

Review needed

Acton Councillor Rick Bonnette thinks the Town should reduce its non-residential development charges in order to be more competitive with neighbouring municipalities.

Development charges — also known as lot levies — are the moneys paid by developers to the Town for their services such as roads, sewers, parks and police.

Bonnette noted Oakville had recently dropped its non-residential charge to one cent less per acre than Halton Hills' charges.

Bonnette said the Town

should "offer a carrot" to developers who might consider building or moving to town. He noted that while Acton has some of the lowest priced industrial land in Halton, the development charges that would have to be paid would cost as much as the land.

In his report back to Council, the treasurer will analyze non-residential development charges in neighbouring communities, list the pros and cons of reducing the charges and recommend how to do it if Council so wishes.

Council approves pre-servicing deal

BY FRANCES NIBLOCK
The Acton Tanner

Town Council's pre-budget approval of a \$277,000 storm water management plan in the Commerce Crescent area should pave the way for marketing in January of the West Meadow subdivision.

As part of an agreement to pre-service his lands in the Commerce Crescent-Wallace Street area, developer Fred Dawkins had agreed to pay for part of the storm-water works the Town must do to fix storm water flooding.

Last week Dawkins ques-

tioned if the Town's share was fair and balked at Council's refusal to commit to paying that share.

Under the new deal, approved at a special Council meeting Monday night, the Town will pay Dawkins approximately \$221,028 as its share of the project. Although the difference between what is identified in the capital budget forecast for the project and the actual over-sizing costs is \$55,433, Dawkins has agreed to accept reimbursement of \$37,028. That means he is paying \$18,415 for the work that will solve Town

flooding problems in the Commerce Crescent area and in an open ditch system south of the CNR tracks.

The West Meadow subdivision is a 91-lot development to be built on two phases

— the development has servicing for the first 60 units.

Dawkins said he hopes to construct model homes on the site this fall and begin actively marketing the homes in January.

Stopping ban long: Rennie

Acton Councillor Gerald Rennie has told Council he intends to ask the afternoon No Stopping restriction on Main Street North at Old School Lane be reduced by one hour per day.

In an effort to improve both pedestrian and motorist safety in the area of the pedestrian cross-over, Council recently extended the No Stopping area and its effective times.

Rennie said the ban to 5 pm on both sides of Main Street on weekdays is too onerous for the variety store at the corner and asked that it be shortened to be in effect from 3 to 4 pm.



HEALTH AND FITNESS



Natural remedies help prevent fall infections

By PAUL SAUNDERS
Special to The Tanner

Catching a cold, flu, bronchitis or other infection when the seasons change is common. Infections occur for a number of reasons including diet, lack of rest and exercise, and environment changes.

Here are some tips to help you fight fall infections naturally.

Diet has a tremendous impact on your ability to fight infections. Throughout the summer, you've enjoyed fresh fruits and vegetables but may start eating more prepared, rich foods as the cold weather sets in.

Make a point of continuing to eat as many fresh fruits and vegetables as you can and drink 4-6 glasses of water a day.

Good nutritional support includes major antioxidant vitamins and minerals, such as Vitamin C and E, beta-carotene, zinc and selenium.

If you catch an infection, increase your Vitamin C to 4-6 times per day and try herbal Echinacea preparations which will help boost your immune system function. Remember, do not take the Echinacea for longer than 2-3 weeks at a time.

Adequate rest and exercise are important infection

fighting factors. The fall and winter seasons often mean reduced exercise and more stressful work days, which can result in restless sleep or even insomnia.

If this occurs, try taking a B vitamin complex, adding oat porridge to your diet, reducing coffee and tea intake and switching to chamomile tea. In addition, exercise 3-4 times a week for 30 minutes per session. This will help you sleep better, and improve your circulation and mental clarity.

You'll soon be spending more time indoors in closer proximity to people with increased exposure to heating

systems and their associated dust, mites and petroleum fumes.

To minimize your risk of infection before the very cold weather begins, operate your heating systems while you are out of the house or office, then ventilate when you are at home or work.

Remember to clean the air ducts, change furnace filters once a month and make repairs as needed.

These tips are natural ways to prevent infections. They can make a big difference in how you feel this fall and winter.

Dr. Paul Saunders is a licensed naturopathic doctor.

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