

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

FLIGHT CENTRE® *Unbeatable*

We've been thinking about traveling to Europe this summer - what are some of your must-see spots?

Europe's 48 countries attract millions of visitors each year, and it's hard to name just a few places.

A lot depends on what you like to do on your holiday - if you're very active, for example, you may enjoy hiking or climbing in the Swiss Alps, or cycling through southern France. Cinque Terra, on the Italian coast, is a UNESCO World Heritage Site featuring five fishing villages, and it's amazingly beautiful; you can do a lot of walking there, or just relax and enjoy the scenery... and the food!

If lying on the beach is more your thing, Greece has over two thousand island where you can soak up the sun. Portugal's Algarve region is often an excellent value too, especially for people who have more time to travel and like to stay put for a few weeks; apartment rentals there can be an excellent value even in summer.

Deciding where to go can be challenging, and a lot of our clients choose to take motorcoach tours or cruises because they're a hassle-free way to see a lot of different places in a short amount of time.

Everyone is different, and everyone wants something different out of their holiday. Come visit us, and our travel consultants can help you plan your own perfect holiday.



Jackie Bosse, International Travel Consultant

ONT REG #4671384

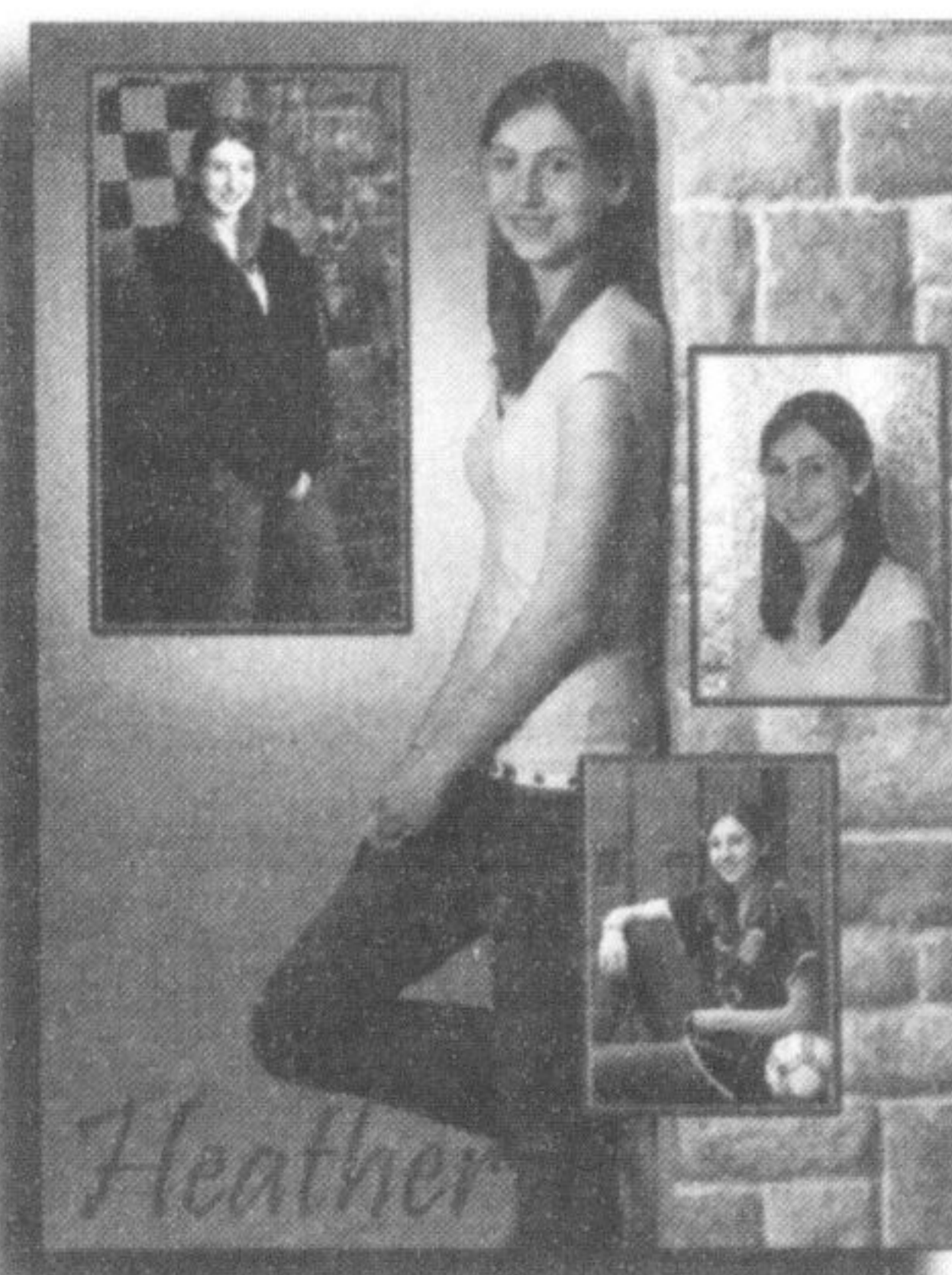
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850 Main St - Unit 7-B, Milton, ON L9T 0J4

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info@newcreationphoto.com

Do you do "Sweet 16" Portraits?

Yes we do sweet 16 portraits. We can take your sweet 16 portraits in our studio or on location. Our studio has a large selection of props, backdrops and sets to choose from. There are many locations around town or out in the country to use. Our creative poses and flattering lighting will make you feel like a model. We guarantee you will be pleased with your pictures before we print them or we will re-shoot for free. You will have portraits that you will treasure for years. We can also combine some photos from your shoot to create an innovative Designer Print.



A sweet 16 party is a great time to have professional portraits taken with family and friends, so don't forget to call us. We can put together a package of our photographic services to fit your needs. At the party we will take casual and candid portraits of the birthday person and their guests. If you're not having a Sweet 16 party we also offer what we call Portrait Safari where you can get a small group of friends together and we'll take you to many locations around town to produce portraits of all of you.

Feel free to call or email us with your details or for more information.

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Michelle Moslim

What more can my pharmacy do for me than just fill prescriptions?

With recent advances in technology the pharmacist is able to spend less time with the actual dispensing and more time counselling patients about their drugs and various medical conditions. Plenty of additional printed information on drugs, medical conditions, natural health products, vaccinations and travel info, or even special nutritional needs (Low Potassium, Gluten-Free, Gout etc.) are always readily available and complimentary. Many pharmacies have clinic days or monthly health information programs as well.

Your Shopper's Drug Mart pharmacist is now pleased to offer a new, private consultation service for patients to ensure you're getting the most from your medications and that you're taking them correctly, including any over the counter drugs, vitamins and/or herbal remedies.

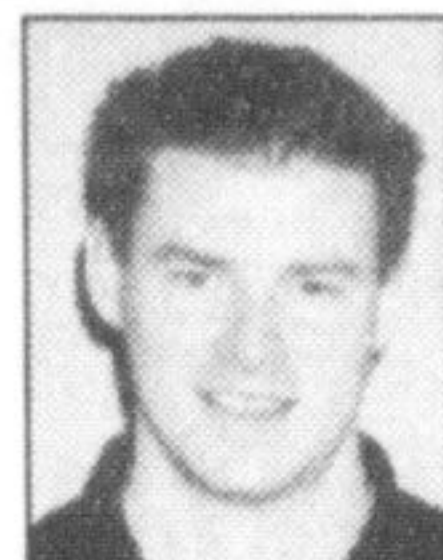
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Questions? Just ask your Healthwatch Pharmacist!

Milton Therapeutic Massage Clinic



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

Lindsay Jukes, RMT
Cathleen McTavish, RMT
Bobby Strutt, C.R.



Ryan Weaver
B.Sc., RMT

Milton Medical Building

Registered Massage Therapy

TENSION HEADACHES

Tension headaches are described as pain associated with the base of the skull or any other part of the head and face. They are differentiated from vascular (migraine) headaches and are patients' most frequently made complaints. Due to the many causes of headaches, a case history must be carefully considered to rule out organic disease and to ascertain the cause and type of headache. Common causes of tension headaches include trigger point referral, muscle spasm, cervical subluxation, postural stress, and environmental stress. Symptoms include a stiff and tender neck, and aching or vice-like pain in one or more areas of the head. The patient may also experience ringing of the ears, reduced attention, and photosensitivity.

Referred pain in the head most commonly occurs as a result of trigger points in the neck and shoulder region. For instance, the upper trapezius (shoulder muscle) is the muscle considered most likely to develop trigger points which refers pain behind the ear into the temple. Trigger points in the splenii muscles (base of the skull) refer pain upward to cause a deep-seated headache that concentrates behind the eye and often extends to the top of the head. Additionally, sternocleidomastoid (V-shaped muscles in the front of the neck) trigger points not only refer pain to the ear, temple, and around the eye, but may also cause dizziness, disorientation, and the symptoms of trigeminal neuralgia.

Treatment of tension headaches will include thorough assessment, trigger point therapy, and hydrotherapy to reduce pain and muscle spasm, and increase circulation to compromised tissue. The therapist will stretch shortened muscles and encourage the patient to be aware of and minimize contributing factors.

Please call the Milton Therapeutic Massage Clinic, if you have any questions concerning massage therapy or would like to book an appointment.

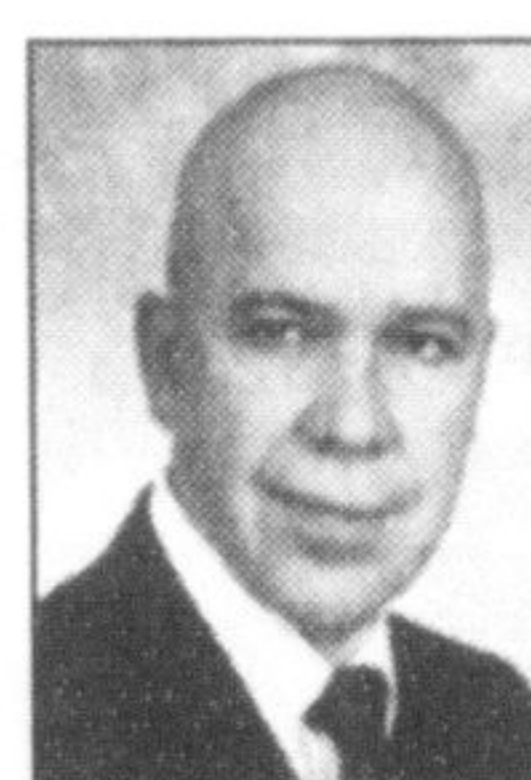
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Question: What is income splitting for seniors/retirees all about?

Answer: Income splitting particularly for seniors has become a hot topic in Canada as our population is aging and looking for ways to minimize the tax burden. In 2007, the Federal Government introduced a new tax saving strategy for seniors.

When completing your 2007 tax return, seniors are now able to allocate to your spouse or common-law partner up to 50% of pension income. This means that if your pension income is \$60,000 you can claim \$30,000 and your spouse can claim \$30,000. Because the tax rate on \$30,000 is lower, this will result in a significant tax savings.

The list of eligible income includes pensions, annuities, RRSPs and RRIFs after age 65, but excludes RRSP and RRIF if you are younger than 65.

In order to claim the income splitting as part of your tax return, each spouse must complete and include a new form called the Joint Election to Split Pension Income.

This allocation will affect the treatment of income tax withheld at source and the pension income amount as these will also be split between you and your spouse.

Old Age Security or Canada/Quebec Pension Plan payments have a different income splitting strategy. Also the "age credit" provided to low or middle-income seniors can be transferred to the lower income partner.

If you are receiving pension income in 2007 and future years, take the time to work out the numbers before you or your spouse file your tax returns. You will be paying extra tax if you don't!

To find out how these income splitting ideas apply to you and if you can benefit, call Partners in Planning - Milton at 905-876-0120.

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B.Sc., D.D.S.

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The Unanswered Question

Whenever a new patient comes into our office, a medical/dental history form is filled out.

One of the questions we ask is, "How often do you brush?" The answer usually varies between one to three times a day. However, when we ask "How often do you floss?", the line following this question is typically left blank. The fact is that most people either don't floss at all or do so very infrequently. Why is this?

I think the primary reason is that if you're not already flossing, it takes some effort to get into a new habit. Is it worth the effort? Absolutely. You see, if you're not flossing, you are only cleaning about 65% of the surfaces of your teeth. That would be like washing only 2/3 of your body and leaving the other 1/3 dirty. Flossing removes the bacteria that escape the toothbrush by hiding in the tiny spaces between your teeth. The bacteria live in a film of debris called plaque which, if not regularly removed, forms tartar.

A thorough flossing once a day is all that is needed to disturb the plaque so that it must reform to cause damage. If you find it difficult to manipulate the floss in your mouth, there are various aids to make this easier. Together, we can figure out what's easiest for you.

Flossing is a habit that will help you keep your gums healthy for the rest of your life. It's a great habit to get into, and please don't hesitate to ask for help. *That's why we're here.*