

Independent Best of 2014

• In Film:

The 86th Academy Awards – March 2, 2014

Best Picture – 12 Years a Slave
Best Director – Alfonso Cuarón for Gravity
Best Actor – Matthew McConaughey for Dallas Buyers Club
Best Actress – Cate Blanchett for Blue Jasmine

Highest grossing films of 2014:

1 - Transformers: Age of Extinction – \$1.08 Billion
2 - Guardians of the Galaxy - \$771.9 Million
3 - Maleficent - \$757.7 Million

• In Music:

Top Billboard 200 Artists for 2014:

1 - Taylor Swift
2 - Beyoncé
3 - One Direction

Top Billboard 200 Albums for 2014:

1 - Frozen – Soundtrack
2 - Beyoncé – Beyoncé
3 - Taylor Swift – 1989

Top Billboard New Songs for 2014:

1 - Taylor Swift – Blank Space
2 - Meghan Trainor – All About That Bass
3 - Hozier – Take Me To Church

• In Sports:

MLB: The San Francisco Giants defeated the Kansas City Royals, winning the World Series in seven games.

NHL: The Los Angeles Kings beat the New York Rangers, winning the Stanley Cup in five games.

NBA: The San Antonio Spurs bested the Miami Heat, winning the NBA title in five games

NFL: The Seattle Seahawks dominated the Denver Broncos, winning the Super Bowl by a score of 43-8.

BUSINESS OF THE WEEK

Harris Garage

Our business of the week is Harris Garage, located at 402 Queen Street West in St. Marys. On May 1 this year, two long-time employees and their spouses took over the garage in a partnership that's left Bryan and Judy Greig, and Ryan and Candice Harris as the owners of Harris Garage.

Previously, Ryan's parents Mike and Judy Harris had owned the business for over 25 years. They took over the former Nixon Garage, and Harris Garage was incorporated in 1985. Today, Judy Greig said the garage does "all kinds of auto repairs and service work, oil sprays, alignments, safeties, annual inspections, towing and



Pictured is the whole Harris Garage team. Back row, from left: Bryan Greig, Jeff Sass, Mike Harris, Pete Gorton, Ryan Harris. Front row: Judy Harris, Judy Greig, Candice Harris.

tire sales." They work on automobiles ranging from personal and small business vehicles, to heavy duty trucks.

Customers are invited to come by in the New Year for a mid-winter preventative maintenance check

up, or for the only winter oil sprays in town.

Greig said that since May business has been steady, and she credits former owners Mike and Judy for "running a wonderful business over the years, and making the transition

go so smoothly." She also thanked their customers and the community for their support.

"We've begun emailing invoices, and are working towards automating as much as we can," she added. "We're continuing to develop and will make more things available electronically for our customers who wish to do so."

Regular hours for Harris Garage are Monday-Friday, 8:00 am to 5:30 pm. Over the holidays, the garage will be open 8:00 am to noon on Christmas Eve and New Year's Eve, and closed Christmas Day, Boxing Day and New Year's Day. Make a service call to Harris Garage at 519-284-1302.

Your Fortune Cookie Corner

If it's your Birthday this week:

Your natural ability to be successful in whatever you invest yourself in will play a big role in the upcoming year. Take things one step at a time for best results.

For the rest of us:

Life is only as hard as you make it. Negative situations are drawn to negative minds, so if you want to change your luck, change the topic & tone of your internal dialogue.

Until next week, may peace be with you all. Tracey Milne AAHP

Merry Christmas and Happy Holidays

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A Claus for Celebration

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Southvale are always busy streets but he added that children living on the north end of town, such as Millson, need not worry because he will be there as well. He said that he loves flying over the lights at the Flats which he says "is always one of the highlights of the trip."

He made special mention of Mrs. Claus "who is always a big help to me". He said he

would like to say thanks for all the cookies and milk that is left for him, which he really enjoys. But, he said, "Mrs. Claus would be happy if I had skim or 2% milk as she has been pushing the health thing lately, wanting me to lose some pounds". With a big smile on his face he told us that "Mrs. Claus wanted me to give all the cookies to the reindeer and I should eat the carrots. But, that isn't going to happen".

ASK A VET

Too Much Holiday Cheer?

Question: *My dog loves to eat leftover turkey and stuffing with gravy!! Sometimes he gets an upset tummy afterwards... How much holiday cheer is too much?*

Answer: The holidays are full of fun but some feisty pets can get into trouble

by sampling too many tasty treats or even the decorations.

It is very tempting, especially when you see those big brown eyes, to sneak your furry friend table food. Please remember that, for the most part, dogs and cats digestive systems are equipped to handle their regular diet, and sudden changes may result in mild to severe upset, even pancreatitis which requires aggressive treatment. Certain people foods, such as onions, grapes, macadamia nuts and chocolate, are actually toxic to our pets and should not be fed under any circumstances. Some sugar-free sweets can even cause a diabetic-like coma within an hour of being consumed and should be avoided. Holiday visitors should be gently reminded of this as well, as they may not know the "house rules" for your pets or may do completely

different things at their homes.

For your cats, eating tinsel or other ornaments is very tempting, but can result in a trip to the surgery room. These shiny decorations may get stuck or actually cut through a cat's stomach and intestines, leading to severe illness. It is best to keep ornaments and tinsel high on the tree, and instead of plastic tinsel, use the rigid metal tinsel which would be much more difficult to swallow. Strings of lights may also cause a problem if your pets chew on the cord; a nasty shock, burning around the lips and gums, or worse may occur. Try to keep cords hidden or out of reach. Finally, keep the Christmas tree well anchored and tied to the wall so it does not come crashing down if it is being used as a jungle gym!

Holiday plants may be dangerous for your pets

as well. Our furry friends may be more likely to get into them this time of year as pets are often kept indoors more and may be a bit bored or curious. Steer clear of Mistletoe, English ivy, lilies and Poinsettia plants in areas that your pets may reach. Consuming these plants may cause anything from local irritation and tummy upset to more severe vomiting, diarrhea and kidney failure requiring hospitalization.

One last thing to remember for Christmas: pets are a lifelong commitment and the decision to add to your animal family should be well thought out in advance. Many pets that started out as fluffy stocking stuffers become less convenient once the holidays are over. Please be good to your furry friends and have a wonderful winter season.

*Dr. Kim Anderka
Dr. Christina Douthwaite*

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