

POSSE's Trick or Eat is another success

Trick or Eat in Acton collected 640 pounds of non-perishable food for Acton Food Share and raised \$50 in online donations this Halloween.

Youth, who are part of the POSSE Project, put on their costumes and went door-to-door on Oct. 31 to support the Acton Food Share. Acton is one of the 86 communities across Canada who participated in Trick or Eat this year.

"Acton is the highest need community in all of Halton in terms of food bank supplies. This is a great way to get youth involved in the community, and doing something fun and safe on Halloween night!" said Kelsey Harford, the

North Halton Program Coordinator of the POSSE Project.

Recognizing that food donations alone will not solve the rising levels of food insecurity within Canada, POSSE Youth also encouraged Acton residents to begin thinking of long-term solutions to the problem. Each household was invited to 'raise their voice' to hunger by participating in a national online twitter conversation that asked the question: With hunger in Canada on the rise, what can Canadians do to end it? Responses were recorded using #trickoreat.

For more information about Trick or Eat please visit www.trickoreat.ca.



Participating in POSSE's Trick or Eat on Halloween night were from left, Kara Waters, Cooper Chapman, Jade Wittmann, Daven Bothwell, and Kelsey Harford.

The I.P. Halton Hills, Thursday, November 6, 2014

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How old should I be when I make a Will?

A

No adult is too young

to have a will. Whether you have significant assets or not you likely want to decide for yourself who is in charge of carrying out your wishes and who receives your estate.

If you do not have a Will, on death, your property will be disposed of according to provincial law.



M. Jasmine Sweatman, Certified Specialist in Estates & Trusts

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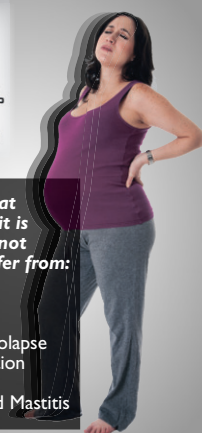
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- Like incontinence, prolapse is common, with 1 in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.
- In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum

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