DEATH



CAVLOVIC: John

Passed away at the Trillium Health Centre - Mississauga on Monday, February 18th, 2013 with his son John by his side. John was the beloved husband of Katherin and the father of John and his wife Tracy and Donna and her husband Ivan Osterman. He was the proud Deda of Johnny, Matthew, and Joseph Cavlovic, Katarina, Christina, Anton and Josip Osterman. He will be missed by his brother Steven in Australia and his sister Jaga in Austria. The family will receive friends at the MacKinnon Family Funeral Home, 'Shoemaker Chapel" 55 Mill Street East, Acton on Friday, February 22nd from 2 to 4 p.m. and 7 to 9 p.m. with recitation of the rosary at eight o'clock. Friends are invited to meet the family at St. Joseph, Patron of Canada Roman Catholic Church, 64 Church Street East, Acton on Saturday at ten o'clock, at which time the Mass of Christian Burial will be celebrated by Father Ilija Petkovic. The interment will follow at Fairview Cemetery Acton. Remembrances to the Heart and Stroke Foundation would be appreciated by the family. On-line condolences may be made at www.mackinnonfamilyfuneralhome.com

MacKinnon Family Funeral Home 'Shoemaker Chapel' (519) 853-0350 or 1-877-421-9860 (toll free)

HUTCHISON: Paul

The family of Paul Hutchison sadly announces his passing at Sunnybrook Hospital, Toronto, on Saturday, February 16, 2013 at age 81. Robert Paul Hutchison, loving husband of Marjorie McGirr of Toronto. Dear father of Janet Raats (James) of Acton, Sheila Mae Hutchison, Julie Hutchison and Frances Hutchison, all of Toronto. Grandpa Paul to Pierce and Hilary and predeceased by Emily and Cassie. Brother of Gerry (Patricia) of Southampton, Joan Duley (Bill) of England and the late Bruce Hutchison (Gayl), 2012. Missed by his nieces and nephews. Family will receive friends from 10-10:45 AM at Blue Springs Funeral Home, 12 Church St. E., Acton on Thursday, February 21. Funeral mass of Christian burial will be at 11 a.m. at St. Joseph, Patron of Canada Catholic Church, 64 Church St. E., Acton. A private internment will be held at Highland Memorial Gardens, Toronto at a later date. Paul was an avid reader, thus, in lieu of flowers, please buy someone a book

Blue Springs, The Acton Funeral Home 12 Church Street East, Acton 519-853-2399

DEATH



NICHOLLS: Clifford George

The family of George Nicholls sadly announces his passing on Saturday, February 16, 2013, at the Credit Valley Hospital after a courageous battle with Lung Cancer. George was in his 72nd year and was the best friend and loving husband of Patricia (née Clark). He was the loving father of Michael (Sharon), Wendy Spurrell (Tim), Dawn Pulver (Anthony) and Rosanne Nicholls and the very proud Poppa of Nicky, Jesse, Kaleigh, Crystal and Courtney. He is survived by his step-brother Wayne Hill, his sister Eleanor and was predeceased by his sister Shirley Scott.

George - we hold dear to our hearts the memories you have given us

and you will be greatly missed. Cremation will be followed by a spring interment at Fairview Cemetery. Friends are invited to join the family to celebrate George's life in the Ladies Lounge of the Acton Legion on Saturday, March 2nd from 11.30 to 2.00 p.m. Remembrances to the Cancer Assistance Services of Halton Hills would be appreciated by the family. On-line condolences may be made at

w.mackinnonfamilyfuneralhome.com MacKinnon Family Funeral Home "Shoemaker Chapel" (519) 853-0350 or 1-877-421-9860 (toll free)

IN MEMORIAM

CAROLINE SEADS July 30, 1983 - Feb 21, 2012

> Lean on me. when you're not strong. And I'll be your friend, I'll help you carry on For it, won't be long 'Til I'm gonna need Somebody to lean on.

> > Love You Randy Travis The Girls

In memory of CAROLINE SEADS Feb 21, 2012

We thought of you today, but that's nothing new. We thought about you yesterday and days before that too. We think of you in silence. We often speak your name. All we have are memories and a picture in a frame. Your memory is a keepsake from which we'll never part. God has you in his arms, We have you in our hearts.

Love always Jason, Samantha, Dylan, Dawson, Ryder



Casual to Formal Conventional or Unconventional Blue Springs is a comfortable atmosphere where friends can

Blue Springs Funeral Home Serving the Rockwood and Acton area. 12 Church Street East, Acton

519-853-2399 www.bluespringsfuneralhome.com

CLASSIFIEDS

The New Tanner Classifieds are \$8 (plus HST) for 15 words (or less) and 30 cents (plus HST) for each additional word. Prepayment is required.

Classified deadline is Monday at 5 p.m.

Call 519-853-0051 for details or email thenewtanner@on.aibn.com

IN MEMORIAM



In loving memory of GLORIA JEAN WILLIAMS Feb 23, 2011 - Two years

Mother, Grandmother, Great-Grandmother who went to be with God. All I have are memories but loving ones I will cherish forever in my heart.

Loving Husband

COMING EVENTS

THE SOCIAL WEB 101 Join us for an exciting, one-of-a-kind presentation

Our Kids were born on the Internet

With Chris Vollum, creator of Facebook 101 Recognized authority on Facebook, Instagram, Twitter & Tumblr

March 5, 2013 7:00 pm Location: Acton District High School 21 Cedar, Acton



HEALTH

WHEELCHAIRS, SCOOTER, ROLLATORS:

Do you need help getting around? Call Young's Pharmacy and talk to our Mobility Specialist. You may be entitled to 75% off with the Assistive Device Program (ADP) Government funding. Young's Pharmacy Homecare Department, 905-877-2711 Ext 2. 47 Main Street South, Downtown Georgetown.

SERVICES

POST HOLE: Augering gravel driveways, tree planting, Timberrock Services. Marcel 519-856-4766, www.timberrockservices.com (tfr

DISPOSAL CONTAINER SERVICE: Ideal for renovations, shingles, house, garage & yard cleanup, dirt, concrete, asphalt, gravel. Delivery. Driveway friendly. Rolloff truck goes where larger trucks shouldn't. WESTERVELD CONTRACTING LTD.

519-853-3332, 905-705-2339, toll free 1-877-633-6529 www.westerveldcontracting.ca

PROBLEMS WITH THE GOVERNMENT?: Are they

hounding you to file your Income Taxes? Maybe we can help to get them off your back. Call Reg Marsh and Associates at 519-853-0113.

HANDYMAN AND RENOVATIONS: Look no further for ALL your Home Maintenance & Renovations. Honest, Affordable and Reliable. Call Kevin at 519-827-8369 or email 4MHomeWorx@gmail.com (10

FIREWOOD

ALL PRICES REDUCED FROM LAST YEAR: Top quality seasoned hardwood in 12" or 16" lengths. Stored indoors. Ask about our truck load special. 519-763-2223 or toll free 1-888-856-8696 www.northernhardwood.ca (tfn)

SEASON HARDWOOD: 12" or 16". Prompt delivery. Year round availability Len's Firewood 519-843-1528(TFN)

ITEMS WANTED

SSS CASH SSS: For trucks, Autos, Machinery. Running or NOT. WE PAY YOU. \$200 & up to \$5,000. Fast free pick up. Flatbed carrier. We also take old tires. We sell new & used parts. Custon exhaust shop. (new cats \$240 installed) 519-833-1150, C:647-403-1020, 22 years in service (TFN)

FOR RENT

ROOMS AVAILABLE: At Mill Street Crossing, Acton. Weekly/ Monthly. 905-462-3032. (tfn)

FOR SALE

2002 Yamaha SXVIPER 700: Triple MBRP Cam studded track, dolly carbide, heated grips, visar plug with cover. Excellent condition, 6500 Kms, \$3200 OBO. Will deliver. Call 416-705-4274

REFRIGERATOR: Whirlpool Fridge for sale. White 18.8 Cu. ft. and clean. \$200 519-853-9668.(8)

DAYCARE

NEEDED: Recent Acton widower needs daycare for 3 children ages 6, 4 and 2 years. Suitable to share with another caregiver. Call evenings after 6 p.m. or weekends to discuss arrangements. 519-853-0056 or 905-877-8673(9)

HELP WANTED

LICENCED SCHOOL BUS DRIVERS

REQUIRED

To start immediately Apply to: TYLER

TRANSPORT 379 Queen Street E. Acton 519-853-1550

We invite you to join our Team of committed caregivers at our Family Owned and Operated Long Term Care Home.

We are currently in need of:

REGISTERED NURSE (REG. N) NIGHT SHIFT

Must be in good standing with the College of Nurses. Experienced in long term care is preferred but not necessary.

Please forward resume to admin@edenhousecarehome.ca or fax 519-856-1247 www.edenhousecarehome.ca

Can diet pop cause weight gain?

For decades, people have turned to diet soft drinks as a healthier alternative to regular soft drinks. However, consuming diet pop on a regular basis may have some serious health ramifications, including weight gain.

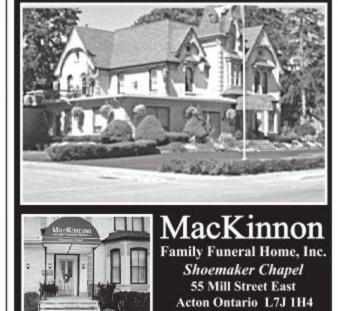
It may seem counterintuitive to suggest that diet pop may be causing people to gain weight, particularly because these sodas are commonly consumed by people who are trying to lose weight. However, artificial sweeteners found in some diet pops may increase a person's risk of obesity. It's not entirely what you are eating that can cause weight gain but what the body thinks it

is eating (or drinking) that plays a role.

Drinking diet pop regularly may affect cardiovascular health - people who drink diet soda every day have a 61 percent higher risk of vascular events than those who reported no soda consumption.

Regular pop isn't a better alternative as it can contribute to weight gain and cardiovascular issues as well as an increased risk for diabetes. Nutritionists and doctors have advised that instead of adding artificial sweeteners to water and other beverages, flavour them with lemon or lime juice. Instead of drinking diet soda, opt for unsweetened tea or plain water.

Although diet soda may seem a likely option to help curb calories and prevent weight gain, such beverages may actually be having an adverse effect on a person's weight.



Acton Family Owned by Margaret and Bob MacKinnon www.mackinnonfamilyfuneralhome.com

(519)853-0350