# goodness sake...



A good health tip from Milton District Hospital



# Even in the Winter

Whether you're skiing, tobogganing, or playing road hockey, you need to wear sunscreen, even in the winter, to protect your skin from the sunlight reflected off the snow and ice. Protect your skin, especially your face, with a sunscreen that has a sun protection factor (SPF) of 15 or higher. Then bundle up well and enjoy the great outdoors.

"For goodness sake" is brought to you courtesy of



and The Canadian Champion

# Hood makes tough calls in new book

By STEVE LeBLANC

The Champion ruce Hood may no longer wear the zebra stripes, but he's still

making the tough calls. These days the former NHL referee is doing so through his recently-released second book — which, in hard-hitting and

somewhat controversial fashion, questions

this country's commitment to developing truly talented hockey players.

"When Paul Henderson scored the most famous goal in Canadian hockey history, it might not have been such a good thing," the area resident and travel agency owner writes in the opening paragraph of 'The Good of the Game: Recapturing Hockey's Greatness'.

He isn't the first to address the touchy subject of Canada's diminishing on-ice skills, although he certainly has the background to speak to the matter with some authority.

Officiating at the 1972 Summit Series, Mr. Hood was there when Canada knocked off the Russians — which he said should have been a wake up call that Canadians were beginning to lose their

"We're being left behind because of our emphasis on tough, physical play. By the time kids graduate to junior hockey, the sport only gets more violent. Skating and play making take a back seat to slashing, holding and brawling."

**BRUCE HOOD** 

invincibility on the global front.

From there, he refereed for several more years, during a period when many nations began gaining ground on hockey's home-

In his 257-page hard cover publication — co-authored by sports writer and Champion lifestyle columnist Murray Townsend of Milton — Mr. Hood said this country is "primarily producing third and

see BOOK on page 16

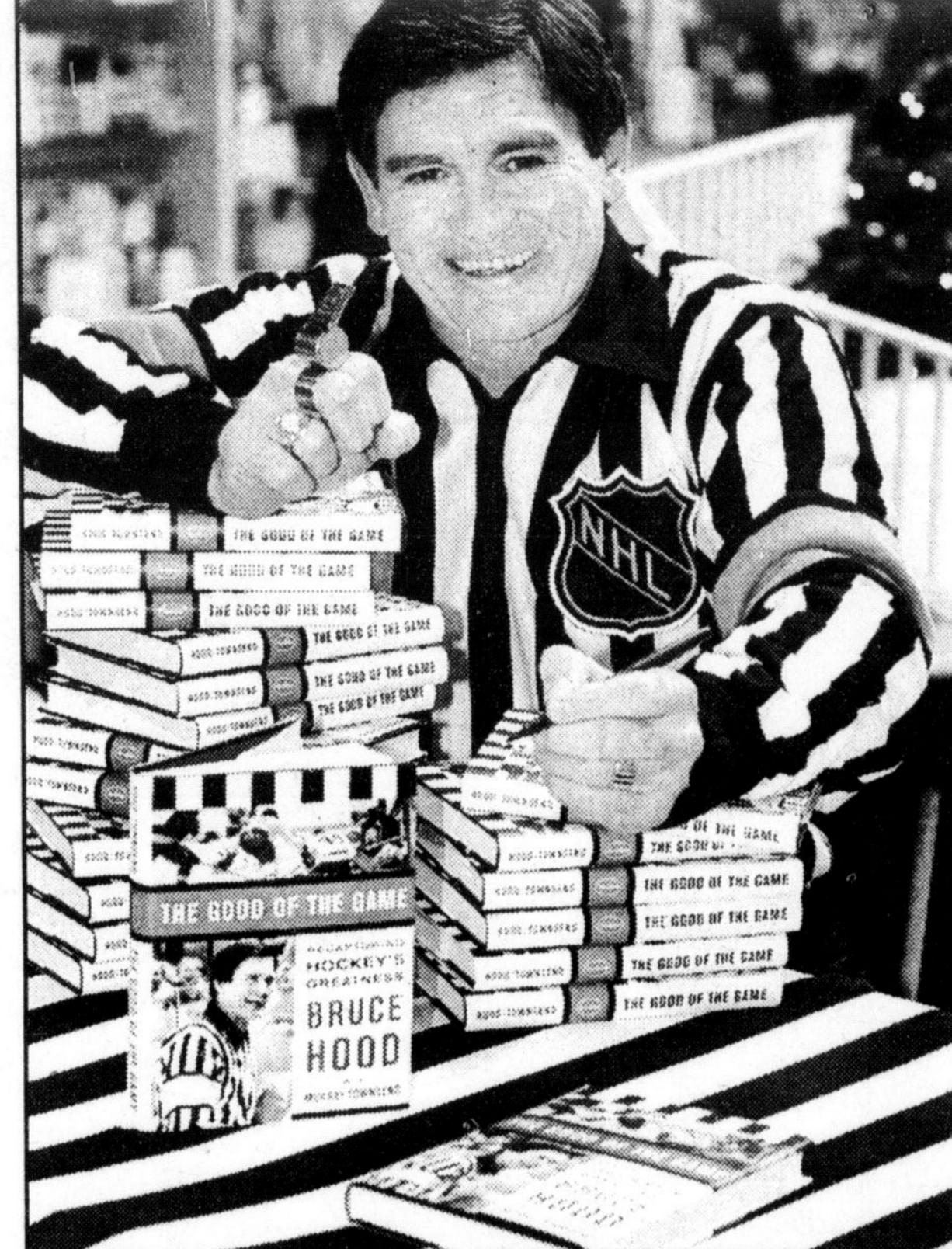


Photo by GRAHAM PAINE

Former NHL referee Bruce Hood is still calling the shots in his recently-released second book.

DanceFIT has all the moves...

1 1/2/4

#### ALUMINUM

CUSTOM MADE ALUMINUM (905) 331-9333 Fax: (905) 331-9334 R. R. #6, Milton

 Windows • Doors • Garage Doors Siding • Soffit • Fascia • Eaves Five Year Labour Warranty

• Seniors' Discounts • Fully Insured • Yearly Inspections • Financing Available

#### APPLIANCE PARTS SALES

M.A.R.C.H. 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

#### **GARAGE DOORS**



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

Electric Furnaces & Water Sources High Efficiency Air Filters Central & Room Air & Humidifiers

785 Main Street East

876-1138 (Service)

875-2700 (Sales)

Gas Propane and

#### KITCHEN CABINETS

## Concept Cabinets

Kitchen & Vanity Cabinets 7 Architectural Cabinets 1150 in FREE < Store Fixtures Custom Millwork

785 Main St. East, Unit #3

878-9177

#### PAINTING & RENOVATIONS



Residential & Commercial FREE Estimates

(905) 876-4023

Stan

#### ROOFING

#### 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

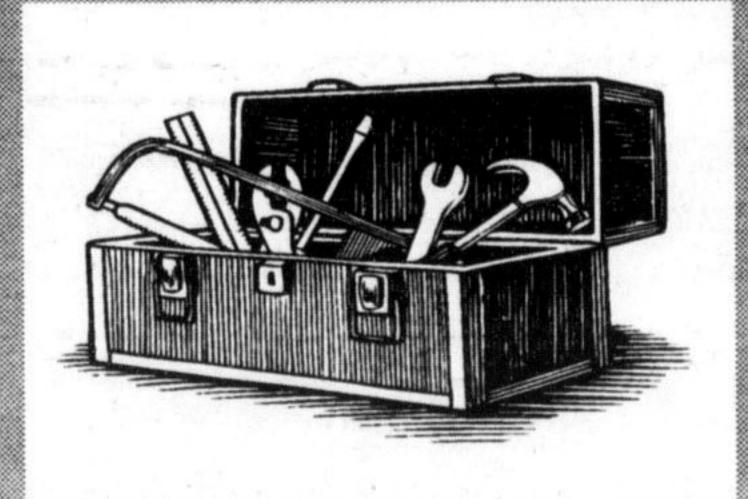
#### SEPTIC PUMPING

#### 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!** 



### **Employment opportunities** for persons with disabilities!!!

WINTER SESSION begins Jan. 10th, 2000

Classes are twice per week; one hour class

Come for a FREE trial class!

**REGISTRATION** or information call Cheryl

878-2285

- ✓ Do you have a disability, either visible or non-visible? Are you willing to work, but need extra help in
- finding a job? ✓ Can you make a commitment to a 6-week
- employment program?
- ✓ Can you make a commitment to a job?

If you answered YES to all of these questions, you may qualify for the PEP Program, (Personal Employment Program)

What **PEP** can do for you... You'll get:

- The employment skills, knowledge and work experience you need to keep a job.
- Small classes with one support.
- Assistance in finding a job.

We are specialists in employment assistance for persons with disabilities.

The next PEP will be located in Georgetown and Oakville PEP is FREE to all qualified participants.

Spaces are limited. To leave a message for more information, call Karla at

1-800-350-8361 or TTU: (905) 820-7004 In cooperation with Employment Access, and the Coalition for Persons

with Disabilities. Funded by Human Resources Development Canada and Ministry of Community and Social Services.

