

Remembering their comrades

Parade Marshall Dave McNeill (left) stands at attention along with fellow veterans at the Milton cenotaph Sunday afternoon during Remembrance Day services while (below) the Royal Canadian Legion colour party makes its way into Victoria Park.

Photos by GRAHAM PAINE



Notice of Liquor Licence Application



The following establishment has applied to the Alcohol and Gaming Commission of Ontario for a liquor licence under the Liquor Licence Act:

Application for a Sale Licence

Stockyard Steakhouse

377 Main Street, Milton

Any resident of the municipality may make written submission as to whether the issuance of the licence is in the public interest having regard to the needs and wishes of the residents. Submissions must be received no later than **December 15**, 2000. Please include your name, address and telephone number. If a petition is submitted to the Commision, please identify the designated contact person.

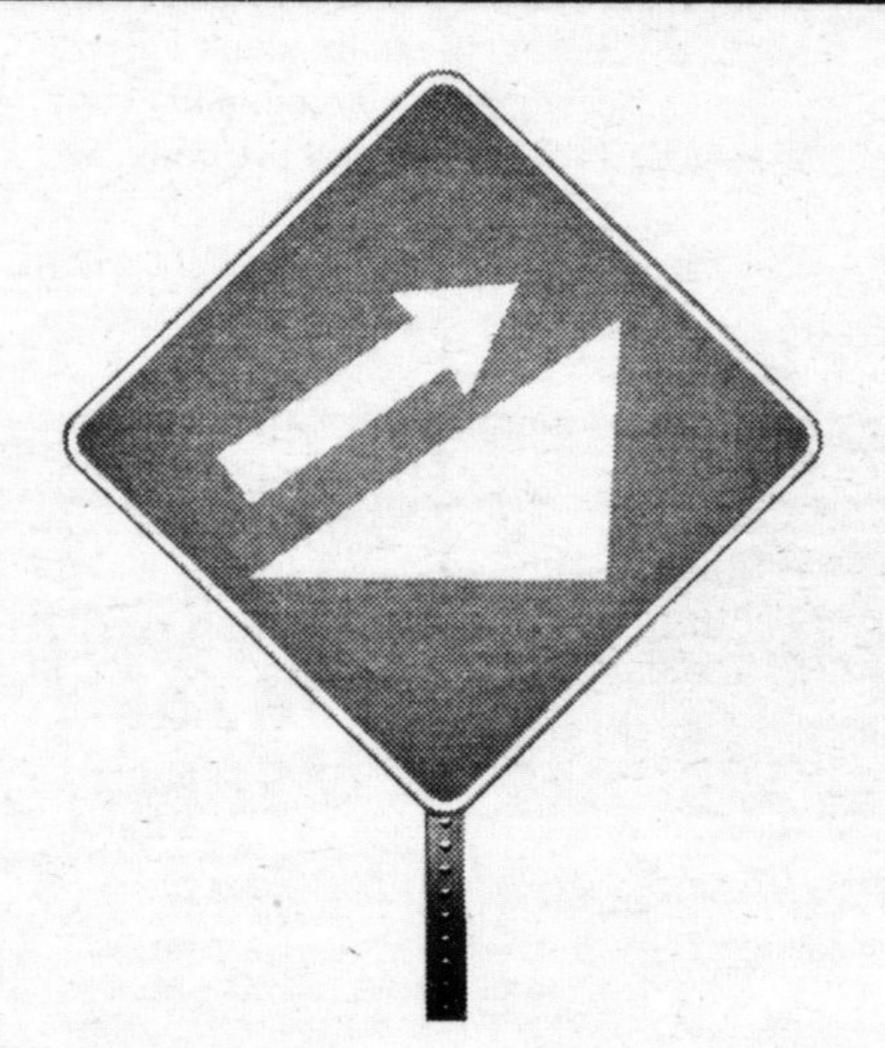
Note:

The AGCO gives the applicant copies of all objections.

Submissions to be sent to:

Licensing and Registration Department
Alcohol and Gaming Commission of Ontario
20 Dundas St. W, 7th Floor,
Toronto ON M5G 2N6
Fax: (416)326-5555
E-mail at licensing@agco.on.ca

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For goodness sake...



A good health tip from Milton District Hospital

Are You Doing Too Much?



Some people seem to thrive in the fast lane, but trying to do too much can lead to insomnia, headaches and stress. Here are a few tips on how to slow down and take care of yourself:

- Take time to enjoy friends and share intimate time with family members.
- Take a warm bath, go for a run or take a power nap. Find relaxers that work for you.
- Learn how to say "no" to new projects without feeling guilty.
- Give yourself extra time to get to appointments.

"For goodness sake" is brought to you courtesy of



and The Canadian Champion