

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

McKersie-Kocher Funeral Home
Leading with Professionalism. Serving with Compassion.
114 Main Street
905-878-4452
www.mckersie-kocher.ca



Is NOW a good time to talk pre-planning?

ABSOLUTELY!

Pre-planning your funeral is one of the kindest, most caring things you can do for your family. Pre-arrangement plans reflect your expressed wishes regarding funeral arrangements. Upon death there are seemingly endless numbers of details that need attention by your family. You can provide for them by making your selections in advance and save your loved ones from having to make difficult decisions at a stressful and emotional time. Simplify your life by taking care of everything in advance.

You can be assured that you and your loved ones will experience "peace of mind" knowing that your wishes have been recorded.

Please call us at 905-878-4452 to set up an appointment at the funeral home or in the comfort of your own home to discuss your wishes with one of our funeral director professionals. Get answers to all of your questions, learn about various options available and create a detailed record of your wishes.



GREG J. LAWRENCE
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FOOT SPECIALISTS / CHIROPODISTS



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Q. How do I know when I need new running shoes and what should I look for?

A. Failing to replace worn shoes is a major cause of injuries. Estimate vary, as do individuals, as to when is the best time to replace your running shoes. The usual estimates place the mileage at somewhere between 350 and 550 miles. This means that many individuals should be replacing their shoes before they show major wear. In spite of the lack of wear the shoe will be gradually losing its shock absorption capacity as well as possibly starting to lose some of its stability.

Put your shoes on the table and look from the back of the shoe to the heel. If the counter of the shoe is tilted in or bulges over the inner part of your shoe, you might be one who excessively pronates. If this is so, you may want to look for a shoe with more stability or replace your shoe a bit sooner next time. If your shoe tilts to the outside, you may have a high arched foot. This in some cases can lead to ankle sprains and also increased transmission of forces to the leg and back.

Looking at the top of your shoe, you should note if you can see the outline of your toes in the upper or either your large or small toe on either side. If you do and have discomfort in these areas or have had a "black toe" you should consider wider or longer shoes or both wider and longer.

If you have a flexible and pronated foot, you might do better with a board lasted shoe. But looking for a good counter and a shoe that is rigid until the point where your toes attach is an easier empirical way to find a good shoe. This offers resistance to torsion and inhibits pronation. Slip lasted shoes are frequently good for high arched feet. Combination lasted shoes are supposed to offer the best of both worlds; stability in the rearfoot and flexibility in the fore foot.

If you have any further questions regarding footwear feel free to give us a call or a store with knowledgeable sales staff such as Feet In Motion here in Georgetown.



30 Market Drive
(just off of Martin Street/Hwy#25)
905.864.1964
1-866-664-1964
Email: info@storagespot.ca
Visit us online: www.storagespot.ca

There is a plethora of reasons why people use self-storage. Some of the more common reasons include:


- We're selling our home and have to declutter!
- Our new home is not ready yet!
- I want to free up space in my basement or garage!
- We're renovating and want to move stuff out of the way and protect it from drywall dust and paint!
- I'm running a business out of my home!
- I live in an apartment/condo or townhouse and have no where to store seasonal or extra items.
- We're downsizing/upsizing our home.
- I need a place to store documents and/or inventory.

Whatever your reason(s) for using self-storage may be, Storage Spot has a solution for you. Let us help you to manage your valuable space.

- Store bulky items
- Clear out clutter
- Store seasonal items such as snow blowers, lawn and garden items/furniture, Christmas decorations, clothing, etc.
- Store sports, recreational equipment and motorcycles
- Store baby, furniture, clothing and toys,
- Store new purchases for a new home,
- Store documents, tools, inventory and supplies
- Store for Christmas (we can be your Santa Closet)

If you have a storage problem, Storage Spot in Milton has a storage space for you to fit your stuff and your budget. We invite you to come and take a tour of Storage Spot conveniently located at 30 Market Drive in Milton (corner of Martin Street & Market). Our trained and friendly staff is there to give you all the help and advice you need.

For more information call: 905-864-1964



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Judith E. Finn - Director
24 Years Experience

ANTI-AGING IS NOT A MYTH
Restore one's Natural Beauty?
How do we look better with age?

We once thought that during our 20's we were at our peak of beauty, but as advances in technology, experience, and consumer knowledge, there are no barriers to what can be achieved. There is a whole new arsenal of treatments, procedures, and products to combat the signs of aging.

Growing older makes us more respectable of our skin and bodies. We must take the extra care to protect ourselves against sun's harmful rays that age our skin leaving brown spots, redness or rosacea, and older looking skin. There are helpful treatments and procedures designed to restore, protect, and compliment your appearance.

Microscopic skin analysis is complimentary at our centre. We can help you design a skin care regime with minimal effort and affordability. Over the counter cosmetics are very low in active ingredients to achieve optimal results and thus consumers spend far more than necessary for good skin care. Let us help you determine what your particular needs are. We can look better even at 30, 40, 50, 60, 70 or 80 + years of age.

We are here to help. Visit the clinic at the Medical Arts Building or call for your complimentary assessment at 905-864-0000

69 Main St. E., Unit 9, Milton
Medical Arts Building, Side Entrance
905-864-0000

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Phone: 905-878-0800
75 Main St., Suite. #10
Milton Medical Buildings

Clinic Hours: Monday thru Friday 8-8 • Saturday 10-2



Phil Lawton

Taylor Nursery
7429 Fifth Line, Milton
(right at the east end of Main St.)
905-876-4100

Can I plant now to get some colour into my garden for autumn?

Now is a good time to plant late blooming perennials and shrubs as well as vines, shrubs and trees with colourful fall leaves or berries. You'll get to enjoy them for years to come! Here are some suggestions from Landscape Ontario.

Autumn Flowering Perennials—Chrysanthemums, Asters, Daisies, Flowering Kale and Sedum are always fall favourites for colour but there are literally dozens of other choices in perennials. You can even colour coordinate your fall garden in shades of yellows, orange and bronze or pinks and reds, mauves, lilacs and blues...Many perennials, like Coreopsis, Gallardia and Phlox, will flower from summer right through to first frost.

Vines—Boston Ivy and Virginia Creeper (which also bears a heavy crop of black berries) are highly coloured in fall. Bittersweet Vine has an orange husk that opens to reveal bright orange and red fruit.

Shrubs—There are several shrubs that flower in the fall months, including Bluebeard, Butterfly Bush, PeeGee Hydrangea and Witch Hazel. Many more put on an autumn show with an abundance of colourful berries. You can choose from Coralberry, Snowberry, Cotoneaster, Firethorn, Holly, Winterberry, Cranberry and Redleaf Rose. Still others have leaves and/or fruit that change colour, like Burning Bush, Dogwood, Sumac, Smoketree, Serviceberry and more.

Trees—What would Canadian autumn be like without our maples, oaks and ash trees? We have those and many others that make excellent, and colourful, foundation plantings for your yard. Plant now so your trees have a chance to get established before winter.

At Taylor Nursery, we can advise you which new plants will work best in your garden setting, taking into account the soil, the sun exposure and the surrounding plants.