

Ask The Professionals

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

"Ask The Professionals"
c/o The Canadian Champion
875 Main Street E.
Milton, Ontario L9T 3Z3
or Fax to: 878-4943



COMFI INTERIORS

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First Impressions

First impressions we know are paramount, so when buying or selling a house, it is important to give a good impression. This is where flooring plays a key role.

Your entrance should be a hard surface whether it be ceramics, vinyl or laminate which by the way is available in tile and wood effect. These types of flooring show a clean, low maintenance look.

Onto carpeting which has gone through major changes, people are moving away from traditional cut pile and leaning toward texture - Sisal effects - cable or loop designs. These can look formal or casual: stairs look particularly good, runner style or fully fitted. One good thing the pricing on these can be quite reasonable yet attain a quality look being multi functional living areas to bedrooms.

Just changing your paint colour can transform a room - why not take accent tones to create interest ie. An accent wall. Neutrals don't always mean beige either. If selling your house, just make sure your colours will suit to another person's taste. Pratt & Lambert colours are interesting, with tobacco tones, soft creams, warm yellows, to rich pagoda reds, for character.

Whatever your taste & needs, Comfi Interiors, can help you decorate with style, and if you need more help, just ask about our design service. PS... Just to let you know Pratt & Lambert has just released a new colour system and is now at our store with all the latest colours just for you!

Ask Us About Our Design Service!



G&G THOMAS

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Does your home need a tune up?

Just like you take a car for regular tune ups to ensure it continues to run smoothly, your home also needs some special attention. There's a lot more to keeping up a house than cutting the grass and clearing snow from the driveway. Ensuring your home "looks" good and is in proper working order, not only makes it more attractive and comfortable, but it can also increase the market value of the property.

Homeowners who plan to move within a few years are often reluctant to invest time and money on improvement projects that may not pay them back. But unless these improvements are very specialized, any project you choose - from fixing leaky faucets to installing new energy efficient windows - will start to pay you back in energy savings and comfort long before you sell.

The wisest improvements you can make to any home are those that keep it running smoothly and bring it up to the standards of other homes in the immediate area. And these don't need to break your budget.

Easy maintenance, repairs

Start with simple repairs that don't cost a lot and you can do yourself: securing loose tiles, adjusting a door, installing a lock, repairing a leaky faucet or pipe, and so on.

It's also a good idea to locate and read your gas, electricity and water meters on a weekly or monthly basis. This will help you gain an understanding of seasonal increases and decreases in consumption and enable you to take measures to become more energy and water efficient. The savings could be substantial.

You should have your furnace inspected and serviced annually to ensure there are no problems and change or clean the filter regularly. Also, inspect the smoke and carbon dioxide detectors around your home. You want to be certain that these will work in the event of a fire or other emergency.

Bigger upgrades

While replacing leaky faucets can drastically improve a bathroom's appearance and cut down on water usage, sometimes it takes a lot more than that to bring an old bathroom, for example, to an acceptable standard.

A bathroom tune up can pay big dividends. The first items to replace should be the fixtures - the sink, faucets, vanity, bathtub, shower, and toilet. This is where you will add value and save money by opting for a water-efficient fixtures and energy-saving devices.

The floors, walls and accessories are not an essential part of a bathroom tune-up, but you can save time and money when you do the complete overhaul all at once, rather than one piece at a time.

If the decor in your home is bothering you, don't decide right away to rip everything out. All it may take to make your home look more attractive and in better repair are small improvements such as: refacing cabinets and counter tops, changing the colour scheme, repainting, hanging new wall coverings and installing new lighting.

Other good major home improvements include replacing old carpets and flooring with new, more durable products; adding a garage or a carport if your home does not have one; installing central air conditioning; repairing or adding a fireplace; upgrading your basement space; replacing old windows with new energy-efficient ones; adding terraces, wooden decks and fences that add privacy; and investing in landscaping that adds value and is easy to maintain.

ARTICLE FROM OREA.



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Dr. Ron Strohan
Optometrist

Health, time, value and cost.

Vision an important part of your life.
Can you afford to be without it?

Are recent developments in availability and marketing confusing the public?

Is the displaying of the cost of a product or service in your best interest? Or is it a way of getting you in the door, and selling something to you, which played on the fact that you simply don't know what you are getting. Then leaving you vulnerable to health issues which were undetected.

For instance: People tend to schedule or put off their health care, and examinations because of what they perceive as more valuable. Such as reduced cost to you (free services) so that you can use the saved money on to spread it around to enjoy life's pleasures. Many appointments are put on the shelf or cancelled because the person is too busy working, or has others to be with, or other things to do. Or seek something which costs less than what you think it is.

Later in years, when the person's health is failing, suddenly work and social activities become of less value, and Health issues become more important. The initial service or product didn't provide for the expected quality of service or benefit to you, and in the end thinking you are saving eventually is very costly.

So this is very true about Eye Care. Your eyes are basically a window to you. The physical, and optical aspects of your vision and body function can be monitored through regular health evaluations. Taking time for your self, at regular intervals can help prevent and detect health and personal care issues provided you spend that to seek out professional help. The difference between a service which is a test, versus an examination in the end becomes evident when the product or service you thought was a bargain in the end didn't live up to the aspect of preserving your health.

Test it. You spend much of your time and money around what ever it was that you thought at the time was of great value to you. Later, you may have found you didn't really need that item, or do that thing because what was attached to your value had some draw back to go along with it.

Or, you thought you were getting such a 'great deal', and in the end the item didn't last or live up to your expectations. Finding out you should have been thinking about something else will eventually cause you to shift your level of value you place on something.

So how important is your vision? Are you taking the time and spending your energy to conserve it? In the end the only things which cannot be replaced are your health and time.



BARROW FAMILY CHIROPRACTIC

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STRESSED & LOOKING OLD?

For the most part, stress is an emotional and physical response that occurs when humans confront or dodge challenging or extreme circumstances. The body's sympathetic nervous system instantly readies itself for **fight or flight** as hormones including adrenaline and non-adrenaline are released. The heart rate accelerates, respiration quickens, pupils dilate and digestion slows.

Stress eases as the **parasympathetic** nervous system, known for rest and relaxation, takes over. This scenario, one of activation followed by relaxation, is a normal and healthy one. Too much activation and too little relaxation, however, negatively impact the body and mind.

In the presence of **chronic stress**, the immune system weakens and **stubborn infections** take root. Illnesses occur more frequently and take much longer to heal.

Most of us understand how stress can be linked to high blood pressure and arthritic conditions. But, did you know that stress also speeds up the aging process?! Protein DNA complexes called telomeres, serve as a sort of biological clock that tells the age of cells.

Telomeres shorten each time a cell divides. When they finally shrink away, cell division stops and the cell dies. This results in signs of aging such as **grey hair, wrinkles and weakened eyesight**.

Chiropractic focuses on keeping your **nervous system** free from interference brought on by stress, thus allowing each individual to **be the best that he or she can be**. The nervous system is the **master control** in your body. It controls all functions right down to the **cellular level**. If your lifestyle is unhealthy (i.e. lots of stress), not only will it negatively impact you on the **inside** but on the **outside** too. Make sure to call for a check up today... especially during this time of year, when our stress levels are elevated.

Elayne Tanner & Associates Inc.



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Elayne M. Tanner

Q: I am pregnant and worry about post-partum depression. What is it?

A: Contrary to popular mythology, pregnancy is not always a happy, glowing experience. Approximately 15-20 percent of pregnant women experience depression. Normal pregnancy experiences such as fatigue, appetite changes, and poor sleep are similar to symptoms of mood disorders.

When symptoms of depression or other mood disorders cause limitations in your ability to function on a day-to-day basis, intervention is necessary. This may include counselling, medication or things such as Yoga or acupuncture. The goal is to use whatever you need to feel like yourself again. Depression during pregnancy has been associated with low birth weight and preterm delivery.

Some women become pregnant while taking medication for depression, anxiety, and other mood problems. Many of these medications are considered acceptable during pregnancy. Your doctor should be consulted. Often it is safer to continue a medication than risk a relapse.

Signs of post-partum depression:

- Occurs in 15 to 20 percent of mothers
- Onset is usually gradual, but it can be rapid and begin anytime in the first year
- Excessive worry or anxiety
- Irritability or short temper
- Feeling overwhelmed, difficulty making decisions
- Sad mood, feelings of guilt, phobias
- Hopelessness
- Sleep problems (often the woman cannot sleep or sleeps too much)
- Fatigue
- Physical symptoms or complaints without apparent physical cause
- Discomfort around the baby or a lack of feeling toward the baby
- Loss of focus and concentration (may miss appointments, for example)
- Loss of interest or pleasure, decreased libido
- Changes in appetite; significant weight loss or gain



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Q. What is the most common mistake patients make while obtaining shoes?

A. People believe a **lightweight shoe equals a comfortable shoe, when what they really need is more support.**

- Fashion is the primary consideration in most shoe purchases.
- Many people make the mistake of buying shoes that are too stiff across the forefoot. The foot is flexible at the toe joints for a reason. When shoes use stiff insole boards, out-soles or platform type they do not have sufficient rocker to them and symptoms often result.
- The most common mistake everyone makes in purchasing shoes is compromising length for width. The blunder occurs when we ask for a half-size larger shoe just to get a little extra width. This moves the flex line of the shoe away from the flex line of the foot.
- To keep the cost of inventory in check, retailers have responded by providing a greater selection of styles but a restricted size inventory. As a result, most retailers stock a "B" width for women's shoes and a "D" width for men's.
- Proper shoe fit is a 'feel', not a size. Size varies among lasts, models, styles and manufacturers. Even with the increasing rate assistance of unknowledgeable fitters, consumers will continue to assess proper fit based upon how they're used to 'fit' feeling.
- A tip for proper shoe fit is to remove insoles from shoes and simply stand on them. This simple maneuver can save consumers both time and money in the selection and purchase process. It is advised that consumers fit the bigger foot.