill the root canals and pulp chamber with a filling that will prevent any bacteria from entering the area. Finally, the dentist will place a crown over the tooth to restore it to its original shape.

# Harrison postings 'promoted hatred'

Continued from pg. 1

Doucet said Harrison's postings "go beyond the legal parameters of public debate."

"The call for violence toward aboriginals, francophones, blacks and other non-whites, as well as attacks on other groups and individuals based on their religion, colour, national or ethnic origin using racial slurs and degrading stereotypes does not constitute legitimate political debate. It promotes hatred and contempt."

Doucet said the tribunal found Harrison "repeatedly communicated messages regarding persons who are non-Christian, non-Caucasian and non-English in origin that were nasty, vicious and extreme. These persons were open to ridicule, ill feelings, hostility and violence creating the right conditions for hatred or contempt against them...Statements exhorting violence and death suggest that the victims lack any redeeming qualities, thereby dehumanizing them."

One website posting read: "I'm the guy who got 2 years for thumpin that nigger on main street."

Harrison spent two years in jail when he was convicted in 1996 of assault causing bodily harm after attacking a black man, a Georgetown shopkeeper, while shouting racial slurs.

In his decision, Doucet said the posted messages show Harrison is "being led by his ill-conceived views of society and his incapacity to accept others."

In determining the penalty, he said the messages were posted in a relatively short period of time and there seems to have been no new postings since 2004.

"Also, I note that the respondent is not responsible for the websites, he is but a participant to these various websites," said Doucet.

Doucet said the order to pay the penalty is imposed "essentially by the reason of the violent nature of the postings."

"Society cannot take lightly calls for the murder of persons because of their race, religion or ethnic origin," said Doucet.

Ottawa lawyer Richard Warman, the complainant in the hearing, was also disappointed with the \$1,000 fine and said he doesn't believe "it has a great deal of deterrent value."

Harrison faced a penalty of up to \$10,000 if he was found responsible for the hate propaganda.

"I'm certainly satisfied for the finding that Mr. Harrison was responsible for the postings," said Warman Tuesday. "I have my reservations about the penalty that was imposed."

He said Harrison was found responsible for postings containing repeated calls for genocide against several groups of people but the chairman only imposed "one-tenth of the maximum penalty."

"I'm unable to reconcile that. I don't understand that at all."

He said previous penalties for similar findings ranged from \$1,000 to \$7,500 and he and the Canadian Human Rights Commission lawyer at the hearing called for the maximum fine in the Harrison case.

Warman said he will be encouraging the Canadian Human Rights Commission to seek a judicial review of the penalty from the Federal Court of Canada.

At press time Harrison could not be reached for comment.

(Lisa Tallyn can be reached at ltallyn@independentfreepress.com)



## Royal Canadian Legion

Branch 120 Georgetown  
127 Mill Street

## Warriors Day Parade

Saturday, Aug. 19th  
1 p.m.

Main St. (after the Farmers Market)  
to Remembrance Park

BBQ and Beer Gardens at Legion  
Everyone Welcome!