HEART HEALTH



NATURALLY SPEAKING with

Louisa McCarley RHN, ROHP/RNCP

Dr. Gifford-Jones started taking large doses of Vitamin C and Lysine following his own heart attack fourteen years ago. He was convinced of this after looking at the research from Dr. Linus Pauling, Professor Williams Stehbens and Dr. Sydney Bush proving the benefits of vitamin C and lysine. Now he has developed Medi-C Plus, with the right combination of Vitamin C and Lysine, in a powder form to mix with water or juice.

Vitamin C and Lysine for Heart Health

Humans do not make Vitamin C like animals do; we need to supplement this essential vitamin to meet our daily needs. Inadequate amounts of vitamin C mean poor collagen. Without good collagen coronary cells then fall apart just as bricks do without good mortar. Coronary arteries, closest to the heart, receive the greatest pressure and without enough vitamin C the collagen weakens. This sets the stage for heart attack.

Lysine is an amino acid that also cannot be made by humans and must also be supplemented.

Lysine is required for healthy collagen by providing extra strength to collagen – like the steel girders in concrete.

Vitamin C and Lysine work together to build collagen, which strengthens and holds together the coronary cells.



Take one flat scoop of Medi-C Plus with breakfast and the evening meal. Dr. Gifford-Jones is now 88 – so far so good! Ask for Medi-C Plus for heart health.

Now in-store, coupon available.

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

"Serving your health needs, Naturally, since 1977"



PA DAY MOVIE: Acton's Hannah, 9, and Olivia Warden, 6, were the only two to enjoy the Munch at the Movie program at the Acton library for Friday's PA Day. – Ted Tyler photo

TOWN DIGEST

HEADS & BEDS

Halton Hills has joined the growing list of Ontario municipalities urging the province to increase the so-called "heads and beds" levy—the \$75 per-head or bed fee paid to municipalities in lieu of property taxes for health care and other institutions, such as colleges, universities and correctional centres, within their boundaries.

The fee hasn't increased since 1987, and Ontario municipalities want \$146, to adjust for inflation over 25 years. Council recently approved a Notice of Motion supporting the City of London's attempts to get Queen's Park to address inequities in the rate outlined in Regional/Acton Councillor Clark Somerville's Motion.

The Town's 112 hospital beds generate an annual heads and beds payment of \$8,400. "If actually the province was paying the amount adjusted for inflation, what we're getting now is about a third to a half of that now," Somerville said at a recent council meeting, adding the province is sometimes "slow to respond."

Adjusted for inflation since the freeze the Town would receive \$15,500 annually, and \$27,000

based on the 1973 inflation adjusted rate.

BAG TAGS

Phase one of Halton's new garbage tag program rolls out April 1 with complementary tags available in Acton at the River Street library branch, and at three Georgetown locations.

Once the new three-bag limit and bag tag system begins in September, each additional bag of garbage put to the curb will require a \$2 tag or it would not be picked up. Acton residents will be able to pick up complementary and then purchased garbage tags, at Acton Home Hardware.

At a recent council meeting, Ward Two Councillor Bryan Lewis drew attention to what he called the "significant" waste management changes, prompting Mayor Rick Bonnette to note Regional officials are slated to make presentations on the three-bag and bag tag programs to Town Council and the public.

The three-bag limit – cut by half – and the bag tags are key components in Halton's efforts to divert 65 per cent of its waste from landfill to extend the life of the landfill by four years. Currently, 57.6 per cent of waste is diverted through waste

management plans.

AUSTIN OPERATIONS

The Town is looking for construction management services for the design and construction of the \$7.2-million Robert C. Austin Operations Centre on Trafalgar Road. Austin, an Acton resident, was the Town's Engineer, and served as acting CAO before his retirement in 2005.

Last week, Council approved spending \$30,000 to issue requests for proposals for construction management services for the facility which will include modern offices —

some staff have been in construction trailers for 17 years – new maintenance facilities, supply storage, and building upgrades, including new female locker rooms.

Ted Drewlo, Manager of Engineering Services said they hope to cover the additional \$250,000 for the construction management process through actual construction savings when work begins next year. He noted \$4.3-million of the funding will come from Development Charges, \$1.3-million from an equipment reserve, and \$500,000 from Gas Tax funding.



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