



OPERATION SHOE BOX: St. Alban's Anglican Church in Acton involvement in Operation Shoe Box, a Christmas gift project for children in South American was a "huge success." The congregation set at goal of packing 110 shoe boxes and ended up with 113. The program is operated by the Christian charitable organization Samaritan's Purse and provides an opportunity for children and parents to collect toys and other useful items for shoe boxes. St. Alban's also had many volunteers visit the warehouse in Kitchener last Saturday where they assisted in sorting for thousands of boxes. Over 16,000 have been shipped from the Kitchener warehouse so far. - Submitted photo

Festive Fitness

Tips to counter this 'dietarily dangerous' time

'Tis the season to watch one's waistline, ha-ha-ha-ha-ha, ha-ha-ha-ha!

Succumbing to temptation and indulging in all that is decadent, epitomizes the holiday season. Sure, we're all well-intentioned and often try and restrain ourselves from giving in to the "just one more" from the hors-d'oeuvres tray or dessert party platter, knowing full well that we shall 'pay' for that moment of weakness later.

Is there such thing as preventative maintenance to counter balance this dietarily dangerous time of year? (of course there is no such word, but alliteration is kitschy!) Perhaps there are a few strategies that we can use to try and offset the impact of these mini-food

frenzies.

Canada AM's fitness expert Libby Norris recommends "Ten before Ten" as a rule of thumb - ten minutes of exercise before ten o'clock in the morning. These exercises can be a variety of anaerobic exercises (= without oxygen, i.e. resistance/weight training) that boost one's metabolism or a non-stop aerobic exercise (= with oxygen) that increases the heart rate over a sustained time and is identified as being the calorie-burning energy system. Not to be confused with giving one 'permission' to consume food and drink with reckless abandon at the next holiday party, it is simply a guideline as to how one can pre-empt the temptation to over-indulge.

This is a minimum, workable amount of time each day that ideally one can commit to, to try and kick start their day.

By boosting one's metabolism through exercise, this can help with staving off hunger pangs and reducing the urge to snack (good snacking vs. bad snacking is another article!) and consequently increase one's energy level, setting the tone

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The Regional Municipality of Halton

Holiday Waste Collection Notice

Please Note Collection Day Changes December 2006 and January 2007

Halton Hills

URBAN

Wednesday, December 27 moves to Thursday, December 28 (B)

Wednesday, January 3 moves to Thursday, January 4 (A)

RURAL

Monday, January 1 moves to Tuesday, January 2

Tuesday, January 2 moves to Wednesday, January 3

Thursday, January 4 moves to Friday, January 5

Friday, January 5 moves to Saturday, January 6

Due to the Holiday Season, waste collection services the week of December 25th and January 1st will take place the day after your regular collection day.

Collection times may vary due to high volumes of waste material and poor weather conditions. Please place your waste at the curb by 7:00 a.m. on your scheduled collection day.

Please check your 2006 "Curb Appeal" Waste Management Calendar for details in your area or the Region's Waste Management website at www.halton.ca/waste.

Halton Waste Management Site

Will be closed on Monday, December 25 and Monday, January 1

Regular Operating Hours - Open Monday to Saturday
 8:00 a.m. to 4:30 p.m.

5400 Regional Rd. 25, Milton

Please check your 2006 "Curb Appeal" Waste Management Calendar for details in your area or the Region's Waste Management website at www.halton.ca/waste.

Winter Tips for Setting Out Your Waste

- **Christmas Trees will be collected beginning the week of January 8, 2007.**
- Place items out for collection by 7:00 a.m. on the morning of collection day, but not before 5:00 p.m. the evening before.
- Secure your recyclables. Stack your Blue Boxes on top of one another to prevent papers from blowing away. Place heavier items on top of lighter items.
- Flatten and tie large cardboard boxes and place securely underneath or between your recycling boxes. Tie cardboard in bundles no larger than 30" x 30" x 8" (76cm x 76cm x 20cm).
- In one Blue Box, place loose glass bottles and jars, metal food and beverage cans, aluminum foil and pie plates, Styrofoam, plastic bottles, drinking boxes, and milk and juice cartons.
- In a second Blue Box place flattened corrugated cardboard, fine paper, boxboard and newspapers.
- Keep waste items clear of snow and visible to collect. Do not place items on top of snowbanks.



Halton Waste Management Calendar coming soon!

Your 2007 Halton Waste Management Calendar will be delivered to your mailbox in mid-January 2007.

