

Artists needed to design Region calendar covers

Kids, it's time to flex your creative muscles.

Halton Region is currently looking for young artists to design the covers of the four 2009 Waste Management Guide and Collections Calendars.

Open to students from kindergarten to Grade 8 who live in Halton, the contest features a theme of 'More blue and green for a better planet.' Artwork must include a Blue Box and GreenCart, and should showcase a positive environment.

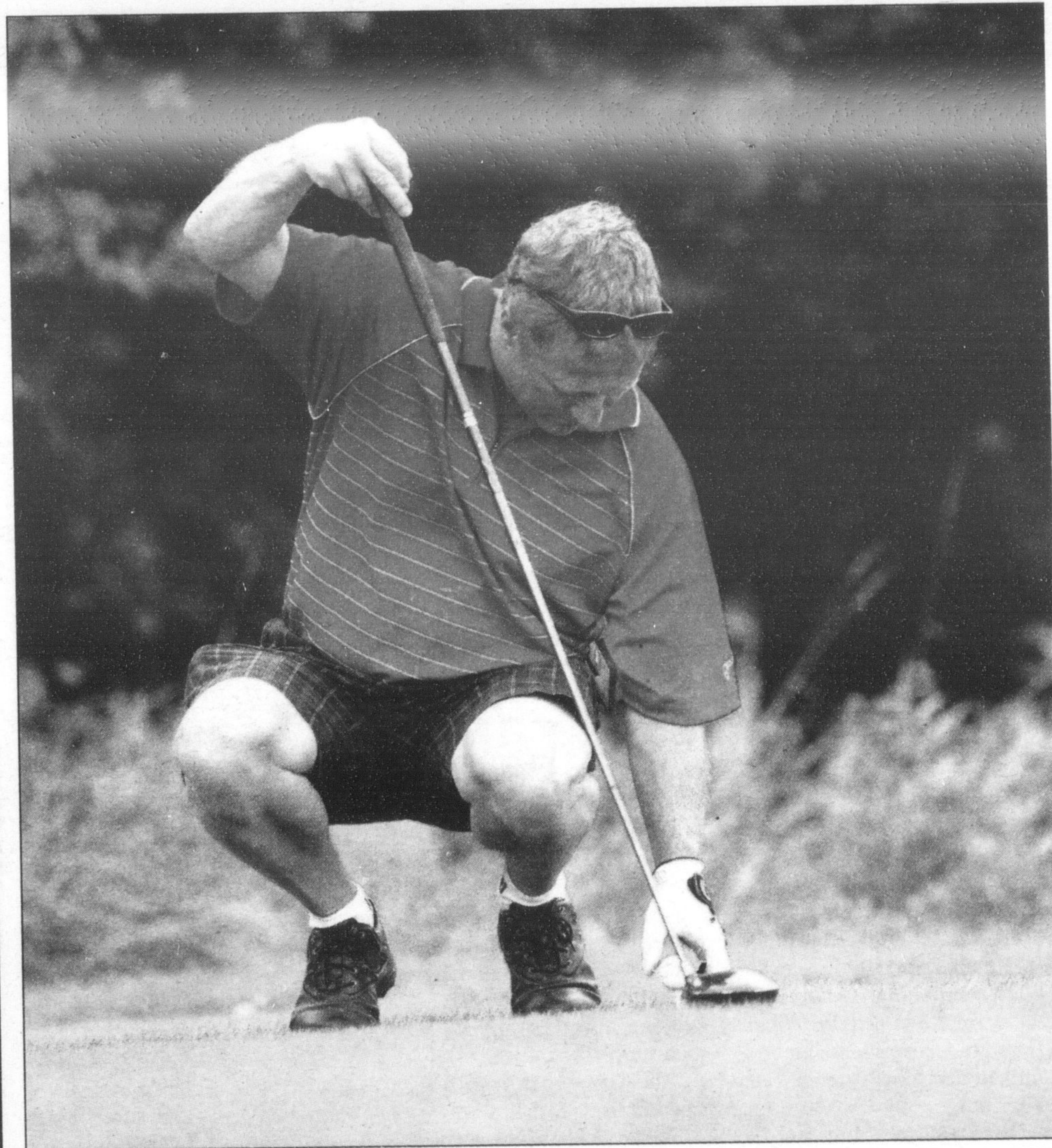
Entrants are encouraged to be as creative, expressive, bold and colourful as possible, and acceptable mediums for the contest include chalk, charcoal, collage, crayon, digital, graf-

fitti, marker, paint, pencil, plasticine or photography.

Four youngsters will be selected to have their artwork appear on the cover of the calendars, one for each Halton municipality. Winners will receive a prize package, while all entries will be showed at the Halton Regional Centre (1151 Bronte Rd. in Oakville) during Waste Reduction Week, October 20 to 24.

Submissions will be judged on overall suitability, originality and creativity.

The deadline for entry is Friday, Oct. 17 (by 4:30 p.m.) and entry forms can be found on-line at www.halton.ca.



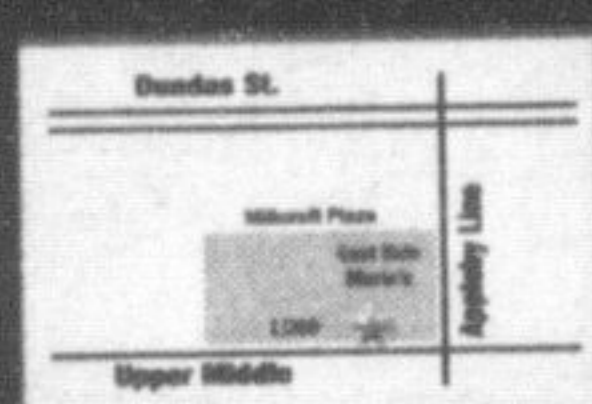
MICHAEL IVANIN / SPECIAL TO THE CHAMPION

TEE TIME: Ken Kamminga puts a ball on the tee during the Mayor's Golf Tournament for the United Way of Milton held at Granite Ridge Golf Club earlier this month.

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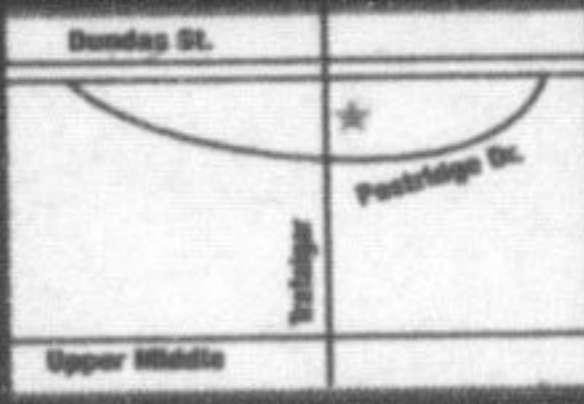
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"Quality Child Care You Can See!"

Town starts new fitness program

Personal training offered in groups

The Town has launched a new group personal training program to help Miltonians reach their fitness goals quickly and effectively.

Residents can reap the benefits of working with a certified trainer at a lower cost than one-on-one training. The sessions are tailored to the specific needs of participants and will increase motivation by working with three to four people who share similar fitness goals.

Interested participants can sign up on their own or with friends for one or two sessions per week, offered in the morning, at lunchtime, late afternoon and on weekends.

Fall and winter sessions are available and will involve the use of specialized fitness tools such as BOSU balance trainers, group strength bars, medicine balls, fitness tubing and dumbbells.

Additional fitness opportunities at the Milton Leisure Centre include fitness passes (annual, 30-day or 90-day options), registered and drop-in programs and private and semi-private personal training.

More information on program dates, times and registration is available in the Fall and Winter Community Services Guide, at www.milton.ca or by calling (905) 878-7252, ext. 2706.