

For
goodness
sake . . .



A good health
tip from
Milton District
Hospital



Heart & Stroke Month

February is heart and stroke month. What can you do to lower your risk of heart disease and stroke?

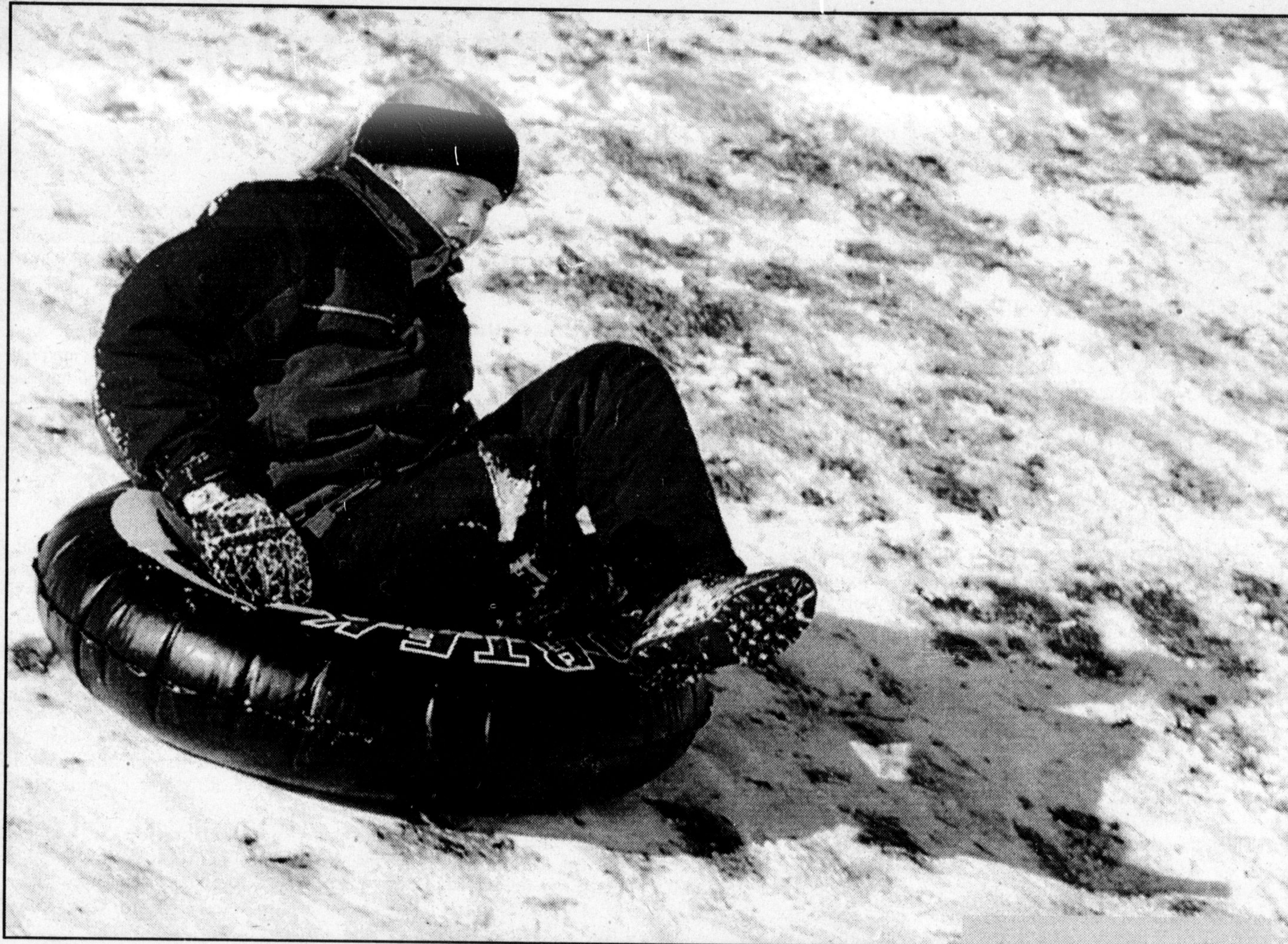
- Reduce or eliminate your alcohol consumption and if you smoke, quit.
- Eat a healthy diet low in fat and high in fiber.
- Engage in regular physical activities and take time to relax.
- Know and maintain a healthy blood pressure and reduce your salt intake.
- Look for the humor in difficult situations.

"For goodness sake"
is brought to you courtesy of



Halton Healthcare
S.E.R.V.I.C.E.S

and
The Canadian Champion



Slippery slope

Debbie Aitken, 13, travels downhill at quite a pace while tubing at a Sixteen Mile Creek park recently.

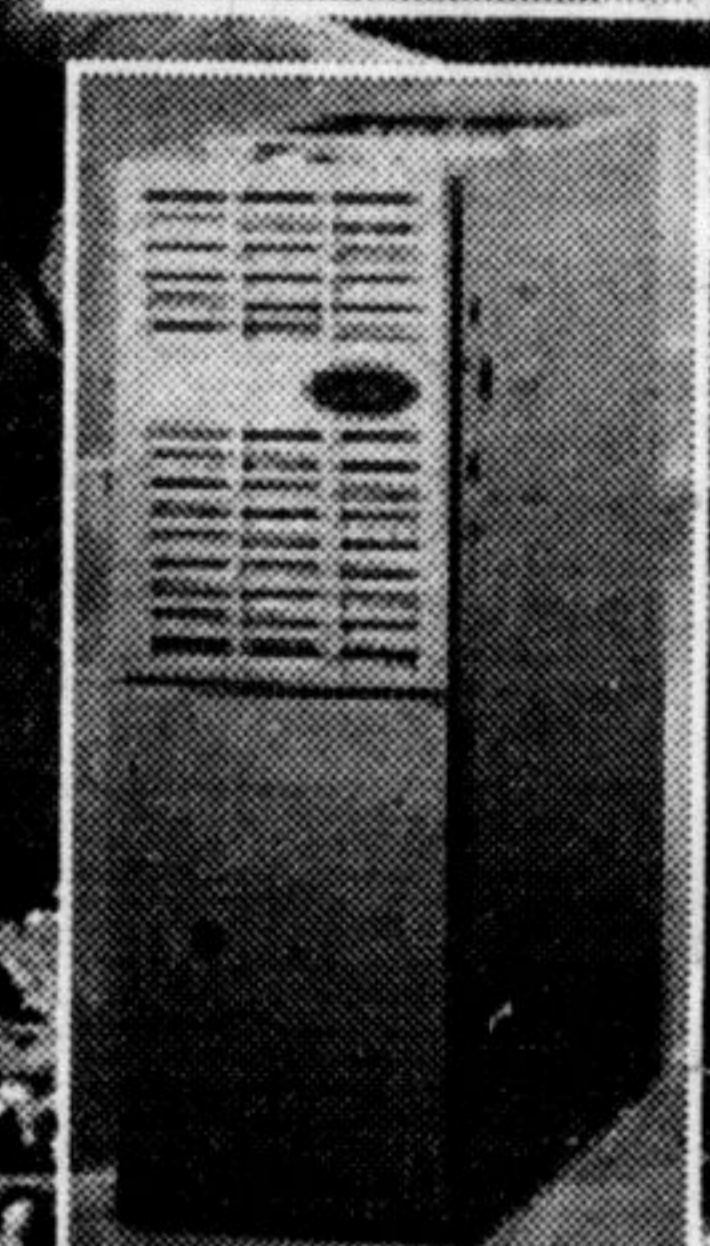
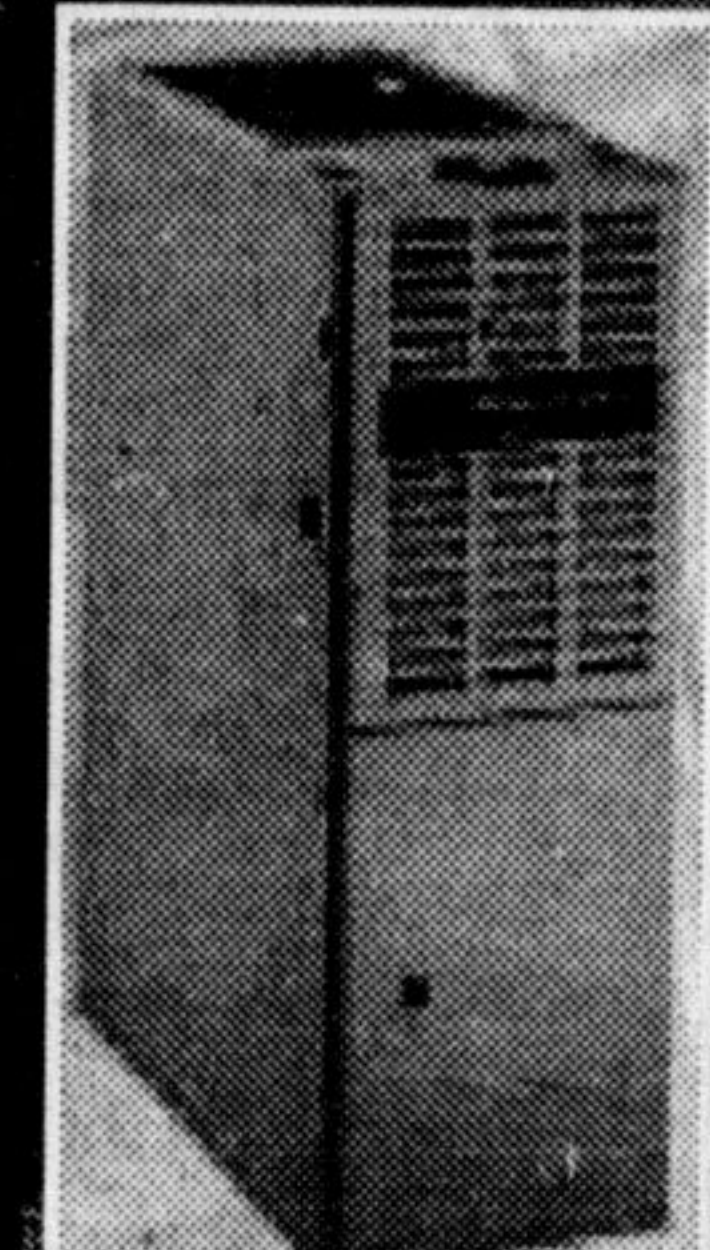
Photo by
GRAHAM PAINE

Purchase a Fireplace or Furnace From
Union Energy before Valentine's Day
AND DON'T PAY UNTIL JANUARY 2001*



HURRY!
LAST 3 DAYS
OFFER ENDS
MON. FEB. 14/00

MAJESTIC
Fireplaces



Carrier

take comfort
union
energy

Call for a free in-home estimate or for the showroom location near you:
(905) 469-0570 Burlington / Oakville
or **1-888-71-UNION**

*Some conditions apply. O.A.C. Offer does not apply to purchases made by credit card. Minimum purchase of \$1000 required. Non-retroactive annual interest charges will apply commencing January 21, 2001 on outstanding balances. Offer expires Feb. 14, 2000.

GIC Rates Available through		Mortgage Rates Available through	
Ross Dixon FINANCIAL SERVICES	Rates subject to change	Ross Dixon MORTGAGE SERVICES	
6%	1 yr.	6.6%	
6.5%	3 yrs.	7.3%	
6.75%	5 yrs.	7.55%	
Daily Interest Savings Account 4.30% No Minimum, No Fee. CASHABLE GIC 5.00% VARIABLE MORTGAGE RATE 6.13%			
905-827-8009 ABBEY PLAZA, OAKVILLE Third Line at Upper Middle			

If you 'Love Saving' you'll love shopping Amity Goodwill's Red and White Sale This Valentine Weekend!

All Red & White Items at **50% off** our everyday lowest prices! Includes our Red tagged items too! At all Amity Goodwill Stores.

This Saturday, Sunday & Monday Feb. 12th, 13th & 14th

See Liza & her team at 550 Ontario St. South

amity helping people grow!
goodwill industries