Ask The Professionals

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Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I was recently in a car accident. I am now experiencing neck pain, which my doctor has referred to as a "whiplash" injury. What is this, and how can I get better?

A: Frequently during a car collision when one is relaxed and subsequently rear-ended one's head is thrown backwards (hypertension) and then forwards again (hyperflexion). This results in a soft tissue injury around the bony vertebral column of the neck (cervical spine), which is referred to as a "whiplash". Soft tissue refers to all tissue such as muscles and ligaments, excluding bone. These muscles and ligaments become over stretched and some fibres are possibly torn. This may result in internal bleeding known as hemmorrhages, which in turn causes muscle spasm.

Depending on the severity of your whiplash injury, a soft collar may have been prescribed by the emergency department or your family doctor after bony and neurological stability has been determined. This helps support the injured tissues, but should not be worn for any prolonged period. It may produce added stiffness and tissue shortening. Seeking the treatment of a *physiotherapist* will help expedite your recovery. He or she will carefully gauge your progress, ensuring that your neck does not receive further stress which would interrupt the healing process. Of added importance is the need to maintain neck mobility, range of motion, strength and function during the recovery phase. Your *physiotherapist* will utilize various modalities, manual therapy and therapeutic exercise, progressing you towards full recovery.

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DR. ANOOP SAYAL

Q: Will I reduce Dental Costs With Regular Check-Ups!

A: As dentists, we sometimes receive telephone calls from people shopping for the least expensive treatment options available. While cost is certainly important, it should not be the most important thing to consider before having dental work done. The long term needs of your teeth and gums and the quality of the dental work should be of paramount importance. The key to reducing dental costs is prevention. There is a lot you can do to avoid serious dental problems. Regular dental check-ups are an essential part of any prevention program. If you see a dentist regularly, any dental problems you may have can be treated in their early stages. Fact is, in our competitive environment, most people discover that the cost of dental care really doesn't vary that much from one dental office to another. You may request an estimate of costs before having dental work done. To do this properly, the dentist will need to examine your teeth and take x-rays to look for any hidden defects in your teeth and bone that can threaten your oral health. Try not to delay needed dental work. Treatment rarely gets less expensive and can become more complicated with the passage of time. If you see a dentist only in an emergency when you already have a serious problem, treatment may be much more costly. We believe consumers not only want to know how to spend their money wisely, they also want assurances about the quality of dental care they receive. We always try to provide patients with a treatment plan that's tailored to their budget, while at the same time giving them the best possible dental care. A variety of payment options are available to help ease the burden of major treatments. In the long run, nothing is more economical than the regular dental check-up. With proper dental care you'll feel healthier, look better and enjoy life to the fullest

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DAY & EVENING APPOINTMENTS **873-9393**

38 OAK STREET
GEORGETOWN

MANON DULUDE

10 Tips on achieving Your Goals.

Q: As a Life Coach, what advice do you have on "How To Achieve My Goals"?

A: We all know how excited and motivated we can be with new Goals. These new objectives fill us up with hope and a sense of renewed focus and energy. Once again we are determined to take charge of ourselves. However, in no time, we find ourselves struggling with our old habits and compromising our plans to realize this journey. After a while, we find ourselves hoping that nobody will ask us an update on this goal we had so proudly set. Eventually, like many others, this goal joins the unfinished pile.

Most of us have not been trained to develop; future visions, goals, action plans, strategies to overcome obstacles, and sustain the effort to reach a goal. Yet they are skills that you can acquire.

10 Steps to achieving your goals.

1. Be specific in what you want to accomplish.
2. Write your goals down.
3. Have a way to measure your progress and success.
4. Assure yourself that your goal is attainable.
5. Fine tune your attitude and mindset to reach a successful completion point.
6. Address any distraction that would take your focus away.
7. Forward your goal into action: make a list of actions to take and determine a completion date.
8. Act as if you have already achieved your goal.
9. Keep moving…. Even the smallest step counts.
10. Hire a coach!

Manon Dulude is a Life Coach with a practice in Georgetown. Manon coaches individuals of all ages; Business Executive's wanting to achieve a more balanced lifestyle, couples who need to revive their relationship, parents who need support to positively discipline children, adults going through life transition and needing to re-design their life, students needing to raise their grades for university. Everyone can achieve greatness and be successful!

For more information on Life Coaching call Manon Dulude at 905 873- 9393.

Mountainview Residence

owned and operated by the Summer family

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www.mountainviewresidence.com
uschi@golden.net

Christoph Summer
Owner/Administrator

Q: As I age I am looking for new ways to stay in shape. Do you have any suggestions?

A: You are obviously aware of the many benefits of exercising to both longevity and quality of life as we age. A recent study conducted by Todd Manini, a scientist at the National Institute on Aging, reinforces this – but with some surprising suggestions.

The Study backs up the fact that exercise has a positive effect on life expectancy. However, it also shows that many seniors are getting great benefit from non-exercise activities like washing dishes, vacuuming, gardening & climbing stairs. In other words, being active in their daily routine had a positive effect on life expectancy, especially for those most active. "Most active" is described as performing approximately 3 1/2 hours of daily activity. Remember, too, the greater your effort, the greater the benefit.

Polishing, dusting, moping and sweeping are great for keeping arms shapely. Bending and stretching, when you make the bed, wash windows or do laundry are good for toning thighs and improving flexibility, and climbing stairs as you tidy is a good aerobic workout.

This doesn't mean that you should stop traditional exercises, but don't overlook the obvious benefits of doing yard work and household chores.

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Q: What is the difference between decorating and Staging your home to sell?

A: Home Staging is a value added service for sellers used to prepare any property for sale regardless of price, location or size of the home. Decorating is an elaborate service geared to the home owner's lifestyle and personal taste.

Keep in mind, when your property is listed for sale, you want to appeal to a wide range of buyers and therefore, effectively preparing your property for sale is a key element in the listing / selling process. You want prospective buyers to remember the features of the house, rather than your collections, personal effects and / or any one style, or personal taste.

There are a number of talented decorators in our community who assist home owner's in decorating their homes, but staging and decorating are two very different things. In an effort to effectively prepare your house for sale you do not want to decorate it but in fact, stage it to maximize buyer appeal. A professional Home Stager will showcase your property and the features of the home (rather than your possessions), by addressing curb appeal, furniture placement and traffic flow, creating a neutral space and ensuring there is an obvious function in each and every room.

Your house is an investment, a commodity, and so you should have your property staged prior to listing, in order to gain the most equity. Have you every heard anyone complain about selling their property for too much money? No. **Professional Home Staging works!**

OXFORD LEARNING

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Shari White
Education Director

Q: I know first term report cards are coming out soon and my daughter's teacher already called and requested an interview with me. What questions should I ask? How will I know if my daughter is where she should be?

A: Many times it takes asking the right question to get the right answer! Here are some leading questions that will give you more information about your daughter, and where she stands in the program.

Are my child's reading and comprehension skills where they ***should*** be?
Does my child have difficulty with comprehension?
Does my child have difficulties with:
- Listening to instructions?
- Following directions?
- Staying on task?
- Organizing notes, work, and/or stories?

Do you have to ask my child to sit still, be quiet or speak up?
How does my child behave in class? In the schoolyard?
What does she like to do best?
What are her areas of strength?
Does she have areas of weakness?
Does my child appear happy?

If any of the answers to these questions are sending you warning signals and you would like some information on how to fix them, please call us at 905-877-3163 to arrange a no-obligation visit.

Rep hockey roundup

Hurricanes win tourney

Several locally-based players contributed to the championship victory by the Halton Minor Peewee Hurricanes at the Jason Abraham Memorial Tournament in Brampton.

Preliminary round— Halton 11, Brampton 2: Devon deLangley (3G); Jacob Harris (G, 2A); Austin Brown (2A); Liam Clare (G); Jake Perehiniak, Jason Dickinson (A).

Halton 2, Ottawa Valley 2: Clare (2A).

Quinte 5, Halton 2: Callum Bowles (G); Perehiniak (A).

Halton 4, Waterloo 3: deLangley (G, A); Aidan Renouf, Dickinson (G); Harris (2A); Brown (A); Kristian Pancevski (W).

Semi-final— Halton 2, Ottawa Valley 0: Harris (G, A); deLangley (G).

Championship— Halton 3, Quinte 2: Pancevski (W).

Peewee AE Raiders

The unbeaten streak for the Georgetown Topper's Pizza Peewee AE Raiders ended with two defeats in a row.

Georgetown 4, Orangeville 0: Conor McGucken (2G); Ryan Langley (G, A); Brad Willoughby (G); Brett Greswell, Ben Shearer (2A); Will Petryniak, Tyler Highfield (A); Aidan Hardiman (SO).

Caledon 4, Georgetown 2: McGucken, Highfield (G); David Sargent, Jordan Fariello (A).

Brampton 7, Georgetown 2: Will Petryniak, Trevor Vanderglas (G); Sargent, Highfield (A).

Atom AE Raiders

Orangeville handed Georgetown's Sports Unlimited Atom AE Raiders their first loss of the season and then the locals turned the tables.

Orangeville 4, Georgetown 2: Marty Burwell, Blair Davies (G); Jake Spence, Brad Ranson (A).

Georgetown 3, Orangeville 0: Burwell, Dane Firhoj (G, A); Callum Biehn (G); Stevie Rosa (A); Joe Wallace (SO).

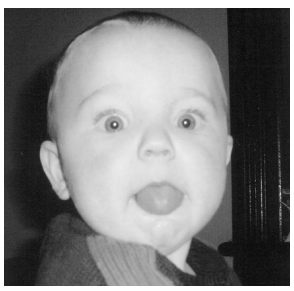
Ancaster 2, Georgetown 0

Georgetown 14, Arthur 1: Davies, Burwell (3G, A); Lucas Jenkins (2G, 2A); Ranson (2G, A); Matthew Carr (G, 3A); Biehn (G, 2A); Matthew Hopson, Firhoj (G, A); Brad Murphy (3A); Ryan Bourgeois, Mitchell Catoen, Rosa (2A); Spence, Brodie Briscoe, Josh Fera (A); Tyler Anderson (W).

See ATOM, pg. 27

Happy 1st Birthday

BRAIDEN!!



Love Mommy, Daddy, Uncle Dave Grandpa & Nanna!!

Stick with your high blood pressure treatment, or you may be in for a nasty surprise.

Canadian Coalition for High Blood Pressure Prevention and Control
http://aorta.library.mun.ca/bp

THE INDEPENDENT & FREE PRESS

Wine and Dine on Us!

Congratulations to the winner of our October Wine & Dine Contest

SHARON SULLIVAN

Sharon received a $50 Gift Certificate for Knights of the Round Table