

Ask The Professionals

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Savvy Staging Solutions
"Solutions that Sell"

If you want to sell your property and get top dollar - you need to team with the experts at Savvy Staging Solutions!

333 Mountainview Rd. S., #30003, Georgetown
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www.savvystagingsolutions.com



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 home 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 visit www.savvystagingsolutions.com.

expertise and support in a non-judgemental manner. The mere act of consulting with a staging expert will enable you to devise a plan, save time and money, remain calm / focused, adhere to a budget and commit to having your property staged properly.

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. My 12 year old child has been complaining of back pain ever since school started this fall. I'm wondering if she is carrying her backpack incorrectly?

A. Children that carry backpacks incorrectly, or that carry the wrong type of backpack, may develop bad posture, muscle tension and back pain. This can even progress to an unhealthy back as an adult.

First of all, make sure that your child is utilizing both shoulder straps, not just one - which seems to be the "fad" lately. The straps should have thicker padding as not to dig into the shoulder muscles and collarbone.

Secondly, avoid backpacks that have only one large compartment. This will cause all the weight to drop to the bottom and press into the lower back. This, with the pull of the straps on the shoulders, will cause your child to lean back and hyperextend the lower back. Subsequently, a muscle strain will develop.

Make sure that your child is not carrying unnecessary items to school. Heavier items should be placed closer to the top of the pack, with lighter items (such as sweaters, etc.) in the bottom. Lighter items can also be placed in the pockets and smaller compartments.

A good rule of thumb with respect to how heavy a backpack should be: before puberty, children should not carry more than 10% of their weight, and after puberty they can carry up to 20%. An ideal backpack will also have padding along the spine.

Since children spend years taking their backpacks to and from school, it is possible that even young children can develop postural problems, chronic tightness and tension. Rather than treating the problems afterwards, it is best if they can be prevented.



What we did on our summer vacation


Brothers Joey and Josh Faulhafer of Georgetown with their grandfather show off a five-foot, 150-pound shark caught while jigging off Bell Island in Newfoundland. After approximately one hour, with the shark getting caught in two of the other lines and still being able to dive away, they finally managed to get it aboard the boat.

Photo submitted

Manon Dulude • Psychotherapist
Individual, Couple & Family
Counselling

DAY & EVENING APPOINTMENTS **873-9393**

**38 OAK STREET
GEORGETOWN**



MANON DULUDE

Women's Health & Wealth:
A 10 weeks Life Coaching Group Program

Are you dissatisfied with your life and don't know how to go about creating change? Coaching may be the approach for you. Coaching invites you to look forward, make plans and follow through with actions!

Manon Dulude is starting a new coaching group for women and this group may be for you!

Women's Health and Wealth Coaching Group is a powerful approach to personal growth. Participants will gain momentum from working with Manon and other women who like you want to bring change to their lives. This Life Coaching Program will assist you in looking inside yourself and generating goals and solutions that fit your Vision, Passion, and Values.

Women's Health and Wealth Life Coaching Program will explore all areas of your life; personal, career, financial, health and fitness and personal growth. You will be challenged to make choices that will move your life in the direction that you want it to go!

Attending this program will get YOU to:
Evaluate Your Life • Dare to Want! • Make Changes • Grow Your Wealth
• Address Your Health • Take Charge of Your Life

GoodLife Bonus! Get a complimentary 10 visits pass with the Georgetown location of GoodLife Fitness Clubs



For information Call: (905) 905 873 9393 Email: info@coachmanon.com

Starting date: September 25, 2006
Time: Mondays 8 to 9:30 pm
Location: GoodLife Fitness Clubs
Real Canadian Superstore
171 Guelph Street, Georgetown

In Partnership with
Helen MacCormack CFP
of Partners in Planning
& GoodLife Fitness Clubs

DR. ANOOP SAYAL
Family and Cosmetic Dentistry

located in
Georgetown
Marketplace Mall

DR. ANOOP SAYAL

(905) 877-CARE (2273)

Q. I have a toothache ... what can I do until I see my Dentist?

A. If ever a toothache develops, we hope this information will help you ease your discomfort until you can see a dentist. A toothache can invade and disrupt every living moment of your life. Toothaches may be caused by a cavity (tooth decay), abscesses, gum disease, loose or broken fillings, exposed tooth roots, food particles wedged between the teeth or trapped below your gumline, sinus pressure, trauma or irritation resulting from clenching or grinding. Toothaches symptoms can include sharp pain, a dull ache, throbbing or burning. Your tooth may be sensitive to pressure, heat, cold, or sweets. If your toothache symptoms include fever, swelling of the face or neck; red, swollen or bleeding gums; unusually bad breath despite brushing and flossing; you should make an appointment to see the dentist immediately. Remember, most toothaches get worse if not professionally treated promptly and may lead to more serious medical complications. Until you can get to the dentist, there are several things you can do to help manage the pain of a toothache. (A): Use dental floss to remove any food particles trapped between the teeth. (B): Rinse your mouth with warm salt water. (C): Take aspirin, acetaminophen or ibuprofen to help relieve your pain symptoms. (D): Apply oil-of-clove by means of a small piece of cotton soaked in clove oil on the tooth that is fractured or decayed. (E): To facilitate rest, keep your head elevated in bed to decrease the pressure in the area of the toothache. In the rare case that a toothache is accompanied by pain in the lower jaw, neck, chest (in the collarbone region) or upper arm, these symptoms could represent something entirely different as heart attacks and angina reduce oxygen supplies to the mouth, and this can manifest as a toothache. While you may not be experiencing a heart attack or angina, it may be better to err on the side of safety by seeking medical attention. It's important to remember that the temporary remedies mentioned here aren't going to cure your toothache. A toothache should always be treated professionally by a dentist. Prompt, professional dental treatment provides a positive outcome for toothaches. To avoid toothaches in the future, see a dentist every six months for a check-up, brush your teeth at least twice a day and floss at least once a day.

Sign up for Dog Guide walk


Georgetown Lions Club hosts the Purina Walk for Dog Guides on Sunday, Oct. 1 at the Lions Hall, 42 Mill St., Georgetown. You can walk with or without a four-legged friend to raise funds for dog guide training programs.

Lions Foundation of Canada provides dog guides— at no cost— to Canadians with visual, hearing, medical and physical disabilities. Georgetown is one of more than 145 Walks happening across Canada this year.

To donate online or to register go to www.purinawalk-forguidedogs.com. For more details call Lion Gord Wallen, 1-800-768-3030, ext. 244.

OXFORD LEARNING
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324 Guelph Street., Georgetown
905-877-3163



Shari White
Education Director

Q. Shari, with the school year just beginning, I am afraid my daughter will fall behind because she doesn't have proper homework skills. What can Oxford do to help?

A. The amount of time spent doing homework and the amount of information learned are not necessarily synonymous. If the student is not using their homework time to its best advantage they are not learning as efficiently as they could. This can lead to frustration and an unwillingness to do the homework. At Oxford we teach the student how to think, focus and become more motivated about school and homework.

We encourage students to bring their homework into the centre to work on it. While there, we help them learn to manage their time, plan their working schedules, and prepare for tests. If and when they are stuck, we help them to identify what they don't understand and then teach them those principles. This then allows the student to complete the homework at home, feeling more confident and better prepared.

If your child needs help getting this school year off to a great start, call us today!

SOLAS
Conor W. O'Brien
Psychic Spiritual Healer & Profound Reiki Master

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Psychic Spiritual Healer
& Profound Reiki Master

Q. How can I or anybody else for that matter connect with an Angel?

A. It has always been possible to connect with Angels, now more than ever, simply because we are ready. Some of the great mediums, Sylvia Brown, John Edwards, George Anderson, etc has put contact with the Other Side on our radar, so to speak. Now communicating with Angels has become a possible belief, a blip on that radar.

Once you believe something to be possible, it's just a matter of following your experiences with this goal in mind. You will then arrive at your destination. This is true for anything you want to accomplish in your life. Your beliefs create your experiences, your reality (not the other way around).

It is important to note that Angels have no judgment or criticism about what you have done or think that you have done in your life. They have complete understanding and compassion for all individuals. They belong to no religion and interestingly they are common to all.

The process of connecting with an Angel or Angels is actually quite simple. Your Angels eagerly await this connection, they have always been waiting.

I teach a fun and easy course for adults and young adults alike, entitled "A Beginners Guide to the Angels." It is held over two days, a Saturday and Sunday 9:30 to 3:30 each day. It is a weekend in which you learn the simple and special technique of connecting with an Angel. You take this technique home with you, where it can be used at any time, to ask your Angel for an answer to any problem you have, large or small.

This is not all you are taught; you learn how to relax easily and properly, the foundation of meditation, if you will, Angelic secrets the "do's & don'ts" of this life. You will learn about the Angelic signs that they have been leaving you (and they do leave signs and they are not always what you think!) If you choose, you will receive a physical sign from your Angel on the weekend, and of course the name of your Angel that walks with you. My favorite is the healing messages that you are given, what it is you need to know about your life. These messages alone have the power to move mountains!

All you need is to be open and Solas will teach the rest. Understanding is the key to believing. Move at www.conorwobrien.com

CHRISTMAS 2006

Rita MacNeil

How the Bells Ring



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