

Five-course gourmet meal

Church hosts Robbie Burns Night

**JANET DUVAL**  
Special to The IFP

You don't need to be Scottish to enjoy the Robbie Burns dinner that St. John's United Church will be hosting on Saturday, January 20.

The five-course gourmet meal is sure to please every guest, most of whom will never have experienced the food, camaraderie and entertainment of this traditional feast. Included in the meal will be smoked salmon, McMaster's fine roast beef, wine, and a Topsy Laird dessert laced with drambuie. You can also sample the unusual flavours of cock-a-leekie soup, chappit tatties (potatoes) and neeps, before the haggis makes its dramatic entry following a bag piper.

"It's the perfect thing to do on a dark night in January," say organizers Drew and Bett Leverette. "We'll be celebrating the great Scottish poet with people all around the world on this one special night."

The event will help raise funds for the church's exciting new programs, worship technology and upbeat music, all aimed at attracting more young families.

The \$50 ticket price includes wine, entertainment and the five-course sit-down dinner. Guests also receive a charitable tax receipt for \$25. Gather your friends, wear a bit of plaid, or simply come as you are. Everyone is welcome.

You can buy tickets any weekday morning in January at the church office, 11 Guelph St. in Georgetown. For information you can call the church at 905-877-2531, write to office@stjohnsuc.ca or visit www.stjohnsuc.ca

# Ask The Professionals

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

**Q:** With the mild winter weather this year, I've decided to take up jogging outdoors so that I'll be ready for the spring and summer seasons. I have tried to increase my distance on a weekly basis, but now I am experiencing a setback because of pain to the outside of my right knee. It seems to be present when I'm into my 2nd kilometer of running, and just continues to increase unless I stop. What could this be?

**A:** It sounds like you have sustained an overuse injury called the iliotibial band friction syndrome. The iliotibial band is a thickened strip of fascia that passes down over the outside of the thigh and inserts into the top of the shin bone (tibia) on that side. When the knee is repeatedly flexed and extended as in running, the iliotibial band repeatedly rubs over a bony prominence of the thigh bone (femur) that is located around the knee joint. This leads to inflammation of the band, resulting in discomfort. Symptoms commonly appear after a long walk or run, usually worsening with increased distance. Walking downstairs and jogging on hilly terrain is also particularly aggravating. A tight iliotibial band and/or lower extremity structural abnormalities are usually the predisposing factors of this syndrome. Since this is an overuse injury, the most important component of treatment is to reduce the stress to the knee. This does not mean that you have to stop running altogether, but try running a shorter distance on flat ground and shortening your running stride. Inflammation can be reduced through icing and ultrasound. When symptoms resolve, be sure to include iliotibial band stretches in your pre- and post-running stretching routine.

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**Q:** At work or at home, I don't seem to be able to resolve conflict positively. How can a coach help me?

**A:** The truth is that there are only 5 ways to be involved in the dance of conflict. You can choose to; avoid, accommodate, compromise, compete, or collaborate. My experience is that we all have preferred styles and tend to repeat the same patterns time after time.

Although each style has its merits, the art of resolving conflict lays in being able to learn collaborative skills. We all can be collaborative when the stakes are low, the challenge comes when we have to listen and give value to the interests of someone else when those very interests seem to be against our own.

Coaches have a number of resources available to assist you in developing new skills to manage conflict more effectively. One of these resources is the Thomas-Killman profiling assessment tool which helps you learn about your conflict style so you can make specific changes in technique. Another important process in which a coach can be of support is in challenging the belief system and mindset which influences your actions at time of conflict. This will assist you in bringing resolution to difficult interpersonal situations.

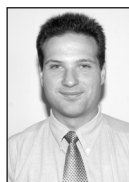
Manon has assisted many individuals, couples, and workplace related team to develop collaborative skills. The process frees all parties involved from the fear of losing and brings a whole new scope of solutions never considered before.

To learn more about conflict resolution coaching, Please contact Manon Dulude, Certified Professional Coach, 905 873-9393

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Christoph Summer  
Owner/Administrator

**Q:** Will retirement home staff notice subtle changes in my mother's health or offer reminders if she forgets to go for meals or to the programs?

**A:** Many retirement homes are adept at noticing the general well being of its residents in a discreet manner. Here are a few things to look for.

Is the nursing station in an accessible area where the residents can interact with the staff in an ongoing, recurring basis? This enables the staff to be aware of any problems as soon as they occur. Some residences even check blood pressure and weight gain/loss on a regular basis. Make sure there is no cost for this.

It's natural that residents sometimes forget mealtime, as they are often engrossed in other activities. To ensure that residents eat regularly, see if the dining room has a set-seating plan. This enables the staff to see immediately, whether or not residents have missed a meal. Ask also if the staff follows up with a reminder to come for the meal.

Take home an activity sheet to ensure that there are activities that appeal to your mother and that they are in easy-to-find locations. Check too, that the office of the activities coordinator is accessible. This is the person who can introduce your mom to the various programs and give her reminders if she forgets.

In short, assess not only the interaction of staff with the residents but also the layout of the building with regard to accessibility to activity centers.

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Shari White  
Education Director

**Q:** With exams coming up later this month, I know my kids are not well prepared. Do you have any suggestions we can do at home?

**A:** Being organized and prepared for tests and exams can make all the difference in how well students perform on them. Oxford Learning has five important tips to follow to help ensure effective studying.

**FIVE IMPORTANT STUDY TIPS**

**TALK TO TEACHERS**

Teachers love it when students ask them questions. Students should talk to their teachers after class and ask for an outline of the exam. Know the key areas on which to focus studying. Teachers may even offer exact questions that will be on the exam (or they may tell you nothing). It is worth asking though. Students may even get extra marks on the exam for their effort.

**ENSURE NOTES ARE COMPLETE**

Most students have missed at least one class or dozed off a couple of times. Talk to friends, teachers or anyone who may have any missing information needed to study for a test or exam.

**CONDENSE NOTES**

Make studying much less overwhelming by condensing notes and textbooks by creating mind maps or writing jot notes.

**CREATE A STUDY SCHEDULE**

Plan study time considering the weight of each test or exam and current grades. Portion an approximate number of hours of studying for each exam. Record study days and number of hours in a planning calendar. Remember to do a weekly summary.

**STUDY LESS**

That's correct! Study in half hour increments, taking 10 to 15 minutes breaks. This will make studying more effective and provide more realistic study goals. Don't commit to studying for large blocks of time in a single day.

If you need more help on setting up a study schedule, or you would like more information on enrolling for second semester, please call us at 905-877-3163.

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DR. ANOOP SAYAL

**Q:** How does a cavity form in a tooth?

**A:** First, for a tooth to be susceptible to decay, the bacteria which we all carry in our mouths must adhere themselves to the tooth by combining with proteins in saliva and food debris, and forming a layer known as plaque. These bacteria consume the food debris with which they come into contact, and often digest it within a matter of mere minutes. Bacteria are very fond of easily digestible foods like potato chips, candy, ice cream, milk, cakes and other foods containing carbohydrates. Eventually, these bacteria need to "relieve" themselves and do so by excreting an acid which if concentrated in one area, can actually dissolve the calcium in a tooth. If a small colony of plaque remains attached to a tooth surface for a period of time, it can cause localized destruction of the tooth enamel, which left untreated can eventually destroy the tooth and the bone supporting it. Typical "acid attacks" during waking hours are tempered by the presence of saliva in our mouths which acts as a buffer and remineralizing agent, diluting the acid and therefore it's effectiveness in dissolving teeth. The bad news is that our mouths stop producing saliva after we've fallen asleep. This allows these bacteria to inflict their severest damage to the teeth when we least expect it, while we are asleep! Cavities don't have to happen. The best way to prevent cavities is to floss and brush regularly with a fluoride toothpaste which helps to re-mineralize the tooth structure. It's especially important to brush and floss carefully before bedtime to dislodge plaque from the teeth so as to render the nightly "acid attacks" virtually ineffective. Oral irrigation devices can also be helpful in removing food particles after meals, especially from around bridgework and other hard to clean areas. Don't forget to replace your toothbrush every few weeks in order to safeguard against re-infecting your mouth with old bacteria which can collect on the brush. Finally, remember to see the dentist (at least) every six months for a check-up and professional cleaning. Left neglected, cavities can lead to root canal infection, permanent deterioration of decayed tooth substance, and even loss of the tooth itself.

Join us to celebrate the retirement of **Margaret Palmer** at the Royal Bank of Canada at 232 Guelph St, Georgetown on Friday, January 12, 2007 from 10 am to 2pm



**Look Out! Everyone Off the Road!!**



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**Q:** We are interested in having our home staged 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 realize a staged property; a move in ready property, is in demand and will bring RESULTS! Home Staging Specialists work closely with Builders, Home Owners, Investors and Realtors® to prepare homes for sale and / or rent. All properties (including condos and vacant homes) can be staged despite 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 house is probably your largest investment, be sure to maximize the appeal of your property! A Home Staging Specialist from Savvy Staging Canada Inc. works in 3 steps: An on site appointment (a Consultation) is scheduled and a thorough analysis of the property is completed. A Property Enhancement Guide™ is supplied listing all recommendations / priorities which are then reviewed with you. A proposal from Savvy Staging can be provided if you are unable or do not wish to participate in the transformation / staging of your property. Homework / Repairs are to be completed as recommended in the Property Enhancement Guide™. Savvy Staging can project manage this transformation and ensure all tasks are completed by the target market date. Final Staging - Savvy Staging returns to showcase the property in the best light possible, as well as to designate it "buyer ready". The staging process offers a distinct marketing advantage over your competitors. STAGING WORKS! We alleviate your stress and offer "Exceptional Service & Outstanding Results!" Our customized services permit our clients to choose the level of investment (time and money) to best meet their needs. Savvy Staging Canada Inc. 905-877-3880 or TF 1-877-80-STAGE be sure to visit our website at www.savvystaging.ca