



MIGHTY MOUSTACHES: Students and staff at Acton High School raised \$115 for prostate cancer research during the month of "Movember." Teacher Matthew Jones (third row from front) garnered the most votes in a moustache-growing contest among five other teachers. — Frances Niblock photo

Ready for some healthy resolutions?

When the calendar turns to the New Year, many people re-dedicate themselves to their personal health and well-being and one way is to reduce stress. Work is a common cause of stress, but family and personal finances are big sources of stress as well.

At the office, analyze ways in which you can manage time more effectively, including how to best prioritize work projects so you don't always feel as if you're up against a wall. Outside the office, recognize the importance of maintaining a personal life and its relation to reducing

stress. Spending time with friends and family can relax you and provide a welcome respite from the stress of the office.

Eat better

Losing weight and adopting a healthier diet are not necessarily the same thing. While a healthier diet might help you lose weight, the goal of adopting a healthier diet is to improve overall health. A healthy diet can strengthen the body's immune system, making it easier to fight cold, flu and other ailments.

Exercise more

Much like changing a diet, exercising more is

often seen as a means to weight loss. While that's a positive side effect of daily exercise, the goal should not be to lose weight. Instead, the goal of daily exercise is to get healthier. When incorporating exercise into a daily routine, start slowly and gradually work your way up to more vigorous exercise regimens. Going full speed from the outset is a great way to increase risk of in-

jury, which could actually restrict your ability to exercise for some time.

Quit smoking

To non-smokers, keep up the good work. For smokers, perhaps this statistic will be enough to get you on the path toward quitting smoking:

* The Canadian Cancer Society estimated that 20,000 Canadians would lose their lives to lung cancer in 2011.

ACTON CITIZENS' BAND

Annual Christmas Concert

Bethel Christian Reformed Church
Sunday, December 11, 2011 at 2:00pm

I - The Christmas Story in Music
Sleepers Wake, Ave Maria, O Holy Night, Jesu Bambino, Hallelujah Chorus

II - Christmas and Seasonal Songs
Feliz Navidad, God Rest You Merry, Gentle Folk, Jingle Bell Jazz, The Little Drummer Boy, Patapan and others

Glorious Carol Singing, Audience, Band, and Organ.

Donations of Food or Funds for the Acton Food Bank greatly appreciated

Christmas refreshments for all!

Churchill Community Church
presents their annual

CHRISTMAS CANDLELIGHT SERVICE.

A Christmas Musical featuring the Adult and Children's Choirs
accompanied by the orchestra

Sunday, December 11, 2011
at 7:00pm.

Joy to the World

Churchill Road North
and Town Line.
(32nd Sd. Rd.)

Natural remedies are effective

As prevalent as prescription medications are, all-natural remedies for common illnesses and conditions are still a viable alternative to prescription medications for many people. But are these all-natural options safe?

Although conventional care is often an effective means to treating illnesses and other conditions, there are many doctors who agree that implementing natural remedies at times can be safe and effective. Furthermore, not all natural remedies are without merit, and some traditional medicines are actually derived from natural, plant-based ingredients themselves.

Those thinking about incorporating natural remedies into their health regimen can consider the following options.

* Nervousness and anxiety: Try lettuce, chamomile, valerian, and rose petals.

* Pain relief: Use omega-3 fatty acids, green

tea, ginger root, and turmeric.

* Itchiness: Witch hazel, jewelweed and aloe vera are effective.

* Feminine issues: Parsley, basil and goldenseal can alleviate symptoms associated with menstruation.

* Antibiotics: Oregano and garlic are purported to have antibiotic qualities and can fend off harmful bacteria.

* Infections: Honey has long been used to heal and as an antibacterial and antifungal remedy.

Many natural foods are effective in preventing and fighting cancer as well.

Although natural remedies can be effective, it's important for pregnant women to avoid any herbs and plant supplements until discussing the risks/benefits with their doctors. Also, some natural remedies can interact with prescription drugs or increase their potency, so it's important to talk to a doctor about any plans.

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vacations with you in mind

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NEW! Advance seat selection & *Elite Plus* upgrade now bookable

Elite Plus Service
For only \$40 each way, upgrade your flight experience
All features of *Elite service* PLUS: Extra legroom seats • Advance seat selection
10 Kg extra checked baggage • Priority check-in and boarding

This brand new resort, opened November 2010 offers a multitude of sports and entertainment. Situated on Varadero beach, with its turquoise waters. It boasts a modern spa and wellness centre for the ultimate relaxation.

LOCATION Beachfront • 30 min from Varadero Airport • 10 min to the town of Varadero

FACILITIES 1110 rooms • 2 outdoor pools • Gym • Sauna • Jacuzzi • Spa* • 2 tennis courts • Games room • Sports pitch • Gift Shop* • Internet room*

DINING & ENTERTAINMENT 2 buffet and 6 speciality restaurants** (Italian, Gourmet, Asian, Seafood, Creole & International) • 7 bars including 2 swim up bars and 2 snack bars • Disco

ACCOMMODATION Air conditioned Hotel Rooms with 1 king or 2 double beds • Full bathroom • Mini-bar • In-room coffee maker • Satellite TV • Iron and ironing board • Hairdryer • CD player • In-room safe laptop size • Balcony or patio • Max occ 4 (3 adults) • **ROYAL SECTION** has 150 suites with private reception • Complimentary 24-hour room service • Closer to the beach • Exclusive pool • Exclusive access to International restaurant • Club house and cigar room • Butler service

ALL INCLUSIVE All meals daily • 24-hour snacks • All drinks 24-hours (select international brands, domestic beer, house wine with meals) • Tennis • Non-motorized watersports • Daily activities • Evening entertainment • Entrance and drinks at the Disco

Toronto Departures
1 Week • All Inclusive

Jan 08 & 15

Hotel Room
\$625 + 280 taxes

Superior Room
\$775 + 280 taxes

Royal Junior Suite
\$885 + 280 taxes

Royal Suite
\$1025 + 280 taxes

Toronto departures. All prices are per person based on double occupancy for 7 nights all inclusive (unless otherwise specified). Transportation taxes & related fees shown must be pre-paid. Applicable local taxes payable at destination are extra (Cuba \$25/CUC). For full terms and conditions, please refer to our current brochure. All flights are with Sunwing Airlines. Sunwing Tours Inc. D/B/A as Signature Vacations. (Tico) #2470062

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