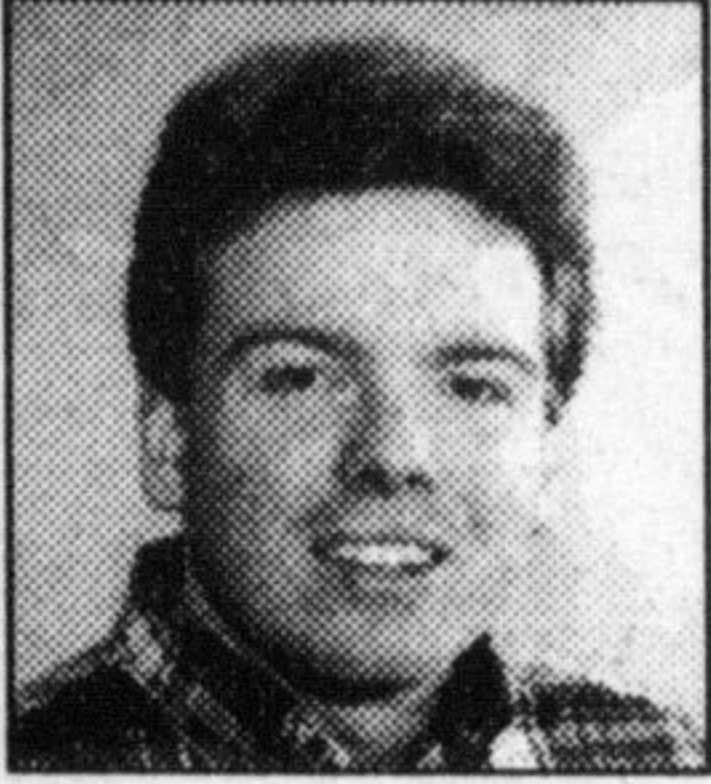


# Ask The Professionals

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



**GREG J. LAWRENCE, B. Sc., D. Ch.**  
FOOT SPECIALIST / CHIROPODIST  
350 Main St. E.,  
Milton, Ontario, L9T 1P6  
1A Princess Anne Dr.,  
Georgetown, Ontario L7G 4W4  
702-1611

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

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

**Q:** My family physician told me to get a pair of "inserts" or "insoles" for my shoes. What type should I get?

**A:** The pre-made (over-the-counter) products tend to be very soft and thick. I would recommend these for individuals who are not in considerable pain and would like a bit of shock absorption. These products will only fit in athletic or lace up shoes due to their thickness. They are also sold by your shoe size. We all know that everyone has a different foot structure and arch length. This means the arch padding in a pre-made insert may not fit comfortably under your arch.

Custom-made products must be manufactured by a foot specialist. They are produced from plaster paris casts or digitized computer scans. This type of insert can be as plush and soft, or as thin and rigid as required. These inserts can be worn in any type of footwear. If you are in any pain, you are athletic, or your occupation requires you to be weight bearing for any length of time, this type of insert is recommended. Custom-made inserts last considerably longer than pre-made inserts, give much support, and are covered by extended health insurance.

If you are interested in more information, please give us a call. A referral is not necessary.

**702-1611**  
The clinic offers extended hours.  
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House calls are also available.



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**Q:** Vehicle skids can cause serious collisions in winter driving. What causes a vehicle to skid and how can I get my car under control and stop it from skidding?

**A:** Hard acceleration can spin a car out of control or hard application of the brakes will lock wheels and cause a car to slide into a skid. You may be travelling too fast for road conditions on a curve and slide on snow or on black ice. The following rules will get your car under control and stop it from skidding. The driver must complete rules (i), (ii) and (iii) quickly, or your vehicle will go into a 360 degree spin.

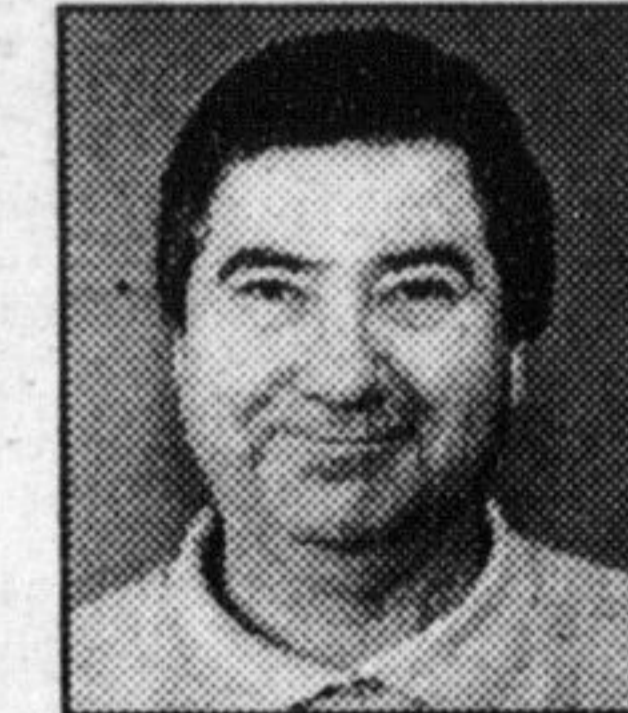
**IDENTIFY HAZARD - HAVE PLAN - ACT ON PLAN**

- (i) Remove your foot from the brake or accelerator.
- (ii) Look and target your eyes on an open space.
- (iii) Steer in the direction of the targeted space.
- (iv) Immediately push down the clutch on a manual transmission or immediately shift an automatic transmission into neutral.
- (v) Keep your composure and DO NOT PANIC
- (vi) Counter steer as the back of the car goes either to the right or left and you have gained full control.
- (vii) Keep control and vehicle straight and release manual clutch or place automatic in 'Drive' and apply 'gentle accelerator pressure to go a safe speed' or 'gently bring car to a stop'.
- (viii) Cooperation and a positive attitude are the keys to safe driving every time.

Remember: The professional driver never brakes hard and steers hard at the same time, because your tires will lose their grip on the road and cause a skid.

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**Q:** How do I keep my vehicle in 'Tip Top' condition?

**A:** The following is advice on how to take care of your vehicle.

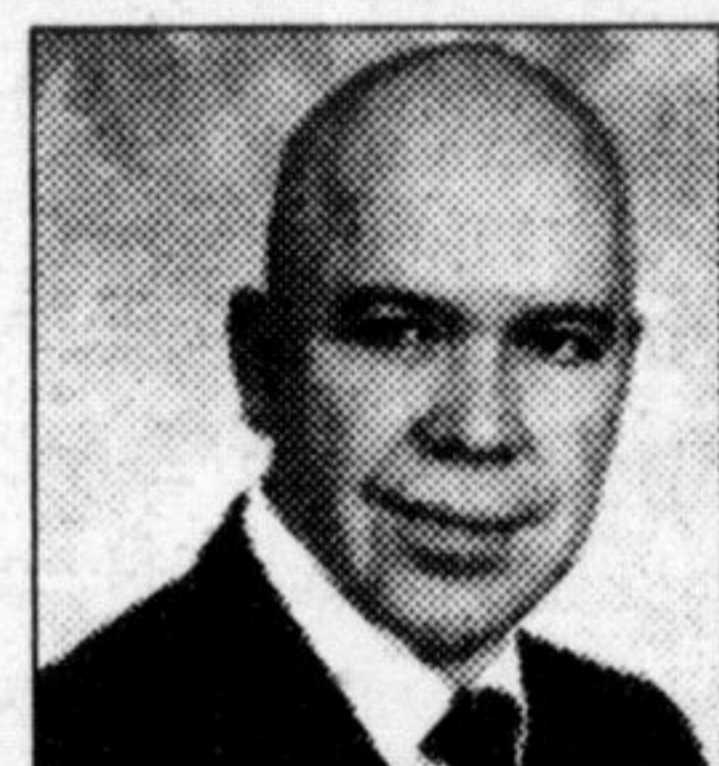
- 1) On newer model cars, do not attempt to "polish" light scratches. Most new vehicles have a clear coat finish that can be damaged if you do not use the proper method.
- 2) Car batteries should be checked monthly in the winter, weekly in hot weather and daily on long trips.
- 3) During cold weather, always check your tire pressure. Tires deflate as the temperature decreases - one pound of pressure for every 10 degrees of temperature drop.
- 4) OIL - fluid level should be above the Add indicator on the oil dip stick. Oil and filter should be changed at least every 8,000 km.
- 5) RADIATOR - check the reserve reservoir, the fluid level should be above the Add indicator. When fluid is needed, it is best to add anti-freeze to the reservoir, not water. All fluid should be drained and replaced every 40,000 km.

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/>

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Lou Mulligan CFP

**Q:** I give my grandchildren money at Christmas and for birthdays. Their parents buy extra toys with it. I do wish they would save some for the future. Any ideas?

**A:** Why not give a gift that will be appreciated now and that can appreciate in value in the future!

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With its attractive announcement card, "Gifts of Value" are ideal as Christmas presents. Your Money Concepts financial planner assists you in your selection of the mutual funds that suit your loved one's needs. (Your investment gift can be made either all at once or budgeted over several months.)

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On behalf of Lou Mulligan, Linda Myronyk, Mary Jane Higham, and Steve Smith, please accept Money Concepts' sincere thanks for your patronage. We wish you all a Happy and Healthy New Year and a Very, Very Merry Christmas.

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.  
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Milton, Ontario (R.R. 2, Rockwood)  
(905) 854-0801

**Q:** I have tried many times to make changes in my life, but each time I wind up back in the same old place. Is this a problem for other people too? How can I change this pattern?

**A:** I cannot comment on your particular situation without more information, but the scenario you describe is a fairly common complaint. Often, the roadblock to creating lasting change is pain that one has experienced in the past. It often acts like an anchor, tying us to our earlier times and making it impossible to move forward. In order to take those steps, therefore, we sometimes must first go backwards. What I mean by this is that we often have to examine painful past memories and experiences, in order to gain new understandings, so that we can untie ourselves from the past. We need to become aware of the tremendous amount of energy that is required to hold onto the pain. If we identify ourselves by our pain, and see ourselves in the victim role, it is unlikely that we will ever become much more than that. In order to let go of the pain, we must somehow find a way to forgive those that hurt us. Understand that I do not mean that we have to accept what they did, but rather to realize that they did what they did because they didn't know better, or, they didn't think, or maybe, they were ill or had been so badly hurt by others that their own ability to care for someone was damaged. Whatever their reason, they did not treat you badly because you deserved it but because of their own deficits. In other words, you do not have to be ashamed of your past because you did not cause it. Yet, if we give up our old familiar pain, we have to face the unknown. It is human nature to be afraid of change and thus, many of us stay anchored to the past. When we learn to let go of the past, we free up new energy with which to tackle the future. Then we can begin to make real and lasting changes. These steps can rarely be taken alone, but under the guidance of a trusted and qualified psychotherapist, who believes in this same viewpoint, you will quickly begin to make the desired changes.

Elayne Tanner holds Bachelor and Masters level degrees in Psychology, Social Work and Social Administration. A Certified member of the College of Professional Social Workers, with many years of professional experience and training to work with individuals, families and couples. Her office is located in Milton in a private rural setting minutes from the downtown area. For any further questions please contact Elayne Tanner at (905) 854-0801.

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