

For
goodness
sake . . .



A good health
tip from
Milton District
Hospital



Smart Snacks

You're famished! You've had a long tiresome day and you need something to tide you over until dinnertime. A bag of chips or a chocolate chip cookie would hit spot right about now. Stop! Don't load up on foods that are high in salt, sugar or fat. When you need a quick energy boost, reach for a healthy nutritious snack like a piece of fruit or a handful of nuts or raisins, a piece of cheese, or raw vegetables with your favourite low fat salad dressing.

"For goodness sake" is brought to you courtesy of



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

and

The Canadian Champion

HALTON REGION - PUBLIC MEETING

The Implications if East Flamborough Amalgamates with Halton Region

The Town of Flamborough has until March 31 to submit a proposal on whether it wishes to amalgamate with Halton Region.

Halton Region prepared a report outlining the financial impacts to residents if an amalgamation occurred between East Flamborough (Waterdown, Carlisle, Freelon) and Halton Region. To review the report, visit the Region's web site at www.region.halton.on.ca. or pick up a copy at the Regional Clerk's Office.

You can learn more about the financial impacts and tell us what you think at a:

PUBLIC MEETING
on
Thursday, March 23rd
7:30 p.m.

Council Chambers
Halton Regional Centre
1151 Bronte Rd., Oakville

Comments from the Public Meeting will be presented at a **Special Council Meeting** on Tuesday, March 28th at 7 p.m. At this meeting, Council will also consider recommendations on the Flamborough proposal. You can present your views directly to Council by registering with the Regional Clerk at (905) 825-6225 by Thursday, March 27th.

For local inquiries:
Aldershot (905) 639-4540
Acton (519) 853-0501
Georgetown (905) 878-8113



HAPPY ST. PATRICKS DAY

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- (Should pump at least every 3 years)
- Never use coloured or double ply toilet paper.

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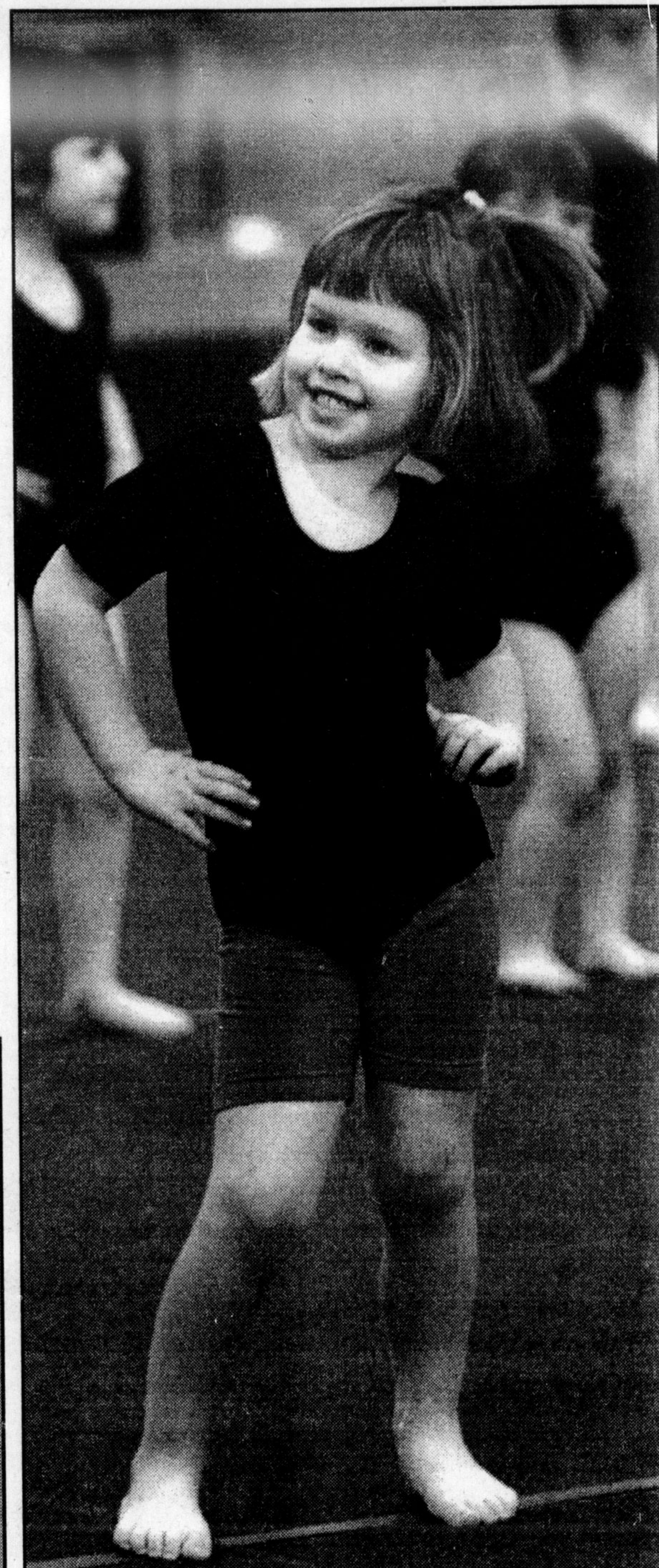


Photo by GRAHAM PAINE

Kinderygym jam

Veronica Windmoller, 4, takes part in a Kinderygym class with the Milton Springers, which will hold registrations for its spring session Monday and Wednesday from 6 to 8 p.m.

**WATCH FOR YOUR
MILTON
TELEPHONE
DIRECTORY
MAR 24**

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Canadian Champion**

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