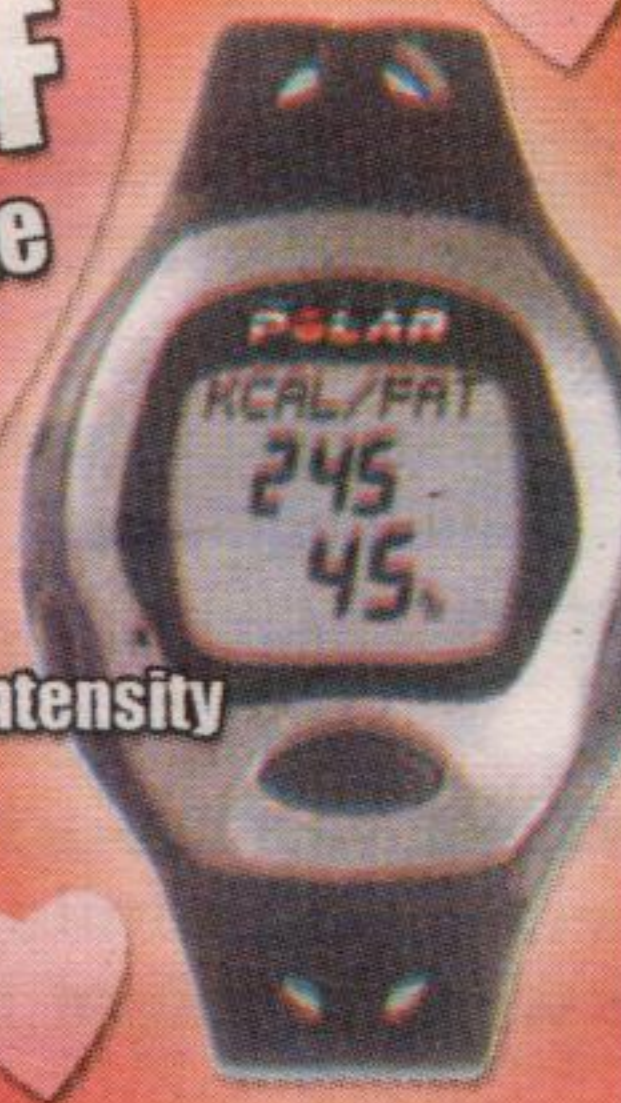


**February is Heart Month**

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Have a Heart...  
**February is Heart Month**



**Ten great ways to get active today!**

Getting physically active doesn't have to be complicated, expensive or grueling. All you have to do is move it! February is Heart Month and the Heart and Stroke Foundation encourages all Canadians to commit to becoming physically active. Stop a heart attack before it starts!

Here are some simple, effective ideas to get you moving!

**Walk it off!**

Walking is probably the simplest heart-healthy activity. All you need is a good pair of shoes and the will to do it. Join a walking club, walk around the block, or in the park, or simply incorporate more walking into your daily routine.

**Do it the old-fashioned way!**

Take the stairs instead of the elevator. Wash and wax your car yourself, instead of taking it to a car wash. Trade in your power lawnmower for a push mower, or walk to the corner store instead of driving.

**Go for a spin!**

Indoor cycling, better known as "spinning" uses specially designed stationary bikes. With classes for all fitness levels, it's a

high-energy group exercise that integrates music, camaraderie and visualization and provides a great cardiovascular workout.

**Ommmm....**

Try yoga. It's a great exercise for people of all ages and fitness levels. Yoga helps develop balance, strength, flexibility, cardiovascular capacity and overall well-being. It also has a meditative aspect, which, many people find, is a great stress reliever. There are many different kinds of yoga so do some homework to find out which one is right for you.

**Sleek and strong**

Created more than 80 years ago as an exercise for dancers, Pilates offers a slower-paced exercise that focuses on core muscle strength and mind-body health. It helps improve strength, posture, flexibility and body awareness to build sleek, strong muscles.

**Cool ideas**

Downhill or cross country skiing, skating, building snowmen, making snow angels and snowshoeing are all great winter activities. Parents who participate in physi-

cal activity with their children tend to be in better physical condition themselves and set a great example for their children.

**Go fly a kite...**

or kick the ball around, throw a Frisbee, skip rope, play tag, take a family walk or bike ride...the possibilities are endless! Instead of watching your kids or grandkids play in the backyard or the park, why not join them? Check out our recess games. They provide fun and fitness - two key factors in keeping us all active every day!

**Dig into gardening!**

Once the warm weather hits, get out-

doors and into the garden. All the digging, raking, fertilizing, planting, pruning and watering are a great way to get keep you - and your plants - blooming!

**Dance!**

Dancing is a great activity that gets your heart moving and your spirit soaring. Consider enrolling in a dance class or simply pump up the volume on the stereo and bob in the comfort of your own home.

**Freewheeling**

There are few activities as much fun, or as beneficial to your health as bicycling. It's a great way to explore your neighbourhood - alone, or with friends and family.

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**Milton Council Notes - 2005 Budgets, February 2005**

By COUNCILLOR CINDY LUNAU

Milton Council passed its Capital & Operating budgets, representing a three percent increase at its February 7th meeting. On an average residential assessment of \$250,000, this represents an increase of \$17.89 in the urban area and \$14.76 in the rural area.

**Capital Budget:** The Capital and Equipment Replacement Budget includes 115 projects with a value of \$26,239,944, compared to the 2004 budget of \$17,933,257 for 90 projects. Thirty-two of these projects are growth related, with \$14.3 million funded through Development Charges, and \$5 from Slots Revenue.

Major projects include land acquisition for future fire stations and an operations centre replacing the facility on Nippissing Road, and funds to begin construction of Town Hall and the Works Operations centre. Other major projects include park development, planning studies for Business Park #2, fire equipment and road projects, and environmental assessment of grade separations

on Main Street and on Thompson Road.

Slots revenue of \$5 million will assist or totally fund 47 projects. Projects over \$100,000 include Technology/Infrastructure (\$633,741), Playground replacement equipment (\$117,704), Lions District Park (\$128,375), Trails Master Plan (\$318,199), Twiss Road (\$100,000), Sidewalk Repair (\$99,765), Asphalt / Surface Treatment Programs (\$605,103), Railway crossings (\$12,418), Fire Department equipment / Facilities (\$960,507), Library renovations (\$574,327), Bell Street (\$112,1213), Town Hall expansion (\$236,563), Memorial Arena (\$180,260).

Debentures of approximately \$6.1 million will be issued for land acquisitions, Works Yard, Roads and Bridges.

**Operating Budget:** With only minor changes, the 2005 Operating Budget was approved as presented - \$36,829,723 - requiring a tax levy of \$14,586,069 - or three percent increase over 2004. On an average assessment of \$250,000, this translates into

total Milton taxes of approximately \$614 (slightly less for rural residents). A comparison of 2004 taxes indicates total taxes of \$656 for Mississauga, \$724 for Caledon, \$798 for Halton Hills, \$851 for Oakville, \$893 for Burlington and \$1,046 for Brampton. Non-tax revenue is projected at \$22 million, or 11 percent over 2004. The assessment base has increased by 13%.

Significant cost increases include utility costs (\$103,000), improved transit (\$1,073,000), staff compensation (\$700,000), decreased arena revenue (\$297,000), building reserve (\$550,000), debt charges/annualization (\$369,000), transfer to capital budget (\$200,000).

**Halton Region:** Halton Region's Capital & Operating budgets, passed in December, approved an overall increase of 3.2%, or about \$34 on an average of a home assessed at \$250,000. Water & waste water rates for the urban area increased 8.2%, or an increase of \$46 on an average usage of 300 cubic metres.

**Mill Rate:** The Interim Tax Rate By-law set rates (rounded) as follows: Urban Residential .48%; Rural Residential .46%; Commercial 1.25%; Industrial 1.85%. These rates highlight the importance of balancing residential with commercial/industrial growth.

**Web Site:** Council agendas and minutes are posted on the Town's web site. This site also includes other useful and interesting information about Town events, services, press releases and reports. [www.milton.ca](http://www.milton.ca).

**Representatives:** Phone numbers and email address for the Mayor and Councillors are available on the Town's Web Site or by phone. Town Hall: 905-878-7211 or 1-800-418-5494; Region of Halton: 905-825-6000 or 1-866-442-5866.

*(These notes are intended to provide a snapshot of Milton Council happenings, rather than opinions. Further information can be obtained - and comments shared - through elected representatives, town staff and the Town website.)*