

Sunday, Oct. 19

Pet Blessings: The Upper Credit Humane Society will be holding Pet Blessings on the Tennis Courts at the Shelter, 2:30-4:30 p.m. (rain or shine) Info: 519-833-2287.

Sunday openings: Georgetown Branch of the Halton Hills Public Library is now open on Sundays, 1-5 p.m. Visit either the Acton or Georgetown branch during Ontario Public Library Week Oct. 19-25, for a chance to win a beautiful gift basket!

Wild mushroom foray: Search for new species of fungi and "edibles". Professional and amateur mycologists present to assist with identification. Sponsored by the Mycological Society of Toronto. Bring water, a basket, a small knife, mosquito gear or repellent, good walking shoes, long pants and a whistle. Depart 10 a.m. sharp from the Coffee Time parking lot, south end of Erin. No charge. Info: Sonia Bukata, 519-833-1188, gyp-sym@stn.net.

Bruce Trail hike: Level 1, 5 to 6 km loop hike at Scotsdale Farm. Depart at 1 p.m. from the Georgetown Market Place's east side parking lot between Zellers and the grey medical building or meet at Scotsdale Farm parking lot on Trafalgar Road for a 1:30 p.m. hike time. Bring water and snacks. Leader: Janet, 519-853-1285 janetLL@cogeco.ca.

Tuesday, Oct. 21
Calling all Gardeners! Acton Horticultural Society presents Paul Zammit on Gardening without Flowers, 7:30 p.m. at Knox Presbyterian Church, 44 Main St. in Acton. All welcome. Info: Ruth, 519-853-0009

Blood donor clinic: hosted by the Canadian Blood Services, 4-8 p.m. at the Gellert Community Centre, 10241 Eighth Line in Georgetown.

Community Calendar

Call 1 888 2 DONATE (1-888-236-6283) for blood donor clinic information, eligibility information or to book an appointment.

Euchre: Georgetown Seniors Centre hosts euchre, 7 p.m. at the centre on Guelph St. Admission \$2.

Autism, AD(H)D Learning Disabilities?: Bio-chemist, Rj Millar, who specializes in research of Omega 3 will discuss how we can achieve the ideal balance of Essential Fatty Acids (Omega 6:Omega 3) and how this enhances our health in a free seminar, 7 p.m. at St. Andrew's United Church, 89 Mountainview Rd., Georgetown. Info: Rose de Oliveira, R.H.N., 905-877-7327 or rdolive@cogeco.ca

Wednesday, Oct. 22

Beef Barbecue: 5-7 p.m. at Hillcrest United Church, corner of Trafalgar Rd. and Five Sideroad. Tickets: \$15 adults, \$7 children under 12 and under five free. For tickets call Edith, 905-873-6057.

Bruce Trail hike: Level 1 slow-paced loop hike on local trails. Depart at 9:30 a.m. from the Georgetown Market Place's east side parking lot between Zellers and the grey medical building. Normally back by noon in time for lunch at a local eatery. Leader: Maureen, 905-873-9757.

Fashion show: Going green and bargain hunting has never been so much fun, 7 p.m. at Centre 2000 Theatre in Erin, the East Wellington Advisory Group, (EWAG) presents the 5th annual ECOFashion Show. A fashion show with gently used clothing with famous labels including Liz Claiborne, Wayne Gretsky, Gap, American Eagle, Danier and many more. Tickets: \$15 (\$10 for seniors) are available at EWAG stores in Hillsburgh, Erin and Rockwood or call EWAG at 519-833-9696.

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Q: I am divorced and know I am not alone but I have heard that 75% of 2nd marriages end in divorce. Why is this and how can I avoid becoming another statistic?

A: A big part of the reason that so many second marriages fail is the fact that many people do not ever heal from the pain of their separation or divorce. They remain angry and bitter and they carry this with them into all subsequent relationships. They think they are over the marriage but they cannot talk about their ex-spouse without still getting angry and depressed. After a separation or divorce, people need to rebuild their self-esteem and learn how to trust. They must learn to let go of the past so that they are free to live in the present and build a new future. Separation and divorce is in many ways like a death and must be dealt with in much the same way. No one ever marries with the plan of getting divorced. People need to learn to live, love and laugh again. You cannot grab onto the future if you are busy holding on to the past. Appropriate counselling will give you the tools and techniques that will help you accomplish all of these tasks. You will be guided through the recovery process and go through the healing process that will leave you whole again.

Children and blending families also are great stressors in second relationships. Learn how to co-parent with your ex-spouse so that you minimize the negative impact on the children and your new relationship is not unduly strained because of child issues. Because you could not be married to someone does not mean you cannot successfully share parenting.

Divorce does not have to result in disaster. You can learn to move on and enjoy a rich and fulfilled life with a bright future. No one enters into marriage looking forward to the day they divorce but sometimes it happens. Now it is time to regroup and move forward.

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Q: If my landlord doesn't require me to have insurance, why should I get it?

A: Having Tenant's Insurance is not required as there is no mortgage or lien and no one has an interest in your personal property. However, there have been a number of incidents where tenants had to find alternative accommodations due to a fire, gas leak or other peril. These people had to find a place to live at their own expense and in some cases lost their personal belongings. Tenant's Insurance is inexpensive and if you have a car, you may get further discounts which would mostly offset the premium. Discuss a Tenant's Package with your broker. You may be pleasantly surprised how affordable and beneficial it is.

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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.haltonspeech.com



Karen MacKenzie-Stepner

Q: We would like our child to grow up learning my wife's native language, Italian, as well as English. Will learning two languages affect his overall language development?

A: Raising multilingual children offers unique opportunities as well as a number of challenges. Learning even just one language is a complex process, but young children typically have the potential to learn more than one language. Bilingual children develop language skills just as other children do. In the process of learning two languages you need to be a good language model and not mix up languages. When talking with your child in English, don't mix-in phrases and sentences from your native language. Give your child many opportunities to hear and practice using both languages in everyday situations.

The American Speech-Language-Hearing Association suggests some basic guidelines:

- Most bilingual children follow the same language developmental milestones seen in children who learn only one language.
- Occasionally, children may mix grammar rules, or they might use words from both languages in the same sentence. This is a normal part of bilingual language development.
- When a second language is introduced, some children may not talk much for a while. This "silent period" can sometimes last several months. Again, this is normal and will go away.

If you have any concerns that your child is not learning one or both languages the way that you would expect, consult with a speech-language pathologist.

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Q: I have an office job and my neck and back pain seems to be getting worse. What can be done to help?

A: There are postures and patterns of movement that are ideal from the perspective of minimizing your body's susceptibility to injury. Sometimes office work and activities outside of the office can stress the spine in ways that create and maintain soreness. We identify these factors and provide easy to implement suggestions to make these issues less aggravating. We also possess expertise in using other forms of treatment like gentle joint manipulation, postural taping, pain relieving electrical stimulation that can be applied at home when you need it and therapeutic exercise. When required our massage therapist and physiotherapists create a combined treatment approach that ensures that you receive effective treatment in a well organized manner.

Please join us on **Tuesday Oct 28th 7:30 pm** for the next public health presentation "Advice for Aching Office Workers". The cost of admission is an item for the Georgetown food bank. Please RSVP at 905 873 7677 or www.rossphysio.com

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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 wellbeing 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, when residents have missed a meal.

Take home an activity sheet to ensure that there are no 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.

ADAPT
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Lisa Panetta
 Program Lead, Problem Gambling Services

Problem Gambling Services

36A Armstrong Avenue
 Georgetown, ON L7G 4R9
 (905) 873-6502

42 Mill Street
 Acton, ON L7J 1H2
 (519) 853-8222

Q: What is Gambling?

A: Gambling means risking money, property or something of value on an event or activity which the outcome is determined by chance. This includes not only licensed formats such as casinos, bingos, scratch tickets, horse races etc. but also the informal wagering that people do amongst themselves.

Q: What is Problem Gambling?

A: Problem gambling means that a person's gambling is having a negative impact on their life and/or on the lives of those close to them. This can be the result of a one time event or an ongoing pattern of behaviour. If you are wondering if your gambling is a problem or if you are concerned about someone else's gambling help is available.

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