

Youth Forum

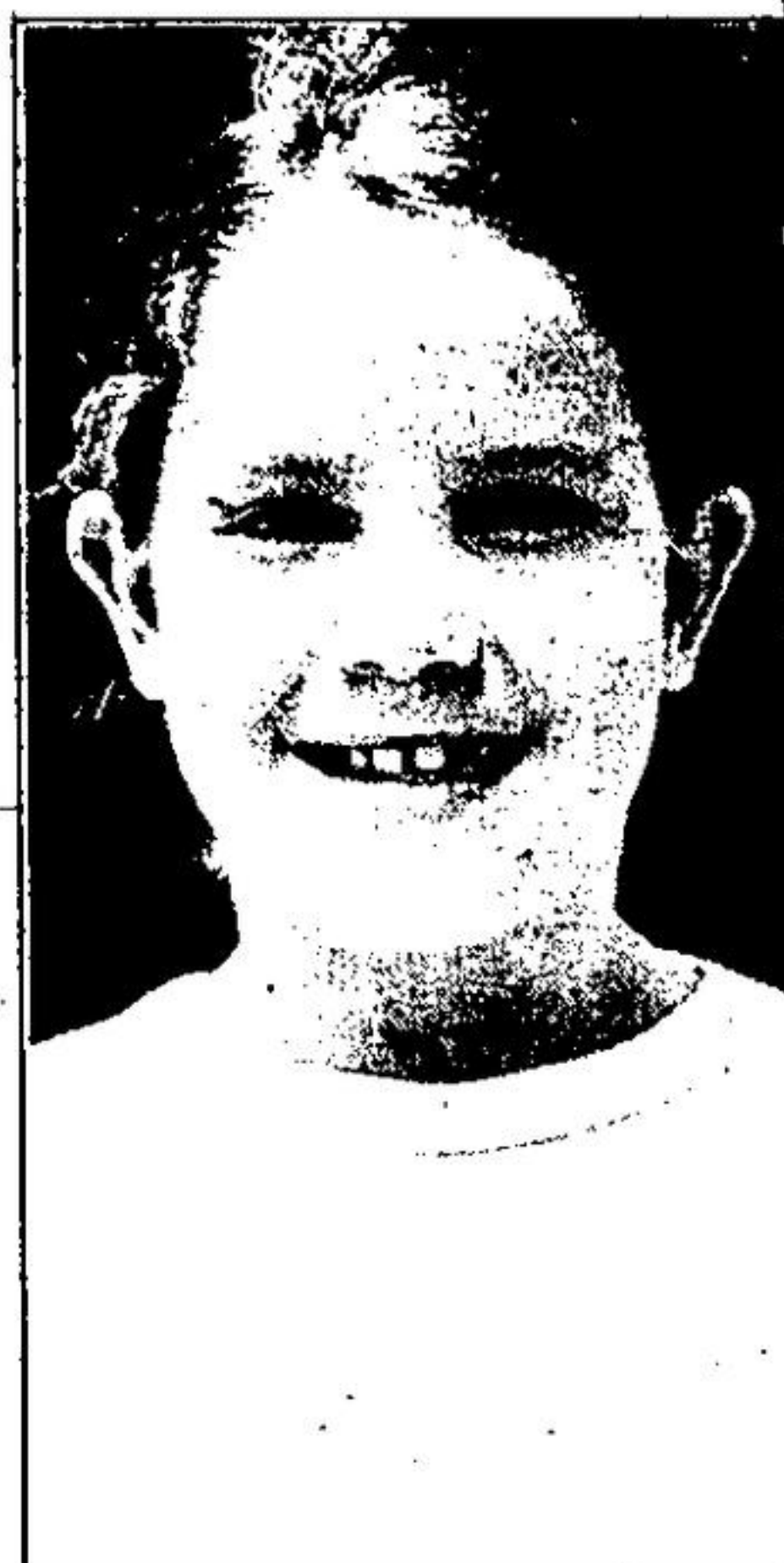
What are the benefits of being physically fit?



Shenna Wakefield, Grade 1 student at George Kennedy Public School: "If you're fit, you can ride your bike, skip and play games with your friends which are all fun things to do. If you're not fit, you don't have as much fun with sports."



Andrew Nelissen, Grade 5 student at George Kennedy Public School: "Being fit is good because you can be active in sports. You can look good and exercise gives you big muscles."



Alyssa Taylor, Grade 3 student at George Kennedy Public School: "Being fit keeps you healthy and skinny. It's fun to be fit because you can run and jog, which are fun things to do."

BOYS - GIRLS
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 The following routes will be coming available soon:

CHURCHILL - From Hwy 7 to Town limits will earn you \$5.50. Sign up today. Earn money for the summer.

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 The Halton Hills
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Zoo Animals

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 U K Y F A H U B H E R E
 S M S H H M S U K F L G
 A O K J P N T A M F O I
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To find out how you can prevent hearing loss, call us toll-free at 1-800-465-4327 or contact your local office.
The Canadian Hearing Society Foundation

Canadian Trivia

Canadian babies go through 4.3 million disposable diapers a day. Still, that only accounts for two per cent of the volume of garbage in landfills.

Since 1910 the number of incorporated cities in Canada has nearly tripled. Technically Calgary is Canada's largest city, with a population of 693,000. The City of Toronto is in second place with 612,000. Canada's smallest city is Greenwood, B.C. with a population of 767 people.

In Canada we go through an estimated 175 million spray cans each year. The good news is that 99 per cent of those cans are CFC free, which are propellants that harm the ozone layer. The bad news is that the butane based propellants replacing CFCs may contribute to urban smog.

If you're reading this on a summer afternoon, be careful. A third of all accidents happen in summer. And the time of day most accidents occur is in the afternoon.

CARRIER OF THE WEEK BOYS - GIRLS

Mark, 11, a Grade 6 student at McKenzie-Smith Middle School in Acton, has been delivering the Halton Hills Herald for four years.

He delivers 75 papers on Wednesdays and Fridays. Mark has been saving all the money he earned but recently began building up his hockey card collection. His most valuable card is one of goalie Grant Fuhr as a rookie player.

He enjoys playing hockey and is a member of the the Acton Atom Rep team.

For being chosen Carrier of the Week, Mark will receive a large pizza courtesy of Queen's Pizza in Acton.



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