

Q: Why did the chicken cross the road?



A: To live longer.

By walking across the road, the chicken gained a healthier heart and lungs... and a positive attitude.



Helping out

Members of the Kids First charitable foundation at the Vanier Centre for Women in Milton recent raised \$4,500 for Halton Women's Place. The funds were collected through walk-a-thons, auctions, barbecues and chocolate bar sales.

September an ideal time for starting over

Perhaps it's because school calendars are ingrained in us all that September just seems to be the time for starting over, of new beginnings, and of self-evaluation.

Add to that the recent anniversary of the profound events of 9/11 and thoughts certainly turn to what matters most in the world. The library has many books that can help to re-discover what those things are.

Myrna B. Shure provides the tools to help children become more co-operative, empathic and better able to handle life's frustrations and disappointments. In 'Thinking parent, thinking child' she uses the 'I can problem solve' approach, first introduced in 'Raising a thinking child', to teach children the critical thinking skills they need to solve problems on their own.

In 'Me to we' Craig and Marc Kielburger outline a philosophy of living that challenges the way we look at the world. They

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claim that the self-help culture, with its focus on me and not we, has led us along the wrong path. They invite you to find happiness and purpose by reaching out to others.

This is reiterated in 'The power of generosity' by Dave Toycon, which will strike a chord with all who want to fulfill a vital part of their humanity — the need to give.

Most people would agree that it's impossible to sustain genuine quality of life without a reasonable success in work, family time, and money. 'Life matters' by Roge and Rebecca Merrill will guide you through the steps to creating a dynamic equilibrium in which all four of these components are vital, richly rewarding, and highly interrelated.

Happiness at work involves feeling appreciated, in control, successful, and in balance. According to Julie Morgenstern author of 'Making work work', it's possible to achieve this by making small changes in your thinking and behaviour to improve performance and efficiency at work. 'How to get control of your time and your life' by Alan Lakein will show you how to set short-term goals, establish priorities, organize a daily schedule and, in the end, achieve better self-understanding.

Our latest additions to the global buster series by Robin Sharma, are 'Moni who sold his Ferrari' and 'Discover your destiny'.

Like the others in the series it is told as an engaging fable. It will show you a pathway for self-awakening that the author feels will help you live your greatest life and claim happiness, prosperity and inner peace.

Perhaps you've had a special relationship in your youth with someone who helped you deal with the big questions that haunt you today and you yearn to have that back. That is just what happened to Mitch Albon who sought out his old teacher for one last lesson — on how to live.

The rekindled relationship is poignantly captured in the best selling 'Tuesdays with Morrie'.

For these and other titles that can help answer some of your life questions, come to Milton Public Library. We'll be glad to help.

Cover to cover is prepared by staff at the Milton Public Library

The Regional Municipality of Halton
A Partnership That Works!



Halton's Blue Box Program

BLUE BOX 1

Place the items listed below loose IN your Blue Box, and ensure that they are clean and free of food and grease residues.



Polycoat (juice boxes/Tetra Pak® and gable top containers such as milk and juice cartons)



Glass Bottles and Jars (clear or coloured, food and beverage)



Metal Food and Beverage Containers (steel and aluminum)



Aluminum Foil (foil, plates and containers)



"Styrofoam" or Polystyrene (packaging foam, cups, plates, etc.)



Plastic Bottles (water, juice, beverage, detergent, bleach, etc.)



BLUE BOX 2

Place the items listed below in a separate BLUE BOX, or BUNDLED and tied, or in a suitable sized container.



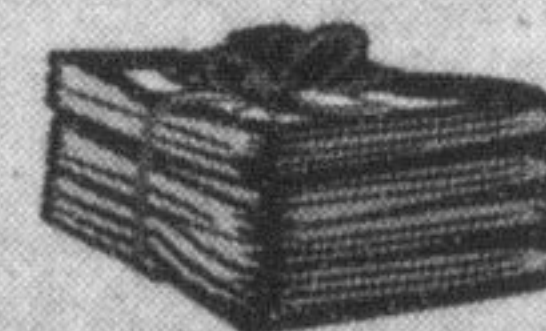
Corrugated Cardboard (tie in bundles no larger than 76 cm x 76 cm x 20 cm (30" x 30" x 8") and place beside blue box)

Fine Paper (computer paper, writing paper, envelopes, etc.)

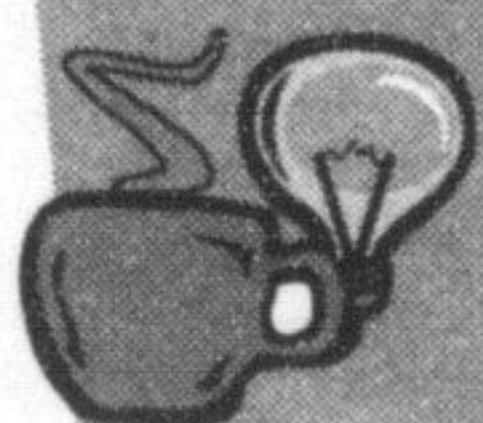


Boxboard (cereal, detergent, tissue, etc. Flatten and bundle with corrugated cardboard or place loose in your Blue Box)

Newspapers (include inserts, magazines, catalogues, telephone books, hard and soft covered books)



Do Not Recycle The Following Items:



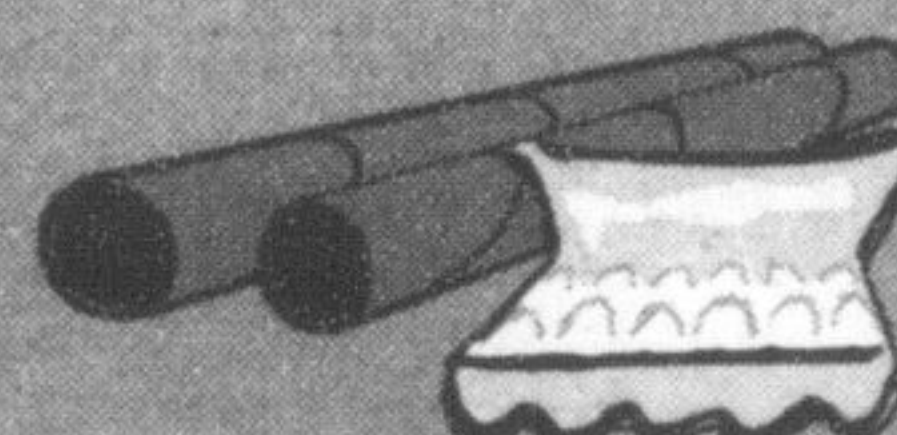
No lightbulbs, ceramics, window glass or drinking glasses

No aerosol cans



Do not place your recyclable material in shopping bags

No cardboard tubes, egg cartons, take-out containers, wax coated boxes



To help prevent litter on windy days:

- Place your Blue Box out on the morning of collection day by 7:00 a.m., instead of the night before.
- Stack your Blue Boxes on top of one another with heavier items on top.
- Do not overload your Blue Box, use additional containers.

Note:

Blue Boxes are available at the Halton Regional Centre, the Halton Waste Management Site and at the Halton Hills Public Works Yard.

Space provided through the Canadian Newspaper Association and Ontario Community Newspaper Association and their members as part of Stewardship Ontario's Blue Box Program in co-operation with Waste Diversion Ontario.

1151 Bronte Road, Oakville, ON L6M 3L1
905-825-6000 Toll free: 1-866-4HALTON (1-866-442-5866) TTY: 905-827-9833
or visit us at: www.region.halton.on.ca

FUTURE SHOP CORRECTION NOTICE

Product: Sony Digital 8 Camcorder 10039591. This product appears incorrectly on pg. 21 of our September 10th flyer for \$399.99 after a \$50 savings + a \$20 gift card. The actual price for this product is \$499.99 after a \$30 savings + a \$20 gift card.

We sincerely apologize for any inconvenience this may have caused our valued customers.

FUTURE SHOP CORRECTION NOTICE

Product: Frigidaire Front Load Washer with Rear Console and Dryer FER211-10011508. On pg. 2 of our September 10th Appliances insert, the dryer in this package is advertised with the wrong image and features (moisture sensor, 4 temperatures, drying rack). The features should read "turn to start, timed dry cycle (100 min), and cool-down setting."

We sincerely apologize for any inconvenience this may have caused our valued customers.