

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



BARROW FAMILY CHIROPRACTIC

180 Ontario St. S. Milton
(905) 878-4994

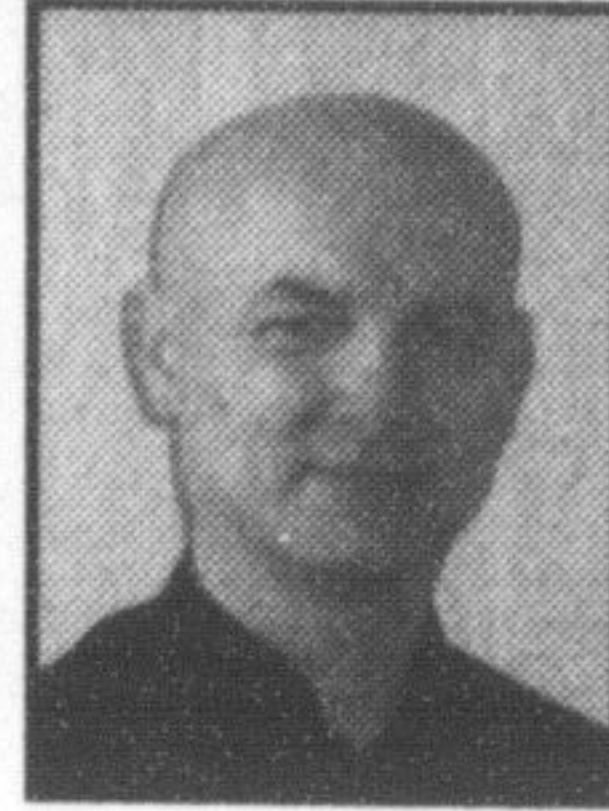
Fax: (905) 875-4485

Email: drabarow@sympatico.ca

HOW CAN I BE SICK AND NOT HAVE ANY SYMPTOMS?

Your definition about health might be incomplete. Just because you don't feel sick or have any symptoms doesn't necessarily mean you are healthy. How many times have you heard of a person who died suddenly of a heart attack? His/her family members are shocked. "He was always so healthy", they say. Was he? If he was healthy with a strong and healthy heart and a good nerve supply, would he have had a heart attack and died? Usually, in such cases, the person is not healthy - just healthy looking.

Most bodily functions go on all the time without you ever being aware of them. You normally aren't conscious of when your organs are working correctly and you may not know it when they aren't - until it's too late. Remember when you first learned, back in grade school, the Earth was spinning around at an incredible speed. If you were like most kids, you went out into the schoolyard and stood still and tried to feel the Earth spinning. How could it possibly be happening if you didn't feel it? Of course the scientific evidence was so overwhelming that there could be no room for doubt that this unbelievable phenomenon was true. None of us today, as adults, doubt for a second that the Earth is spinning - even if we can't feel it underfoot. Yet, we have trouble believing interference in our nervous system can cause health problems in the rest of the body, or that we can be very unhealthy and not show any symptoms - despite the overwhelming evidence.



Dr. Ron Strohan Optometrist

Wakefield Professional Centre
106 Wakefield Rd., Milton

905-878-5882

Mon-Thurs 9-6, Wed-Fri 9-5, Tues 9-8
Saturday AM by appointment

Dr. Ron Strohan
Optometrist

Self Help.....not always helpful!

Many times the advice of a friend or loved one to "Try this" can lead to disaster and harm to your eyes.

People for some reason feel the red eye can be relieved from the use of eye drops commonly found in the pharmacy or in the medicine cabinet which can "get the red out."

Unfortunately this is poor advice and action to take.

Many conditions which cause red eye may be serious enough to cause blindness.

Eye infections if not diagnosed correctly can occur interior to the eye and be detrimental to the health and ability to see.

A previous injury or blow to the eye during a sporting activity or occupational injury may leave the eye open to serious subsequent damaging processes which may be masked by a red eye.

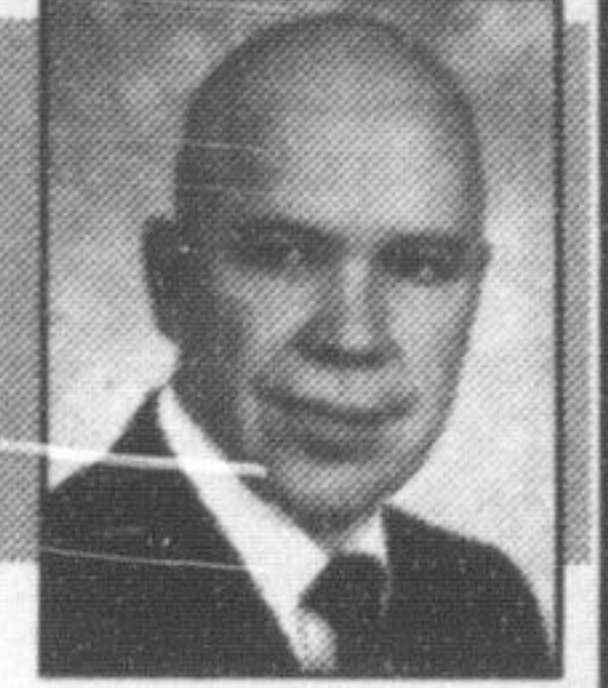
The worst thing to think is : IT WILL GO AWAY

Not always. And as for the eye drops which "get the red out". They cause your blood vessels to contract, and if you are suffering from diabetes or high blood pressure, or glaucoma, the effects to your health can be disastrous. You will swallow 90 % of any eye drop as the tear ducts drain the tears and drops through a passage to the back of your nose and down your throat.

When you have a red eye, seek professional advice. It can save your eyesight, and sometimes even your life!

MONEY CONCEPTS

- Financial Planning
- Retirement Planning
- Mutual Funds
- R.R.S.P.'s
- G.I.C.'s • R.R.I.F.'s
- Life and Disability Insurance
- Tax Shelters



Lou Mulligan MA, CFP, RHU

Affiliated with N.F. Insurance Agency Inc.

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420 Main Street East, Milton, Ontario L9T 1P9

Q: What is the \$400 Canadian Education Savings Grant (CESG)?

A: One of the best ways to save for your child's or grandchild's future education needs is through an RESP (Registered Educational Savings Plan). Since 1998, when you make a new contribution to an RESP, the Federal government adds the CESG - an additional 20% - to the value.

Each year, the CESG is capped at \$400 on \$2000 of the RESP investment contributions. Unused CESG room can be carried forward from year to year and claimed against new contribution in a future year (To an annual maximum of \$4000 per year).

New contributions to an RESP can automatically trigger the CESG. Contributions can be made at any time during the year. Many clients make monthly contributions; others make lump sum contributions once a year. Whichever way you choose, it is important to remember that Dec 31st is a critical date in terms of the annual eligible amount and in terms of the CESG dollars available in the year.

To qualify for the CESG, the child must have a Social Insurance Number (SIN). A child can have more than one RESP, but the total from all RESPs for the child cannot exceed the annual maximum (\$2000) and any annual carry forward allowance (an additional \$2000)

Planning for a child's future educational needs is very important. The CESG can be a major boost to your educational savings strategy. We can help you develop an educational strategy to meet your needs. Please call Money Concepts at (905) 876-0940 for more information.

AEGON
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Carpet Care 103



Robert Rushton

Carpet Care 103: Carpet Shading

Carpet shading in cut-pile carpets (often referred to as "watermarking" or "pooling") is an optical effect caused by apparent differences in depth of colour, which depends on the direction from which the carpet is viewed. An area may appear dark when viewed from one direction, but pale when viewed from the opposite direction. This effect is a matter of how much light is reflecting on the fibres of the carpet; dark areas are absorbing more light, while pale areas are reflecting more light.

This effect can vary in severity depending on the carpet colour, carpet type, carpet age and traffic conditions at the installation site. Shading can occur in every type of pile material, including wool, acrylic & nylon. It is considered as a characteristic of wear. Often consumers do not recognize the appearance of shading as a wear related condition, instead assuming that the appearance difference is a result of soiling or colour loss.

In use, the pile of virtually every carpet will suffer some collapse in a variety of directions. During use, the carpet pile does not return to its proper orientation due to friction with the surrounding fibres. Subsequent wear continues the pattern of the first crushing, and the collapse follows in that direction; think of the "Domino Effect".

The direction of the pile collapse is dependent on the horizontal shear forces applied to the carpet surface in use. Sometimes, but not in every case, this pattern of collapse is predictable. For example, pile may be pushed away from the direction of turning traffic, or towards the sides in an area where the foot traffic runs in a straight line, as in a long hallway.

The onset of shading or "pooling" is not always preventable, and cannot often be corrected fully. If you detect an area of shading in your carpet, you can slow its progress by a strict habit of vacuuming the affected area, being sure to draw your vacuum over the area in all four directions.

"Proudly serving Milton
& Campbellville"
905-875-3611



Phil Lawton

Taylor Nursery

7429 Fifth Line, Milton
(right at the east end of Main St.)

905-876-4100



I've got some gaps to fill in my garden. What can you suggest?

Why not try something other than a flower or shrub? How about trying clumps of ornamental perennial grasses. They are hardy, distinctive and often very elegant. Here are some suggestions from Landscape Ontario.

Small Grasses—Small clump forming grasses and grass-like plants like sedges make excellent rockgarden plants or can be mass-planted as an attractive groundcover. They work well with spring-flowering bulbs or as border edging. **Mid-Size Grasses**—These ornamental grasses are 45 to 100 cm. tall and make nice focal points in perennial borders or annual bedding schemes. **Fountain Grasses** make a good alternative to the usual Draceana to add height and interest and can be used in planters and tubs.

Tall Grasses—The most well known of the tall grasses is Pampas Grass which does not thrive in Ontario but for the same spectacular effect you can use Plume Grass whose flowerheads can reach 12 to 15 feet in height. Grasses can make attractive lawn ornamentals. A circular bed planted with only one type of ornamental grass will make a splendid showplace!

At Taylor Nursery, we have an excellent selection of hardy grasses to choose from for every garden use. You can pick for size and shape—tufted, mounded, upright (divergent, erect or arching) and arching grasses from 35 cm to 270 cm in height and you can choose for colours of grasses—blues, greens, straw, gold—and colours of flower plumes. Come see what ornamental grasses can add to your garden's beauty.



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FELINE LOWER URINARY TRACT DISEASE (FLUTD)

I have spoken on this subject before and because it is such a common problem, it bears repeating.

Hand on heart, I have historically had one or more cats in my hospital for the diagnosis and treatment of FLUTD on average, 4 out of 6 days of the week. The incidence of this remains static.

FLUTD involves the urinary bladder and urethra, and regardless of the cause, results in pain during urination. Most cats show this pain by urinating in places other than the litter box or by frequent visits to the box, straining and vocalizing when urinating.

Causes of FLUTD include, to mention a few, bacterial infection, viral infection, non-infectious inflammation, tumors and crystals in the urine.

My discussion is going to focus on the latter. Crystals resemble microscopic bits of sand that form in the urine. Excessive crystal excretion causes irritation of the bladder and urethra and can lead to obstruction of urine flow. Obstruction occurs mainly in male cats and this can prove fatal if not corrected. This is due to the small diameter of their urethra. Many cats die every year because of this, - either detected too late or euthanized because of the huge cost required to remedy the problem.

The most common source of crystalluria is diet. My personal opinion is that there are far too many diets available in the pet stores that result in, or can contribute to, FLUTD.

Veterinarians have had at least one year in their curriculum studying nutrition, and all Veterinarians have access to current studies concerning pet dietary matters, so please be assured that if you consult your veterinarian you will be receiving informed and up to date information.

The reason I have been prompted to write this article today, is that in the past month I have had to put three cats to sleep because of this problem.

If you have any questions concerning your pets diet, please contact your veterinarian, who will only be too happy to help you.