



The Caribbean's easternmost island, Barbados offers a vacation as diverse as its visitors. This charming island still retains an imprint of grace and courtesy left over from 300 years of British tradition. With its chattel cottages, neat gardens and centuries old parish churches, it feels like England in the tropics!

SILVER ROCK HOTEL **3★**
ALMOST ALL-INCLUSIVE

This hotel offers a blend of solitude and adventure. The lively surf provides the ideal environment for active vacationers. Includes breakfast, lunch & dinner daily and much more! **Up to 2 children 3 years and under stay free.** (in select categories)

Feb 4 & 11
7 NIGHTS
\$1898

ALMOND BEACH VILLAGE **4★**
ALL-INCLUSIVE

A terrific resort where couples and families will enjoy a variety of activities and sports. Guests will receive access to all facilities at the Almond Beach Club (16+ years). **1 child 5 years & under stays, eats and plays free** (in family section).

Feb 4 & 11
7 NIGHTS
\$2149

SOUTHERN PALMS **3★**
MEAL DEAL AVAILABLE

Friendly and informal, this very popular resort has Sunquesters returning year after year. Located in the heart of the St. Lawrence Gap on one of Barbados' most spectacular beaches. **1 child 15 years & under stays free!**

Feb 4 & 11
7 NIGHTS
\$1749

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10 year spending plan is approved by Halton Hills

By **FRANCES NIBLOCK**
The New Tanner

The Town will spend approximately \$60.4-million dollars over the next decade to maintain and expand its roads, parks, recreational facilities and other Town programs and services.

The Town's budget committee, all councillors and the mayor, gave approval in principal to the 2003-2011 capital budget forecast at a meeting on Monday, making some minor changes in the long range spending plan, including the addition of \$50,000 in

each year for beautification projects:

Over the forecast period, property taxes, money from the capital reserve fund and development charges will each contribute approximately one-quarter of the total and funding from equipment reserves, debt and subsidies will make up the balance to pay for 267 projects.

Treasurer Ed DeSousa said the forecast numbers could change because of a review that's underway of the development charges.

At Tuesday's meeting, road projects received a lot of

attention from Acton Councillor Rick Bonnette, who convinced councillors to move \$3,000 for pre-engineering work on the Third Line, southerly from Glen Lawson Road to past the quarry entrance, from the "B" wish list to the do list, in next year's budget.

Councillors also agreed to a further suggestion from Bonnette to move \$64,000 for the Glen Lawson project up by two years to 2006.

An attempt by Councillor Bonnette to cut \$40,000 earmarked for a test run of an automated ballot counting system was defeated.

Bonnette said human counters - often local seniors - have a proven track record for accuracy, where the machines have failed miserably in Florida and Toronto.

Committee left the money in the 2003 forecast at the request of the clerk who promised to report back with details before they lease the automated counters for the 2003 election.

Georgetown Councillor Jane Fogal convinced councillors to add \$50,000 to next year's budget for Communities in Bloom beautification projects.

Later in the meeting Georgetown Councillor John Day made a motion, that was approved, to include \$50,000 in each of the forecast years, despite a request from budget committee chair, Georgetown Councillor Moya Johnson, for a spending plan, instead of a "rather vague" plan to put money (\$450,000 over nine years) in a pot.

At the end of the budget meeting, Ward Two Councillor Bryan Lewis, who recounted a phone call from a disgruntled taxpayer who complained about everything, from high taxes, to bad roads, to water woes, asked the treasurer to rate Halton Hills with the rest of Halton, when it came to taxes.

Citing a recent consulting report listing how much taxes 41 municipalities levy on a

Continued on Page 15.



Natural Health News

How's your digestion

Do you suffer from gas, heartburn, bloating, burping, bad breath, constipation, diarrhea and general discomfort or fatigue after meals? Although common, these symptoms should not be considered normal. They are distress signals that tell us the digestive process is not going smoothly and we are not getting the full benefit of what we eat.

1. Do not over-eat.
2. Keep meals simple and nutritious.
3. Keep sweets to minimum.
4. Relax - do not eat hurriedly.
5. Obtain plenty of fibre in diet.
6. Limit coffee, and alcohol.
7. Take digestive enzymes with meals.

Come in and check out low prices and specials on supplements, bulk food, skin care products

Some well known digestive aids would be: Aloe Vera, apple cider vinegar, Betaine (if you have low stomach acid), chlorophyll, or digestive enzymes.

If you have some of the above symptoms, a multiple digestive enzyme supplement would be a good thing to try. It contains enzymes to help breakdown carbohydrates, enzymes to breakdown protein, sugar, milk, fat, and fibre.

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BIRTHDAY BAKING: In honour of Katherine Watson's 10th birthday, Christian ventriloquist Rick Chapman and pal Wally "baked" her a cake during the children's unity service on Sunday at St. Joseph Catholic School. Approximately 115 children enjoyed a fast-paced interactive show while their parents attended the unity service at the Legion. - Frances Niblock photo



Halton Hills Minor Lacrosse Association

2002

REGISTRATION

FASTEST GAME ON 2 FEET

Saturday February 2, 2002, Alcott Arena, 10 am - 2 pm
Saturday February 16, 2002, Acton Arena, 10 am - 2 pm
Saturday February 23, 2002, Alcott Arena, 10 am - 2 pm

FEES: Peanut \$50 plus \$20 in Raffle Tickets
Tyke to Midget \$70 plus \$20 in Raffle Tickets

Must bring-birth certificate or proof of birth

For more information contact **Graham Jacobs (905) 877-2181**

www.hhminorlacrosse.com

Interested in becoming a referee? 14 years plus. Call 853-0225