

For
goodness
sake . . .



A good health
tip from
Milton District
Hospital

**Coping
with Stress**



How we handle the stress we face in our daily lives can determine its affect on our health. Poorly managed stress can lead to high blood pressure and heart disease. So instead of overeating, pouring a stiff drink or lighting up a lit cigarette, work off your anxiety and frustration with an invigorating walk or run. Then take a comedy break. Enjoy a good joke, rent a funny movie, or have a few laughs with a good friend. Your heart will thank you.

"For goodness sake"
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Halton Healthcare
S.E.R.V.I.C.E.S

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The Canadian Champion

Two public school superintendents leaving

Halton senior staff members departing soon to assume posts with Ministry of Education

Change continues to sweep through the Halton District School Board, with two senior staff departing soon.

Superintendents Paul Anthony and Kit Rankin will leave the board within the next few weeks for jobs with the Ministry of Education.

Mr. Anthony, the board's head of human resources, has accepted a new position effective Monday.

He will serve with the ministry as director, Standards — Ontario Teacher Testing Project.

"This is an exciting opportunity and I am looking forward to the challenge," said Mr. Anthony.

"My time with the board has been very rewarding and the roles I have held have provided me with a wealth of experience I hope to be able to apply to my new career."

The 27-year board employee has served as a superintendent for five years.

Ms Rankin will become director of the curriculum and assessment branch of the ministry, effective January 1.

The superintendent, a board employee since 1973, said she has valued her time with the Halton organization.

"The experiences gained at many levels with

this system have given me the grounding I need to become an effective contributor to the provincial civil service," she said.

"While I am looking forward to the challenges this new opportunity provides me, I am hopeful my new role will also allow me to retain a professional connection with this board."

Ms Rankin has been responsible for program at the board for the past eight years.

The board's senior administrative structure will be re-evaluated and new assignments will be announced within the next few weeks.

Important issues face new council, stresses Malboeuf

• from NEW on page 12

cil, and I think in the modern history of the town as well," he said.

Growth, governance and strained emergency services will capture the attention of local and Regional Councillor Rick Malboeuf.

"The next few years will be very interesting," he said. "I'll continue to represent the citizens and speak out on their behalf."

When local and Regional Councillor Barry Lee first considered running for council, he sought the advice of long-time councillor Mr. Day.

"You need to have gray hair and hemorrhoids," Mr. Lee said he was told. "Gray hair so you can look distinguished, and hemorrhoids so you can look concerned."

Though he didn't qualify at the time, he ran anyway. But the advice came back to him when he was pondering whether to run again this year.

"I realized I didn't have any choice," said Mr. Lee. "Because I qualify now."

He also provided insight into the workings of council when he related former Councillor Brad Clement's explanation of what a quorum is.

"He said it's when you have a good idea, there's enough people to vote it down," said Mr. Lee.

Milton's long-standing Mayor Gord Krantz acknowledged his family's role in his career. "Family, when you're in this business, are very important," he said.

On the business side, governance, growth and taxation topped his list of current concerns. "Continuing to bring in those zero-based tax increases," he said. "We've got a track record in place. It's certainly my intention to keep it in place."

Also in attendance were Halton MPP Ted Chudleigh and Halton CAO Brent Marshall, as well as various town staff.



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GUARDIANS
& GRANDPARENTS**



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