

# 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



CW Horticulture



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**Q:** How do I start seeds indoors?

**A:** This is the time of year to propagate seeds indoors, so that you will have seedlings to plant outdoors in the spring. By sowing seeds indoors, you are able to gain three to six weeks over those sown outdoors.

The materials you will need are these:

- Seed
- Propagation Tray consisting of tray, inserts and humidome
- Media that is heat-treated (pasteurised), high in water retention, and with high porosity
- Seed-starting fertilizer that is high in Phosphorous (middle number of fertilizer ratio), and contains a rooting hormone
- Fungicide to prevent "Damping Off" - a seedling fungus
- Hand misters for watering, fertilizing and applying fungicide
- Larger sized containers for transplanting
- Labels to record date and variety of seed

Following are favourable environmental conditions for seed germination:

- Bottom heat to stimulate germination and/or root growth
- Light from grow bulbs, light stand or bright, diffused natural light
- Humidity created with humidome or clear plastic covering
- Water that is room temperature

Transplant seedlings into larger containers when the first two to four true leaves have developed. The same pasteurised potting mix should be used for the transplants. If you have further questions regarding seed starting, or any gardening related topics, please contact us. We would be happy to help you.



KAREN McWHINEY  
OWNER

**nutrition house**  
Come home to wellness

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693-8942**

Hello. Welcome to our first column as you come home to wellness!

We have been in Milton 3 years and have grown to the point where you have asked for more information and this is just another way of us helping you gain more knowledge.

We all desire health and vitality, energy and clarity of thought. If you have the motivation we have the knowledge and practical help to get you what you deserve - naturally!

From vitamins, minerals, herbs, sports nutrition, books and more, we want to help you - "Come home to wellness".

During our time in Milton we have been involved in many exciting changes and retail innovations but customers and the community have always been our focus.

We care about Milton!

- Member of the Chamber of Commerce
- Supporter of the Milton Fair
- Sponsor the Milton District High School Mustangs Cheerleading Team
- Women's Triathlon Sponsor
- Sports, community involvement and more.

Now through this column, we can help Milton again, by answering questions everyone will find interesting and will be of benefit to us all, we will learn to give our body what it deserves - naturally!

The advisors for this column range from MD's, ND's and Master Herbalists to Instructors at the College of Naturopathic Medicine.

Nutrition House supports the Canadian College of Naturopathic Medicine by being one of its "Pillars of Health".

Nutrition House is 68 stores strong across Canada with more stores opening soon!

Please write to us today, we will answer everyone.



SUSAN CHORNEY  
Certified Hypnotist

**Positive Changes  
Hypnosis**

123 Maurice Drive  
Oakville

905-337-3700

**Q:** Is hypnosis safe?

**A:** Hypnosis is completely safe! You are in control at every moment and can terminate the hypnotic state at any time. Hypnosis is not sleep. You cannot get "stuck" in hypnosis. You cannot be made to do something against your will. Hypnosis is unique, relaxing and results generally happen after the very first session. With co-operation and reasonable commitment, you can expect excellent results with weight loss, stop smoking and stress reduction.

**Q:** How will I know that I am being hypnotized?

**A:** Most people cannot tell the difference between a hypnotized state and a "waking" state! Some people feel relaxed and lethargic, others feel light, some have tingling in their fingers and so on. If you are a little skeptical don't worry. Most of our clients were a little skeptical at first. What took their skepticism away? They noticed inexplicable changes in their daily habits and behaviours including improved sleeping, regaining motivation, determination and confidence.



**HALTON HILLS SPEECH CENTRE**

328 Guelph Street  
Georgetown  
(905) 873-8400

**Q:** My child is having speech and language difficulties and it was suggested to me that I contact a Speech-Language Pathologist. What services does a Speech-Language Pathologist provide?

**A:** A Speech-Language Pathologist is a professional who is trained to assess and provide intervention to children and adults with speech and language difficulties. A Speech-Language Pathologist provides a wide range of services to assist people in the development of effective communication skills. These services include:

- helping people with **speech sounds** (articulation) difficulties;
- assisting children develop **language** skills;
- helping people who stutter (dysfluency) to speak more fluently;
- helping people with **voice disorders** to improve their voice;
- assisting people who have difficulties **swallowing** as a result of illness or stroke;
- helping people with **aphasia** (language impairment as a result of head trauma or stroke).
- accent improvement to aid foreign born individuals in improving their spoken English.
- consulting with individuals and community groups in ways to **prevent** speech and language disorders and to enhance communication effectiveness in everyday use.

Speech-Language Pathologists practicing in Ontario are registered with the College of Speech-Language Pathologists and Audiologists of Ontario. Speech-Language Pathologists provide services in many different settings including client homes, schools, hospitals, clinics, nursing homes, preschool programs and private practice.

If you would like further information about a Speech-Language Pathologist or the services that they provide please contact the Halton Hills Speech Centre.

## Smith dedicated to citizens of Milton, says police official

• from SMITH on page 11 said. "We went through a lot of traumatic times together."

One of the memories that stood out in his mind from his years of police service was being called to Milton's first riot in 1973.

"It was down by the jail," he recalled. "They were throwing rocks and apples and knocked all the windows out. They (rioters) were mad because we arrested the ring leader. We made 12 arrests that night."

Mr. Smith said his wife Brenda was happy he retired from the force.

"There was always the element of danger," he said. "She was happy I got out."

Sup. Keith Gregory of Halton police said Mr. Smith is highly dedicated to the citizens of Milton.

"He likes to see things done and done right."

SUP. KEITH GREGORY

"He's a trouble shooter," said the superintendent, who had worked with Mr. Smith for 15 years. "He likes to see things done and done right. He enjoyed the people he worked with and was a real professional and a good friend. He'll be sadly missed here."

Mr. Smith had earned respect from the force, he said.

"Thirty-one years is a long time (to be working in one place)," Sup. Gregory said.

"He saw a lot of unpleasanties."

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