

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



Melissa L. Coulson, CA

Melissa L. Coulson
Chartered Accountant
Offering services of accounting,
auditing, bookkeeping & taxation
35 Hugh Street, Milton
(905) 876-4633

Question: It's tax time - what do I need to know to be ready for 2006?

It's the time of year when accountants are busy sharpening their pencils and flexing their fingers to get ready for tax season.

Deadlines & Penalties

The first step to getting ready is to know what deadlines you are facing. The majority of individuals need to have their return filed with the Canada Revenue Agency on or before April 30. Since April 30 falls on a Sunday this year, you will have until midnight May 1 to file.

If you or your spouse are self-employed, you have until June 15, 2005 to file your return however if you have a balance owing, it is due by April 30 to avoid penalties.

For corporations, the return has to be filed within six months of the year end. For instance, a corporation with a December 31 year end needs to have its return filed on or before June 30 however any amounts owing need to be remitted within two or three months of the corporations year end.

Missed deadlines can be costly. Failure to file your tax return, corporate or personal can result in fines starting at 5% of the balance outstanding.

What to Bring to your Professional

Record retention is key to making sure that you are ready to prepare your taxes. You will receive a slip from your employer detailing earnings and deductions for the year (T4 slip). You may also receive slips if you have collected interest on bank accounts or investments during the year, if you have received any dividends, made an RRSP contribution or donated to a charity.

If you are a self-employed individual, ensure you have all your receipts generated from your business for the year. If you claim a portion of your house or vehicle as a deduction, ensure all relevant information is available.

Businesses should keep correspondence with Canada Revenue Agency on hand for your professional including installment payments and payroll remittances made during the year.

A few simple steps can help you get organized and take the worry and stress out of tax time for you and your business. And your accountant will thank you.

Melissa Coulson is a Chartered Accountant located in downtown Milton. She provides accounting, tax, auditing and bookkeeping services to both individuals and corporations.



Darcel De Sylva
416-254-8454
www.niac.ca
or
www.nia-nia.com
studioharmonia@sympatico.ca

WHAT IS NIA? by Darcel De Sylva

There's a FUN, new, barefoot, cardiovascular dance movement form afoot that uses whole-body movements and it's called Nia.

Nia is expressive, fun, soulful, martial, fluid, joyful, and it's hard to describe. In fact, even those who know Nia often say, "It's like chocolate, you have to taste it to appreciate it."

Much like the early swell of Yoga or Pilates in North America, Nia is only now gaining a broader recognition. Nia is practiced by people from all walks of life, all ages, all stages of agility, and all levels of fitness.

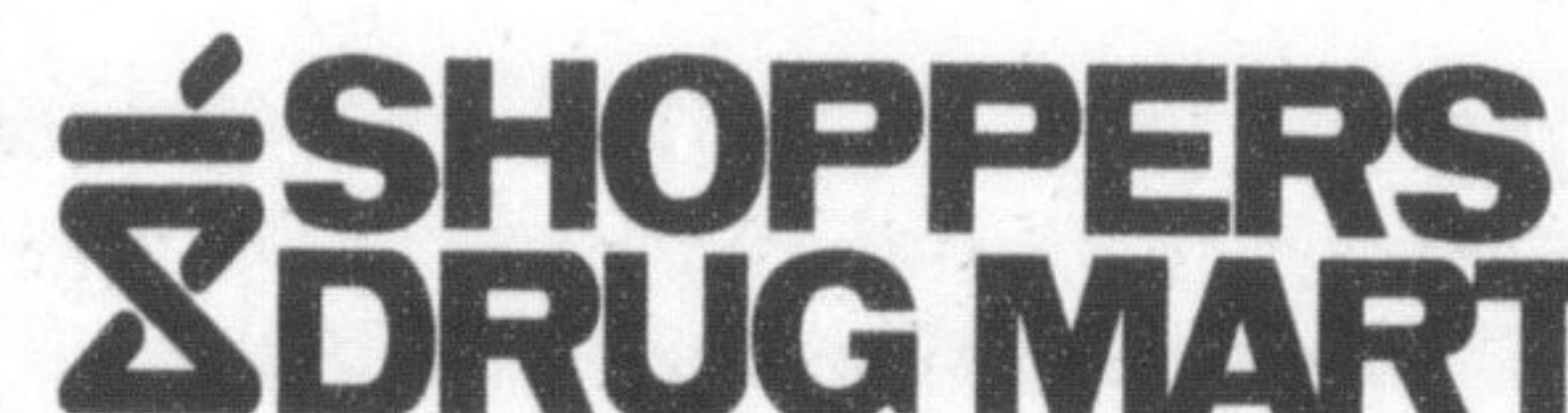
Nia is a fusion of classic movements from the Martial Arts, the Healing Arts and Dance. Nia provides a total mind, body, spirit "work-out" in a gentle, holistic way. It provides the power and mindfulness from the Martial arts (Tai Chi, Tae Kwon Do, Aikido). Playfulness, expression and emotion are derived from the Dance Arts of Jazz, Modern and Duncan Dance. And finally the Healing Arts encourage touch, sensory awareness and alignment. All this quietly goes on in the background while the student is led through a dance-like routine to great World Music.

Students gain physically, with improved flexibility, strength, agility, mobility, balance and cardio. But it's the less obvious benefits that keep many coming back year after year. Through the use of visualization, emotional expression, and sensory awareness, some students say they are calmer, restored, energized, and have a more positive outlook after a Nia class.

Nia's logo often includes the phrase, Through Movement We Find Health. Seeking pleasure and sensation while moving through space, making small adjustments to each move to find the body's own way, and ultimately...achieving The Joy in Movement, that's what Nia is.

We are now taking registrations for the 12 Week Spring Session ~ commencing March 21st ~ "SPECIAL OFFER"

Buy 12 week session and Come to Unlimited Classes



Open to midnight, 7 days a week
Carriage Square, 265 Main St. E.
905-878-4492



JOY THORNTON

Question: I think I have allergies, can you tell me a bit about them?

Answer: Respiratory allergies are a very common problem. About 20% of Canadians suffer from allergies. Whether a person will develop an allergy depends partly on genetic factors and the environment. Allergies tend to run in families. While you may inherit a tendency to develop allergies, the things your body reacts to may be different from the things that trigger an allergic reaction in other family members. Environment plays a role because you only become allergic to something after you are exposed to it.

An allergic reaction occurs when your body comes in contact with something it senses as dangerous and goes into "attack mode" and makes antibodies to fight off the attacker. This works well when the invader is a virus or bacteria that can make you sick. Unfortunately, in some people, the system breaks down and the body identifies a normally harmless substance as a dangerous invader. In an attempt to protect itself, the body releases histamines. All these histamines flooding through the body cause the allergic symptoms, stuffed-up or runny nose, itchy watery eyes, coughing headache and sore throat.

There are two forms of respiratory allergies: seasonal and perennial. Seasonal allergies attack at the same time each year. They are usually due to mould spores and pollens from trees, grass and weeds. Each allergen has its own season. In Ontario allergies to trees are seen from March thru June, grass from May thru July, and ragweed from August thru September. Perennial allergies are triggered by things like house dust mites or animal dander that are around all year and cause an attack whenever the person comes in contact with them.

There are a variety of medicines available to treat allergies. Antihistamines are one of the most common medications used and work by blocking the effect of histamine. Nasal sprays are often used. Cromolyn is available on the shelf and the Corticosteroid nasal sprays require a prescription from the doctor. Allergy shots may provide a solution for people who don't get relief from allergy medication.

Questions? Just ask your Healthwatch Pharmacist!

Milton Therapeutic Massage Clinic



Jillian Guard
(Hons.) B. Sc., RMT

75 Main St., Ste. 10
Milton Medical Buildings
905-878-0800

Wendy Cook
RMT

Cathleen McTavish
RMT



Ryan Weaver
B.Sc., RMT

Registered Massage Therapy

The Muscle Spasm

The physiological response of muscle to trauma of any type (overuse, overload, hypertension, impact) is tightening. This tightening is facilitated by the nervous system and results in a spasm at the exact spot where the trauma occurred. A *spasm* is a group of muscle fibers held in continuous (tetanic) contraction, unable to secure its own release - a rigid knot. Because spasms are an extension of the normal contraction process, nothing will show up on x-rays or diagnostic imaging. It is, however, a malfunction, and any portion of a muscle that is not working for you is working against you - ACTIVELY! A spasm in a muscle can severely impact its ability to contract and relax (release). The portion of the muscle involved in the spasm is unable to work, forcing the remainder to work excessively. A compromised muscle is a weak one, which fatigues quickly. With continued use the spasm becomes aggravated and enlarges, causing pain and discomfort. Worse yet, the shortened fibres in the spasm restrict the ability of the muscle to be stretched to full length.

A muscle that cannot accommodate the movement placed on it will pull or even tear. Thus, a movement normally within the safe context becomes unsafe when shortening and spasm are present. The stage is now set for one final overstretch overload which will produce the massive spasm of a charley horse or straining of the tissue.

Massage Therapy is effective treatment for muscle spasms and contractures. The therapist will use techniques to reduce pain and increase the local circulation to help reduce the spasm. More importantly, the therapist will help prevent recurrence of the spasm by considering the causes or contributing factors and reducing their effect.

Clinic Hours: Mon.-Fri. 8-8 • Sat. 10-2 • Closed Sunday



Dan Campbell

STRIDE
905-691-3060
danc@yourstride.com



STRIDE
personalized training & consulting

Who Benefits from a Personal Trainer?

A personal trainer wears numerous hats when training clients: educator, motivator, confidence builder, role model, comedian and, most importantly, *unique repetition counter* - these are just a few of the skills required to successfully train today's clients.

No matter what your age or fitness level, everyone can benefit from a personal trainer at one time or another. Do you answer yes to any of the below questions?

- Have you ever had a fitness program?
- Do you have one now that doesn't give you the results you want?
- Do you want to lose weight or get back into shape?
- Do you want to identify health risks or nutritional needs?
- Do you need to increase your bone density and reduce the risk of osteoporosis?
- Do you want to release stress and increase your energy level?
- Do you need to lower your blood pressure and resting heart rate?
- Do you just want to feel good about yourself?

Personal attention during your exercise session is our primary goal. Clients are educated about the fundamentals of strength training, aerobic training and stretching as well as the proper and safe use of all the equipment. Your private fitness consultant will design and implement a progressive, safe program to meet your personal goals and health considerations. Your age, current fitness level, and medical limitations or contraindications are considered to ensure the safety of the program. Finally, your training sessions are organized according to your time availability.

STRIDE Personalized Training and Consulting Inc. is a leader in "In Home" training, corporate training and home gym design. If you would like to save time, money and most of all See Great Results contact us for your Free lifestyle consultation and a half hour training session.



Mark Cross
B.Sc., D.D.S.

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Nitrous Oxide (Laughing Gas)

I was at a course this past month that included a refresher on nitrous oxide. Although I've been administering nitrous oxide for over 20 years, it's always a good idea to have a review every once in a while.

Nitrous oxide is extremely beneficial in dentistry because it works really well at helping a person relax. It is a gas which is mixed with oxygen and inhaled through a nosepiece. When these gases are mixed at the appropriate concentrations, it gives you a nice relaxed feeling. It doesn't make you laugh or put you to sleep, but it does make you less anxious.

It is very safe. In fact I will often administer it to young children because it makes restorative procedures much easier for them (and me!).

If you are fearful of the needle, it can be used to help you get past that point of the procedure or you can use it throughout the entire appointment.

The wonderful thing about nitrous oxide is that it works very rapidly and is also out of your system very quickly at the end of your appointment. This means that you can drive home from your appointment.

If anxiety is keeping you from visiting the dentist, ask about nitrous oxide. It may be exactly what you need.