

Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
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Saturday AM by appointment

December Our Professionals Speak

Friends

I have been practicing Optometry for over 25 years. I have found the most struggling and yet the most beneficial part of practice is to communicate to my patients and our community the need for preventative health care.

We live in a society of high level living. By this I mean we have lucrative life styles, like homes, clothes, food, and availability of services. Much higher than any other country in the world. We also have an educational system far more advanced than any other on the planet.

And yet...the understanding of eye care and health care are still misunderstood. I have ventured and continue to write in this column. Some interesting and cutting edge information, and some repetitive 'badgering' you should have your eyes examined for the health of yourself and your eyes. It takes a lot of energy day after day week after week telling people what to do and how to take care of something that has been damaged due to neglect. Yet day after day we here the excuses of: not now, my eyes don't hurt, I can see fine, I don't need another pair of glasses. OOPS. Where am I going wrong? Or am I trying to be super man and have everyone understand somethings which are broken cant be fixed! Back to my monthly education lectures.

Now people have to be more accountable since some services are no longer covered by OHIP. It is good to see those people who listen. I am sure many more do not. I wonder how many read this column, and for those who do. I ask you do atleast convey any thing you understand to your loved ones and friends. Prevention is the only way. Your eyes and vision are precious to you. Only you can take care of them. We and all the other health care providers are here to help. Have a Merry Christmas. And we will SEE clearly for another festive season.



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THE "NINE TO FIVE LABOUR" PAINS

Any woman who has carried a pregnancy to term can attest to the very real labour pains of childbirth. But the "labour pains" associated with working at a nine-to-five job are nearly as well accepted or understood.

Sometimes the only difference between the woman about to give births and the receptionist with recurring neck, arm, wrist or shoulder pain is the way each condition is perceived. Being pregnant is quiet noticeable. It is also common knowledge that pregnancy and childbirth involve pain and discomfort, and will require some time off work. By contrast, anyone suffering from "unseen" conditions such as repetitive motion injuries (RMI's) and cumulative trauma disorders (CTD's) usually have trouble being taken seriously. Few people really notice, understand, or consider the conditions serious enough to impede work or warrant some time off.

To make matters worse, some doctors actually suggest that people with such injuries find "easier" employment, such as secretarial or office work. Unfortunately, even the seemingly simple tasks, such as bending over a desk, typing, stuffing envelopes, answering the phone, or simply sitting for an extended period of time in a poorly positioned chair can be difficult or painful for someone suffering from injuries associated with the neck and upper extremities. The "difficulty" in completing a task is not always related to the pain alone, but often involves associated symptoms such as nausea, headaches, blurred vision, weakness or numbness of limbs or fingers, a sense of being utterly drained, and even total body pain.

Different people will experience varying degrees of discomfort. For some, it will merely be uncomfortable, for others it will result in stiffness, soreness and irritability. For still others with more serious conditions, it will become almost unbearable even to the point of feeling unable to sit, stand, or cope with simple work demands.

So, what do you do if you're a victim of such nine-to-five blues? The first thing you need to do is to see your chiropractor. Chiropractors can pinpoint the specific problem area and bring welcome relief, hence, making both your job and your life more enjoyable. Those suffering from work-related injuries or disorders who are considering consulting a specialist in these areas, should insist on making chiropractic an integral part of their treatment plan, since most of these symptoms are aggravated, if not induced by interference in the neck area. Clinical studies have demonstrated a direct connection between arm, wrist, and shoulder pain, and the nerves that emit from the neck. A spine free from nerve stress will be better equipped to heal the body from these painful and often crippling conditions. In most cases, the drug-free, non-surgical approach of chiropractic will be far more effective than the more traditional medical options.

Most importantly, learn to take the 'unseen' pain seriously. Just because you can't see the problem doesn't mean it "won't get on your nerves!" Just as you wouldn't expect a woman to wait until she's about to give birth to see a midwife or doctor, don't wait until your pain is unbearable before you take action. Talk to your chiropractor today.

We need a sports hall of fame here

We should have a Milton Sports Hall of Fame. It's about time we recognized special achievements by our athletes, officials, coaches and even entire teams.



Out in left field

with MURRAY TOWNSEND

I've seen people in every sport in Milton

who have made enormous contributions of their time and effort for the sake of others. They don't do it for the accolades, but perhaps their accomplishments can be an inspiration to others, and it's a way of recognizing and remembering our sports heritage.

An area in the Milton Sports Centre that people can look at as they're waiting for hockey games or other activities would be nice.

I can name six possible inductees off the top of my head without thinking about it, such as those listed below.

Bruce Hood: The first referee to officiate 1,000 games in the NHL was involved in Milton minor hockey at its roots level, was active in the community for years, and has been a champion of the game of hockey and outspoken critic against violence since his retirement from the game.

John Tonelli: Easily Milton's best and most successful hockey player, which is why we have an arena named after him. He won four Stanley Cups with the New York Islanders, was sensational in the 1984 Canada Cup, and had a 100-point season in the NHL.

Larry Jaraslawski: As the wrestling coach at E.C. Drury since forever, he's piled up so many championships even he may have lost track of them all. It's a sport that would be easily overlooked if not for the efforts of one individual's dedication. And without it, all those people who received their own rewards and awards from participating wouldn't have had that opportunity.

2004 Milton Marauders: There's a long list of accomplishments for this football team, which includes knocking off the perennial champion Oakville Longhorns. Mostly, here was a team from small-town Ontario just a couple years into their existence going all the way to the national championship and winning. It's almost a movie.

Darren Haydar: Haydar's hockey career is far from finished, but his accomplishments while playing with the Milton Merchants are sensational. He overcame his biggest perceived obstacle — his size — and scored 71 goals and 140 points in one season. That was followed by a successful career at the University of New Hampshire and an excellent start to his pro career.

Dave Anderson: Lawn bowling isn't exactly mainstream, but that's another reason for a Milton Hall of Fame. It helps give the sport recognition and maybe Anderson's accomplishments at the national and international level can be an inspiration to others in lawn bowling, or any sport.

Juveniles dispose of lowly opponents

Milton's AA juveniles tuned up for a battle for first place with two decisive victories over inferior competition late last week.

Pushing their win streak to 10 games — after back-to-back losses to Thorold early last month — the Winterhawks whitewashed host West Lincoln Thursday and then dumped Waterford 6-1 Saturday at Memorial Arena.

Jason Strong was in net for both games, as tandem partner Cory Curtis nursed a groin pull sustained earlier in the week.

Against under-staffed West Lincoln, Milton amassed four third-period goals to put the game out of reach — with Mark Galick leading the way with two goals and an assist.

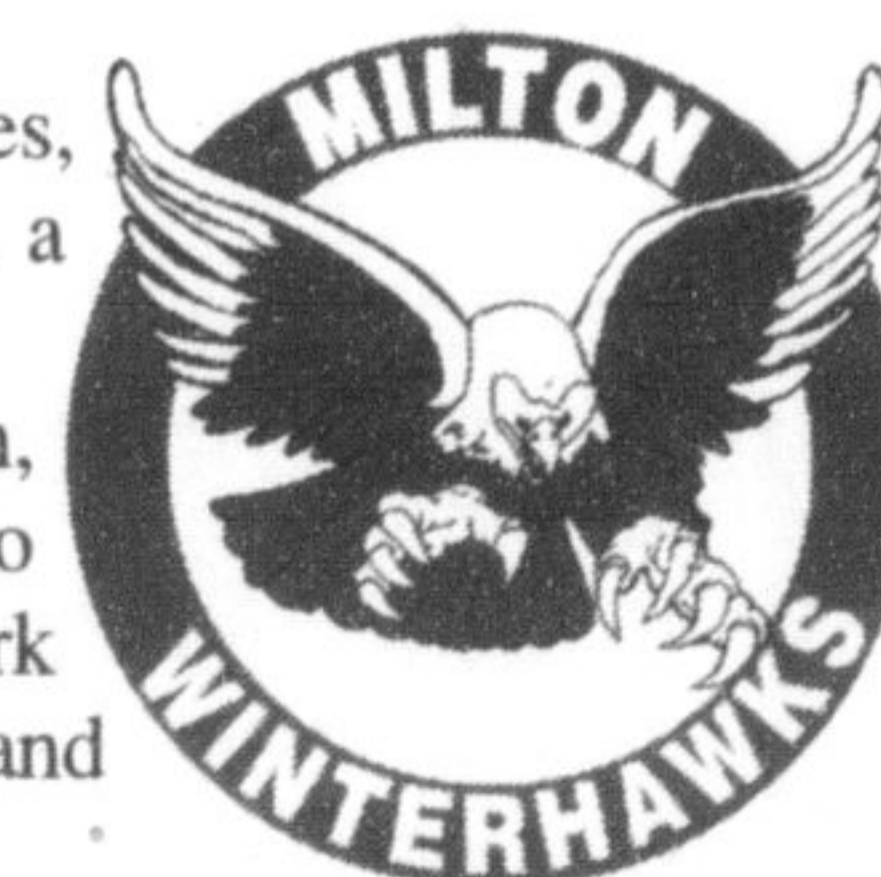
Kyle Strong also tallied twice, while other multi-point nights were delivered by Chris Coates, Barry Kosmalski and Kyle Scott.

Two nights later at home Strong, Thomas Patrick and Julian Ricci had three points each to sink the short-staffed visitors, while Coates, Scott and Wes McDougall had two apiece.

Milton jumped out to a 3-0 lead and never looked back in lifting its record to 14-2.

The Winterhawks travel to St. Catharines Thursday for a game that'll likely decide first place overall and home-ice advantage for the playoffs. Milton will no doubt have added incentive this time around, since an internet glitch had their league loss count at three instead of two — thus allowing St. Catharines to take their spot in this year's Silver Stick Tournament in Mooretown.

The local juveniles won the showcase last season, making the effort that much more difficult to swallow.



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Your mortgage could be a goldmine of potential savings

"A penny saved is a penny earned"...or so the old proverb goes. Of course, the value of a penny has changed somewhat from the time when your mother offered her wisdom on the value of keeping what you earn. Today, you could save thousands of dollars by simply making the right mortgage decision. If you're like most Canadian homeowners, your mortgage is a goldmine of potential savings.

In the past few articles, we've talked about the importance of your mortgage as one of your most significant financial decisions. We've explored the value of seeking the advice of a mortgage professional - whether you're buying a home or renewing an existing mortgage. Today, let's take a look at the bottom line: the savings you can enjoy by making the right mortgage decisions.

It is the primary role of a mortgage broker to find you the right product for your personal situation. A mortgage broker is a financial professional and - like your investment advisor - he or she will want to understand your personal situation and payment preferences. Your mortgage broker has access to a broad spectrum of lending institutions, so you can do some valuable comparison shopping for the right combination of features, rates and mortgage options.

All these choices offer you substantial opportunities to save money over the life of your mortgage.

If you are like most homeowners, you are focused - for good reason - on finding the best possible rate for your mortgage. Your mortgage broker can offer you the best range of rate options and terms. If a mortgage broker can get you one per cent off the posted rate, that could translate into more than \$13,000 in interest per \$100,000 borrowed over a 25-year amortization schedule. If, however, you believe that most mortgage rates are basically the same from one institution to the next, then consider the fact that even an eighth of a point difference in the rate can offer significant savings over the duration of your mortgage.

But it's also important to look beyond the rate. There are other ways to find savings in your mortgage. Your mortgage broker is up-to-date on market trends and new opportunities...as well as some of the tried-and-true ways to save money in a mortgage.

Do you get an annual bonus in your job? You may want to use that bonus to pay down the principal of your mortgage. If you pursue this strategy consistently over the life of your mortgage, you could save thousands of dollars in interest by paying your mortgage off sooner.

Are you paid bi-weekly or bi-monthly? Consider a change from the usual monthly mortgage payment. Set up your mortgage payment schedule to coincide with your pay period. Again, you can shave years off your mortgage, and enjoy thousands of dollars in savings.

Consider the old penny proverb again. How much is your time worth? Time savings is one of the key, unexpected benefits that clients say they have enjoyed when they choose to work with a mortgage broker. Above all, a mortgage broker is an expert in customer service, and that means that your broker looks after every detail of your mortgage research and negotiations on your behalf.

John Cavan is a Consultant with Mortgage Intelligence, www.stressfreemortgages.ca.

Call today for great rates & fast friendly service



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Kitchen Renovation; Where do I start?

I know that taking on a project like kitchen renovation can seem like an overwhelming task, but taking the time to research and plan can also be fun and rewarding. There is so much information available now that doing some preparatory research is easier than ever. In Canada we have available fantastic trade magazines both Canadian and American. The Internet has unlimited sites where you can get product information from cabinets to appliances. There are web sites that offer tips in kitchen planning.

The National Kitchen & Bath Association also has helpful information. Most cabinet manufacturers have web sites where you can scroll through beautiful photos of fabulous kitchens to draw ideas from. Discover your style, and think about how that can be applied to your space.

Consider the possibilities of moving the appliances, plumbing or a wall! Closing one of three entries into your kitchen. Depending on the age of your home, kitchen layout may have been designed to fit a whole different lifestyle, to what is essential in 2005. A wall removal and style change can invigorate a kitchen of a venerable older home. You can do this without adding square footage but adding new life and character to a closed in space.

This very often brightens up a space revealing natural light through a window from the adjacent room. Lighting is very important to a kitchen renovation and can greatly improve function in the workspace. It also adds to the overall design and atmosphere.

Start making your wish list, more storage, improved function, brighter. If you need to replace appliances, or would love new flooring, or you would love a way to feature a treasured collection perhaps, this is where you start.