

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



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Geraldine Hesketh

GO NUTS!

As summer disappears, we start to show signs of the squirrel syndrome - rushing around gathering, collecting and decorating in our nests; where we will hide away for the next few months.

Well I have news for you, we squirrels should consider some factors as we plunge into these ventures.

How much time is it going to take to complete and the final cost? Instead of stuffing everything in at once. Slow down and plan carefully.

Whatever your needs flooring, paint, wallpaper etc. It doesn't happen fast! All the other squirrels are out there too.

Anticipate delays, don't be the angry squirrel who can't find his nuts because he left it too late.

Remember life isn't perfect and although we try to accommodate our clients it's not always possible, due to unexpected delays. For example: If your wallpaper or carpet is back ordered, so be it. If you like what you've chosen then it's worth waiting for but always have a back up choice, just in case.

Small projects can always be fitted in. Remnants for beds and baths, etc. are more readily available and we always make sure our remnant room at the store is full. We have lots of various types too! Great for mid-winter spruce ups and we offer great deals as a bonus

So plan early and happy decorating.



Hawkins Animal Hospital

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Debbie Hawkins
B. Sc., DVM

The Three Deadly Feline Viruses

Feline leukemia (Felv), Feline immunodeficiency virus (FIV) & Feline infectious peritonitis (FIP); apart from Rabies, these are the deadliest viruses seen in the feline population.

Most often these viruses are seen in the outdoor, unvaccinated cat population and facilities where large numbers of cats co-exist. If your cat goes outdoors and at times is unsupervised s/he is at risk to contract these diseases from other cats. When strange cats encounter one another, they tend to be quiet aggressive and anti-social. Most often an encounter results in a fight, possibly involving bite wounds and exposure to these viruses.

There are vaccines available for Felv and FIP but not FIV at this time. Cats at risk of contracting these diseases should be vaccinated annually for Felv, FIP and Rabies, along with the cold viruses and distemper. If your cat comes in contact with a carrier of the above, s/he upon developing the virus, will invariably die. There is no cure for these three viruses at this time!

Please, if you haven't had these vaccines administered to your pet, ask for them! They will save your cat's life!



Marion Healy
R.N.C.

BEVERLY HILLS
Weight Management & Nutrition Centres
MARION HEALY
Registered Nutritional Counsellor
Manager

550 Ontario St. S., Unit 18 (905) 875-2889

Q: Does stress have negative side-effects on a person's health?

A: Stress can put a great amount of pressure on all the systems of the body. Adrenaline, the hormone which gives us our fight or flight response, is over-stimulated when we are constantly coping with stress. At these times, the body requires six to eight times more vitamin C to make adrenaline. Our western lifestyle is almost entirely motivated by fight or flight.

Our digestive, and elimination system are also hindered under stress, due to a dramatic reduction in the secretions of our digestive enzymes. These enzymes are responsible for effectively breaking down the nutrients in our food. Without optimum digestion, our absorption of important nutrients lowers, making it difficult to achieve a higher level of health and hindering any attempts at metabolic weight management.

A Registered Nutritional Consultant can help you to understand what nutrients may be of maximum benefit for your individual needs. You can also help yourself by reducing the stress in your life. Remember the importance of eating properly, getting the proper amount of rest and including a moderate amount of exercise.

Marion Healy is a registered Nutritional Consultant with over 11 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre. For more information contact Marion at 875-2889



EduService Inc.
Improving performance through training
and materials

Q: Dear Expert, I'm over age 45 and not sure what I want to be when I grow up?

A: The fact is, that many of us will experience several career changes in our lifetime. Unlike our much younger rivals, we have the advantage of bringing many skills and experiences to the labor market. Our challenge then, is to know which skills are in demand and how to market them effectively to future employers.

Many people at this stage in life are considering self-employment as an option, either full or part-time. Sometimes, circumstances present an opportunity to pursue an entrepreneurial venture or turn an idea into an income. In fact last year in Ontario, over 100,000 small businesses were registered. If becoming your own boss interests you, get advice. Start with a visit to Halton Region Business Help Centre, at Bronte Rd and the QEW.

Take note, that there is an exciting new program, which is offered in Georgetown and Milton every month called *Experience Works*. It is targeted to the older worker who is facing the challenge of re-entering the labor force, making a career change, seeking self-employment information or looking for solid advice on what's out there and how to get it. And the best of all, it is funded by HRDC so there is no charge.

Experience Works is a 6-day program that offers not only information on jobs that are available, but includes sessions to create a personal skills inventory, interest and aptitude profile, powerful resumes, successful interviews, financial planning, self-employment exploration and much more.

For more information about *Experience Works* or to book your spot, call 1-800-350-8361.

Deborah Dennison has written several successful books and owns and operates a training and development company that specializes in:

- Creating materials and facilitating workshops to help potential entrepreneurs get started and be successful in their own enterprise.
- Assisting individuals with career planning and attainment of meaningful work.



Elayne M. Tanner

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Q: My wife and I have been together for over 20 years. Generally, I think that we are still pretty happy together, but when it comes to sex, things just haven't been working out for some time now. I've just recently heard that you and your husband provide something called sex therapy. Could you please tell me a bit about it? What do you have to do? How long does it take?

A: Sex therapy is a simply a way of helping people with sexual problems or concerns. Ideally, especially when helping couples, there is a male/female co-therapist team. There is no sexual contact or activity of any kind during the sessions. The therapists provide a supportive, non-judgemental atmosphere in which the couples can talk about their difficulties.

The personal history of each partner, their shared history and their present feelings and behaviours are usually explored in order to clearly define and understand the present problem. If there is a possibility of a medical cause to the current concern, a referral to a physician would be made. If the concern is not seen as a medical in nature, a number of different psychological and/or emotional factors will be involved. With the help of the therapists, the couple will explore the nature of the present problem, possible solutions and strategies and some goals to work towards. Each week, the couple is given assignments and exercises to do at home between sessions, designed to promote intimacy and communication.

Couples may be experiencing one of a wide range of sexual problems including lack of interest, differences in desire, erection difficulties, inability to orgasm, premature ejaculation and vaginismus. Nevertheless, regardless of the type of problem, most couples experience a significant improvement in their sexual difficulties in only 7 to 10 weeks.

Elayne Tanner is a Certified Social Worker in private practice in north Milton. If you have further questions or if you would like to arrange an appointment, please call (905) 854-0801. Confidentiality guaranteed.

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