

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.

GREG J. LAWRENCE B. Sc., D. Ch.
FOOT SPECIALIST / CHIROPODIST

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

Q. What is athlete's foot and how is it treated?

A. Also known as tinea pedis, Athlete's foot is a fungal infection that affects about 12 percent of the population. Contrary to its name, Athlete's foot can strike anyone. It is common in both adults and children.

Symptoms

- Athlete's foot may appear on any part of the foot but is most common between the toes (especially between the 4th and 5th toes) and on the bottom of the foot.
- The infection may appear wet or dry.
- Redness, scaling, blisters itching and burning are common findings
- One or both feet can be affected.
- Sufferers often have recurrent episodes

What You Can Do:

- Over-the-counter antifungal products are often effective for skin infections when used according to the manufacturer's instructions. These products must be used for the full treatment period, which means that they are used even after the symptoms disappear.
- Wash and dry feet thoroughly on a daily basis and sprinkle foot powder to absorb perspiration.
- Wear shoes made of natural materials, like leather or canvas that allow moisture to escape from the shoe.
- Select socks made from natural fibers, preferably cotton.
- Change shoes and socks regularly to decrease moisture.
- Foot soaks can help to dry excessive perspiration.
- Avoid walking barefoot in public places.

Elayne Tanner & Associates



Elayne M. Tanner

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Q: I think the biggest problem that my wife and I have is poor communication. She never hears what I am saying and then she says that I don't listen. She says I don't love her because I am always at work. Doesn't she realize I work so much because I love her and the kids and want to take care of them? Will your up-coming course address this issue?

A: Communication skills are the focus of the program. We will teach you how to understand each other so that you will feel closer and avoid misunderstandings. You will both learn how to get your needs met without feeling like you are giving in. No matter if your relationship is common law or married, if you are just starting out or have been together for years, whether your relationship is good and you want to improve and stay on track, or if the relationship is in trouble and you need to learn better communication styles either to save the relationship or make it easier on you and the kids if you do separate, you owe it to all of you to give it your best. The program cost breaks down to just over ten dollars an hour per person and for that you will each get 10 hours of instruction and in a non-threatening, fun environment, you will learn skills that will help you in all situations and last you a lifetime. When it comes to relationships, we are "Helping you help yourself"

**WHEN: Thursday November 18, 2004
and the next 4 Thursdays**

TIME: 8—10 p.m.

**WHERE: At Elayne Tanner & Associates Counselling & Conference Centre on 60 acres of spectacular escarpment, 10 minutes from town.
(Directions upon registering)**

COST: \$320.00 + gst = \$342.40 per couple.

For further information and to reserve places for yourself and your partner, call (905) 854 0801. Cheques are made payable to Elayne Tanner & Associates Inc. and mailed to Elayne Tanner, R.R.#2 Rockwood Ont, N0B 2K0.

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Q: Are there any tax planning ideas that I should consider before the end of the year?

A: Tax planning should be a year round activity. You should put plans on automatic pilot that help you reduce tax every month. There are some things which we should consider about items which are only available prior to December 31st:

Registered Education Savings Plans: The Canadian Education Savings Grant portion is based upon contributions in the year. There is still time to top up your RESPs to the \$2000 level to get the maximum \$400 annual grant. This is the last opportunity to get the grant for children turning 17 in 2004.

RRSPs: If you turned 69 in 2004, you have until the end of the year to convert your RRSP into a RRIF. This is of critical importance. Failure to do this will cause your entire RRSP to become taxable. The switch to a RRIF should not cost anything, but the savings could be over 30% of the total value of your RRSP!

RRSP's for those over 69. Once you are over 69, you cannot contribute to your own RRSP. However, if you have earned income, or unor RRSP carry forward room, you CAN contribute into a spousal RRSP for a spouse who is under age 69. This will help the contributor reduce any taxes payable in the year.

Capital Gains and Capital Losses: If you have investments which have lost money in relation to their original purchase price, you may want to consider selling them in order to capture the loss. You can use the loss to offset taxable capital gains crystallized in the previous three years or in future years. Please contact your tax minimizing strategies into effect. Please help Money Concepts at 905-876-0940.



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Bamboo is now available, Merbau Cherry names and species too exotic to name series such as Trade Winds, Stockholm Chesapeake to name a few.

The construction makes it environmentally friendly which is definately a good thing.

(You see life is simple after all)

P.S. To top it off finish the look with a beautiful area rug, sisal mat, or custom piece found right here at the store.



Debbie Hawkins
B. Sc., DVM

Hawkins Animal Hospital

Debbie Hawkins B.Sc., DVM
Doctor of Veterinary Medicine

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ANTIFREEZE POISONING

Winter is almost upon us (where did the summer go?) and this is the time that I like to remind pet owners, and the public in general, of the hazards of antifreeze. My message is "Antifreeze is very appealing to dogs and cats, and just a lick can be fatal."

Most cases of antifreeze poisoning occur around the pet's own home, or a neighbours home, and very sadly for the owner of the pet, the cause is normally due to improper storage or disposal.

To avoid accidental ingestion, my advice would be: -

- Check you vehicle regularly for leaks.
- Check out the garage floor and driveway.
- If you find a spill, thoroughly and immediately clean the area.
- Remember to dispose of the spill very carefully.
- Always store antifreeze in a tightly closed and labelled container.
- It should then be secured in a cupboard or cabinet.
- In any case, any form of gasoline, oil and antifreeze should be stored, if possible, in an area not accessible to any household pet.
- If you suspect that your pet has ingested antifreeze, please contact your veterinarian **immediately**, and always make sure that you are aware of the phone number and location of your emergency veterinary service.

Remember, prevention is the key to avoiding accidental ingestion of antifreeze!



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS

XERC
HALTON COMMUNITY
REHABILITATION
CENTRE

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Q. The past few months, I have been getting pain in the arch of my foot when I am standing or walking, and in the morning. Is there anything that I can do?

A. These symptoms are often associated with a condition called plantar fasciitis. People with this condition often complain of pain in the arch, or heel of the foot, mostly when in a weight bearing posture like standing, walking, or running. Pain also comes on first thing in the morning when one tries to walk, or after sitting for a long period of time, then trying to stand and walk.

The plantar fascia is a strong fibrous connective tissue that runs from the bottom of the heel bone to the bones of your toes. This fascia helps to support the arch in the foot. When there is too much stress on this tissue, it can start to break away from the heel of the bone where it is attached, almost like a rope, where it starts to fray with use. This causes bleeding at the 'frayed' area which causes bruising, localized swelling, and pain.

Often people get plantar fasciitis if they wear non-supportive footwear or bare feet when standing, have an unusually high or low arch, have experienced a recent weight gain, have tightness in the muscles around the foot and ankle, or have been involved in a sport or recreational activity with a great deal of repetitive running or walking.

A few things that you can try on your own to resolve the problem are: ice the bottom of your foot three times a day for ten minutes, roll a golf ball under your foot when sitting to massage the sore area once a day, stretch your calf muscles for thirty seconds twice and repeat three times a day, and wear good supportive footwear.

If your problem does not resolve in a few weeks, see a physiotherapist for an assessment. A physiotherapist may be able to use some modalities like ultrasound to settle the symptoms, stretch and strengthen the area, or assess for the use of orthotic inserts for your shoes to help to support your arch.