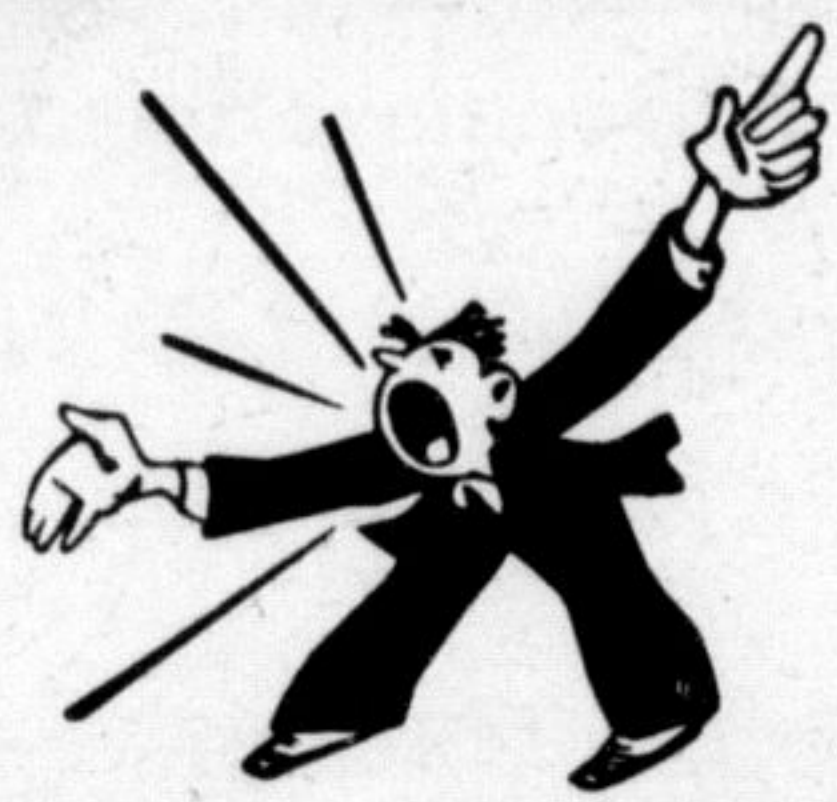


For  
goodness  
sake ...



A good health  
tip from  
Milton District  
Hospital



### Looking After Your Voice

Are you hoarse the day after your child's soccer game from yelling and cheering too hard the night before? Perhaps your voice needs taking care of. Here are some tips for good vocal hygiene:

- Learn the signs of vocal fatigue (hoarseness, dry throat and poor volume) and don't use your voice when it feels strained.
- Don't expose your voice to excessive pollution such as cigarette smoke or chemical fumes.
- Maintain proper humidity in your environment and drink plenty of water.

For further information contact a Speech-Language Pathologist in your area.

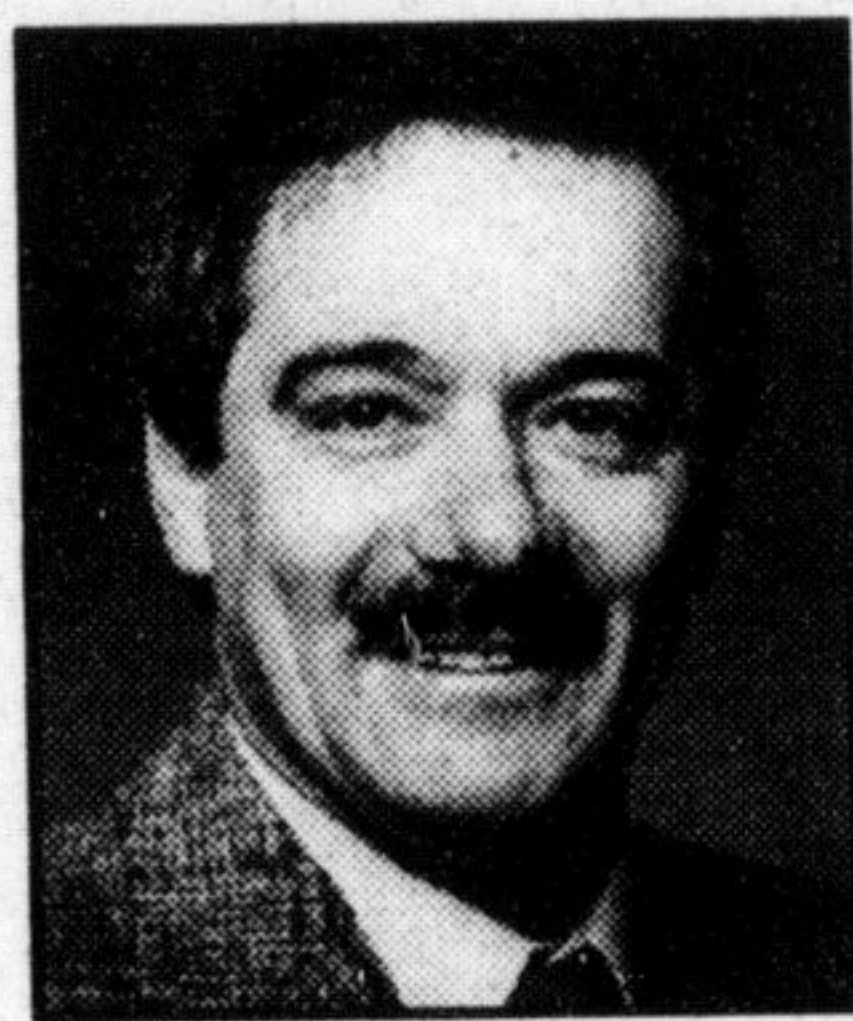
"For goodness sake"  
is brought to you courtesy of

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

and  
The Canadian Champion

## Region commissioner heading to steel town

Goodbye, Joe. That's the refrain most likely to be heard around the Halton Region administrative centre following the recently announced resignation of Halton's long-term Commissioner of Corporate Services, Joe Rinaldo.



Joe Rinaldo

Mr. Rinaldo came to Halton in 1983 and has helped navigate the Region through tumultuous changes such as provincial downloading and the recent government restructuring.

Under his guidance, the Region has also attained a triple A credit rating.

He will leave next month to take on the role of general manager of finance and

corporate services with the new City of Hamilton.

But Mr. Rinaldo has left his mark in Halton, said the Region's CAO Brent Marshall.

"Joe always put the needs of the community first," he said.

"Under his management, Halton has earned a solid reputation for strong financial management."

His tenure also earned praise from Halton Chair Joyce Savoline.

"It's with mixed emotions that I wish him well. Halton's loss is Hamilton's gain," she said.

"Halton has experienced unparalleled change in the past number of years, but Joe's steady, responsible advice to regional council has ensured that Halton has had the flexibility to deal with financial pressures, while continuing to maintain our quality of life."

His efforts have helped set the stage for a prosperous future, added Mr. Marshall.

"I have relied on Joe's leadership and have valued his advice and support," he said.

### Huge Sale!

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Saturday June 24, 10AM - 5PM

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Photo by GRAHAM PAINE

### Flying high

Danielle Ayers, 5, holds her kite high during Friday's Kite Day at Martin Street School. Grade 4 students helped their younger schoolmates in the event.

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