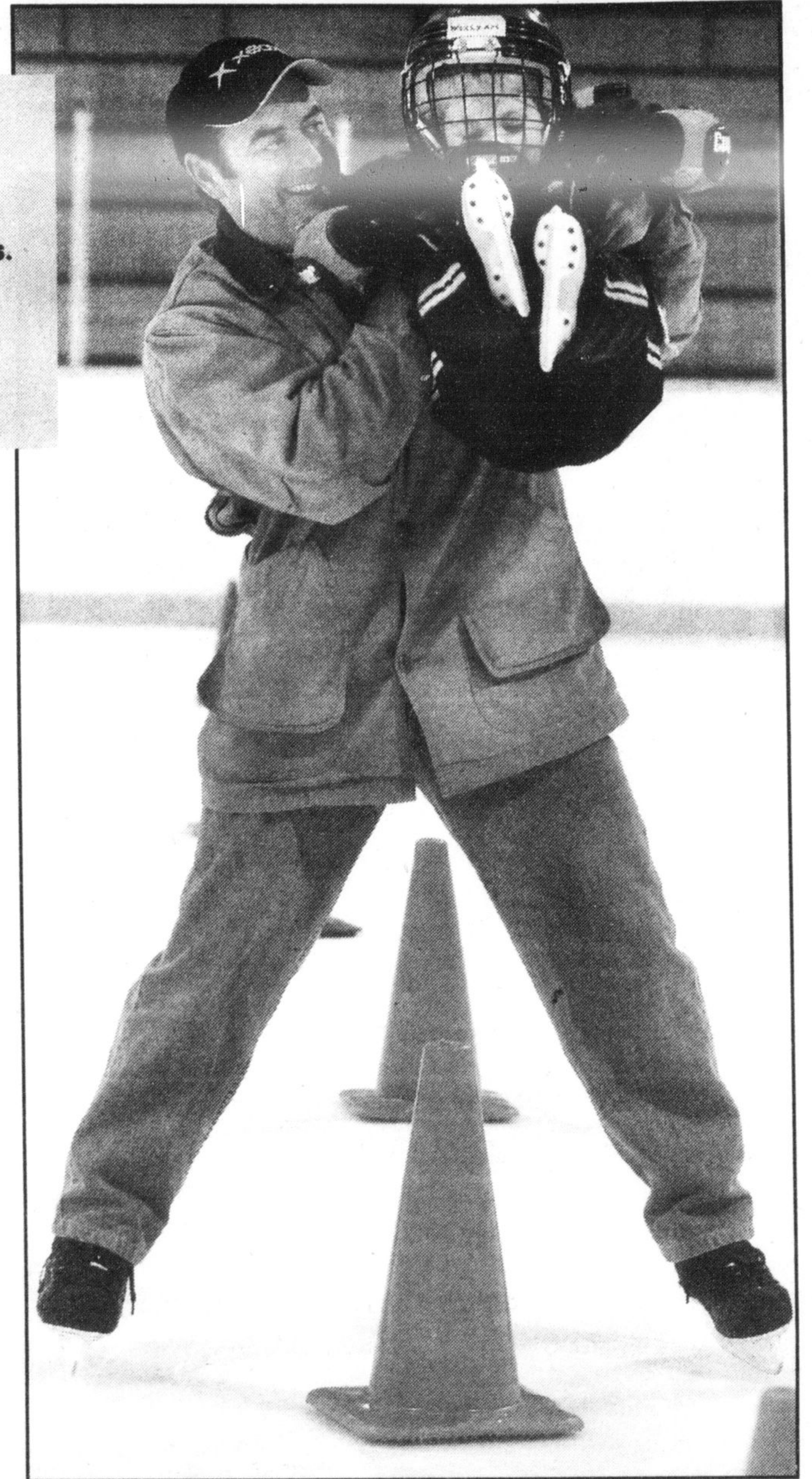


Family fun

Three-year-old William Moffat and dad Lang enjoy public skating at John Tonelli Sports Centre over the holidays. William had a little fun between skating lessons with some pylon jumping, with dad's help of course.

Photo by GRAHAM PAINE



Sounds like a good plan

• from THIS on page 9

- I'm not going to try to quit smoking. I'm especially not going to try to quit smoking on New Year's Eve at midnight.
- I'm going to start eating healthy foods. Low-fat cottage cheese... yummy.
- I'm going to continue to forget to pay my bills on time. Sometimes, working alone, they're the only people I might get to talk to during the day.
- I'm not going to get my oil changed regularly. I might blow my engine again, but I'll save \$21.99.
- I'm going to continue to do my Christmas shopping at the last minute. Part of the fun is seeing if you can find a parking spot, and then pushing through the crowds of people.
- I'm not going to exercise... again. The more you work out, the hungrier you get, which means the more chance that you will eat unhealthy food, and then have to buy new clothes that fit.



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Volunteers needed

Volunteers are needed for the local Heart and Stroke Foundation of Ontario's 'Person to Person Campaign' in February. Individuals must commit one to two hours or one evening of their choice during the month. Students are welcome. For more information, call David La Thangue at (905) 634-7732 or e-mail to dlathangue@hsf.on.ca.

Adult tutoring starts

Do you need help with reading or writing? Literacy North Halton will offer adult tutoring starting in the new year. The organization helps adults with reading, writing, spelling, basic math and computer skills. Small group classes or one-on-one tutoring will be available. For information, call (905) 873-2200.

Hot meals available

Would you like hot meals delivered? Milton Meals on Wheels is offering hot and frozen meals to seniors, those who are convalescing or those who are physically or mentally challenged. The cost is \$23 for seven meals. Call (905) 878-6699.

Have any spare time?

The North Halton branch of the Red Cross is looking for a home healthcare equipment maintenance volunteer. The individual will help with the maintenance of healthcare equipment for one two-hour shift per week. Call (905) 875-1459.

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