

Advertorial Taking Care



NATURALLY SPEAKING
with
Louisa McCarley
RHN, ROHP/RNCP

You are taking care of your loved ones, providing shelter and food. The children just went back to school and you prepared snacks, lunches and remembered to get their daily multi, DHA and probiotics at your local health food store. You sent your university age teenager on his/her way (with a multivitamin, EFA's, probiotics and maybe a rescue remedy for exam times). But what about you? Are you taking your multivitamin, your EFA's? No matter what your age... start taking care of yourself now!

50 AND OVER? 3 THINGS YOU CAN DO NOW!

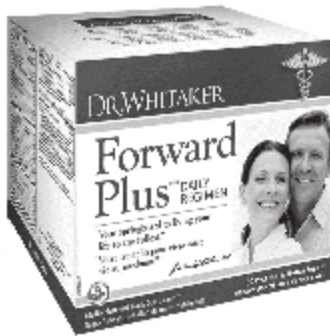
1. Keep Your Memory Sharp!

Memory Essentials with Alpha-GPC, an extremely bioavailable form of choline and the most important nutrient for optimal brain function, helps to promote sharper memory and focus. A total of 22 studies involving more than 4,000 subjects have shown positive results in mental alertness, reasoning, information processing, and general mental performance – all with Alpha-GPC.



2. Fuel Your Body

Taking the right nutrients in the right amounts and combinations is the only way to ensure that your body will absorb and use them efficiently. Not all multivitamins are able to do the job. Forward Plus not only provides all the nutrients you need, but everything's put together into small convenient packets to make your life easier.



3. Reduce Your Risk of Cataracts

Vision Essentials with lutein, beta carotene, ginkgo biloba, lycopene, black currant and 10 other nutrients, helps reduce the risk of developing cataracts and helps to maintain eyesight in conditions such as cataracts and age-related macular degeneration.



"It's never too early or too late to improve your vision, maintain sharp memory and ensure you are getting all the nutrients you need." ~ Julian Whitaker, MD

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

"Serving your health needs, Naturally, since 1977"

POLICE REPORT

Halton Police are seeking the assistance of the public

At approximately 5:50 a.m. on September 24, two suspects wielding blunt objects assaulted a 39 year old male victim near Farmstead Avenue, north of Louis Saint Laurent Avenue in Milton.

The suspects fled the area at high speed in a mid to large sized light coloured sedan.

Both suspects are described as male, approximately 6 feet tall and wearing dark clothing. One suspect is described as having an average build and the other having a stocky build.

Anyone who may have witnessed the offence or has information that would assist investigators in identifying the two suspects or the vehicle, are asked to contact Detective Constable Price of the One District Criminal Investigations Bureau at 905-825-4747 Ext: 2422 or CrimeStoppers at 1-900-222-8477 (TIPS) or online at www.haltoncrimestoppers.com

Thieves preying on those most vulnerable

On September 22 at 3 p.m., a Milton resident was gardening at the side of her home when she was approached by a female asking for directions to the hospital.

The elderly resident conversed with the woman and as a feigned expression of

gratitude the female produced several pieces of worthless jewellery and began to place the items around the elderly woman's neck and upon her fingers.

Following the brief interaction the female walked away and was observed getting into the passenger side of a black dodge van.

Hours later, the elderly woman in her 80's realized she was missing a gold necklace and two gold bracelets, stolen during the encounter.

The female was described as East Indian descent, 50-60 years of age, wearing a black flowing skirt, black top and had a black scarf wrapped around her head.

The suspect vehicle was operated by a 50-60 years of age male of East Indian descent.

Police encourage anyone who has been victimized in this manner or by similar means to contact them and report the encounter as a constellation of accounts tends to assist in the identification of those responsible.

Any other person with information concerning this incident is asked to contact the One District Criminal Investigations Bureau at 905 878-5511 x2415, Crime Stoppers at 1 800 222-8477(TIPS), through the web at www.haltoncrimestoppers.com or by texting 'Tip201' with your message to 274637(crimes).

Police Tweet-a-thon

Want to learn more about what the police are doing in our community? Join the conversation on Twitter during the 5th Global Police Tweet-a-thon.

On Friday, October 2 police services all over the world will be participating in a 24 hour tweet-a-thon with the intent to connect with communities, build relationships and educate the public on what the police are doing.

Between 12 a.m. and 11:59 p.m., @HaltonPolice will be participating and will be tweeting about operational calls for service across the region, traffic, impaired driving, cold case homicides, drugs, frauds, canine and educational topics and safety tips from our website.



LEGION NEWS



By: Sharon Graham P.R.O. ~ Branch 197

Mixed Darts is Tuesday, October 13 at 7:15 p.m. Blind draw format. Everyone is welcome to come out and have some fun.

Remember, we are always looking for volunteers for our meat draw on Saturdays. Signup sheet is on board.

You can pay your 2016 membership dues now before November 30, 2015 and become an early bird.

Anyone who wishes to participate in the laying of a personal wreath at the Remembrance Day Ceremony is asked to leave your name and phone number with the Legion bar steward at 519-853-0910.

Our next general meeting will be held on October 5 at 8 p.m. It is being held a week early due to Thanksgiving being on October 12.

OCTOBER IS DENTURIST AWARENESS MONTH

'The perfect fitting denture starts with a strong foundation based upon comfort, specialized knowledge, expertise and the confidence that your needs are being treated by an experienced and caring professional – your local Denturist, The Denturist Specialist.'

Your Local Denturist is Tracy Mitchell, DD

Tracy has been a practising Denturist for over 16 years and has been the owner of Acton Denture Clinic for 14 years. As an honour graduate of George Brown College in both Denturism and Dental Technology, Tracy can provide her patients with personalized and cost-effective professional service by designing and creating the most suitable dentures for her patients in a controlled environment, in our on-site laboratory.

Call For Your Complimentary Consultation!



Acton Denture Clinic
Tracy Mitchell, DD
130 Mill St. E., Unit 103 Acton
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