



The Acton FoodShare Food Drive was held Saturday and on hand to help with the sorting were, from left, 1st Acton Scout Isaac Daleman, 13, 1st Acton Guide Jennifer Parsons, 12, and Abby Kroezen, 7, from Gems Girls Club. Photo by Jon Borgstrom

Acton Food Drive nets 6,500 lbs.

The Scout/Guide Beth El Groups annual Food Drive for Acton FoodShare brought in approximately 6,500 lbs of food for the food bank.

Along with the food, \$853 also came in. Unfortunately 900 lbs of food had to be discarded because it was past its expiration date.

More food is expected to come in over the next couple of weeks as two Acton

apartment buildings hold their own food drives this month.

Last year's food drive brought in about 5,000 lbs for the food bank.

Anyone whose donation wasn't picked up is asked to call the Food Bank at 519-853-0457 to make arrangements for pick-up, or donations can be brought to the food bank Tuesday April 16 between 8:30 and 2:30 p.m.

Planner says area streets can handle traffic

Continued from pg. 1

While a traffic study is being planned, Wellings said McDonald Blvd and Wallace St. could handle the traffic generated. The term is unnecessary and would be removed he said.

Town Planner John Linhardt said planning staff would look at the setback issue before making a recommendation. He said the rezoning could be site-specific to allow only a two-storey height. Linhardt said the project would likely be phased due to the shortfall of water allocation for about 30-35 of the units.

That, he said, would be determined in the final report expected likely in early fall.

Infrastructure Services Director Chris Mills said the traffic study would consider impacts not only in the immediate area, but also farther away, such as access onto Hwy. 7.

The deadline for written public comment to the Planning Department is May 8. For information contact Jeff Markowiak, Halton Hills planner (Development Review), 905-873-2601, ext. 2296 or go to www.haltonhills.ca



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Q. I was recently diagnosed with Osteoporosis, what is the difference between osteoporosis and osteoarthritis? Can Physiotherapy help me?

A. Good question! Osteoarthritis (OA) is a degenerative joint disease whereby the smooth cartilage that covers the end of bones begins to wear away, when this occurs the result is pain, stiffness, swelling and reduced movement. Because OA gets worse overtime, Physiotherapy treatment/management focuses on controlling pain and improving your ability to function/move. Modalities such as joint mobilization to increase any lost movement, exercise to strengthen weak muscles, TENS and acupuncture can be used, along with education on how to move/perform activities to reduce the impact on the affected joint. Osteoporosis is a disease whereby the bones in the body become thin and porous resulting in decreased bone strength and increased risk of bone fracture. Physiotherapy management of Osteoporosis includes modalities to control pain as a result of the condition but also includes **Postural training, Weight bearing and Strength training exercises.** Weight bearing and strength training exercises have been shown to improve bone mass and/or slow the rate of bone loss, increase muscle strength, and improve balance and coordination which is important in reducing the risk of falling. Both the Georgetown and Acton Eramosa Physiotherapy sites run Osteoporosis programs. If interested please contact the clinic!

Q. What causes bad breath and how can good dental care help to control this?

A. Bad breath - It's everywhere. Buy this and prevent foot odor; buy that and avoid body odor. It's no surprise that bad breath is socially unacceptable. Every year, advertisers spend millions to sell their mouthwashes for bad breath. You must understand that using a mouthwash for chronically bad breath can actually mask periodontal, or gum, disease. Diseased gums and tooth decay are the two most common causes of bad breath, or "halitosis." If you smoke, you're not only more likely to have bad breath, but also to get periodontal disease. Eating strong foods, like onions and garlic, is rarely the real cause of chronic bad breath. If you must, a saltwater rinse can be used instead of a mouthwash. You may have guessed by now that the best way to keep your breath fresh is by daily brushing and flossing, and keeping regular dental checkups. Your gums need your help in this so they can fight off plaque and deposits.

"Here is the test to find whether your mission on earth is finished. If you're alive, it isn't." - Richard Bach