



GRAHAM PAINE / CANADIAN CHAMPION

GRAND OPENING: Zellers at Milton Mall celebrated its newly-expanded store with special guests over the weekend. Here, two-year-old Lauren gives Dora the Explorer a high-five as dad Dave Bruce looks on.

Woman wins \$100,000

Together with two CIBC head office co-workers, 53-year-old Elaine Thompson of Milton recently cashed in on ENCORE — as the co-winner of \$100,000 February 25.

The lucky ticket was a free play won from a previous draw, and was purchased in North York at a convenience store in the main lobby of the CIBC building.

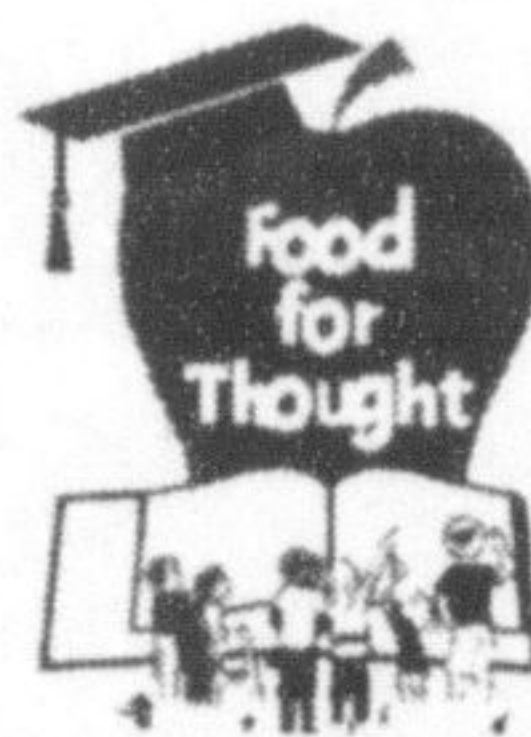
Much like her bank's clients build up interest, Thompson and her two jackpot counterparts — from Oakville and Pickering — had certainly built up their chances of winning, having played the lottery together for the past 16 years.

"It's kind of hard to believe," said the lucky Miltonian. "I think the most we'd ever won before was about \$120, so this was certainly the best free ticket we ever got, for sure."

An IT test co-ordinator, wife and mother of a son, Thompson will use her winnings for home improvements.

Nutrition Notes How can local business help?

- Volunteer in a school nutrition program
- Make a financial donation
- Sponsor a program with a food donation
- Join the Halton Food for Thought partnership committee



Halton Food for Thought

Contact Program Coordinator
905-845-5597 ext. 201
foodforthought@cogeco.ca

Goal is to help each student be successful

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ing that average by 2 to 3 per cent this year.

Sadler said what's also a key to keep in mind when talking about targets is that the board has a main goal in mind — to foster the most successful students it can.

"Our goal is to make each individual kid more successful."

The philosophy of the board is that teachers are being given more of an opportunity to specifically address the

needs of their students through a variety of ways, officials have said. It's called "differentiated instruction" in which there's no single template to instruction, the superintendent said.

For example, the Halton board received an extra \$1 million from the Province to buy textbooks, and an additional \$200,000 in a library grant that allowed the board to buy more books to stock shelves — books that are of interest to younger students.



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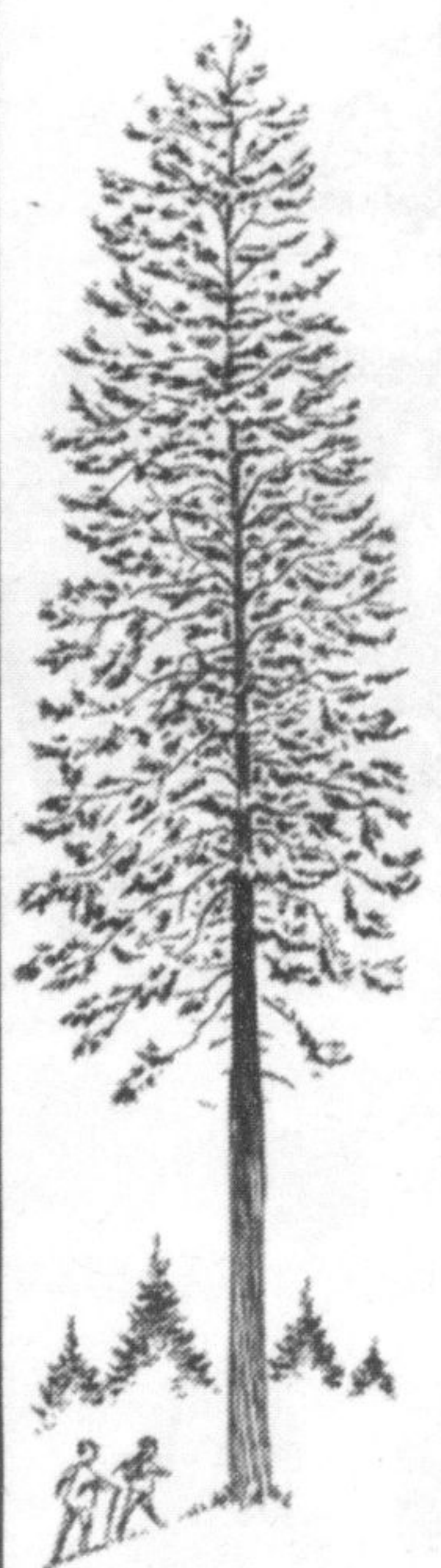
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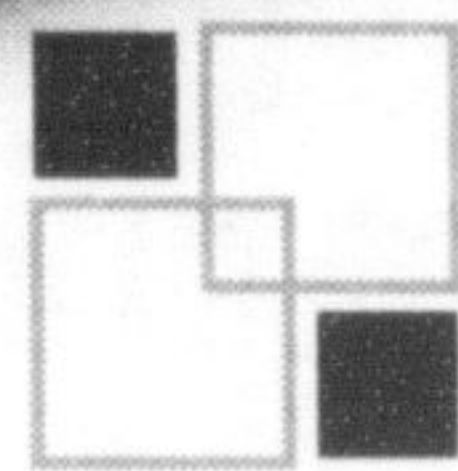


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ASTRID LAKATS
B.Sc., MBA, CA

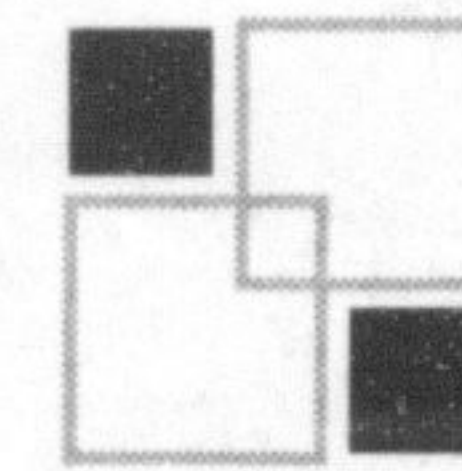
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B.Sc., MBA, CA



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Beat The Tax Man

It's tax season, and if you're like me the thought of paying the government more than they are entitled to is, to say the least, annoying. Really effective tax planning starts with knowing the rules and doing a lot of little things correctly throughout the year. As part of an on-going series of articles, I'd like to focus on some deductions that are often forgotten or under-utilized. This week I'd like to deal with medical expenses.

Medical expenses paid within any 12-month period ending in the calendar year may be eligible for a tax credit. The 12-month period ending in the year may be varied from year to year, but you can't claim the same expense twice.

The fees paid for a health or dental plan can be claimed. (check to see if these payments are deducted from your pay cheque monthly) Expenses reimbursed by your employer or a private health plan are not allowed, however the non-reimbursed parts can be claimed.

Fees paid to a licensed medical practitioner qualify in respect of medical expenses. This could include items such as homeopathy, acupuncture, cosmetic surgery, botox injections, hair transplants, liposuction and tooth bleaching, or even a weight-loss program offered for therapeutic or rehabilitative reasons.

Where social workers, family and marriage therapists and guidance counselors are members of an association governing their profession and treatment is as referred from a medical practitioner, their fees may be claimed.

If out-of-province medical expenses are not reimbursed by OHIP, they are usually allowed as a medical expense credit on your tax return. The transportation costs for the taxpayer and a required attendant may also qualify.

Payments for attendant, nursing or institutional care may be deductible. For example, fees paid to an institution which has staff specially trained to deal with Alzheimer's patients will usually qualify as a medical expense.

Make sure to retain all receipts for your medical expenses. You may claim medical expenses in your tax return for yourself, your spouse or for dependant relatives.

Careful tax planning will put money back where it belongs — in your pocket!

(Please keep in mind that the following ideas are general in nature and are not intended to serve as a replacement for professional advice. You should consult with your chartered accountant regarding your particular set of circumstances.)

ACCURATE QUALITY SERVICE IN A TIMELY, FRIENDLY MANNER.