



# Membership Renewals

July 1 - September 30  
2006

Accents Décor  
Acton Auto Tech  
Adams Rent-All Inc.  
Apple Self Storage  
Ashgrove Welding Ltd.  
Atlantis Athletics  
Barrager's Cleaners  
Bennett Health Care Centre  
Better Cut Keys & Locks  
Bill Van Ryn Weed & Pest Control  
Bill's Repair  
Braida & Henry  
Brilliant Gold  
Can-Pro Horse Equipment  
CATT Contracting  
Chocolate Fountain Canada  
Classic Wines  
Country Depot Georgetown  
Danny's Auto Collision  
Drewry, Lynn and John,  
Remax Realty Specialists Inc.

Elliott Custom Brokers &  
Storage Ltd.  
Endzone Sports Exchange  
Eramosa Physiotherapy  
Associates  
Family Optical  
Felton Bookbinding Ltd.  
Floraglass Inc.  
Georgetown Daycare Centre &  
Nursery School  
Georgetown Toyota Sales  
Gerrie Electric Wholesale  
Glencairn Golf Club  
GoldenStar Insurance Brokers Inc.  
Halton Region - Income &  
Employment Services  
Helson Kogon Ashbee Schaljo  
& Associates LLP  
John A Gibson  
Chartered Accountant  
K & M Design Co., Inc.

Kamercorp Holdings Inc.  
Knowledge Management  
Enterprises  
Manon Dulude Counselling and  
Life Coaching Services  
Matthews Design & Drafting  
Services  
McKab Taxi  
Mike Francis Insurance Agency,  
State Farm  
Norm Paget -  
Re/Max - Blue Springs Realty  
Nu Kitchen Creations  
Nurseland Farm  
Papillon's Purification Systems  
Inc.  
Paterson Enterprises  
Ramrock Electric  
Ruffins Pet Centre  
Solinst Canada Ltd

Sopinka & Kort LLP  
Barristers & Solicitors  
Spriggs Insurance Brokers  
Limited  
Superior Glove Works Ltd.  
TankTek Environmental  
Services Ltd.  
The Knolcrest Centre  
Tina's Homemade Cooking  
Topper's Pizza  
Town of Halton Hills  
Transitions for Youth  
United Fire Safety Co. Ltd.  
United Lumber Home Hardware  
Vehicle & Driver's Licence Office  
Vibes Club and Beachwear  
Wall to Wall  
Wildwood Realty Inc.

# 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



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324 Guelph Street., Georgetown  
905-877-3163



Shari White  
Education Director

**Q:** I just received a letter of concern from my child's teacher saying that he lacks effort. I think he is just being lazy. How can I get him to put effort into his schoolwork?

**A:** No one is truly "lazy". Laziness comes from a lack of motivation.

Motivation requires an active mind that searches for principles and seeks truth and wants to try even if it is hard. It is a mind that revels in the difficult and is not afraid of failure. Children motivate themselves when they discover we are offering them something they want. This means our job is to lead them to understand why they should motivate themselves. We must encourage independence and self-esteem in our children. We must learn to communicate with them on their level if we expect them to become motivated. They need a good reason why the activity is important to them, and the reason must be in the context of their lives. We must listen for the things that are important to them right now in their world. We must voice our hopes and concerns in language they can understand. Only then can we guide them along the path we know is best for them. If you need more information or tips on how to motivate your child, please give us a call.

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



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333 Mountainview Rd. S., #30003, Georgetown  
Bus: (905) 877-3880 Toll Free: 1-877-80-STAGE  
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**Q:** My husband and I want to sell our home this summer but we are very overwhelmed at the thought of preparing our house for sale. Please advise how professional home staging services would help us.

**A:** Savvy Staging Solutions has assisted numerous overwhelmed clients having to prepare their property for sale. Preparing your house for sale can be but does not have to be a daunting process. Home Staging Specialists arrive on-site as part of your team. Their goal is to alleviate your stress of selling, prioritize the work to be completed and to enhance and essentially transform your property. Upon listing your property for sale you must ensure that it appeals to a wide range of prospective buyers and allow them to make a connection, remember and want to buy your property!

A Home Staging Specialist will provide you with attainable, realistic recommendations, within your budget and to be completed by the target market date. Don't shy away from preparing your home for sale but rather meet with a Home Staging Specialist. Again, we are on your side, we respect your position and / or experiences and offer an objective eye, 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.

When you are planning to sell your home there are so many variables to consider and so, it is always best to consult with a professional and receive expert advice. Be mindful of the fact that your house is probably your largest investment. Be sure to maximize the appeal of your property and do not ignore the need to have your property staged.

All the best with your upcoming move!

Our customized services permit our clients to choose the level of investment (time and money) to best meet their needs. Savvy Staging Solutions at 905-877-3880 or TF 1-877-80-STAGE visit HYPERLINK "http://www.savvystagingsolutions.com" www.savvystagingsolutions.com.



The Natural Choice Naturopathic Clinic  
Dr. Jennifer Fitzgerald, ND  
Naturopathic Doctor

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**Q:** Probiotics have been in the media a lot lately. What are they and what are they for?

**A:** There is no doubt that bacteria have a bad rap. In fact, we go out of our way to avoid them using antibiotics and antibacterial products. But the truth is, not all bacteria are created equal. In the right places and amounts, some bacteria are actually valuable to our health and wellness.

There are over 400 species of bacteria that live in our intestines assisting in digestion, vital nutrient production and maintaining proper pH balance. The most well-known of these probiotics are lactobacillus and bifidophilus which help to prevent unhealthy overgrowth of candida (yeast), and other harmful microorganisms such as salmonella, and E coli. Probiotics also display a positive effect on immune function, food allergies and eczema, and help to reduce intestinal toxins and cholesterol levels.

Dysbiosis, or an imbalance in the good and bad intestinal bacteria, is prevalent since probiotics are easily destroyed by antibiotics and other drugs such as steroids and synthetic hormones, caffeine, alcohol, improper diet and diarrhea. Bladder infections, yeast infections, rashes, gas, nausea, constipation and diarrhea are all signs of an imbalance in intestinal flora. Recent claims suggest as much as 80 percent of all degenerative diseases result from probiotic deficiency.

Probiotics are most commonly found in fermented dairy products like yogurt. Although yogurt is the traditional source of beneficial bacteria in folk medicine, different brands vary in the bacteria strain and potency. Many products contain little if any live culture at all. For this reason, supplementation in the form of liquids, powders or capsules is recommended to achieve appropriate therapeutic doses.

Anyone who suffers from symptoms of intestinal dysbiosis, frequent diarrhea and eats an improper diet should consider supplementing with probiotics. Probiotics should always be used following antibiotic treatment. Although ingesting 'bacteria' may sound a little creepy, soon you'll find they make very friendly houseguests. If you have concerns about your health and are looking for natural options, contact Dr. Jennifer Fitzgerald, Naturopathic Doctor today!