

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



COMFI INTERIORS

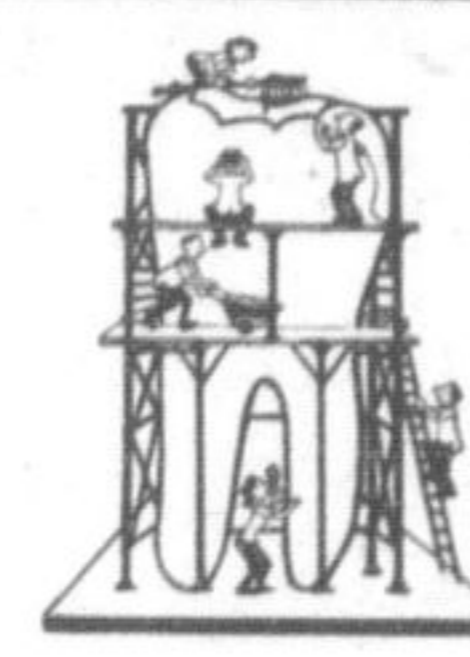
"Where we make you feel at home"
• Carpet • Vinyl • Ceramics • Hardwood
• Paint • Wallcoverings
Showroom RESIDENTIAL & COMMERCIAL
845 Main St. E. Milton 878-4280

What Comfi can offer you

Whether you be a new home owner or have an older place we think that you can benefit from a visit to our store. Keeping up to the minute on choices can be difficult but we certainly try & do well in trying to accommodate. We have a great showroom with the latest in designs & colour range to suit your decor. Wood floors? Yes, we have oak but have you seen hickory available in 4 colours, and up to 4" wide. Engineered hardwood is very resilient and it's not a laminate, it's real hardwood! There are lots of styles, even distressed rustic beechwood, and it is great for the basement. Moving on to our ceramics - we have been told we have one of the most extensive displays for miles around. Porcelain - metallic or 24x24 floor representing limestone beautiful decors to look at also. We have a huge, yes huge selection of remnants, every size from 3' to up to 25' to spruce up a room. Bring along your colors. We value what you have to say and with our expertise in flooring whether it be carpet to laminate and with our design knowledge you can be Comfi too. Paint no problem with a top name like Pratt & Lambert 500+ wallpaper books. We think it's worth a visit. And the most important asset only one store to complete most of your decorating schemes with excellent installers who have been doing it for a long time. Joe will be happy to come over, measure and give you a quote.



Dr. Mark Cross
Tooth Talk
Towne Dental Group
Milton Mall - 55 Ontario St.
(905) 876-1188



Remembering Dr. Dave Dumencu

All of Milton was shocked last month by the death of Dr. Dave Dumencu. I thought it would be appropriate to remember Dr. Dave Dumencu this month. I asked Dr. Dave Johnson, who worked with Dr. Dave Dumencu, if he would write this month's article since he had known him for so long. I have been asked to offer some thoughts on the passing of a man I greatly admired; a man who was a friend to all who met him. On July 18 th, in the cruelest of ways, Dr. David Dumencu was stolen from his family, his friends, his patients and all the many others who loved him. Dave and I worked together for ten years and we should have had another twenty or so. We had a great working relationship -- the kind anyone might aspire to. Dave used to say to me with a smile "Go big or go home". Dave always went big. He went big with golf, certainly with dentistry but where he really went big was with people. He could never seem to do enough. He would tirelessly coach hockey, always upbeat and never critical. He would arrive at the office on Monday with stories about his kids and what he had done with them for weekend fun. People who knew him often remember more than one occasion when he went unexpectedly out of his way and did someone a kindness. Dave got a real kick out of being kind to people; that was his essence really. Dave's wife Susan and sons Scott, Ben and Wesley were central to his kindness and I know their pain is huge. The future holds the opportunity to remember Dave for the wonderful man he was but for now it only seems a good friend was stolen from a great many of us.

MONEY CONCEPTS

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Affiliated with N.F. Insurance Agency Inc.
Tel: (905) 876-0940 Fax: (905) 876-2934
420 Main Street East, Milton, Ontario L9T 1P9

Q: I am 69 this year and I have to do something with my RRSPs. What are my choices?

A: This is important. If you, a friend, or parent are turning 69 this year, by the end of the year you turn 69, all RRSPs and locked-in RRSPs mature. There are three options available to you.

Option 1. Do nothing and therefore collapse your RRSP. You will pay tax on all the value in it. **For most people, this is the least desirable choice and should be avoided.** There are other choices that will allow you to delay and reduce the amount of tax to be paid. The other options are as follows:

Option 2. Transfer your RRSP assets to an annuity that starts to pay out now. While better than Option 1, annuity rates are very low and this is a very "final decision". In the annuity, you lose your flexibility in exchange for a rate guarantee. You should delay doing this until interest rates are to your advantage.

Option 3. Convert your RRSP into a RRIF (Registered Retirement Income Fund) This option offers the most potential flexibility and is the best choice for most people right now. The RRIF choice allows you to keep most of your assets tax sheltered. RRIFs also have more flexibility. This is to your benefit. You can switch your RRIF to an annuity later when interest rates are more advantageous.

Confused? For solutions that are easy to understand, please contact Money Concepts at 905-876-0940.



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



17 Wilson Dr. #12
(corner of Wilson & Main)
876-1515

Q. I sprained my ankle last year and I still have some discomfort when I run on even ground. It keeps turning over easily as well. What are some of the possible reasons that this is happening?

A. The most common type of injury that causes an ankle sprain is an "inversion injury" where the foot and ankle turn over so that the outside part of the ankle is injured. The ligaments on the outside of the ankle can be injured. A mild, moderate or severe sprain may occur as the ligament is stressed or torn. The most common ligament affected is the anterior talofibular ligament. This ligament runs from the lateral ankle bone (lateral malleolus) to the nearest bone in the floor, the talus. At times, the muscles around the calf, especially those at the outside of the calf (the peronei) can be injured as well. As with any other type of strain or sprain, a ligament injury will go through the normal phases of healing. When the ligament is first injured, inflammation occurs so that constant ankle pain and ankle swelling appear. During this period, it is important to reduce any activities that might aggravate your injury, limit sports participation and ask your physiotherapist or physician about an ankle support or brace. Over the next phases of healing new tissue starts to form and the tissue gradually matures. Over this period of time it is important to improve your ankle range of motion, strength and balance. So, if you have chronic ankle pain and "turning over", this can occur due to poor balance or lack of strength. Strength training is essential to ensure maximum ankle potential and support during activities. Retraining balance improves something called "kinesthetic awareness" also called "proprioception". "Proprioception" is lost when the receptors in the ankle are damaged during an ankle sprain. These special receptors send messages to the brain about the position of the foot and ankle, the length and tension of the muscles and the speed or direction of movement. Exercises can be performed to retrain the function of these receptors and improve balance. This helps to improve awareness of the position of the foot and improve stability of the foot during activities like running, so that "turning over" and ankle pain is reduced. Check with a physiotherapist to see if you have any longstanding problems like poor strength or balance contributing to your chronic ankle pain. Please contact Tina or Connie at the Halton Community Rehabilitation Centre, 17 Wilson Ave., Milton, 905-876-1515 for questions about physiotherapy.

Halton Hills Speech Centre

Division of M. Karen MacKenzie Stepler Speech Language Pathology Professional Corporation
"Your Caring Partners..."
Northview Centre, 211 Guelph St., Suite 5, Georgetown
(905) 873-8400 • www.haltonspeech.com

Question: My 4 year old son has extreme difficulty making words. When he speaks, it sounds like he is only using vowels and we see him struggling to do even that. We have heard about something called the PROMPT method. What is it and how does it work?

Answer: The PROMPT (Prompts for Restructuring Oral Phonetic Targets) method was first described by Deborah (Chumpelik) Hayden in 1980 as a visual and tactile therapy technique for children with developmental apraxia. Apraxia, simply defined, is when an individual can use their oral muscles for involuntary movements such as smiling, yawning or licking their lips, but cannot co-ordinate them during the complex and rapid movements needed for speech. The PROMPT method is based on a hierarchy involving different stages of control during the production of speech (i.e. breath control, jaw control, tongue control, etc.). The clinician "prompts" the child by placing their hands in a specific fashion on the child's face to help the production of a sound. Each sound has its own specific prompt. The clinician works with the child using the prompts to first teach syllables, then words and finally progressing to the sentence and conversational level. The prompts are gradually faded out when the child has mastered the sequencing of the sounds. This technique is now widely used with children who have sound difficulties, even if it is not developmental apraxia. It has been found that the manual prompts gives some children the necessary feedback they need to learn the correct placement of certain sounds. For children with extreme difficulty producing sounds, this technique helps organize their physical system during the production of sounds and gives them the basis to work from when they are attempting new words. To determine whether this technique is appropriate for your son, it would be necessary for him to have a speech and language evaluation first. For more information, please contact the Centre.



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SPAYING AND NEUTERING OF OUR PETS

This week I have lost two very special patients. The first was a dog with prostatic disease and, the second, a dog with an infection in the uterus called pyometra. The sadness this week has prompted me to write about spaying and neutering of pets. I will simplify this and mention the benefits and hazards of not doing so. With regard to female pets, it is beneficial to spay them because it protects them from the development of ovarian cancer, infections in the uterus, breast cancer and unwanted pregnancy. Neutering of male pets prevents unwanted behaviours such as urine marking in the house, running away from home in pursuit of females and mounting. In addition, it tends to calm behavior. From a health stand point it protects from prostatic disease, testicular and anal cancer. Some clients have told me that they feel that they must allow their pet to have babies "because it will make them a better pet". This is simply a fallacy. Other clients feel that it will provide their children with the "birthing experience". These are not valid reasons to delay neutering and spaying. There are many more types of educational themes, which are available to parents and schools, which address the child's need to learn about birthing. We do not need more pets in this world. The humane societies will agree that thousands and thousands of pets, worldwide, are euthanized yearly because of the pet overpopulation, and I find that heartbreaking. This is the reason that many SPCA organizations advocate early spay and neutering programs (at 8 weeks.)
Wishing you all a happy and safe summer!