

COMMUNITY CORNER

ROCKWOOD SELF STORAGE
INDOOR/OUTDOOR STORAGE
 NEW SECURE FACILITY
 Call for availability
 8572 Hwy 7, Rockwood
519-856-2221

SHOP LOCAL
 SHOP SMART... SHOP HALTON HILLS
 LOCAL BUSINESS HAS A WIDE RANGE OF SERVICES
 Many people are surprised by the range of products and services available locally.
 Get in the habit of checking locally first when you are shopping for something new or a service.

Apple iBook G4
 512 MB Laptop
 40 GB HDD
 12.1" LCD
\$349
Refurb Madness!
 Dell Laptops
 1.86 GHz CPU
 1G RAM 60G HD
 DVDICDRW **\$399**
Think Tank Computers
 14 Main Street South, Acton
 (519) 853-1528 — Shop Local

Garage Door Works

 Ken Marttala
 Free Estimates
 Sales, Service & Installation
 Residential, Commercial
 Overhead Doors & Openers
 (519) 856-9955
 Toll Free (877) 856-9955

DGH DOORS
 SALES, SERVICE & REPAIRS TO ALL MAKES
 RESIDENTIAL GARAGE DOORS • ELECTRIC OPENERS
 COMMERCIAL OVERHEAD DOORS • DOCK SYSTEMS
 PREVENTATIVE MAINTENANCE PROGRAMS
CALL DAVE THE 'DOOR GUY'
1-866-919-9945
 SHOWROOM AVAILABLE
 (CALL FOR APPOINTMENT)
 SERVICING ACTON & SURROUNDING AREAS
1-866-919-9945 BALLINAFAD

QUICKCASH FINANCIAL SERVICES
 Cheque Cashing
 Money Transfers
 Payday Advances
 Title Loans
 286 Alma Street
 Rockwood
 519-856-2233

APPLE Auto Glass

 We handle all insurance work
 • Truck Accessories • Uplstery
 • Heavy Equipment Glass
 • Window Tinting
 354 Guelph Street, Georgetown
(905)873-1655

NEW PROPANE HOURS
Tyler Transport Ltd.
379 Queen St. 853-1550
 Mon-Fri 9:30 - 11:30 am
 4:30 - 5:00 pm
 20lb tanks are now \$16
 exact change appreciated

Steve Hartnagle

 Interior Painting & Wallpapering
 & Small Home Repairs
 Tel: 519-853-2024
 Cell: 519-829-6014

Jim's Repair Shop
 105 Alma St. Rockwood ON NOB
 LAWN & GARDEN SALES & SERVICE
 AUTHORIZED WARRANTY DEALER FOR
 BRIGGS & STRATTON • KOHLER • HONDA
 • TECUMSEH MTD • NOMA/MURRAY
 • JANSERED • HYDRO-GEAR
 • SCAGG
 TEL: 519-856-2564 FAX: 519-856-9657
 1-888-537-7953

(905) 873-4244
VIC Galliford & SONS
 HARDWOOD FLOORS
 SANDING AND FINISHING
 R.R. #3 ACTON

Aldo Braida
 B.A. L.L.B.
Barrister & Solicitor
 69 Mill St. E Acton
 28 Paisley St. Guelph
 Phone: 519-824-2242
 Fax :519-824-3049

BEATON ROOFING
 SERVING ACTON FOR 25 YEARS

 • Steel Sheet Roofing
 • Industrial Roofing Maintenance
 • Fibreglass Shingles
(519) 856-9784

Tips to Shed Those Holiday Pounds

The holiday season is a time of year with many traditions, from family outings to the local Christmas tree farm to get-togethers over holiday meals to gift exchanges with coworkers. However, not all traditions are as popular as gift giving or Christmas vacations.

One such tradition that many would like to avoid is packing on a few extra pounds during the holiday season. While that's certainly the healthiest decision to make, it's also the most difficult, particularly for those who find themselves spending ample time attending the host of holiday-themed social gatherings throughout the season. For those who find themselves looking to shed a few extra pounds each January, the following plan should help accomplish that first goal of the New Year.

* Practice portion control. Oftentimes, many people don't have a problem with what their eating, but how much they're eating. Resolving to avoid certain items is likely going to increase desire for those items, which is a recipe for overindulgence should you eventually cave in. When it comes to holiday foods, simply manage your portions and eat every meal in moderation.

* Don't save up your calories. Though it might seem like it doesn't matter when you get your 2,000 calories a day, it actually does. For example, you can't forgo breakfast and lunch with the idea of cashing in on your daily calorie in-




take at dinner. You will end up overeating under such a circumstance, and it's also unhealthy to skip meals.

* Consider that you might just be thirsty. The symptoms of dehydration can be quite similar to those of hunger, as the stomach will make noise when you're dehydrated just as when you're hungry. If you find your stomach growling shortly after eating a meal, there's a strong chance you need a glass or two of water. Dehydration can also make you feel fatigued, so keep up your energy by staying hydrated throughout the day.

Another tip is to drink water while cooking. This will help you avoid overeating when the dinner you've been cooking is finally served. Cooks also commonly eat while they're cooking, but having a glass or two of water could be a good replacement for such unnecessary snacking.

* Don't overeat because everyone else is. Nearly every adult recalls doing something foolish as a child just because friends were doing it as well. And Mom or Dad likely said something like, "If Timmy jumped off the Brooklyn Bridge, would you do that, too?" The same principles can be applied to weight loss as well. Just because others are still indulging after the holiday season, be it with leftovers or just everyday meals, doesn't mean you can also afford to do so. It can be hard to stop overeating after spending the holiday season doing just that, but in

Advertise in this space for only
\$15
 per week
 Call Marie
 519-853-0051
 for details

NELLIS CONSTRUCTION LIMITED
 ROAD BUILDING
 EARTH MOVING
 R.R. #1 Acton **853-0960**


R&R COMPANY
 •Garage Doors • Electric Openers • Windows • Entrance Doors • Storm Doors • Patio Doors
 SALES, SERVICE & INSTALLATION
519-853-2114

www.safetyconnection.ca
ALL SAFETY ISSUES
 TRAINING • JHSC INSPECTIONS • WSIB AUDITS
 ORDERS • H&S MANUALS.
 1ST AID/CPR
 Contact - 519-856-2355
NOEL OR CAROLANN

Precision Outdoor Power
 Small engine parts, sales & service
BE READY FOR WINTER!
 NEW Columbia & Troy Bilt snowblowers are here!
www.popower.ca
519-843-7024
 Pick up & Delivery Available

MCNABB GRAPHICS
 56 MILL STREET EAST, ACTON, ONTARIO L7J 1H3
 Professional Design and Printing Services
 PHONE: 519-853-5615 FAX: 519-853-5731


heaven on 7
Bistro & pub
 heavenon7@gmail.com
 519-856-2693
 Come in for a little Taste of Heaven

PETER TENSUDA
 Barrister Solicitor Notary
 25 Main St. North, Acton
 Call **519-853-3000**
FAMILY LAW

Ron Henry
 BARRISTER & SOLICITOR
 Serving the Community for over 30 Years
 67 Mill Street East, Acton
 & 27 Cork St. Guelph
853-1160

Ron's BURNER SERVICE LTD.
 24 Hour Emergency Service
 44 Young St Acton, ON L7J 2G6
519-853-2748
 Oil•Gas•Propane•Air Conditioners
 Plumbing•Duct Cleaning

McISAAC
 781588 Ont. Ltd.
Septic Pumping & Drain Service
 • Septic & Holding Tanks
 • Rejuvenation of leaching field
 • Baffle inspection & repairs
 • High-pressure drain cleaning
Radio dispatched trucks
 Call Don or Mac
519-853-2790
 Licensed by M.O.E. RR#4, Acton

JETLINK AIRPORT SERVICE
 A division of Tyler Transport Ltd.

CALL TO RESERVE
 (519) 853-1550 or toll free
 1-800-73TYLER

Advertise in this space for only
\$15
 per week
 Call Marie
 519-853-0051
 for details