

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



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CHIROPRACTIC HELPS CHILD DEVELOPMENT

Did you know that 65% of neural development occurs in a child's first year of life?! Did you also know that approximately 80% of all children have an upper neck bone misaligned? Do you know these 2 questions are related?...

Let me tell you!

The first years of a child's life are so vital to their future. All input coming into or leaving the brain impacts them in some way. 80% of children are born with a misalignment in the upper portion of their cervical spine (neck region). Symptomatically, the clinical picture of this can range from central motor impairment and development to the lowered resistance to infections, especially to ear, nose and throat infections.

If a child does not properly receive information from the environment, their development is impaired, reality is distorted and diminished and the child grows up with a distorted view of themselves and their world.

A chiropractor's role is to examine the spine and ensure that each of its parts is moving properly. If not, interference to the nervous system can occur and the body will not be able to function and heal at an optimal level. A chiropractor has been trained to perform a specific, scientific adjustment realigning the bones of the spine, taking interference off the nervous system, thus allowing a child (or adult) to receive the proper somatosensory stimulation for optimal development.

If you have questions regarding your child's development, please do not hesitate to email us at drabarrow@sympatico.ca or call 905-878-4994.

Elayne Tanner & Associates Inc.



Elayne M. Tanner

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Q.: I know that everyone feels nervous sometimes but when I have to go out to any social or work related event I get so anxious and fearful that now I prefer to stay home.

A.: When your anxiety is this extreme, you may have what is known as social anxiety disorder. Social anxiety disorder leaves a person feeling intense fear of being in situations where you don't know people or feel judged. You may fear being embarrassed or noticed and humiliated. You may find yourself shaking, blushing, sweating, feeling nauseous, confused, tense and clammy. These are just some of the symptoms. Some people think that social anxiety disorder is a brain chemical, biological issue while others think it is a learned behaviour. Although no one is sure, there is research that suggests women get it more than men; you are more likely to have this disorder if someone in your family had it and if you suffered negative experiences such as bullying as a child. The biggest problem about this disorder is that it causes you to limit your life more and more until you are afraid to go out at all. This of course, can ruin your life, your schooling and your career.

The one thing that researchers are certain about regarding social anxiety disorder is that it responds to a combination of medication and cognitive behaviour therapy. The best results seem to be when these two are used together. Cognitive behaviour therapy states that your own thoughts, and not the situation, determine how you behave and will teach you to change the way you think so that you can function in a way that is satisfying for you and does not keep you confined to your home.

"HELPING YOU HELP YOURSELF"



Geraldine Hesketh

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When choosing a floor for your home, whether it be one area or throughout, take your time and always look at the big picture.

Doing it in increments is ok and budget wise it is obviously a lot better. However, we all tend to rush out all excited; slow down a little and think about how your choice will impact the rest of your existing areas.

Here are some of the scenarios you may encounter:

Lets say the kitchen is ok but the floor looks tired. Well firstly how old is the kitchen? Putting down vinyl is a selectable choice to spruce it up. Fantastic, but if you're planning on a new kitchen in 2 years, chances are your new kitchen won't fit to the same plan as the existing plan, so it is advisable to hold off.

Choosing carpet for one area is quite an easy chore, but what about the entire house? You should have continuity as it has to work with formal, casual, design, colour. So there's a possibility that it is much harder to decide, and that is why you need an expert. Write down any questions you have if visiting a store or if you're using a designer; they can take the headache away. Depending on your layout, two carpet types may be used: Pattern or Cut Pile, Berber or Freize.

Generally patterns are used to a lesser degree, but they certainly do look good on staircases, but watch out where the patterns meet the rails. Sitting rooms and family rooms can look really good with a designer carpet, however it may prove too much through an entire house. That is why hard surface floors break the monotony and design can be added for statement.

On the quieter side, if budget is an issue or you don't want wood or laminate, sisal, berbers and textures are a good way to go. They look very clean and can be quite reasonably priced.

One thing to watch out for is ceramics. It is becoming very popular to take walls out and expand your living space. If you are doing any ceramics and might expand, make sure you purchase extra incase something goes wrong, or for your own peace of mind. Ripping out ceramics due to a gap when a wall is removed is major work when it could have been avoided for a few extra dollars.



Electrolysis College
of Canada Inc.
LASER & COSMETIC CENTRE



Judith E. Finn
Director

Dermal Therapy

We all want to look younger in relation to our individual lifestyles and careers. Younger looking skin is now attainable with less invasive and non-surgical ways to rejuvenate the skin. Whatever one's budget or time commitment, a cosmetic procedure can be customized to one's need or choices. Fresh knowledge and a multitude of new and or proven technologies are available to enhance and improve the tone, texture and rejuvenation we desire.

Dermal means anything pertaining to the skin. Does the skin need comfort, protection, cleaning or repair?

What is Dermal Therapy?

It is the caring of, protection and responsibility for the overall good health and appearance of the skin.

We address these issues, by using the latest research available, microscopic visual aids and a variety of cutting edge technology in a professional clinical setting. As new technologies are moving into the non-physician realm it is important that health and safety standards are upheld.

Therapists view the skin under magnification or microscope, allowing them to detect certain skin abnormalities, or underlying physical conditions. The skin is the largest organ of the body and performs many vital functions necessary for health and attractiveness. The skin is slightly moist, soft and flexible by nature, but the sun, age, and environmental factors often take their toll. The Dermis or second layer of the skin, also known as true skin has several functions from oxygenation, elimination of water and toxin's through sweat and providing skin strength and resilience. It is imperative that the therapist be sufficiently trained in skin assessment, as well as other physical factors which influence the health and well-being of the skin.

The College offers a Dermal Therapy program that is recognized in the industry as a leader in providing students with the skills, knowledge and professionalism necessary to meet industry safety standards as well as the need for effective treatment in personal services. The on-line theory is an innovative and interactive experience held simultaneously with the practical hands-on portion of the program. This will enable the student maximum benefit and an excellent resource tool for future studies.

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A penny for your thoughts...

A true conversation with a visitor to my office named 'Penny'

Penny: "I can't see well, I need new glasses. My eyes are fine. I will have to make an appointment with you sometime."

Dr: "No it's your eyes which can't see, it has nothing to do with the glasses."

Penny: "I was just being 'vane'. Yes, you are right I just thought I could blame it on the glasses. I will need to book an appointment to have my eyes examined."

How many things do we blame on an aspect other than ourselves? Vanity?

It happens more often than you think.

Being accountable means admitting we can justify our values and get away with it...sometimes but more often not. Vision is for life, glasses won't last as long as we need our eyes. Health is the controlling factor which you must be grateful for.

IS YOUR VISION WORTH A 'PENNY'?

OCTOBER IS VISION AWARENESS MONTH
COULD THE MESSAGE ~B~ ANY CLEARER EVERYTIME
YOU SEE A PENNY PUT IT IN YOUR POCKET TO REMIND
YOURSELF OF THE VALUE OF EYESIGHT AND HEALTH
which money cannot buy. Take care of yourself.

Dave Peers, State Farm Agent

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Our hours are: Mon. - Fri. 9-5, Sat. 10-2

Evening and Weekend appointments always welcome.



When bumpers meet antlers

By Dave Peers, State Farm Agent

When people get ready to walk across a public road, they usually look both ways first to see if any motor vehicles are coming. Unfortunately, this isn't the case with animals, including certain large ones. Too often, the result is a motorist's nightmare: a collision with a deer, moose or elk. The animal usually comes out second-best in this type of close encounter, but the toll on vehicles and their occupants can also be substantial.

Each year, about 100 people die and another 9,000 are injured in animal-vehicle collisions, the National Safety Council says. About 500,000 such crashes cause about \$1 billion in damage annually, the Insurance Information Institute estimates. While animal-vehicle collisions can happen any time of year, fall is the peak season for deer-car crashes. That's mainly because autumn is both mating season and hunting season, so deer are more active and more likely to roam beyond their normal territory.

No foolproof way has been found to keep deer, moose and elk off highways and away from vehicles. Deer whistles have their advocates, but the Insurance Institute for Highway Safety says there's no scientific evidence to support claims they work as intended. Some studies suggest roadside reflectors—designed to reflect light from vehicle headlights and cause deer to "freeze" rather than cross the road—reduce crash frequency to some extent.

You can avoid an unplanned meeting with a deer, moose or elk. Here's how:

- Be aware of your surroundings. Pay attention to "deer crossing" signs. Look well down the road and far off to each side. At night, use your high beams if possible to illuminate the road's edges. Be especially watchful in areas near woods and water. If you see one deer, there may be several others nearby.
- Be particularly alert at dusk and dawn, when these animals venture out to feed.
- If you see a deer, moose or elk on or near the roadway and think you have time to avoid hitting it, reduce your speed, tap your brakes to warn other drivers, and sound your horn. Deer tend to fixate on headlights, so flashing them may cause the animal to move. If there's no vehicle close behind you, brake hard.
- If a collision seems inevitable, don't swerve to avoid the animal; your risk of injury may be greater if you do. Hit it, but control the vehicle. Report the crash to the police.
- Always obey the speed limit and wear safety belts.