

For  
goodness  
sake . . .



A good health  
tip from  
Milton District  
Hospital



### Don't take it in the mouth

Did you know that the most injured area of the body during contact sports is the mouth. Dental injuries are painful, costly and may be permanent. Use a mouthguard when practicing in rigorous sports activities like hockey, basketball or soccer. Mouth guards around the teeth act like protective shock absorbers that guard the teeth, lips and jaw from serious injury. So please, wear a mouthguard and protect your teeth.

"For goodness sake"  
is brought to you courtesy of



**Halton Healthcare**  
S · E · R · V · I · C · E · S

and  
**The Canadian Champion**



## ✓ Hair-raising

District Chief Ron Townsend (centre) of the Milton Fire Department gears up to embrace the Kojak look courtesy of hairdresser Susan Kret. The chief, along with firefighters (from left) Matt Townsend, Paul Hollingshead, Mike Clouston and Greg Ollerenshaw will shave their heads for a charity fundraiser this June.

Photo by GRAHAM PAINE

**Q:**

Stuck in Traffic?  
Thinking About Taking Transit?  
Who Should Pay for Building Highways?  
Is Congestion Going To Choke Our Economy?  
Is Urban Sprawl Causing the Problem?  
Too Many Trucks Out There?  
Feeling the Smog?

**A:**

Come To This Open House

The Greater Toronto Services Board (GTSB) has recently released a Transportation Plan for the Greater Toronto Area & Hamilton-Wentworth suggesting improvements to our road and transit systems for the next twenty years. Learn about this Plan and have your say on how transportation systems should be planned and built in the GTA, Halton Region, and your local community.

6:30 pm, Wednesday, April 19, 2000  
Quality Inn, Oakville, Bronte Rd south of QEW  
• Staff Presentation at 7:00 pm

(Courtesy shuttle bus leaving Burlington Go Station at 6:00pm and Appleby Go Station at 6:15pm—call Burlington Transit at 639-0550 for further details.)

6:30 pm, Thursday, April 20, 2000  
Halton Hills Civic Centre, Georgetown  
• Staff Presentation at 7:00 pm

GTSB, Regional and Municipal staff will be present to explain the GTA Transportation Plan, answer your questions and receive your input. For a copy of the Plan, you can download it from the GTSB website [www.gtsb.on.ca](http://www.gtsb.on.ca), or call Lynn Johns at Halton Region, 825-6030, ext. 7933.

Local Enquiries please call:  
Oak/Burl/Milt - 825-6161 • Acton 853-0501 • Georgetown 878-8113 • Aldershot 639-4540



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