

Town of Milton to host wide variety of Family Day activities

Looking to get active on Family Day? If so, the Town of Milton has more than enough activities available. Local facilities will play host to numerous free events on Monday, Feb. 19.

This includes RBC-sponsored public skates at 9, 9:30 and 11:30 a.m. and 1 and 1:30 p.m. at Milton Sports Centre (MSC).

Family swims are set for 9 a.m. at Milton Leisure Centre (MLC) and 10 a.m. at MSC, while family dodgeball will be held at 11:30 a.m. at MLC and 2 p.m. at MSC. sZumba, soccer, floor hockey, pickleball, basketball and volleyball are also part of the Family Day lineup of activities.

If you're not necessarily looking to work up a



sweat, an Olympic craft workshop and slime making workshop are set for 10 a.m. at MSC. The walking/running tracks at MSC and the Mattamy National Cycling Centre are free on Family Day.

Pre-registration is available and encouraged for Stick 'N Puck and Shiny programs, while regular admission applies for activities not specified free on the town website. Visit www.milton.ca/en/play/familyday.asp.

Halton Food for Thought to celebrate annual Feedyary campaign

Time to fill some young bellies.

Nearly two dozen schools across the region will be taking part in Halton Food for Thought's third annual Feedyary campaign.

From February 20 to 22, politicians, dignitaries and community partners are invited to visit a school in Milton, Burlington, Oakville or Halton Hills and serve up a healthy meal to students.

The campaign also serves to raise awareness about Halton Food for Thought's student nutrition programs.

Feedyary's school visits will include hosting new breakfast carts at Oakville's Heritage Glen Public School and McKenzie-Smith Bennett Public



Jayson Mills Photo

Rose Audruchiw enjoys her pancake breakfast during last year's Halton Food for Thought Feedyary campaign.

School in Acton, as well as new salad bars at Burlington's Sacred Heart of Jesus

and Oakwood Public School in Oakville. For more information

on Halton Food for Thought, visit haltonfoodforthought.com.

SUDOKU

			5		2	3	
						4	
		7	2		1		
		2				9	
	3		1				6
	9		6		8		2
	7		4		5		9
		4			1		2
		8		3	6		

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Fun By The Numbers
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

6	8	9	1	5	4	2	3	7
1	2	3	8	7	9	5	4	6
5	4	7	6	2	3	1	8	9
7	6	2	5	4	8	9	1	3
8	3	5	9	1	2	7	6	4
4	9	1	3	6	7	8	5	2
2	7	6	4	8	5	3	9	1
3	5	4	7	9	1	6	2	8
9	1	8	2	3	6	4	7	5

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Tongue Talk

We never really think about our tongues, but they are incredibly important. They allow us to talk, swallow and taste food.

A healthy tongue is pink and covered with thousands of bumps called papillae. But sometimes that changes, and these changes can be annoying or painful and can also be a clue as to problems occurring in the rest of the body as well. For example, those papillae on the surface of the tongue may become really black and hairy, a condition unsurprisingly called Black Hairy Tongue. The long papillae harbour bacteria which are black. Smoking, drinking coffee and dark tea may also contribute to the darkening. People who are diabetics, on antibiotics and chemotherapy are more likely to develop it. Although it isn't pleasant to look at, it isn't harmful and using a tongue scraper will help a lot.

A red tongue with a high fever could be a sign of Scarlet fever, in which case you should contact your doctor immediately.

Vitamin B12 deficiencies (which vegetarians are prone to) and iron deficiencies may turn your tongue red and cause you to lose papillae which makes your tongue look smooth.

Burning tongue syndrome is seven times more common in women, especially post-menopausal women. It can be extremely painful and accompanied by mouth dryness and taste changes.

There are many more syndromes associated with the tongue, but as you can see, the tongue is very important and can provide clues as to overall health problems.