



Veronica Appia photos/Metroland

Acton Farmers' Market launches for 2018 season

The Acton Farmers' Market was in full swing June 7 and is now officially open to the public every Thursday from 3 to 7 p.m.

The market is located at 365 Queen St. in Acton and features a variety of vendors selling everything from fresh produce, to handmade clothing, to suspense novels.

For more information, visit <https://actonsfarmers-market.wixsite.com/mysite>.



Clockwise from the top, Patricia Kastanek showcases her Fairhaven Farm products at the Acton Farmers' market. She offers up raw, unpasteurized liquid and cream honey, as well as candles, cosmetics, soaps, body bars and more. Bossy Goat Soap Company provides a variety of handcrafted, goat milk soaps made with natural ingredients. Angie's Kitchen has a number of treats available for purchase including pies and butter tarts. Alfonso Piazza of Teresa's Garden Centre organizes a colourful collection of produce at the Acton Farmers' market.



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Q: Summertime and the living is easy—but not for me! This is a time when I'm off my normal schedule and I start to get anxious. It becomes debilitating. What's going on? Do you deal with anxiety?

A: Stress, anxiety and associated depression are the most common reasons people come to see me at any time of year. Children are out of school and families often have vacation time. Child-care arrangements are different and often schedules are out the window. Many parents are overstressed in their workplace at the best of times and struggle to balance home and work. New schedules and obligations just add more pressure. Many teens and young adults are facing changes in the next short while as they begin new jobs, new careers and new schools.

Anxiety and the stress or panic attacks that are associated with it can be debilitating for sure. If left unchecked, it can have you afraid to go out anywhere or do anything, for fear of having an "attack". First of all, be aware that people do not die from anxiety attacks. It may feel like you are dying at the time, but once you have ruled out medical reasons, be assured that you are not.

Next, you should know that anxiety is something that is very responsive to cognitive behavioural therapy (CBT) in both adults and children. Often people will come to see me saying that their doctors told them to come to see me for CBT. CBT is a somewhat short-term (10-12 sessions) therapy mode that is based in the thinking that your cognitions (thoughts) affect your actions (behaviours). See if you can relate to this example: For whatever reason, you think you are ugly. You think you are ugly and so you do not act confident; if you do not present as confident, you may not be listened to by your friends or work colleagues and you feel unimportant and become frustrated. You come home and your partner seems too busy or disinterested to listen to you and the children do not follow your rules. You feel unheard, invisible and beaten and lose your temper. Out of frustration, you yell at your family and everyone tells you it is nicer when you are not there. You feel anxious depressed and unlovable. There are many such strings of events that can lead to these feelings and are responsive to CBT. Change the initial thinking, and change the resultant behaviour.

Many individuals have extended benefits that cover my services. So if you are experiencing difficulty because of anxiety, you do not need to struggle any longer. I can teach you easily learned techniques that will make your life much more satisfying. Call today and learn how to take back your life.

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Elayne Tanner Social Work Professional Corporation

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Q: Does a survey plan expire after a period of time?

A: A survey is a special map of a parcel of land that provides details determined after research and field measurements. It is a snapshot of your property as of the date it was completed.

So a survey doesn't necessarily expire but rather quickly becomes out of date as properties are renovated and fences and sheds are built. A bigger problem using old surveys occurs when road widenings, easements, and severances are added to the property. A new survey will reflect these changes while an old survey does not.

Old surveys can still be very useful in providing historical information about the property and surveyors refer to these old plans for evidence when preparing a new survey. For example, some properties have buildings and fences that have not changed so they can become important information when determining a boundary.

In order to be up to date, a survey must reflect any changes that may have occurred on the property and show current registry office title information all of which won't be shown on an old plan. Only a licensed Ontario Land Surveyor can provide this information. I'm available to discuss your property should you have any questions.