

COMMUNITY CORNER

Garage Door Works



Ken Martta
Free Estimates

Sales, Service & Installation
Residential, Commercial
Overhead Doors & Openers

(519) 856-9955
Toll Free (877) 856-9955

It's Worth The Call To... **905-691-8934**



Helen McLean

Sales Representative
Since 2004
Resident of Acton Since 2000

iProRealty
Ltd. Brokerage
www.iProRealty.com


Recipient of the Platinum Award 2011

HomesByHelen@hotmail.com www.HomesByHelen.ca

NELLIS
CONSTRUCTION LIMITED

ROAD BUILDING
EARTH MOVING

R.R. #1 Acton **853-0960**



EXCHANGE CYLINDERS

Propane Supplied By
Superior Propane

TYLER TRANSPORT
Acton, Ontario (519) 853-1550

379 Queen St. East
Acton, ON L7J 2N2

100% Canadian Owned

JETLINK AIRPORT SERVICE

A division of Tyler Transport Ltd.



CALL TO RESERVE

(519) 853-1550
or toll free
1-800-73TYLER



Library Notes

Acton Branch Halton Hills Public Library



By Vicki Firth

Like many households, we have staff members who must deal with special diets for either their own health reasons or those of a family member. For some, it is a result of life-threatening food allergies or medical conditions such as celiac disease. For others, it is a matter of making an ethical choice for vegetarianism or dealing with an upsetting intolerance.

Then, of course, there are the picky children and fussy teens to try to accommodate. Fortunately, at the Halton Hills Public Library we have a vast array of books dealing with specific digests and offering recipes and meal suggestions for everything from gluten-free cupcakes to vegan ice cream.

Those living with food allergies can find some great recipes to try out in titles such as *The Allergen-Free Baker's Handbook* by Cybele Pascal or *Babycakes* by Erin McKenna. Parents may find some treats to whip up in the *My Kid's Allergic to Everything Dessert Cookbook* by Mary Harris. For a better understanding of what it's like to live with food allergies, check out *Don't Kill the Birthday Girl, Tales from an Allergic Life* by Sandra Beasley.

There is a wide choice of books for those who have had to eliminate gluten from their diets. *The Intolerant Gourmet* by Barbara Kafka has a section of recipes without gluten and lactose.

The Gloriously Gluten-Free Cookbook by Vanessa Maltin is "spicing up life with Italian, Asian, and Mexican recipes."

If you're making the move to become a vegetarian or simply want to add more meat-free meals to your week, there are many titles from which to choose. Check out our newest acquisitions such as *Herbivorous* by Michael Natkin, *The Meat-Free Monday Cookbook* with foreword by Paul, Stella, and Mary McCartney and *The Vegetarian's Complete Quinoa Cookbook* from the Ontario Home Economics Association. Those who want to try eliminating all animal products from their diets can take *The 30 Day Vegan Challenge* by Colleen Patrick-Goudreau.

Finally, to try and

tempt those rather "particular" little dinners in your household to venture outside of old standbys, try *Whining and Dining, Mealtime Survival for Picky Eaters and the Families Who Love Them* by Emma Waverman. If you're determined to nurture a junior foodie, you might enjoy reading *Hungry Monkey, A Food-loving Father's Quest to Raise an Adventurous Eater* by Matthew Burton. Bon appétit.



Steve Hartnagle



Interior Painting & Wallpapering
& Small Home Repairs

Tel: 519-853-2024
Cell: 519-829-6014

SUBWAY

eat fresh.

Fast, friendly lunch
and breakfast!
Come join us!

Ph: 853-5531

Aldo Braida
B.A. L.L.B.

Barrister & Solicitor

69 Mill St. E Acton
28 Paisley St. Guelph
Phone: 519-824-2242
Fax :519-824-3049

Jim's Repair Shop

105 Alma St. Rockwood ON NOB 2K0

LAWN & GARDEN SALES & SERVICE

AUTHORIZED WARRANTY DEALER FOR
BRIGGS & STRATTON • KOHLER • HONDA
• TECUMSEH MTD • NOMA/MURRAY
• JONSERED • HYDRO-GEAR
• SCAGG

TEL: 519-856-2564 FAX: 519-856-9657
1-888-537-7953



Dental Hygiene Healthcare

46 Mill St E Acton On

Exam Scale Polish Fluoride Whiten
reg. \$49
Pit and Fissure Sealants \$19

519-853-5985

TRU-AIR SYSTEMS LTD.

• HEATING • AIR CONDITIONING
• REFRIGERATION

New customers receive
15% off

156 Churchill Rd. N Acton
905-703-6686
info@truairsystems.com
www.truairsystems.com

Speedy Glass

We handle all insurance work



• Truck Accessories • Upholstery
• Heavy Equipment Glass
• Window Tinting

354 Guelph Street, Georgetown
(905)873-1655

DGH DOORS

SALES, SERVICE & REPAIRS TO ALL MAKES

RESIDENTIAL GARAGE DOORS • ELECTRIC OPENERS
COMMERCIAL OVERHEAD DOORS • DOCK SYSTEMS
PREVENTATIVE MAINTENANCE PROGRAMS

CALL DAVE THE 'DOOR GUY'
1-866-919-9945

SERVICING ACTON & SURROUNDING AREAS
1-866-919-9945 BALLINAFAD

BACKHOE & BULLDOZER

SNOW PLOWING, & FIREWOOD

call: **905-693-2969**
email: **lbwaterservice@gmail.com**

McISAAC
781588 Ont. Ltd.

Septic Pumping & Drain Service

- Septic & Holding Tanks
- Rejuvenation of leaching field
- Baffle inspection & repairs
- High-pressure drain cleaning

Radio dispatched trucks
Call Don or Mac
519-853-2790
Licensed by M.O.E. RR#4, Acton

FROSTY SNOW PLOWING
SINCE 1995

Call Now for your
Snow Plowing Quote



(519) 853-2828

heaven on 7

Bistro & pub
heavenon7@gmail.com
519-856-2693

Now Booking for X-mas Parties

MCNABB GRAPHICS

56 MILL STREET EAST, ACTON, ONTARIO L7J 1H3

Professional Design and Printing Services

Telephone/Fax
519-853-5615
Email:
mcnabbgraphics@cogeco.net



Ron Henry
BARRISTER & SOLICITOR

Serving the Community
for over 30 Years

67 Mill Street East, Acton
& 27 Cork St. Guelph
853-1160

Carin Pelka
Licenced Paralegal

Specializing in Workplace
Safety & Insurance Board
- Claims/Revenue

69 Mill Street East
Acton, ON
By appointment only

519-853-2091