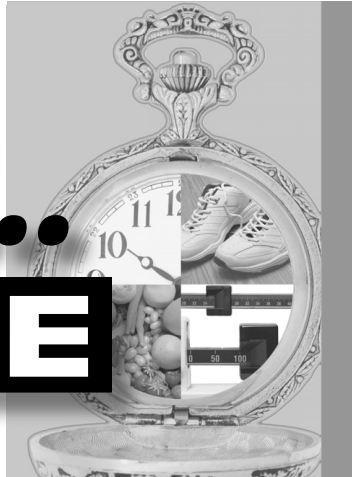


To Your Health... WELLNESS GUIDE



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FrequenSea™ & Electrifiere™: Where Health and Energy Collide

It is rare you will meet such remarkable people as Marian Roper and her sister Iris. Why? Firstly, these fine ladies are fully committed to making a big difference to this world. Secondly, they are deeply passionate about **FrequenSea™** and **Electrifiere™** - the amazing ForeverGreen health products that can make that very difference. Thirdly, the depth of knowledge they possess about the benefits of these products is extraordinary! While there are many so-called "energy" drinks and similar on the market, ForeverGreen's **FrequenSea™** and **Electrifiere™** are the real deal. Comprised only of natural, nutritious ingredients made immediately bio-available and absorbed 97%, they may be great for your mind and body, but also taste quite wonderful! Of **FrequenSea™**, Marian says: "I promise that if people pay attention, they will experience changes in their skin, nails and hair; vision, range of emotion, sleep, mental clarity, digestion, state of well-being, pain levels and other symptoms unique to their own bodies." Iris goes on to say: "Two bottles of **FrequenSea™** does one person an entire month for an ounce a day. It's got everything, and that will replace pills and herbs and capsules and things which may - or may not - be absorbed by your body. **FrequenSea™** is a big bang for your buck, as what you pay for, your body gets!" You will have seen in stores the huge range of supplements available claiming to have a beneficial impact on your health, so I asked Marian what sets **FrequenSea™** apart. She told me:

"There are lots of good products out there that provide one or two things our bodies need, but this one provides everything, so it's one of the few things on the planet you can actually live on!" Wow! Iris underlined her sister's words by telling me: "If you want to take the guesswork out of what your body needs, get **FrequenSea™** - because it's got everything." As if the wondrous **FrequenSea™** isn't enough, ForeverGreen launched the exciting **Electrifiere™** in January. This is a rare thing indeed - an energy drink that is actually good for you! Iris says: "**Electrifiere™** is to fill the gap for the people looking for extra energy, clearer focus and stamina for fitness, athletic competitions, shift work, exam times and just times we need an extra boost. But it's a healthy, safe choice for all ages." I've sampled its nutritious goodness and everything Iris says is true! Take advantage of Marian and Iris Roper's excellent introductory offer on ForeverGreen's **FrequenSea™** and **Electrifiere™**. Contact Marian or Iris Roper TODAY for more information about this great offer and you will begin to understand why Iris says: "We're making a difference with integrity, and with products that are safe, healthy, and health-giving!" Marian Roper, BScN, MCS (Master Communication Studies) 722-7015 (local) / marianroper@gmail.com Iris Roper: 591-2888 (local) / iris.e.ropershaw.ca

Advertising feature by David Morrison

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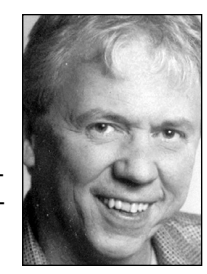
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South-end residents help to improve their neighbourhood

Today's Hidden Heroes are the members of the South End Community Association who have been working over the years, especially in the past year and a half, to improve their neighbourhood. The area is roughly defined as running south from Crace Street (behind the Salvation Army's New Hope Centre) to Chase River and east from the E & N Railway to the water.



BILL ROBINSON

HIDDEN HEROES



HARDIE

A year and a half ago, community leaders felt that their neighbourhood had hit a new, totally unacceptable low with drug, alcohol and prostitution challenges, so they called a community meeting that attracted 500 residents and a cross section of city employees, police officers and politicians.

Then everyone rolled up their sleeves and got to work. One of the major recommendations made by the RCMP was to realize that a clean neighbourhood is a happy neighbourhood. So with the complete support of police and city staff, clean-up projects were planned to bring a sense of neighbourhood pride and safety back into the community.

The annual litter pickup, held the last Saturday in March, has always been a major community event and it will be even bigger this year. But now, a monthly pick up has been added to the community schedule. Recently, beautifully painted "art bins" have begun to sprout up around the South End. These are garbage cans paid for by sponsors and adopted by residents and businesses who want to help keep the neighbourhood clean in a fun way. Some of the community's more recent

projects are equally visible, like the "At Play" art show on the fence at Deverall Square Park.

Other projects are still on the drawing board. The community is working with Parks and Recreation to fundraise and develop the city's first "destination park" for both able-bodied children and children with physical and other challenges.

This exciting attraction will bring outsiders into the area who will witness the positive community growth first hand. Today when you drive through the South End, like most of the downtown area, you'll find a lot of recently renovated homes. This is an area with awesome potential and the leaders in the community are working hard to see that potential realized. There's a new sense of community pride, which, along with an injection of new home owners and volunteers, is changing the face of and the energy level in the South End.

A major lesson in the Our Hidden Heroes school program teaches kids that small things can make a big difference. We are beginning to see the results of those small things in the South End community thanks to board president, Douglas Hardie, and members Sydney Robertson, Gordon Fuller, Eldeen Cornel, Larry Gambone, Peter Presotto, Charles Torjhelm, and Barbara Densmore; hidden heroes all.

Hidden Heroes appears Wednesdays in the Star. To nominate a hidden hero, check out the website at www.nhero.org.

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