

Advertorial

Keeping it simple



NATURALLY SPEAKING

with
Louisa McCarley
RHN, ROHP/RNCP

A favourite of many, because they experience the benefits, is a GREEN supplement. Celebrate not just St. Patrick's day with your greens but every day. All who can use GREENS in your daily regimen, come in for a free sample (while quantities last).

Energize and Detoxify

Join the liquid greens revolution and discover the superior absorbability and effectiveness of Vital GREENS!

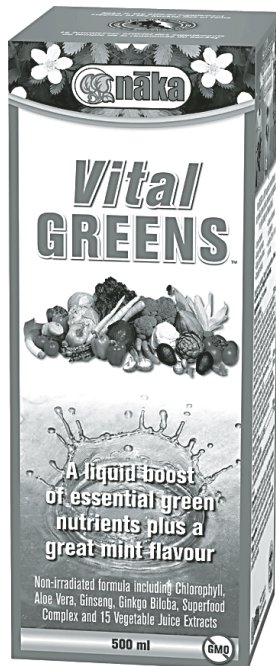
Vital GREENS liquid is a great tasting formula that features over 40 herbs and superfoods for vitamins, antioxidants and more! It's the ideal choice to help energize, detoxify, stop cravings plus aid digestion. It provides a strong foundation to aid weight loss by helping to prevent cravings, balance pH levels, plus support better elimination and increased energy.

Maximize your sport and work performance with liquid Vital GREENS featuring:

- Ginseng to help you energize
- Chlorophyll to detoxify and deodorize
- Nutrients and botanicals to assist digestion
- Superfood Complex to aid pH balance and help stop cravings

What is superfood?

Superfood is a concentrated potent source of vitamins, minerals, enzymes, antioxidants, fibre and the essential amino acids, which add alkalinity to our system and aid in pH balance of the intestines. Superfood also helps increase energy, improves stamina, sharpens mental activity and deodorizes and cleans the cells and colon. Superfood is commonly made up of the following ingredients: alfalfa, barley grass, wheat grass, lecithin, spirulina, royal jelly and chlorella. These ingredients are packed with nutrients that strengthen our immune system and neutralize toxins.



Vital GREENS is a non-irradiated and non-GMO formula.

Free sample available (while quantities last) at:

**WILLOW LANE
NATURAL FOODS**
75 Mill St. E., Acton
519-853-3051

"Serving your health needs, Naturally, since 1977"



ROXY RAVE: The dance floor was packed with energetic youth at a video dance party at the Roxy on Friday. — Ted Tyler photo

Fraser Institute ranks schools

The Halton Catholic district School Board led the province with a 7.5 out of 10 ranking in the just released Fraser Institute's annual report card on Ontario's elementary schools. The snapshot of student achievement and elementary school rankings show the Halton District School Board earned a 6.7 ranking out of 10.

The Fraser Institute measured school performances

based on data from the annual province-wide tests of reading, writing and mathematics from the Ontario government's Education Quality and Accountability Office (EQAO).

Acton's McKenzie-Smith Bennett School received an overall 4.9 out of 10 rating and was ranked 1,191st of 2,695 Ontario elementary schools. Forty per cent of the test scores were below the provin-

cial benchmark of a Level three (a B) or higher, down from 4.2 per cent in 2010.

The Grade three average levels of achievement were up slightly over last year for reading and writing, and maintained last year's results for math. In Grade six, the reading score was up slightly from last year and the writing and math scores remained the same.

St. Joseph Catholic School scored a 7.1 out of

10 rating and ranked 710 of 2,695 schools. Grade three math and writing

scores improved over last year, while reading scores remained the same. In Grade six, reading and writing scores were up, but math scores dropped from last year. The percentage of students who tested below the provincial standard was 17.6 per cent, down from 24.9 per cent in 2010.

ST. PADDY'S DAY BASH

Saturday March 17, 2012
Acton Legion - 15 Wright Ave, Acton

Tickets - \$10 Available at the door or:
Dollar Stretcher Daze-8 Main St. N, Acton
Roxy Coffee-6 Mill St E, Acton
or email: theband@rock40.ca



Introducing Terri, in her debut performance with ROCK 40.

TWO LIVE BANDS - ONE NIGHT ONLY

Guaranteed to get you on your feet! The fun starts at 6pm.

A portion of the proceeds will benefit
MILTON CANINE RESCUE
in association with



For more information visit the Rock 40 website: www.rock40.ca

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