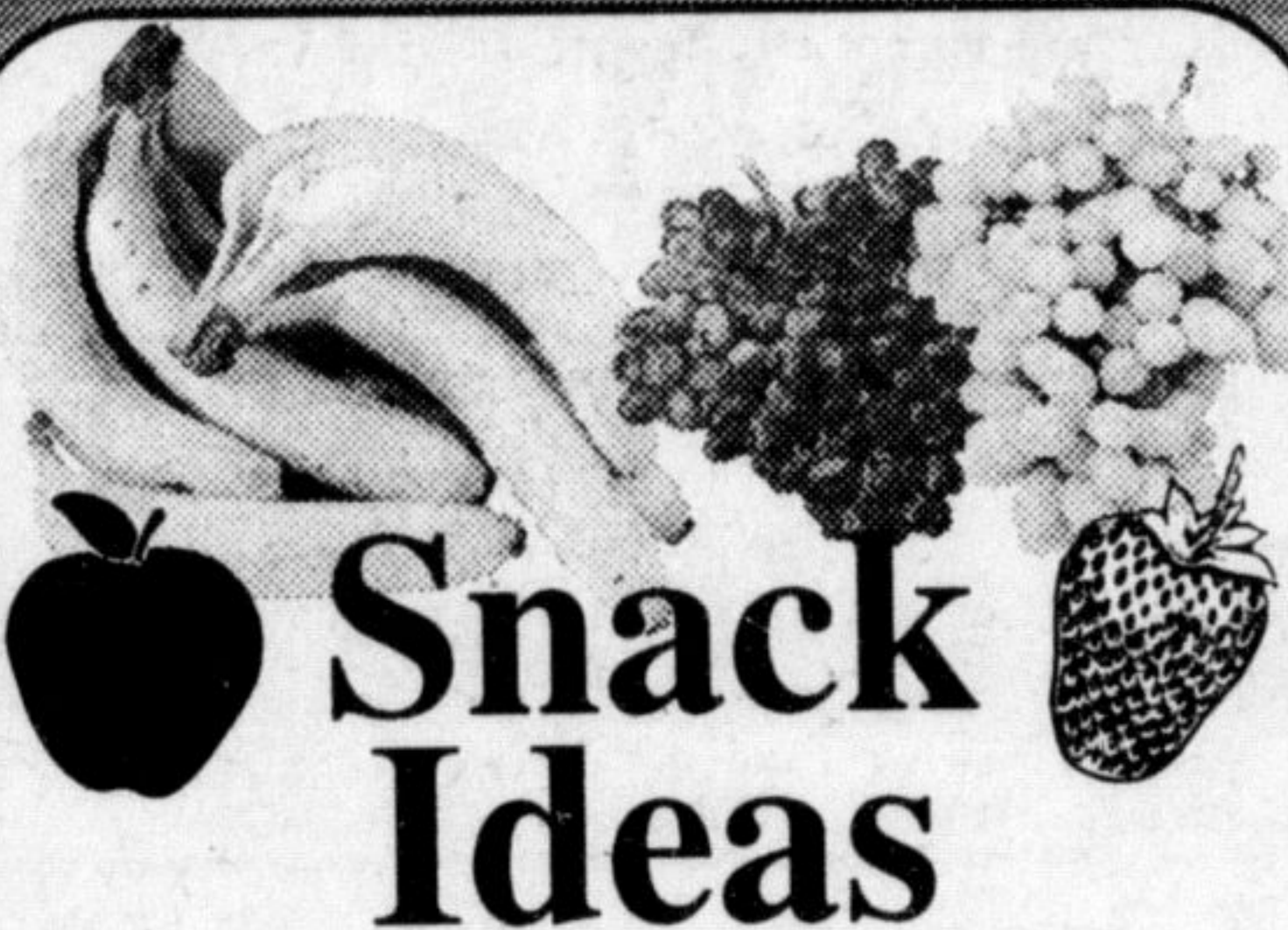


For  
goodness  
sake . . .



A good health  
tip from  
Milton District  
Hospital



### Snack Ideas

Variety is the spice of life or so the saying goes. So be creative. Snacks can be very appetizing if you use your imagination and add variety to your choices. Here are a few snack ideas:

- Strawberries with low fat vanilla dip
- Apple wedges or grapes with a slice of cheese
- Peanut butter and banana sandwich on whole grain bread
- A handful of unsalted almonds
- A piece of vegetarian pizza

"For goodness sake" is brought to you courtesy of



and  
The Canadian Champion

# Stolen van may have been used in golf store break-in

A van found at Hwy. 25 and Hwy. 401 last Friday may have been used in an early morning break-in at Clarke's Golf Service on Thompson Road, Halton Regional Police said.

Det. Larry Brassard said the 1987 GMC van was reported stolen March 7 from Peel region and found abandoned the day after the March 16 break-in.

The heist netted thieves about \$14,000 in clothing and golf equipment.

#### Robbed again

The Marian Courtyard Seniors Residence construction site on Martin Street was robbed for the second time within two weeks.

This time, thieves stole power tools including an air gun, air compressor, TV, VCR and fax machine.

The estimated value of the theft, which occurred overnight March 16, was about \$3,000.

#### Threats alleged

A 16-year-old male was charged

## Police Blotter

with uttering a death threat March 15.

The high school student allegedly made a death threat against his teacher February 24.

The youth will appear in Milton court April 28.

#### Youth charged

An ongoing police investigation into several daylight break-ins in the Milton area resulted in the arrest of a youth.

The break-ins occurred over the past month and included a February 21 incident at a Bell Street home.

A 15-year-old Milton youth has been charged with break and enter as well as theft.

The investigation is continuing.

#### Satellite dish stolen

Someone stole a satellite dish from the roof of the Optimist Centre on Commercial Street

between March 14 and 16.

The thieves climbed the roof of the building and stole the dish valued at about \$600.

#### Sign damaged

Fioravante Hair Design on Steeles Avenue had its outside sign damaged overnight March 16.

About \$100 damage was caused.

#### Possession charge

A 19-year-old Milgrove man was charged with possession of a narcotic after police stopped a vehicle at Guelph Line and Derry Road Saturday.

Police seized marijuana from the car.

The suspect will appear in Milton court April 10.

#### Mountain bike stolen

A \$450 bicycle was stolen from an unlocked garage on Syer Drive overnight last Friday.

It was a white and blue Mt. Diablo mountain bike.

## Crime Stoppers OF HALTON

# Police seek jewel thief

Halton Regional Police are investigating the theft of a large amount of jewelry stolen from Zellers at Milton Mall March 3.

A man was seen near the jewelry counter just before the theft.

Police are asking for the public's assistance in identifying the suspects, who police think left the area in a vehicle.

If you know who committed the theft, call Crime Stoppers of Halton.

If you have any information that leads to an arrest in this or any other case, you may be eligible for a cash reward of up to \$1,000.

You need not give your name and your information can be taken with complete anonymity.

Crime Stoppers does not subscribe to call display.

Call 1-800-222-TIPS or 825-TIPS.

Crime Stoppers of Halton is operated by a board of directors made up of 18 civilians from all areas of the region. The reward fund results from the financial support of business, industry, service clubs and private citizens.

The board of directors raises the money, decides on the amount of rewards and actually pays the rewards.

Crime Stoppers is incorporated as a charitable organization and donations to the reward fund are tax deductible.



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