

For  
goodness  
sake . . .



A good health  
tip from  
Milton District  
Hospital



**Osteoporosis:  
Building the Best  
Bones**

Osteoporosis is a silent potentially crippling disease characterized by bone loss and a susceptibility to fracture. While one out of every two women past menopause has osteoporosis, this disease is preventable and treatable. No matter what your age, understanding osteoporosis can make a difference to your future health. Take steps now to assure your independence and quality of life by attending **Osteoporosis: Building the Best Bones**, a free health seminar, held **Tuesday, May 30** at the Milton Leisure Centre. Advanced registration is required. Call **338-4379** to reserve a seat.

"For goodness sake" is brought to you courtesy of



and  
The Canadian Champion

**Event a success overall**

• from VANDALS on page 1  
said Mr. Scherer. "You can't allow yourself to be beaten by mindless thugs."

The act also saddened Community Day Chair Len Lee.

"It's very sad to think that people would do that," he said.

This year's event was the eighth annual Community Day, and the first to be tainted by vandalism, said Mr. Lee.

Still, a good feeling about the event remains.

"All in all, I think it was a success, though there were some disappointments," he said. "We really had good support financially from the service clubs."

Local businesses also stood behind the event.

"It was a community effort," said Mr. Lee. "No one turned us down."

As always, youth organizations such as air cadets, brownies and girl guides were out in full force for the clean-up.

But the usual assortment of high school students seemed to be missing.

The scuttlebutt, said Mr. Scherer, is that the students were protesting a move by Ontario Premier Mike Harris to make community service a mandatory part of the curriculum. As a result, they seemed to stay away in droves.

"We got that as a possible explanation for kids not signing up, but it's unverified," said Mr. Scherer.

For Mr. Brown, the vandalism made teaching his child a simple lesson about community spirit a little more daunting.

"Maybe someone will see this and realize that a seven-year-old child has more respect than someone twice her age."

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Sherratt P.A.L.S.

**Bloomin' Barbecue**

**Saturday, May 13**  
**8:00am - 1:00pm**

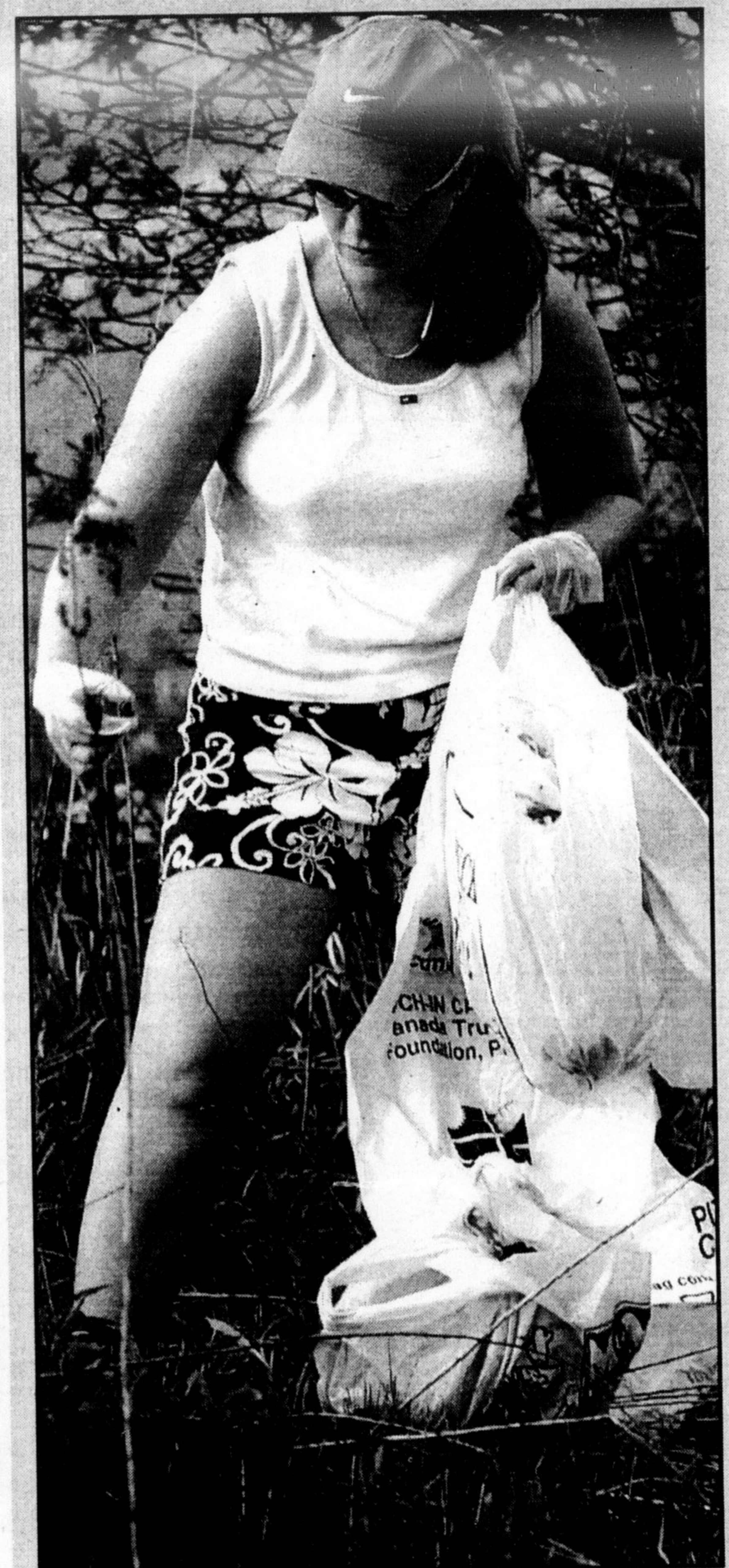
- Garage Sale
- Vendor Tables
- Plant Sale
- Shoebox Raffle
- Kids' Activities
- Barbequed Burgers and Peameal on a Bun
- Major Raffle

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**All spruced up**

E.C. Drury High School students Erin Guard (top) and Paul Rogers (above) were among hundreds of people who helped beautify the Niagara Escarpment by picking up roadside litter during the annual Keep It Green Day Saturday.

Photos by GRAHAM PAINE