



BALSAM BEST: Acton's Kelly Williston was one of the first shoppers to select a Christmas tree at the Men of Heritage Acton tree lot last Thursday. She was helped by Acton 197 Typhoon Cadet Thomas Rolfe (left) and Claude Nadon, a member of Men of Heritage Acton. — Frances Niblock photo

Improving winter visibility

Winter weather brings a host of challenges - shovelling the driveway, finding ways to stay warm, and negotiating snowstorms are just a few of the issues that arise when the mercury starts to dip and winter winds begin to howl.

The colder months are also no cakewalk for motorists. Less than ideal road conditions that threaten driver visibility can make it hard for even the most defensive drivers to avoid accident or injury. Such conditions only further emphasize the importance drivers must place on doing anything and everything to improve their visibility when driving during the winter months. Better visibility often makes for more confident and comfortable drivers, reducing their risk of accident or injury. The following tips can go a long way toward improving driver visibility during the most difficult driving season of the year.

* Work with your wipers. Too often drivers blame the weather for poor visibility. While harsh weather can be difficult to drive in, wiper blades functioning at full capacity can often mitigate weather no matter how harsh the conditions are. Much like the rest of a vehicle's many parts, wiper blades can break down over time. But it's not always necessary to replace wiper blades. In fact, wiper blades can be restored and work as good as new.

* Diligently remove snow and ice from the vehicle. No one enjoys waking up in the morning to a vehicle covered in a night's worth of snow and ice. Even less enjoyable is spending several minutes out in the cold removing that ice and snow from the vehicle. However, drivers must be diligent when removing snow and ice from the vehicle. Be sure to clean off the entire rear windshield so there is nothing

blocking vision when backing out of the driveway or driving down the highway. In addition, clean the roof of the car as best as possible. This ensures large blocks of ice and snow won't melt and slide down the windshield while unsuspecting motorists are driving down the highway. Those few minutes spent removing snow and ice might not be very fun, but being thorough is imperative to driver and passenger safety.

* Monitor headlight performance. The sun sets early during the cold winter months, and motorists rely on their headlights to get them to their destination safely. But night time accidents are still a great risk, as research indicates that the average driver's vi-

sion is reduced by as much as 70 percent when driving at night, and cloudy headlights can reduce driver visibility even further.

* Address windshield issues immediately or even before they occur. Nearly every driver has experienced a stone hitting their windshield while driving, particularly during the winter months when the roadways are littered with sand and other debris. Initial damage may appear in the form of a bull's-eye, chip or star on the glass, but if left unrepaired, these small problems can expand, possibly because of changes in the temperature, and create a large crack that might require replacement of the entire windshield.

Advertorial

Here Come the Extra Calories



NATURALLY SPEAKING
with
Louisa McCarley
RHN, ROHP/RNCP

Do you have those nice co-workers that bring home-baked goodies or festive donuts to work? A Christmas party at your in-laws, Christmas day at your house and Boxing day at your sister's place? Then there are the extra treats underneath the tree. You haven't done New Year's yet and you already lost count of the extra calories. It is a great time to get together with loved ones but you are already thinking of which cleanse and diet and exercise plan you will be starting in January! How about if you could participate in all the festivities and block calories at the same time?

Guilt FREE Holidays!

W. Gifford-Jones M.D.

During the holiday season sticking to a healthy eating plan can be difficult. On days that you find it tough to follow a healthy dietary protocol - or on designated cheat days - you can at least stop some of the excess carbohydrate (starch) and fat calories from adding to your expanding fat cell accounts by supplementing with scientifically proven starch and fat blocking nutrients.

At any given time, one-quarter of men and one-third of women are either starting or finishing another fad diet. According to the National Centre for Health Statistics (Washington, D.C.) the problem is getting worse each year, growing at an alarming rate. When was the last time you tried to follow a stringent diet?

The problem is that none of them ever seem to work. In the short term, you may lose a few pounds, but over the long term only about 5% of dieters manage to keep off the lost weight. And the majority who don't are chagrined to find themselves fatter than they were before they started dieting. Obesity rates have tripled since our health experts warned us in the 1950s to lose weight by eating less fat and exercising more. In fact, despite all our diets, North Americans are getting fatter every year. And our doctors don't seem to have the answers.

Ultimate Starch and Fat Blocker provides the support you need to get through the holiday season by: preventing your body from absorbing up to 60% of calories from carbs and starches; blocking 30% of calories from fat; reducing cravings; reducing cholesterol levels and reducing appetite. Enjoy a Guilt FREE Holiday season with Ultimate Starch and Fat Blocker!



Of course this is not a substitute for healthy eating but neither are "extra" calories. We can guide you with your cleanse and diet plans come January. Come visit us.

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