

Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion
191 Main Street E.
Milton, Ontario L9T 4N9
or Fax to: 878-4943



Elayne M. Tanner

Elayne M. Tanner

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Counselling & Psychotherapy
Individuals, Couples, Children & Families

11084, 5th Line
Milton, Ontario (R.R. 2, Rockwood)
(905) 854-0801

Q: I am 49 years old and have been married for 24 years. I have 3 children, 22, 20 and 15 years of age. After work and during the weekends, my husband spends a great deal of time watching TV and has very little time for his family. He says we can't afford counselling. There has to be more to life. Help!

A: A successful marriage doesn't just happen. It takes a lot of work and nurturing. You should each feel like you are the most important thing in your spouse's life. You are a team and if both of you are not happy, your team is not winning. Often we get stuck in patterns that don't work for the other person. In your case, you feel unloved and abandoned with all the family and home responsibilities. I imagine your husband may be feeling that after working a full week, he deserves time to relax and watch TV. He probably feels unappreciated and somewhat depressed. For this marriage to work, we will have to improve communication and compromise skills. If you both are willing to do the work necessary, you will see results quickly and feel more fulfilled. If your husband is unprepared to do this, you must decide if you can continue as is, or if you must leave the relationship. Hopefully, it will not come to that!

To be successful, this work must be done with the guidance of an impartial third person such as a marriage counsellor. You say you can't afford this but remember, counselling is far less expensive than the cost of a lawyer and a divorce — both monetarily and emotionally. For instance, I work on a sliding fee scale, charging only what the family or individual can afford to pay. When you consider the additional emotional cost to your children in terms of their self-esteem and what they are learning about relationships, can you afford not to get help? How much is peace of mind worth? Christmas is a time of disappointment for many because the hopes for family closeness never materializes. Maybe counselling would be a valuable family gift this season. With your anger, resentment and unhappiness this does not sound like a healthy situation for you. Decide this is the year for you to make positive changes and start right away.

Elayne Tanner is a Certified member of the College of Professional Social Workers, with many years of professional experience in individual, marital and family counselling. Her office is located in Milton in a private rural setting minutes from the downtown area.

If you have any further questions, please contact Elaine Tanner at (905) 854-0801. Confidentiality guaranteed.

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Q: How do I keep my vehicle in "Tip Top" condition.

A: The following is advice on how to take care of your vehicle.

- 1) One newer model cars, do not attempt to "polish" light scratches. Most new vehicles have a clear coat finish that can be damaged if you do not use the proper method.
- 2) Car batteries should be checked monthly in the winter, weekly in hot weather and daily on long trips.
- 3) During cold weather, always check your tire pressure. Tires deflate as temperature decreases — one pound of pressure for every 10 degrees of temperature drop.
- 4) Oil — fluid level should be above the Add indicator on the oil dip stick. Oil and filter should be changed at least every 8,000 km.
- 5) Radiator — check the reserve reservoir, the fluid level should be above the Add indicator. When fluid is needed, it is best to add anti-freeze to the reservoir, not water. All fluid should be drained and replaced every 40,000 km.

For additional information contact Marilyn or Joe Reck at Ontario Auto Collision CARSTAR at (905) 875-4477 or call our toll free customer service line 1-800-CARSTAR. You can also find us on the Internet at <http://www.carstar.com/>

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420 Main Street East, Milton, Ontario L9T 1P9



Lou Mulligan CFP

Q: I give my grandchildren money at Christmas and for birthdays. Their parents buy extra toys with it. I do wish they would save some for the future. Any ideas?

A: Why not give a gift that will be appreciated now and that can appreciate in value in the future?

Trimark Investment Management recently introduced their special mutual fund, Gift of Value program. Investing on behalf of a loved one helps them take a positive step on the road to financial freedom.

With its attractive announcement card, Gifts of Value are ideal as Christmas presents. Your Money Concepts financial planner assists you in your selection of the mutual funds that suit your loved one's needs (your investment gift can be made either all at once or budgeted over several months).

"Gifts of Value" are also suitable for anyone who already has a lifetime supply of socks and ties, or who needs to start the habit of regular investment).

To learn more about a Trimark Mutual Funds Gift of Value please call Money Concepts at 876-0940.

On behalf of Lou Mulligan, Linda Myronyk, Mary Jane Higham, Jim Mirza and Steve Smith, please accept Money Concepts' sincere thanks for your patronage. We wish you all a Happy and Healthy New Year and a Very, Very Merry Christmas.



Nad Jelic
Nail Technician

HI-5 Hair Design

LADIES AND MEN

Laurier Centre
500 Laurier Ave., Milton
876-1337

Q: I've had both acrylic and fiberglass nails applied in the past, and they always tend to look fake. I always need to apply nail polish or french manicures. What can I do to have natural looking manicures without the fuss?

A: Understanding acrylic nails.

1. Especially with the holidays on the way, I can understand with a hectic schedule not wanting nor having time to apply nail polish or french manicure to your nails, especially trying to cover them up because they look fake. First off there is no point having nails applied if they will look fake. With the New Euro Acrylic system it allows the appearance of manicured nails all the time, no polishes or french manicures, just a natural manicured look.

How the system works

2. The Euro Acrylic system allows the natural nail to shine through, by using a clear nail size, so they don't appear fake or larger than your actual nail. It is then packaged with anti-yellowing, and anti-bacterial and fungal pink and white acrylic to match the colour of your natural nail, except in your ideal length. These nails are perfect for those who try to grow their nails but are unable to, with the maintenance of a fill every 2-3 weeks it allows your natural nail to grow to your ideal size.

Finishing Touches

3. This acrylic system uses no harsh glues to ruin your nails, and no files. We use a nail drill, which gives precise and desired shape and fades away the appearance of thick fake nails.

Since this system is seldom available the introductory price list is full set \$50.00, fill set \$25.00, Manicurist acrylic overlays \$15.00 tax included.

This is your chance to have beautiful nails for the Holidays!



Greg J. Lawrence,
B. Sc., D. Ch.

GREG J. LAWRENCE, B. Sc., D. Ch.

FOOT SPECIALIST / CHIROPODIST

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Member of the Ontario Society of Chiropractors
and The Ontario College of Chiropractors

Q: What is a Foot Specialist?

A: A Foot Specialist is an individual who treats any foot-related condition. People with diabetes are more likely to develop problems with their feet. Not only does a Foot Specialist take care of these problems, we also perform screening to help prevent any complications. Individuals who are diabetic should get their feet screened on a yearly basis, if no problems currently exist. Screening of the foot consists of assessment of the circulation, nerve testing, orthopedic assessment and footwear assessment. Even if no problems exist, a Foot Specialist can be a good source of information regarding prevention.

Below, there are a few questions regarding diabetes. Let's test your knowledge.

- 1) Poor blood supply is common in people with diabetes who:
 - a) are older;
 - b) smoke;
 - c) have high cholesterol;
 - d) have high blood pressure;
 - e) have had diabetes for more than 10 years.
- 2) If you find an area of your foot is hot, this might mean there is:
 - a) Normal blood supply;
 - b) poor blood supply;
 - c) infection, stress or fracture.

Answers — 1) all of the above 2) C

If there are any groups, companies, schools or clubs interested in a presentation on any foot-related topics, please call our office.