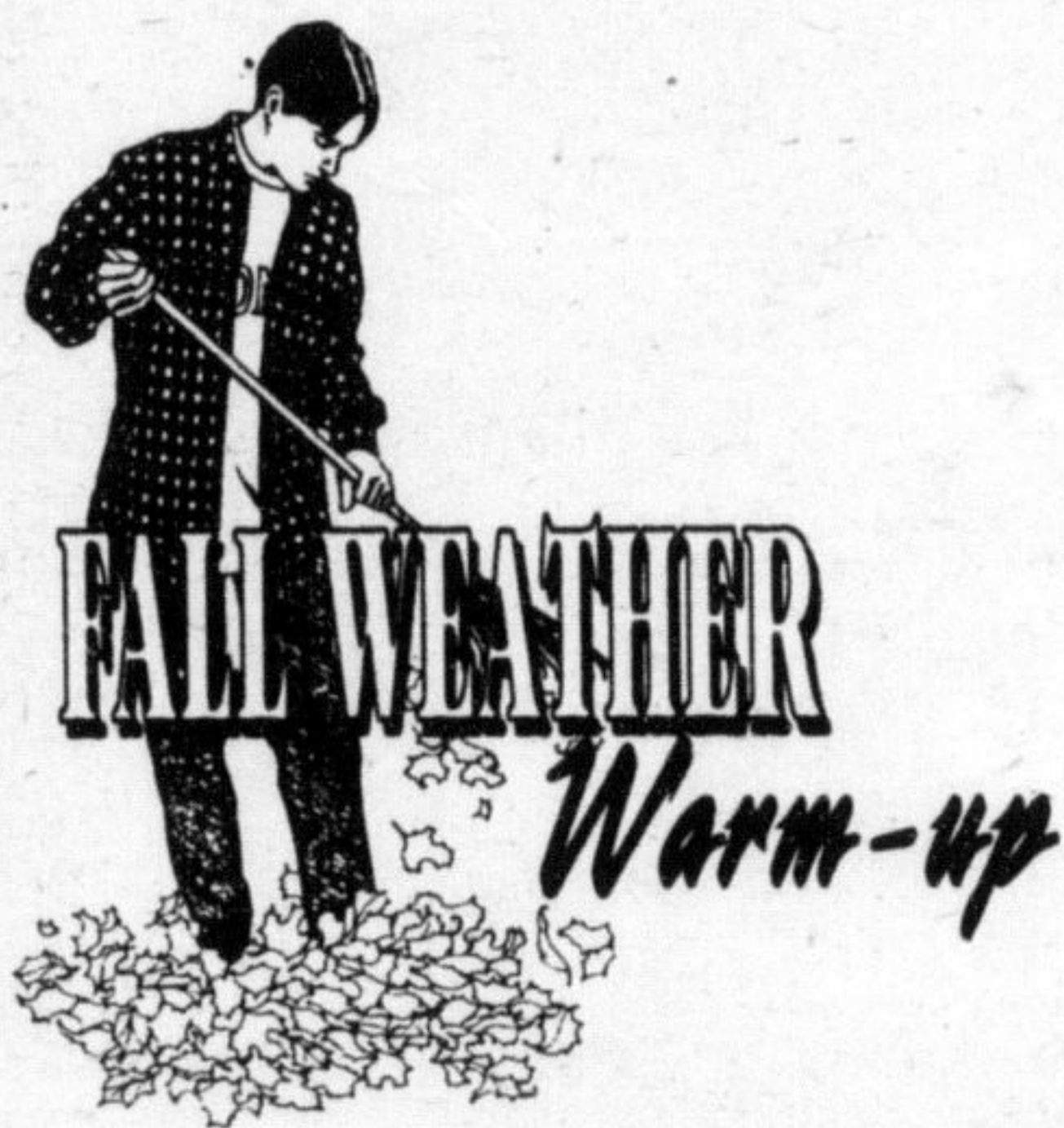


For
goodness
sake . . .



A good health
tip from
Milton District
Hospital



Thinking about raking those darn leaves? Keep moderation in mind when you take rake in hand - especially if you don't subscribe to a regular fitness program! Prepare yourself just as you would if you were heading out for a job or other fitness activities

- Warm-up properly
- Use the right equipment and protective clothing - gloves help!
- Cool down when you are finished
- Take it easy

Too much too soon may lead to injury.

"For goodness sake"
is brought to you courtesy of

Halton Healthcare
S.E.R.V.I.C.E.S.

and
The Canadian Champion

Halton public school board digs renovated

The renovated boardroom for the Halton District School Board will likely be ready for action on November 15.

Education Director Dusty Papke updated trustees Wednesday on the project. It's part of \$561,000 in renovations to the board's administration building (J.W. Singleton Centre) located on Guelph Line near Upper Middle Road.

"It's great in terms of what it looks like," Mr. Papke said about the main boardroom. "It's much brighter."

The space includes a trustees' lounge originally designed when the board was much larger. It is being remodelled into a trustee meeting and workroom.

"There's less floor space, but there's

immensely more usable space than before," said Mr. Papke. "We took out the Starship Enterprise console."

The latter reference was to a large circular structure trustees previously sat around in the boardroom. The facility is also being designed so it can be subdivided into multiple meeting areas or subdivided to allow a public gallery.

The renovated room will likely draw a big crowd for the mid-November reopening. A vote on potential school closures in four review areas is scheduled for that meeting.

It was hoped lighting would be installed for the boardroom late last week, with the carpeting laid sometime this week.



Photo by LISA CARTWRIGHT

A call for help

From left: John Proctor, long-time Lions Club of Milton member, Robin Peterson of Bell World Wireless and Ed Meloche, president of the club, displays a number of phones that have been turned in to the Lions' Phones for Sight program. The program provides free cellphones and airtime to people who are blind. Miltonians are encouraged to drop their old cellphones to Bell World on Main Street or the Halton Regional Police station on Childs Drive. The money from the phones goes back to the program.

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