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875-1522

Local community heroes are featured on website

By IRENE GENTLE

The Champion

Good health involves more than just diet and exercise.

Which is why the founder of a website offering recipes and tips on healthy living also features a community page highlighting the efforts of ordinary people who rise above ordinary standards.

Currently, www.therecipe.com features personal profiles. The idea is to share goodwill by bringing positive stories to light.

"There's a lot of people who don't get any recognition at all," said Recipe Tree founder Charlene Naykalyk.

Currently, she gets her information from just being out in the community.

"Just from being out and about and hearing of the things people have done," she said.

But she's hoping with more publicity people will begin calling or e-mailing her with stories of people who have led interesting lives, overcome personal struggles or served some greater good.

"Anyone who is doing something to help their community or better themselves or their community," said Ms Naykalyk.



Photo by GRAHAM PAINE

Charlene Naykalyk hopes to inspire others by featuring profiles of interesting people who have overcome struggles on the community page of her website, www.therecipe.com.

Stories of foster parents, those who have adopted overseas and single parents struggling to make the best lives for their children are likely candidates for the profiles, • see WEBSITE on page 5



THE CORPORATION OF THE TOWN OF MILTON

TTY: 878-1657

878-7211



REVIEW OF UNIFORM TRAFFIC CONTROL

BY-LAW NO. 1984-1

By-law 1984-1 regulates traffic and parking on streets under the jurisdiction of the Town of Milton. The by-law includes parking restrictions related to the following:

- A three hour parking limit on all streets in Milton unless otherwise posted
- No parking on any street between November 15 and April 15 between the hours of 2 AM and 7 AM
- No parking on sidewalks

The Department of Community Services is preparing a review of By-law 1984-1 as it relates to parking restrictions and enforcement. Under consideration during this review are several issues including:

- The issuance of parking permits and under what circumstances they might be appropriate
- A policy to determine where parking restrictions on streets would be most effective

Written comments from the public regarding these issues or any other issues related to parking on municipal streets are being sought. Submitted comments will be considered in the preparation of any recommended changes to By-law 1984-1 for Councils consideration. Staff expect to have a report available for consideration by the Community Services Standing Committee of Council on February 26, 2001.

Please submit written comments by January 19, 2001 to:

Peter Linn, P.Eng
Town Engineer
Town of Milton
43 Brown Street
Milton, Ontario
L9T 5H2

Fax: (905) 878-6995

Email: peterlinn@town.milton.on.ca

The Milton Seniors' Activity Centre

hosts an evening commemorating the birth of the Great Scottish Poet

"Robbie Burns"

Saturday, January 20th

Doors open at 6:00 p.m. • Festivities begin at 7:00 p.m.

Join us for an evening of toasts, speeches, readings, singing, a great traditional Scottish meal, and a performance by Scottish Dancers.

Tickets are \$20, available at the Centre. Call 875-1681 for more details.

MLC Fridays

For youth age 9-13 years
At the Leisure Centre

Friday, January 12
New Year's
Retro Dance

\$5 • DJ, Music,
• Snack Bar
6:30 - 9:30 p.m.

Friday, February 9
Cyberzone
Valentines Video

• 2 Huge Screens,
• Games,
• Snack Bar \$10
6:30 - 9:30 p.m.

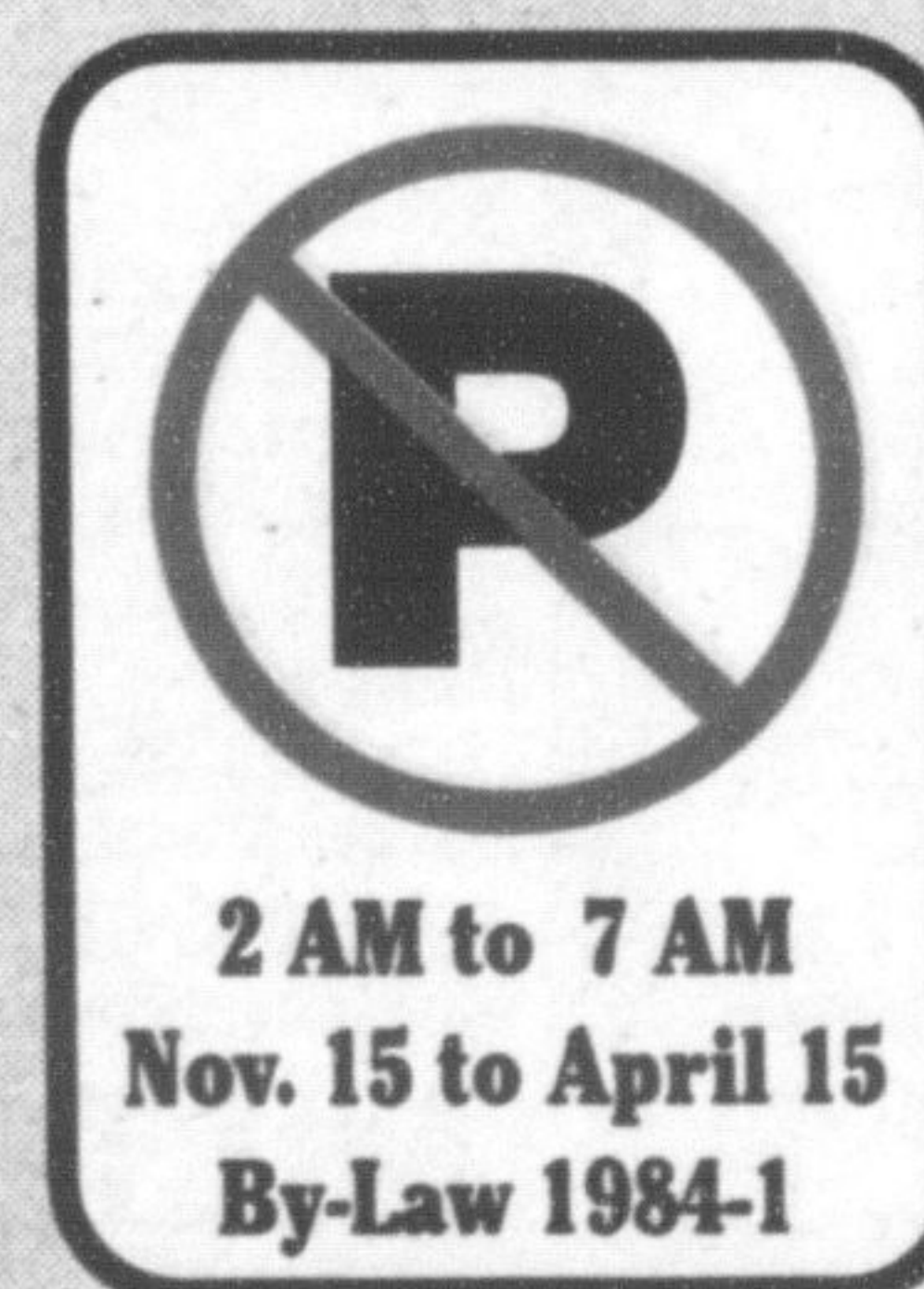


Tickets now on sale at the Leisure Centre

Notice to Vehicle Owners

By-law 1984-1 prohibits parking on any Town street during the winter months from November 15 to April 15, between the hours of 2:00 a.m. and 7: a.m.

This by-law is intended to assist Town works crews in our effort to remove snow during the winter months.



2 AM to 7 AM
Nov. 15 to April 15
By-Law 1984-1

While this by-law is in effect Halton Regional Police will take appropriate measures to assist us which can include towing. Your cooperation is requested.

Community Services Department.