# For goodness sake...



A good health

tip from Milton District Hospital



# HOLIDAY STRESS BUSTER

The hustle and bustle of the holiday season is enough to stress anyone out. Have you been feeling uptight or hyped lately? If the stress is getting to you, try making a little quiet time for yourself. Take a deep breath, close your eyes, and relax for 5 to 10 minutes. Strive to find your own sense of inner peace as you unwind. It's amazing how refreshed you'll feel. Now you are ready to tackle the next item on your "To Do" list.

"For goodness sake" is brought to you courtesy of



and The Canadian Champion

# Fate of police helicopter up in the air

Evaluation follows last flight for chopper's test phase this Sunday

By HOWARD MOZEL

Special to The Champion

Halton Regional Police's whirlybird eye-in-thesky will soon be grounded until further notice.

According to Halton Regional Police Superintendent Paul Cormier, time is running out on the test phase of the initiative and the last scheduled Halton flight is set for Sunday.

After that, an independent consultant will evaluate the program's relative merits and report back in March, 2000.

"The recommendations will be up to the consultant," he said. "We want it to be totally independent."

In April, Ontario's solicitor general announced that \$900,000 would be spent on four, 20-week helicopter evaluation projects in the province, \$250,000 of which was earmarked for the joint Halton, Hamilton-Wentworth and Peel regions project.

"The recommendations will be up to the consultant. We want it to be totally independent."

SUPERINTENDENT PAUL CORMIER

In addition to provincial funding, each region kicked in \$100,000. Pilot projects also took place in Toronto, London and York/Durham regions.

Superintendent Cormier explained that funds were set aside at the start to pay for the consultant, who will evaluate the program for Halton, Peel and Hamilton-Wentworth.

Once these findings are in, Superintendent Cormier said the debate will begin about the value of continuing a helicopter program and the costs attached.

No firm decision will likely be made next year, Superintendent Cormier continued, since by March the region's 2000 budget will have already been decided.

"It would be inappropriate to budget for it until

the evaluation is complete," he said.

The helicopter included a fully steerable, 30-million candlepower searchlight, a thermal imaging system, video cameras and more.

This makes the chopper an ideal tool for apprehending criminal suspects in events ranging from police pursuits to rescues on both land and in waterways.

Superintendent Cormier admitted some residents have complained about the noise of the helicopter and the intrusive searchlight at night.

Police have responded to every objection, the superintendent said, and explained to people exactly what the aircraft was doing in each instance.

"We didn't convince everyone, but a large majority were satisfied with the explanation," he said.

The organizers of all the pilot projects are now required to submit interim and final reports on how the funding was used.

Once evaluations are completed, a report will be forwarded to the solicitor general.

# WHO DOES IT

#### APPLIANCE PARTS SALES

## MECHANICAL LTD

MECHANICAL LTD.

PARTS FOR
Washers • Dryers • Ranges • Freezers

· Refrigerators · Dishwashers

785 Main Street East

876-1138

Across from the GO Station

### COMMUNICATIONS

Millside
Total Communications Inc.

For Your Total Communication Needs

Telephone System Sales • Service • Installation • Paging Systems • LAN Cabling • Pre-Wiring

Industrial • Commercial • Residential

Tel: 905-876-1110 Fax: 905-876-3107

E-mail: millside@interlog.com

#### CONTRACTORS

## r.m. contractin

ADDITIONS & MORE

arage • Steel Studs

• Garage • S

Decks

Suspended Ceilings
Commercial - Residential

878-8625

#### GARAGE DOORS

R&R COMPANY

Garage Doors – Electric Openers
SALES, SERVICE AND INSTALLATION
Windows, Entrance Doors, Storm
Doors,
Patio Doors

TEL: 519-853-2114 (ACTON)

#### HEATING

M.A.R.C.H.

Water Furnace Systems
Heat Pumps – Air. Ground
& Water Sources
Central & Room Air

Gas Propane and Electric Furnaces
High Efficiency Air Filters
& Humidifiers

785 Main Street East

876-1138 (Service)

875-2700 (Sales)

#### KITCHEN CABINETS

## Concept Cabinets

Kitchen & Vanity Cabinets

Architectural Cabinets

Store Fixtures

Custom Millwork

Company

785 Main St. East, Unit #3

878-9177

#### PAINTING & RENOVATIONS



(905) 876-4023

Stan

#### ROOFING

**FREE Estimates** 

#### J HARDIMAN ROOFING

OVER 50 YEARS EXPERIENCE FREE ESTIMATES

Reroofing Asphalt • Wooden Shingles • Flat Roofs

Tar and Gravel, App Modified Roofing Systems &

Metal Roofs • Skylight Installation
• Repairs to Roof Sheeting

All Workers Covered by Workman's Comp.

876-0958 • 1-877-677-4958

#### SEPTIC PUMPING

#### SEPTIC TANK PUMPING Robert Noble Ltd.

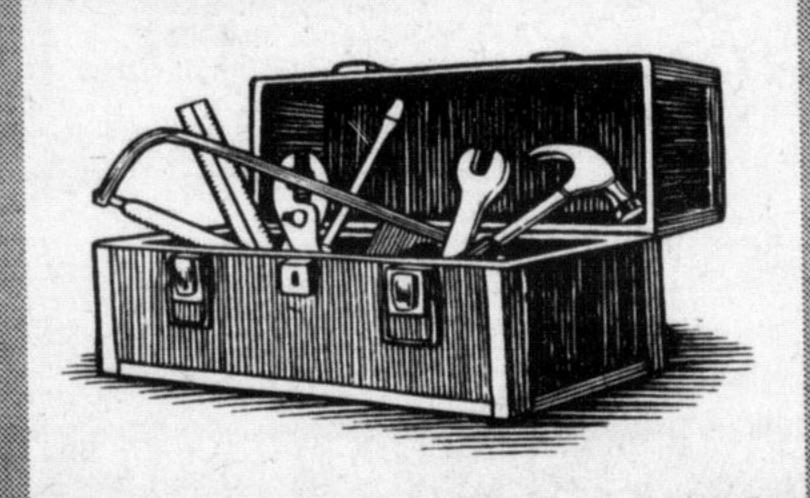
180 ft. of hose for crossing lawns,
 3 radio dispatched trucks to serve you.

Don't wait for trouble - Pump before it's too late!

(Should pump at least every 3 years)

Never use coloured or double ply toilet paper.

(519) 853-0500 Acton Answering Service 878-6869 OVER 20 YEARS EXPERIENCE!



### Millennium bash

# Mayor advises merchants to get down to business

Local businesses and community groups can make a profitable start to the new millennium by getting involved in Milton's blow-out New Year's bash.

By sponsoring events, selling millennium merchandise or offering premiums and incentives, the bash will give local businesses the opportunity to connect with potentially thousands of new customers, said Mayor Gord Krantz.

"In the true spirit of the a community event, we're really encouraging participation from surrounding businesses to help us put on an incredible millennium celebration," he said

And all participating businesses and community organizations will be recognized on the Town's website.

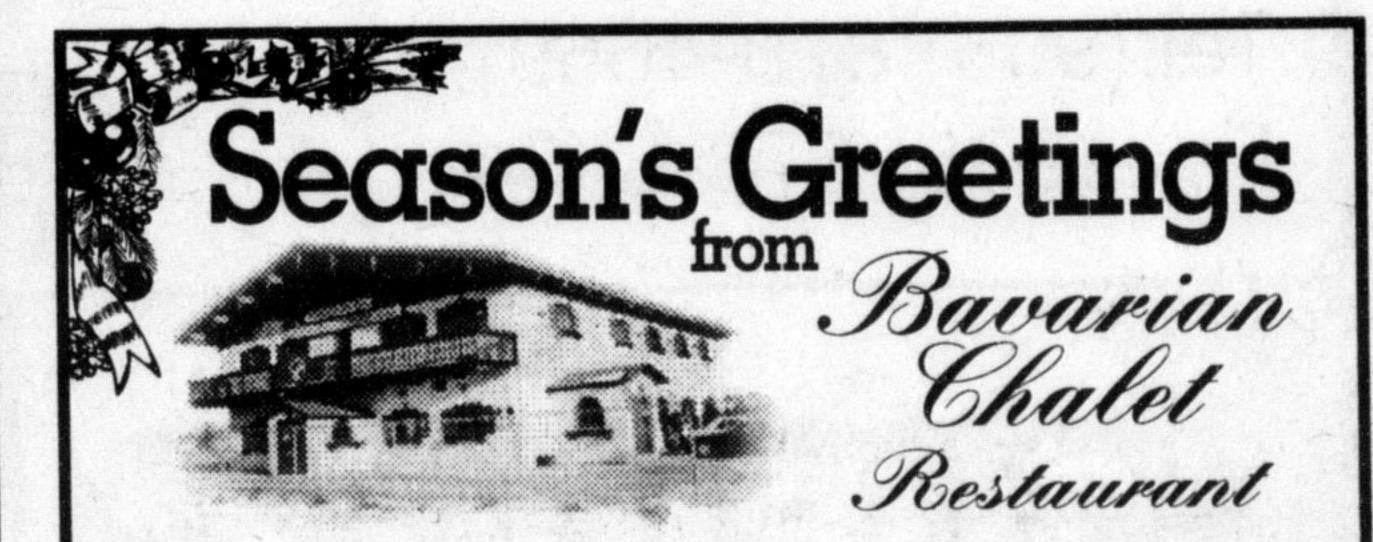
The New Year's celebration will kick off at 7 p.m. Two stages will blast out a variety of home-grown entertainment acts, and food and a beer tent will be on hand for revelers.

The evening will culminate with a cascade of fireworks over the Mill Pond at midnight.

Thousands of people are expected at the event that will see

Thousands of people are expected at the event that will see Mill Street shut down between James and Martin streets to accommodate the crowds.

For more information on how to get involved, call Milton 2000 events committee Chair Paul Scherer at 878-9124.



Christmas Day December 25
2 sittings - 2 pm & 4:30 pm
\$37.00 p.p. Children under 12 \$20.00
Boxing Day Sunday Brunch
11:00 a.m. - 3:00 p.m. \$14.95

CLOSED DECEMBER 24 Tues. - Sun. Lunch and Dinner (905) 878-7934