

NEWS



June 17th - June 23rd, 2009
 150 Hollywood Rd. S.
 833 Finns Rd.

GOURMET
 MUFFINS
 EACH

99¢ reg. 1.89

MULTI GRAIN
 RYE BREAD

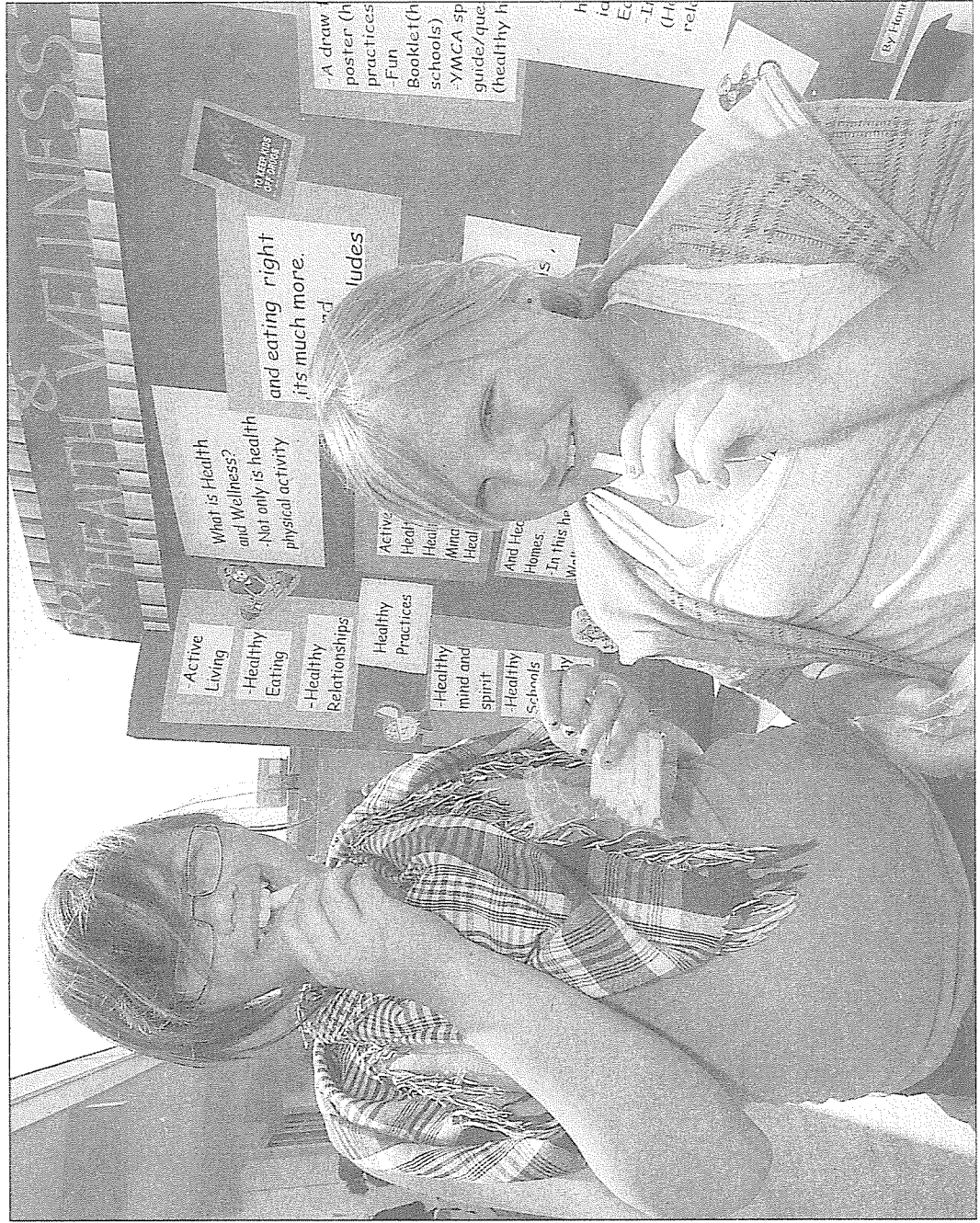
\$2.99 reg. 4.19

CARROT CAKE
 SQUARES

\$1.19 reg. 1.69

CARAMEL
 CAKES

\$14.99 reg. 24.99



HEALTHY
 SNACK

Grade 6 students Maddie Church and Hanna Quinn happily munch on rutabaga slices offered to students as a healthy snack. Teacher David Johnson's Grade 6 class at South Rutland Elementary hosted the school's inaugural Health and Wellness Fair on Thursday. Students from the school were invited to visit the seven health/wellness displays which contained information about healthy eating, active living, healthy relationships, healthy homes and healthy mind/spirit. Students also received informative materials to bring home to their families.

SEAN CONNOR/CAPITAL NEWS