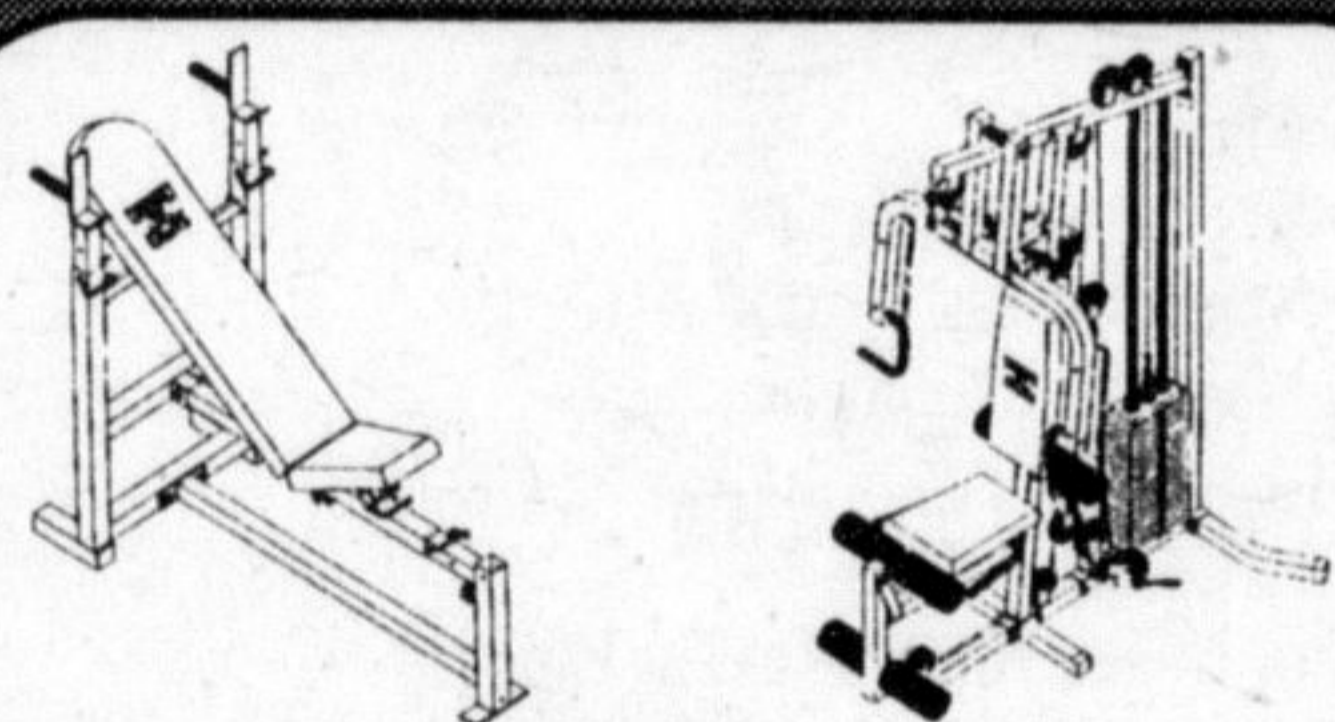


For  
goodness  
sake . . .



A good health  
tip from  
Milton District  
Hospital



### Why Exercise?

**Question:** With my hectic schedule, I just can't afford the time to exercise. Why should I bother?

**Answer:** Exercise increases your ability to concentrate, restores your energy level and elevates your mood. It is perhaps the single most effective way to cope with stress. You will sleep better and feel more in control of your life. Exercise reduces your risk of heart disease, and helps you to manage your body weight. The only remaining question is: How can you afford not to exercise?

"For goodness sake" is brought to you courtesy of



and  
The Canadian Champion

## Glen Eden to get \$1 million ski lift

By LISA CARTWRIGHT

The Champion

By the start of next year's ski season, visitors to Glen Eden Ski Area will be whisked up the hill on a new quad-seat chairlift.

Conservation Halton recently approved the purchase of a \$1 million chairlift that will replace the 27-year-old Twister. The Twister, which seats three people, is the oldest chairlift at the ski area.

"It will increase the uphill capacity by 30 per cent," said Bob Burchett, director of conservation land services.

The new chairlift, which is manufactured by Poma Canada, will be installed by November 5, he said.

The proposal to purchase a new chairlift was first presented to Conservation Halton's community relations advisory committee March 9. At that time, Mr. Burchett explained to members that it was time to replace the Twister.

"We could keep it going but people would notice it would be stopped a lot," he said. And it would be expensive to make repairs.

The Twister is considered an orphan, an industry term meaning the company that originally manufactured the lift is no longer in business. And because of that, parts that have worn out or have broke would have to be custom-made — an expensive and time-consuming process.

In addition, the chairlift would have to undergo an engineering review that would cost between \$30,000 and \$50,000 "with no guarantee of passing," Mr. Burchett said.

Glen Eden's other two lifts, the Sidewinder and Boomerang, are also made by Poma. The \$1 million comes out of the Glen Eden capital reserves.

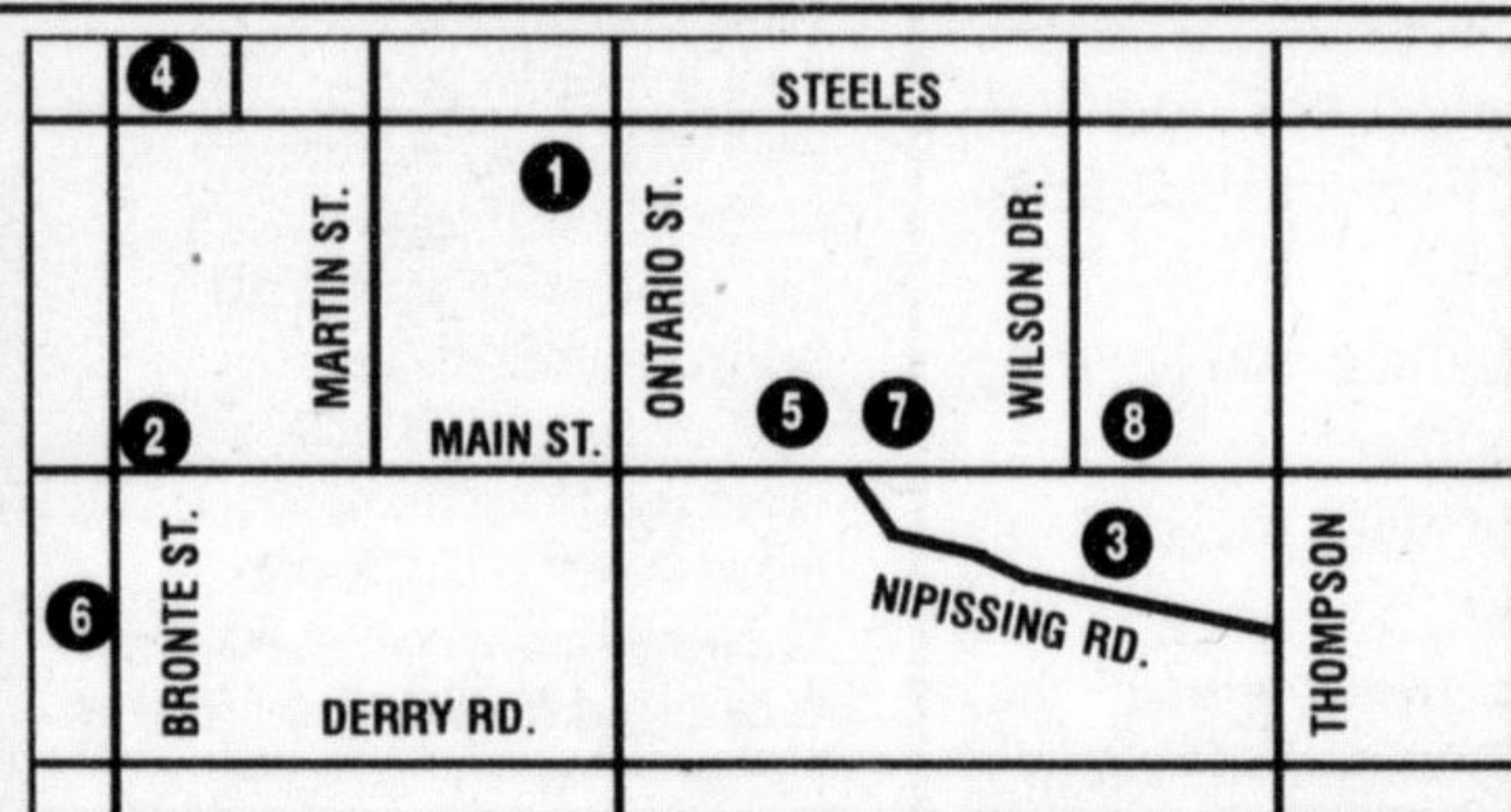


## Here's to you

Incoming chair Mary Devlin (left), and past chair Tom Logie celebrate the 20th anniversary of the Milton District Hospital Foundation with a plaque from Halton Healthcare Services.

Photo by GRAHAM PAINE

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**FUTURE SHOP**

**CORRECTION NOTICE**

In our April 12-17 flyers, the following error occurred:

- The Quick Books 2000 Regular advertised on page 20 for \$109.99 (after rebate), displays the incorrect product picture. The Quick Books 2000 Regular is \$109.99 (after rebate), NOT the Quick Books 2000 Pro.

We sincerely apologize for any inconvenience this may have caused our valued customers.