

ASK THE PROFESSIONALS



Phil Lawton

Taylor Nursery

7429 Fifth Line, Milton
(right at the east end of Main St.)

905-876-4100

www.taylornursery.ca

June is time to enjoy your garden as it flowers and grows but it is still a good time to plant...and to do essential maintenance

Before the heat of the summer months, you can and should plant trees and shrubs and 'infill' those bare spots in your garden with annuals and perennials...and now that the weather is so comfortable, what better way to spend some evening and weekend time than planting, pruning and maintaining your garden so you can enjoy it for the rest of the summer? Here are a few "must do's" for the month of June.

- Prune shrubs and trees after they have flowered
- Prune evergreens and hedges
- Mulch your garden beds. Whether you use wood chips, bark, nuggets or decorative stones, mulching will save you work—less weeding and watering—and make your garden more attractive.
- Stake or trellis your vines and vulnerable young shrubs and trees
- Deadhead faded blooms to encourage new growth
- Pinch back the plants that bloom later (mums, asters, dahlias, snapdragons), to keep them bushy and compact.
- Weed and water garden beds regularly
- Water and fertilize your hanging baskets. They dry out much more quickly than garden plants and are more vulnerable to heat.
- Sit back and enjoy the colours and aromas of your garden!

Come to Taylor Nursery for all your trees, shrubs, plants, garden décor, soils, mulch and aggregates...and helpful advice, too!



PROFESSIONAL DOG GROOMING AND TRAINING OF ALL BREEDS



TIFFANY KISHITA
Owner & Certified Groomer

353 Main St. E. Milton ON L9T 1P7
(Beside the Guitar Shop)
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Why should I train my puppy?

A well trained dog is a happy dog. Dogs like to please their owners but they require consistency. I always say "you treat your dog like they were your own child". By training a puppy they learn discipline and respect for their owners.

When should I start training my puppy?

Once they have all their boosters then they are ready for training.

You should start training your puppy as soon as possible to avoid bad habits.

What should I do first when I bring my puppy home?

When you get your puppy the first thing you should try and do is to get them used to the crate and to go to the washroom outside (a consistent schedule is one of the key things). NEVER USE THE CRATE FOR PUNISHMENT! Always use it for positive re-enforcement!

I do not recommend puppy pads. When using them, they don't learn to hold their urine or bowel movements so they will just go on the pad when ever he/she wants to. Another reason is they will associate other similar objects that looks like a puppy pad and will go on them as well. For example: newspapers and/or a nice expensive rug.

The key thing when training a puppy is consistency. Everyone in the house should be doing the same thing at all times. It is a team effort. If not, the puppy will be very confused and it will be harder for them to learn obedience.

In my obedience training we go over all the commands that the puppy will need for the rest of his/hers life. We go over 11 routines in the classes: sit, release, sit for exam, heeling, turns, speeds, sit/stay, down, leave-it, off, and recalls.

I do conditional training which means no treats just a lot of PRAISE!

There is a saying "it's never too late to teach an old dog new tricks".

If your dog isn't a puppy it is never too late for obedience classes!

Obedience classes available beginning June 18th.

Call the shop for details.

SHOPPERS DRUG MART

Open to 10pm, 7 days a week
Carriage Square, 265 Main St. E.
905-878-4492



Michelle Moslim

My husband has athlete's foot that doesn't seem to want to go away. What should he be doing?

Athlete's foot is caused by microorganisms that grow in warm moist areas everywhere in the environment. Also called mould, fungi or yeast. Several types of yeast are normal inhabitants of the body. They are usually inoffensive and actually help the body fight certain types of infections. Sometimes, however, they multiply and are the cause of troublesome infections such as athlete's foot (between the toes or on the soles of the feet), or even thrush (in the mouth) and vaginitis (in the vagina and on the vulva). Each of these is caused by a specific fungus.

Fungal infections are typically characterized by the following skin problems:

- redness and irritation
- swelling
- tingling and itching
- fissuring

Since fungi prefer to grow in moist and warm areas, they are mostly found in skin folds: inside the thighs, under the arms and breasts, and between the toes. The best way to prevent and get rid of fungal infection is to:

- keep skin dry
- dry skin thoroughly after bathing, showering, or swimming
- wear loose fitting, airy clothing preferably made of natural fibres, especially cotton
- apply an antiperspirant

In athlete's foot, shoes and boots are often part of the infectious cycle because that's where the fungi grow. Wear shoes that 'breathe' and change your socks often. Since natural fibres are more absorbent, wear cotton socks, preferably white, for best absorption. Allow shoes to dry completely between use; if possible don't wear the same shoes on 2 consecutive days. Consider sprinkling antifungal powder into the shoes.

There are several antifungal products on the market, both with or without a prescription. Symptoms typically improve after a few days of therapy. Therapy, however should be continued for 2-4 weeks to make sure that the fungi are completely eliminated. If the treatment is discontinued prematurely, the remaining fungi will start to multiply again and the infection will recur. Your HealthWatch Pharmacist can help you choose the best product for you and refer you to your physician if over-the counter products fail to fix the problem.



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Buy and Hope Investing

I will attempt to provide some education revolving around investments and the investment industry in this bi-monthly column. Too many investors have blindly placed their money with a mutual fund salesperson, insurance agent or investment advisor (most calling themselves Financial Planners) or investing on their own only to be shocked at what has happened over the last 2 years. These investment professionals may be partially responsible but ultimately the "buck" stops with you, the investor. **Go and learn about investing and investment products.** Know what you own. Make sure your Investment Advisor understands what you own! Talk to your Investment Advisor about what is causing your investments to grow and/or shrink. By learning these factors it may reveal that what you have been doing may not be suitable. Don't just accept the expression "investing in a Growth Portfolio". Investments are either predictable and guaranteed or NOT-guaranteed, and should be labeled, RISK investments. Investing in a "Risk Portfolio" doesn't sound that sexy or comfortable. There is no problem with taking risk, just call it what it is. Demand to be educated. You're paying your advisor for it. Don't accept "Buy and Hold" or "in the long run" as an answer. Do serious research when it comes to some recently popular Risk investments that offer "guarantees".

Markets tend to shift into different patterns every 15-25 years. Stock and real estate markets can run up for many years causing investments to be over-priced. Corrective phases, where investment valuations fall to normal or below normal levels can follow for many years. The bull market that began in 1948 drove the Dow Jones to increase 10-fold up until 1966. Then between 1966 and 1982 this market made 0% return and that's before inflation! Most markets peaked recently in 2000 and here we are in 2009 far below the 2000 levels! There was a bull market in real estate around the GTA that peaked in 1989. Properties values fell for 6 years by 20% to 40%. It wasn't until 2002 that we went back to 1989 levels. There are great investment opportunities now to take advantage of in a "corrective" environment. Not knowing about these may come at a great price. Stay tuned for the next article on the potential problems with Balanced and Income funds. In the meantime e-mail me through my website at www.robubino.com if you have any questions, and sign up for our free monthly newsletter.

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GIARDIA

Giardia is a parasite that infects the lining of the intestine and causes gastrointestinal disease with symptoms such as vomiting, diarrhea and loss of appetite in dogs and cats. I have also known it to cause death in very young puppies and kittens.

It also can infect human beings. Its nickname being "beaver fever" that a lot of diehard campers would be familiar with.

Giardia is found to reside in high moisture and stagnant areas. It can reside in the soil, puddles and ponds. It is also carried in the feces of wild mammals and that can infect the soil in our back yards.

Dogs that have a tendency to eat other mammals (such as rabbits) feces are at high risk for infection.

Giardial infection can be diagnosed by performing a rectal smear and looking under the microscope under very high power for the presence of giardial cysts.

Once diagnosed, it is very straight forward to treat, however, animals tend not to develop immunity as a result of infection, hence can be reinfected over and over. For pets that fit into this category it is highly recommended that they receive an annual vaccination against giardia.

By vaccinating we can stimulate the immune system to produce antibodies so that, if exposed to the parasite, the pet will not develop illness.



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