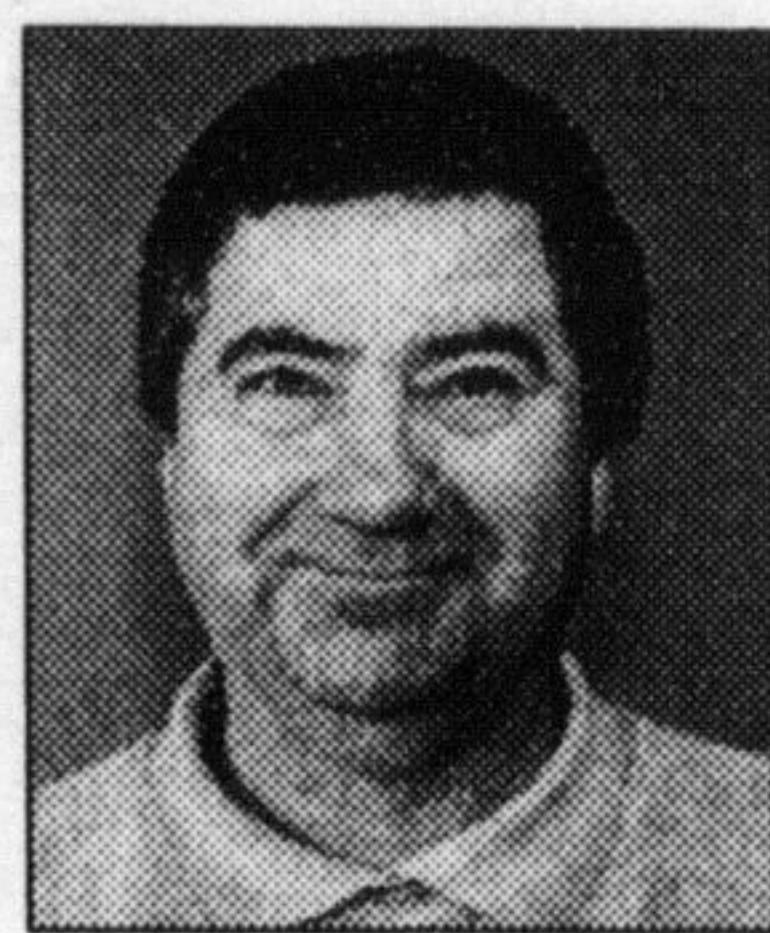


# Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"  
c/o The Canadian Champion  
191 Main Street E.  
Milton, Ontario L9T 4N9  
or Fax to: 878-4943



JOE RECK

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151 Nipissing Road, Unit 4&5 Milton, Ontario  
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**Q:** I've had an accident. What should I do?

**A:** Getting into an accident isn't fun, but unfortunately accidents happen! However if an accident occurs you should follow the steps below:

1. Attend to injured. Call police and, if necessary call ambulance Emergency number - 911.
2. Turn off the engine and leave the car where it is, if you feel it's OK to do so.
3. Obtain names, phone numbers and license plate number of witnesses.
4. Obtain information on other parties.
5. Keep calm. Do not admit fault at this time.
6. If your vehicle is not driveable, have it towed to a collision repair organization of your choice.
7. Call your insurance broker/agent to inform them of the details.

For additional information contact Marilyn or Joe Reck at Ontario Auto Collision CARSTAR at (905) 875-4477 or call our toll free customer service line 1-800-CARSTAR. You can also find us on the Internet at <http://www.carstar.com>



PENNY RIDLEY

**Sage and Thyme  
of  
Aromatherapy**

876-0061

**Q:** What is aromatherapy?

**A:** It is a caring, hands-on therapy which seeks to induce relaxation, to increase energy and to reduce stress. Aromatherapy works with the medicinal properties of essential oils to bring about healing. Essential oils stimulate the body's natural defence - the immune system. The combination of using aromatic oils and massage have formed a part of medical practice for over 4000 years. The essential oils are naturally distilled from plants whose mild medicinal properties are used to treat various ailments. The oils are readily absorbed by the skin and thus are ideal for skin problems, muscular aches and sinus pain. All essential oils have anti-bacterial properties thus offering an additional treatment in combating certain ailments. Aromatherapy is a great help with stress related disorders, some of which include; PMS, anxiety, depression, insomnia and digestive disorders. the massage is both physically and mentally relaxing. Any therapy which is genuinely relaxing is going to counter act the negative effects of the stress which contributes so much ill health today. Aromatherapy is unique in that it is the only treatment where medicinal remedies are successfully combined with a body contact therapy. Both aspects are equally important and it is this combination of massage and essential oils which makes it so effective and special.

- Call for an appointment. • Gift certificate are available
- Educational seminars offered

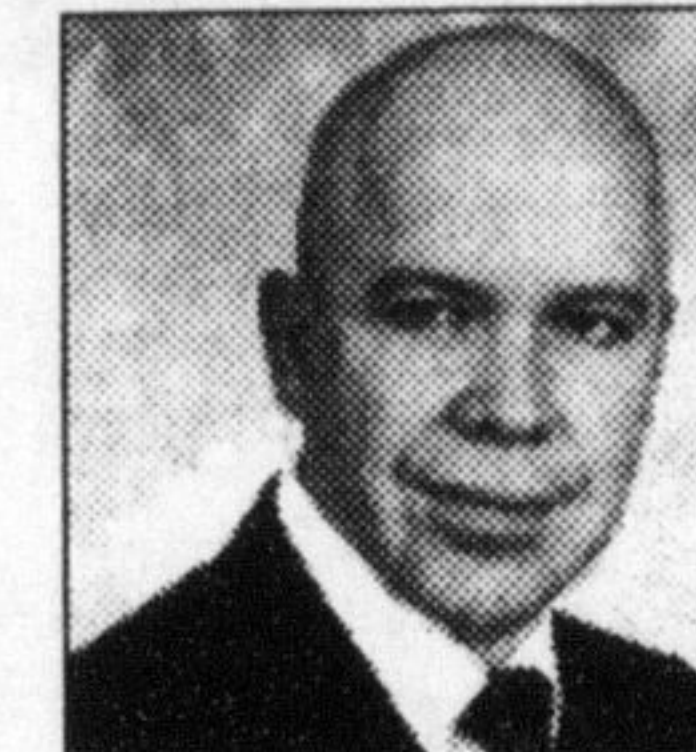
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420 Main Street East, Milton, Ontario L9T 1P9



Lou Mulligan CFP

**Q:** I'm 69 years old this year. What do I have to do with my RRSP's? (Part 2)

**A:** People aged 69, 70, 71 must convert their RRSP's or face serious tax consequences. In future, this must be done the year you turn 69!

Convert your RRSP to a RRIF as an "in kind" transfer. All your investments stay the same, they just get classified as a RRIF rather than an RRSP. You do not have to sell your RRSP assets to set up a RRIF. You can tell your financial institution to leave everything the same for now, you just want it transferred into the RRIF.

Your Benefit: Your RRIF is set up on time and you can still get the best financial planning advice before selling anything. The important thing is to move your RRSP's into a RRIF before the end of December of your 69th year! After December 31st, you can make sure that you have the right types of investments in your RRIF.

RRIF's must pay you an income, so the type of investment is critical. If everything is in 5-year GIC's, how will you get the income out? Get proper advice.

Your RRIF investment decisions don't need to be complicated. Money Concepts' Financial Advisors help you get the required income out of your RRIF, while still sheltering your savings and positioning your assets for future growth.

For more about your investment options, contact Money Concepts at 876-0940.

Affiliated with Money Concepts Group Capital Corp.



Elayne M. Tanner

*Elayne M. Tanner*

B.A., B.S.W., M.S.W., C.S.W., DIP. SOC. ADM.  
Counselling & Psychotherapy  
Individuals, Couples, Children & Families

11084, 5th Line  
Milton, Ontario (R.R. 2, Rockwood)  
(905) 854-0801

**Q:** I experienced a traumatic experience a few years ago and I have yet to get over it. I have nightmares and anxiety attacks. A lot of things make me remember it, and some of the time, it feels like it is happening all over again. Don't get me wrong, I live a very normal life and no one knows this bothers me, but I would like to get over it.

**A:** What you are describing is called Post Traumatic Stress. This condition can arise from any stressful, upsetting or frightening incident, such as: a break-in; a car accident; a death; being a victim of crime such as robbery, mugging, abuse or rape; sudden marital upheaval; or being fired from your job with no forewarning. It can have occurred recently or years ago. Some adults still have difficulty being alone or in the dark, because of incidents such as childhood hospitalization. There are a number of techniques that can be used in counselling to help you overcome these thoughts that are intruding into your life. Some of these would include what are known as, grounding, journaling, relaxation and desensitization techniques, all of which can be very effective.

There is, however, a new and very exciting method that is being used with amazing results. This is called Eye Movement Desensitization and Reprocessing (EMDR) and it is receiving a great deal of positive attention from the medical, psychiatric and social work community. It requires extensive training which only a select group of professionals qualify to receive. I am pleased to say that I have completed the training and have been using the technique successfully.

This method is too complex to explain here, but for the client receiving the treatment, it is very simple. It uses a series of eye movements, much like the ones that occur naturally when we are dreaming, to help reprocess the traumatic event. You are awake at all times and can stop any time if you choose. If you can imagine the upsetting situation as being frozen in your mind like a photograph that never changes, EMDR helps your brain to turn it into a movie that moves on and finishes, so that you can get past the upset. Many people find that only 1 to 3 sessions can make a remarkable difference in how they feel, even though some of them have been carrying the memories for years. This method, especially when used together with some of the other techniques, provides a wonderful new way to help people with these kind of traumatic memories. This method may be the answer for you. Call me and we can discuss it.

Elayne Tanner brings many years of professional experience and training to her practice in all areas of counselling. Her office is located in Milton minutes from the downtown area.

For any further questions, please call (905) 854-0801. Confidentiality guaranteed.



Greg J. Lawrence,  
B. Sc., D. Ch.

**GREG J. LAWRENCE, B. Sc., D. Ch.**  
FOOT SPECIALIST / CHIRODOPIST

350 Main St. E.,  
Milton, Ontario, L9T 1P6

1A Princess Anne Dr.,  
Georgetown, Ontario L7G 4W4

(905) 702-1611

Member of the Ontario Society of Chiropractors  
and The Ontario College of Chiropractors

**Q:** Why is it important to get your feet treated by a Foot Specialist?

**A:** Our feet are essential for any activity, and are often the most neglected part of our body. Many people have problems with callous, corns and their nails. Quite often these problems are self-treated and complications arise. The next step is looking for someone to manage these problems for you. There are many individuals performing footcare treatments. You can find their advertisements throughout the community. It is essential for the public to know that the education differs immensely between Foot Specialists and the other providers.

A Foot Specialist is a Chiropractor/Podiatrist, who has had a minimum of 3 years of specialty training for the treatment of disease, dysfunction, or disorders of the foot and lower limb. Most Foot Specialists, like myself, have an undergraduate degree before entering this training. Keep in mind, there are individuals providing footcare with as little as five weeks of training.

When you are treated by a Foot Specialist a patient history is always taken to enable us to review your medical history. There are many medical conditions which can directly effect our legs and feet. Therefore, a treatment is not just a trimming of your nails or what ever it may be, it is the medical history, biomechanical exam, circulatory and neurological testing, the treatment, footwear advice, prevention advice, etc. Some people, such as diabetics, are at more risk than others and should have their feet checked regularly. There is nothing more important in life, than your health. Make sure you are receiving the best treatment for your feet, from a professional.

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