



## Making a healthy choice

Georgetown resident Ethel Wilson (left) prepares for a healthy, nutritious lunch at the Halton Hills Civic Centre during the Healthy Choices Kickoff Wednesday afternoon. This Healthy Choices program is sponsored by the Healthy Lifestyles Coalition, which is funded by the Ontario Ministry of Health.

# Civic Centre makes healthy choice to join food program

In Canada, one out of every three food dollars is spent on meals eaten outside the home!

That's why the Halton Hills Civic Centre joined the Healthy Choices Restaurant Program. With Canadians becoming steadily more health conscious, they are seeking out restaurants which serve nutritious foods which are low in fat and salt. Halton Hills now will offer Healthy Choices in its Civic Centre.

The formal kick off was Wednesday, Feb. 24.

The Healthy Choices Program is sponsored by the Halton Healthy Lifestyles Coalition, which is funded by the Ontario Ministry of Health. The program is coordinated by the Coalitions Restaurant Program Task Group.

The goals of the program are to encourage restaurants to offer healthy foods in a smoke-free envi-

*Menu low in fat and salt*

ronment and to make patrons more aware of healthy choices when dining out by highlighting menu items which are low in fat and salt.

Recipes from each participant

are analyzed; those meeting criteria established by the Canadian Heart Foundation may be promoted with self-adhesive menu decals, table tents and window decals.

## Wastewise auction successful

Wastewise is a community-based waste reduction and recycling centre dependent upon partnerships with business, government and residents. These partnerships enable Wastewise to offer unique services to all sectors of the community which ultimately reduce the amount of garbage which this town produces.

The second Salvage the Earth Auction on February 21, was no exception with respect to support from the many partnerships Wastewise has developed during the

past two years.

Derik Williams, auctioneer, donated his services; McEachern Steering donated two front-end alignments; Young's Pharmacy donated an item to be auctioned.

The following companies sponsored advertisements: BASF, Superior Glove, Carney Electric, Caledon Labs, Howell Plumbing, Halton Rapid Print, Tanhardt and Resama Kennels.

Volunteers include: Bill McEachern, June and Myles Gilson and Fraser Robin.

## ATTENTION RRSP SHOPPERS

### Get a better rate for your RRSP, at TD!

- TD won't let another major bank\*\* give you a higher posted rate for a similar term on 1 to 5 year regular GICs.
- Longer "RRSP Hours", Thurs., Feb. 25, Fri., Feb. 26 9:30 a.m.-8 p.m. Sat., Feb. 27, 9:30 a.m.-5 p.m. and Mon., March 1, 9:30 a.m.-8:00 p.m.

3 - YEAR ACCELERATOR GIC RSP	
1st Year -	6.00%
2nd Year -	6.25%
3rd Year -	10.00%

5- YEAR ACCELERATOR GIC RSP	
1st Year -	6.00%
2nd Year -	6.00%
3rd Year -	8.00%
4th Year -	10.00%
5th Year -	12.00%



## RETIREMENT SAVINGS PEOPLE

231 Guelph Street, Georgetown, Ont. 877-0024 Tor. 453-1206

\* Ask your branch for full details • Interest rates are subject to change without notice.  
\*\*We will match the highest posted rate of any of the Canadian Imperial Bank of Commerce, The Royal Bank, The Bank of Montreal or The Bank of Nova Scotia.

## Open House at The Doll Emporium

School of Dollmaking

March 6, 1993

10-5 p.m.

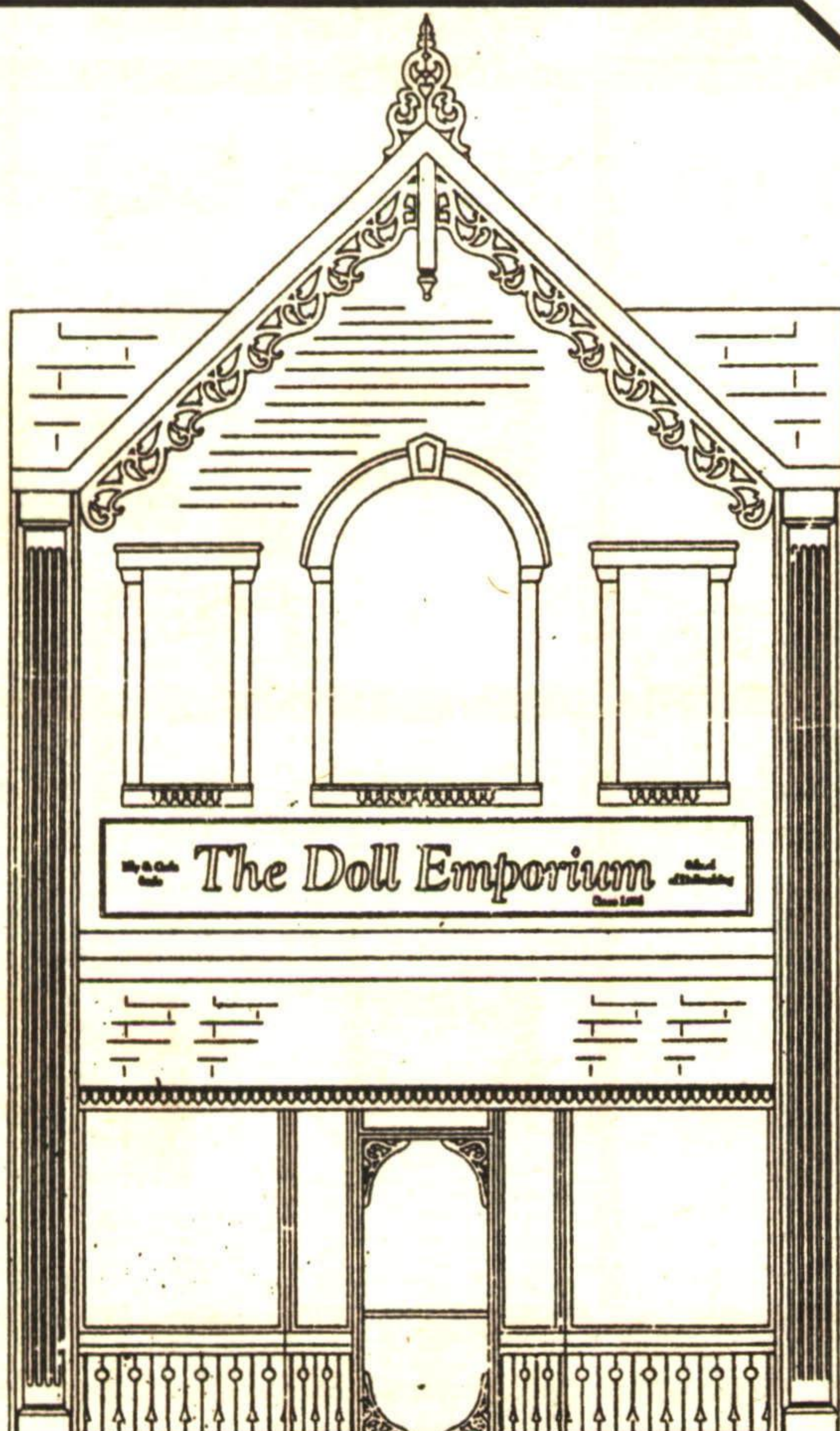
Refreshments


Elly & Carla Snels

19 Mill St. E.

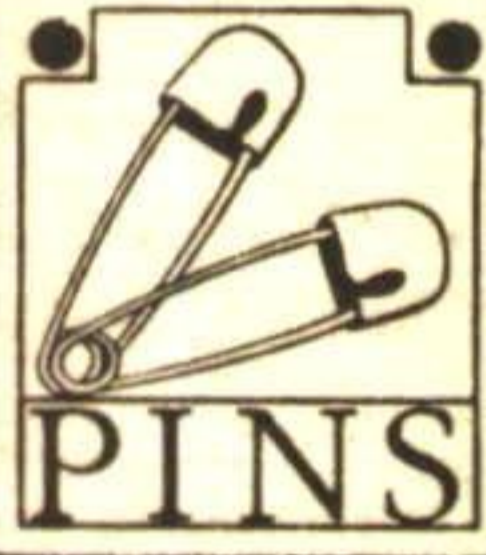
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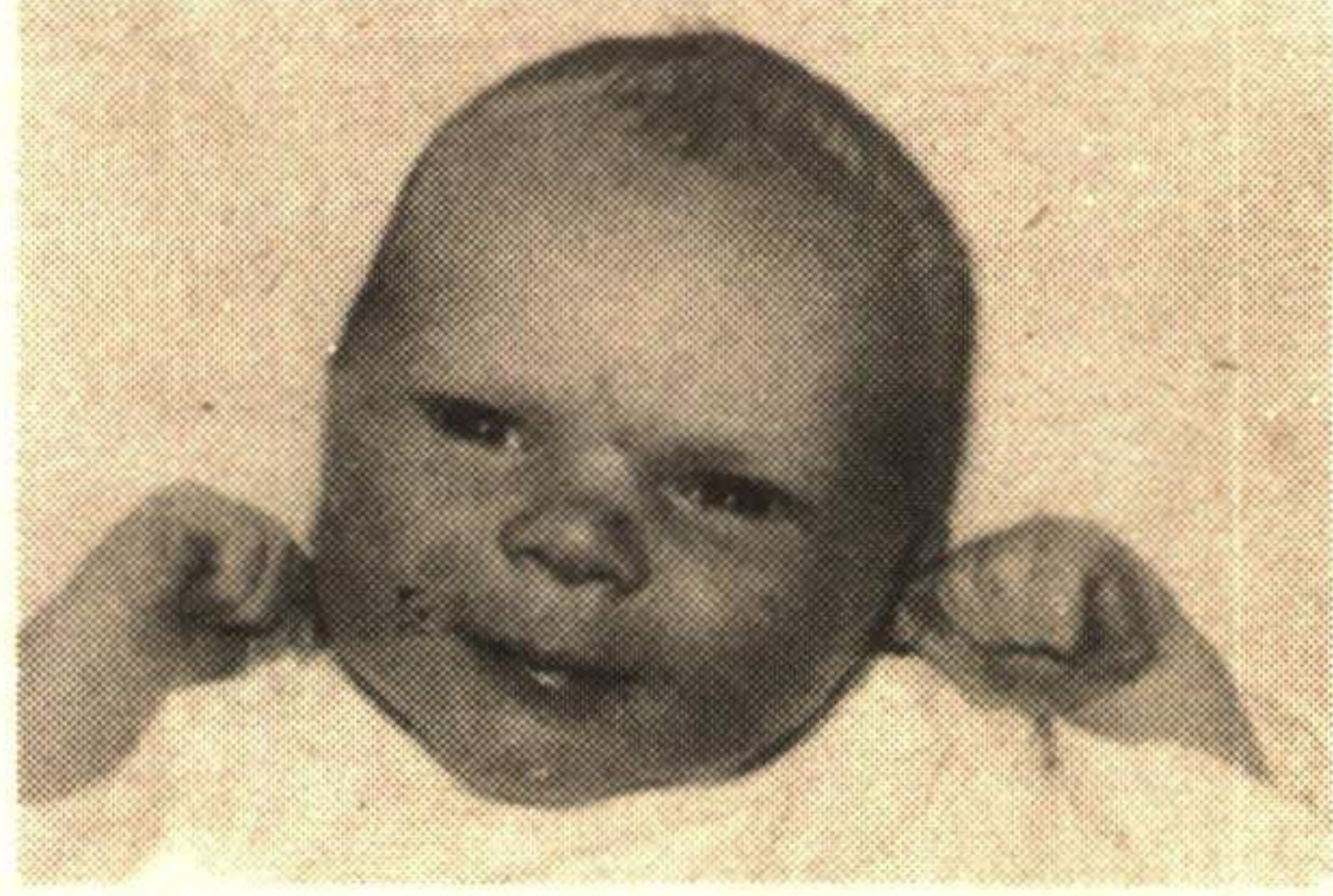
519-853-3686




  
DUCK


Prospective Manager of  
**WOOLCO**

  
PINS



Proud parents Donna and Darrell Day are happy to announce the arrival of Ryan Thomas, 8 pounds, 7 ounces on February 19, 1993. 49-m. Both are home and doing well. Congratulations!!

  
BEAR

  
KEYS

## DOLLAR PLUS

IS COMING

TO

DOWNTOWN GEORGETOWN



OPENING MARCH 1st

99 MAIN ST. SOUTH

## Please be our guest for our Friendship Celebration

Sunday, Feb. 28, 1993

9:45 a.m. -- Sunday School

11:00 a.m. -- Worship Service & Coffee Hour

Immanuel Lutheran Church

Windsor Rd. at Carole St.

873-0264

Allow us the privilege of sharing the love of Christ with you.

Lenten Services, Wednesdays  
Feb. 24 - Mar. 31, 1993, 7:30 p.m.



**FRIENDS WHO CARE**