

ASK THE PROFESSIONALS

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In the spirit of the holidays I share with you a story that someone shared with me. I hope you will hold it dear in your heart. At a time of year when we talk about love so many lose their way.

This story is about an elderly man who appeared in a rush. When asked why he was hurrying, this story unfolded. The gentleman said he needed to go to the nursing home to eat breakfast with his wife who was a victim of Alzheimer's disease. As they talked, the woman asked if his wife would be upset if he was late. She was surprised when he replied that she no longer knew who he was, and had not recognized him in five years. She asked him, "And you still go every morning, even though she doesn't know who you are?" He smiled and patted her hand saying, "She doesn't know me, but I still know who she is."

Holding back tears she thought, "that is the kind of love I want in my life." True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be. The happiest people don't necessarily have the best of everything; they just make the best of everything they have. "Life isn't about how to survive the storm, but how to dance in the rain."

Give the love you want to receive and never miss an opportunity to tell a loved one how much you care—tomorrow may be too late. Please be charitable to yourself and others and spread love and kindness throughout. In my work I hear a lot of sadness but no matter how much peace and comfort I am able to give, I always get back even more. Thank you to you all. I wish you happiness, love and peace. Happy Holidays!

"HELPING YOU HELP YOURSELF"



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CHRISTMAS HAZARDS

Christmas is nearly upon us, and as in each year previous, I would like to remind you about the hidden seasonal hazards.

First, try to avoid using *tinsel, ribbon, string*; and in fact, anything liner. These are immediate attractions for cats and kittens, who see these sparkly, dangly things as prey, which just have to be 'dealt with'. In real life, these materials if swallowed, can catch in the gastro-intestinal tract. This could then cause the intestines to spasm and bunch, as the body tries in vain to move the foreign body. This is definitely a situation to avoid. It could prove life threatening and would require surgery for correction.

I would also draw your attention here, to the hazards of *electrical light cords*. Particularly at risk would be the teething puppy or kitten. Biting through the cords could cause tongue and mouth burns, which could in turn lead to respiratory distress. This accident would require immediate medical attention.

Secondly, *avoid table scraps* for pets. In the first instance, our pets are not generally used to such rich foods, and the last thing you want to be dealing with at Christmas is your pets upset stomach! Christmas leftovers are usually particularly fatty, and this could cause the pancreas to become inflamed and overloaded. This condition is serious and may require hospitalization.

Equally dangerous, are the *turkey bones* that are given, or even *stolen* by the pet. I have performed more surgery to remove bones and other foreign objects from pet's stomach at Christmas time. This is so distressing for patients and clients alike.

Thirdly ... *chocolate*. Again I have treated more dogs for chocolate poisoning and have hospitalized more dogs for the treatment of potentially fatal pancreas inflammation at this time of year. Clinical signs of chocolate poisoning include hyper-excitement, nervousness, vomiting, diarrhea and death.

Lastly, just as we become stimulated by the aromas of the roasting turkey, keep your pet out of the kitchen, and away from the *basting and roasting*, for obvious reasons. They too, become very thrilled by the cooking smells, and may get very close to the stove.

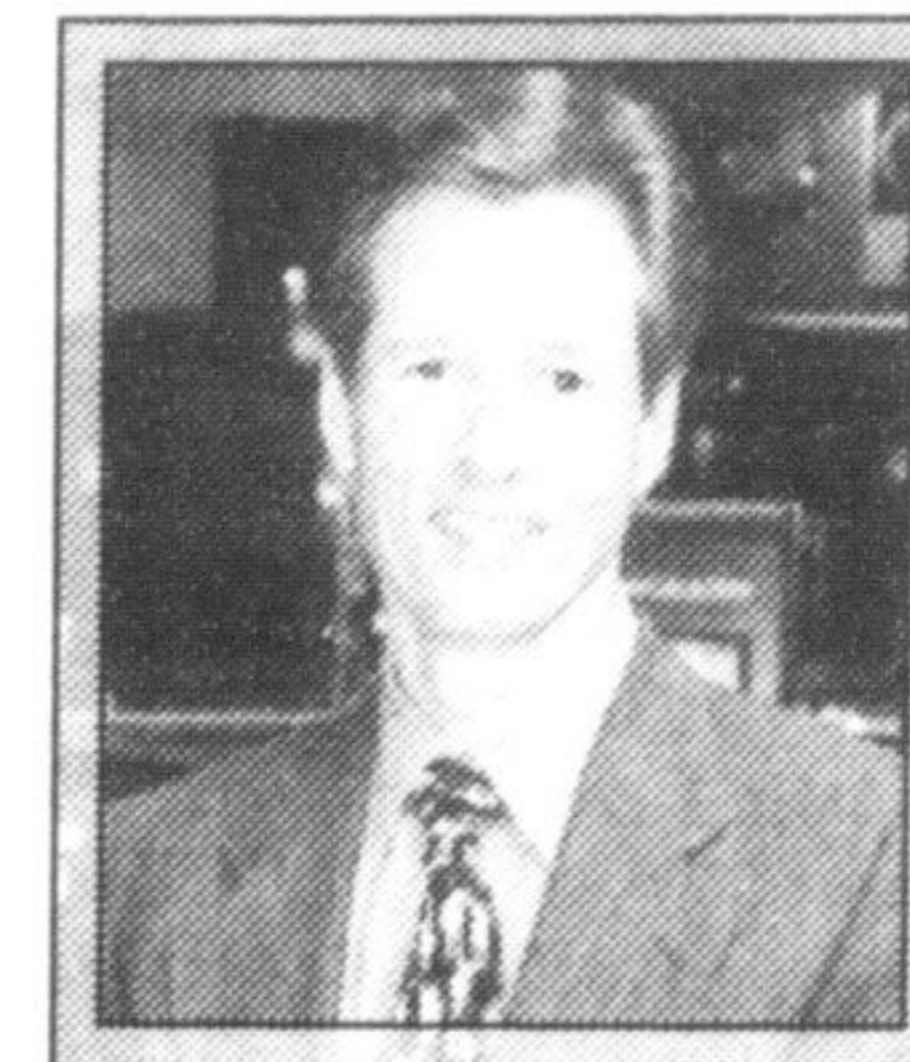
On a lighter note, I would like to wish all readers and their pets, a very happy and safe Christmas.

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Q: 50% - 60% - 70% off what...

How can I be getting the most for my money if I don't buy it on sale?

A: It doesn't seem possible. In fact, the whole issue of price has become a little confusing. We'd like to talk to you openly about jewellery pricing.

As a jewellery buyer, you are faced with many different prices for what appears to be the same item. Wisely, you want to pay as little as possible. Yet you know that the lowest price isn't always the most for your money.

What you really want is the lowest price COMBINED WITH QUALITY.

But isn't all jewellery basically the same quality? Nothing could be further from the truth.

What is the best kept secret in the jewellery business?

According to studies, most people judge the quality of jewellery by the price. The higher the price, the better the quality.

Jewellers know this.

They also know that everyone loves a deal.

They have found that the easiest way to sell jewellery is to mark it up high, and offer a big discount. Regardless of the quality.

It may be the easiest way to sell jewellery, but it sure isn't the best way to buy it.

Don't be misled by inflated prices that are always up to 70% off, or "TODAY ONLY SALE" signs that never come down.

You owe it to yourself to shop around and compare quality and service as well as price. For honest value and professional service, visit us.

HearSay
SPEECH AND HEARING CENTRE INC.



Yvonne & Rui
Oliveira

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Q: How loud is too loud when listening to music or being in a noisy environment?

A: While age-related hearing loss may be inevitable, a hearing loss due to noise exposure certainly is not. Noise induced hearing loss is preventable, but unfortunately, in today's society where there is a large degree of noise pollution, it is difficult to get away from ear-damaging noise.

What many people fail to realize is that we are susceptible to hearing loss from noise, no matter the age or gender. It is not only iPods and loud music that can lead to noise related hearing loss. Work place, leisure, hobby noises (e.g., hunting, shooting, power tools, etc.), concerts, and even some children's toys tend to go above safe noise levels, and ongoing exposure can certainly cause hearing loss. A good rule of thumb: If you have to shout in order to be heard three feet (1 metre) away, then the noise is probably too loud and could be damaging to your hearing. Hearing protection should be used.

Prevention is the key. Let's face it, nobody wants to wear hearing aids. Being proactive and cautious with our hearing is essential. By taking preventative measures, we can ensure that we preserve our hearing for as long as possible.

At HearSay we specialize in custom hearing protection as well as musician and swim plugs. Our motto is prevention. We strive to educate our clients on how to maintain and care for their hearing throughout their lives. If you have further questions regarding noise induced hearing loss, noise exposure or hearing protection speak to one of the HearSay Audiologists at (905)875-3345.

E.C.C. Cosmetic & Laser Centre
Affiliated with The Electrolysis College of Canada Inc.

Judith E. Finn - Director
26 Years Experience



DON'T GET BURNT THIS CHRISTMAS

This is the ideal time of the year for laser treatments. The sun is not as intense and our tans are fading, showing signs of aging, broken blood vessels, excess hair, stubborn acne, skin tags, mila and hyperpigmentation. With so many lasers on the market, patients are often confused what to do or where to go. The beauty of using many of today's lasers is being able to tailor treatments to each individual's specific needs.

Some medical offices, clinics and spas only carry one low powered multi-wavelength laser which is not appropriate for all services. We at the College are knowledgeable with years of experience in lasers and use multiple technologies. We have three of the most powerful lasers for hair removal in the industry, i.e.: 2 XC Diode 12 x 12 lasers as well as the new "Duet" for fast and comfortable hair removal of large areas.

At E.C.C. Cosmetic and Laser Centre we provide treatment with a full spectrum of lasers (6 state of the art medical lasers) which are not low powered aesthetic lasers plus two radio frequencies machines such as Thermage and EndyMed 3-Deep skin tightening - Dr. Oz approved! Watch for new surprises in January!

Call today for your complimentary consultation and microscopic analysis.

Gift Certificates

AVAILABLE FOR CHRISTMAS WITH AN ADDED 10% BONUS

GIVE THE GIFT THAT KEEPS ON GIVING!

Merry Christmas & Best Wishes to all our Valued Clientele!

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Vision is one of the most misunderstood aspects of health care.

The list of the following facts may be of assistance.

Vision is a process in the brain which affects your entire body and awareness. Similarly how you think affects your health and therefore the visual system of the body just as what you see affects your perception and thought process.

Vision is a developmental experiential process. At birth a full grown structure of the eye is available to experience the environment we live in. Babies do not have 20/20 eye sight.

Children develop eyesight through experience. If there is a blurred image presented to one eye the eye will not develop the necessary experiences resulting in lazy eye.

The eyes do not hurt in most instances, so there are no warning signs if there are diseases developing. Resulting in many cases of blindness. Since vision is induced in consciousness the interpretation of what you think you see results in your belief of the environment vs. what is actually there. This is evident in Optical Illusions.

The brain and eye have center vision which is measured in terms of 20/20 or 20/300 for example. And yet having 20/20 central vision can still be present when a person is going blind. Full ocular visual assessments require measurements of central and peripheral vision processes as well as the physical appearance of the structures and function of the eyes movements and focusing capabilities. Conditions such as diabetes show up with altered structures and functions which are clues to the development of vision degeneration.

Taking self help measures are a dangerous journey which can make your condition worse.

Most people do not know what a contact lens is made of and that it requires a healthy tear supply to maintain its ability to be safe to wear as it may impede the ability of the cornea to breathe. Many people are wearing the incorrect contact lens for their eyes.

The statement I can see fine, is a self examination and expression which is relative to the persons experience. Since a person can be going blind without even knowing, makes it more validated to seek preventative care from a professional. A few moments per year can save your life. Assuming your children can see fine can be placing them at risk for their future well being.