

Demolition of Legion property opens up parking

Downtown Acton shoppers should have an easier time finding a parking spot after the town opens a new parking lot on Main St. later this year.

The lot, which will provide 52 free parking spots including two handicapped spaces, is located on the site of the former Legion building, at the east side of Main St., north of Mill St.

The town purchased the building, which had been empty for the past couple of years, in the spring and last Friday began demolishing it to make way for the parking lot.

Ron Goddard, the town's manager of capital works, said they hope to have the lot, which will be graveled initially, open by late November.

"I wanted the town to buy this seven years ago, and even two years ago," said Wards 1/2 regional councillor Rick Bonnette, who pushed for the parking opportunity. He said in both cases however, the property was sold.

Bonnette said the parking lot would address the shortage of parking in downtown Acton documented in parking studies. He added it will also relieve traffic congestion if, after discussions, council decides to remove parking off the north side of Mill St. in the



The former Acton Legion building on Main St. fell to the wreckers last week to make room for additional downtown parking.

Photo by Ted Brown

downtown core area.

Ward 1 councillor Clark Somerville was also very supportive of purchasing the property for parking.

"It's a long-term solution," said

Somerville.

Goddard said the additional parking would come in handy next year when construction work on Mill St. is to be done.

—By Lisa Tallyn, staff writer

Remembrance services this weekend

Three Remembrance ceremonies will be held this weekend.

On Saturday, Acton Legion members begin their march to the Cenotaph in front of Trinity United Church at 10:30 a.m.

On Sunday, the Glen Williams service begins at 12:30 p.m. at the Cenotaph, located at the corner of the Confederation

St. and Main St.

The Georgetown Legion members begin their march at 2 p.m. from the legion building to the Cenotaph located in Remembrance Park for a 2:30 p.m. service.

Another ceremony will be held in Remembrance Park on Tuesday, Nov. 11, the service beginning at 11 a.m.

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Bowel Problems Are Affecting The Health Of Canadians

Irritable Bowel Syndrome one of the most common complaints

Anyone who has suffered from a bowel problem can tell you that it is one of the more painful things that you can experience. While a majority of Canadians suffer from some type of constipation, number two on that list would be Irritable Bowel Syndrome (otherwise called IBS). IBS involves dysfunction, but no anatomical abnormalities, of the bowel. To date, there has been very little evidence as to what causes IBS. However, alternative approaches to helping IBS sufferers have shown that most people who suffer from IBS have underlying problems such as parasites, candida, and food sensitivities.

Most important to someone who suffers from IBS is how to get relief. There are a few important things that can be done to make this happen. First, a new alternative product called 'IBS Kit' by Renew Life has shown fantastic results in helping repair some of the damage done by Irritable Bowel Syndrome while at the same time, soothing the bowel and reducing pain and irritation. The product formulator, and world renowned naturopath and colon therapist, Brenda Watson states "The product does not cure Irritable Bowel Syndrome, but provides a level of relief that has not been available to IBS sufferers in the past".

"The IBS Kit works on two different levels. First, it helps to soothe and repair damage done to the colon, bowel, and intestinal tract lining. This will reduce the irritation and

inflammation in these areas and will reduce the amount of pain and suffering that is caused when an attack may occur in the future". Second, the IBS Kit works as an anti-spasmodic, helping to minimize or eliminate painful cramps.

Another useful tip is to consume a flax seed based fibre product such as FibreSMART. "Fibre helps to increase the transit time of food through the body. This will help reduce the symptoms associated with an IBS attack as sensitive foods will be eliminated quicker and more efficiently from the body" says Watson.

Finally, probiotics are of the utmost importance to the IBS sufferer. Probiotics are 'friendly' bacteria that help to ensure a healthy intestinal tract and colon. FloraSMART is a unique blend of 7 of the most useful probiotics. What makes FloraSMART different from all other probiotics is its patented 'BIOTract' delivery system which ensures that the probiotics are delivered into the intestinal tract, where they can be effective, and not destroyed by stomach acid.

It is important to know which foods you are sensitive to. "Food sensitivities are one of the main triggers for an IBS attack. Learn which foods you are sensitive to and stay away from them" states Watson.

To learn more about the 30 day IBS solution call or visit

Nutrition House
Georgetown Marketplace Mall
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905-702-8204

