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NOOOBODY!

Snowshoeing fun at festival Sunday

Crawford Lake Conservation Area will hold its annual winter wonderland with the return of its Snowflakes and Snowsnakes festival.

Set for this Sunday, the event features plenty of fun outdoor activities, including a beginner's snowshoeing lesson and hike.

For the more sporting sort, there's the snowsnake — a traditional Iroquoian past-time.

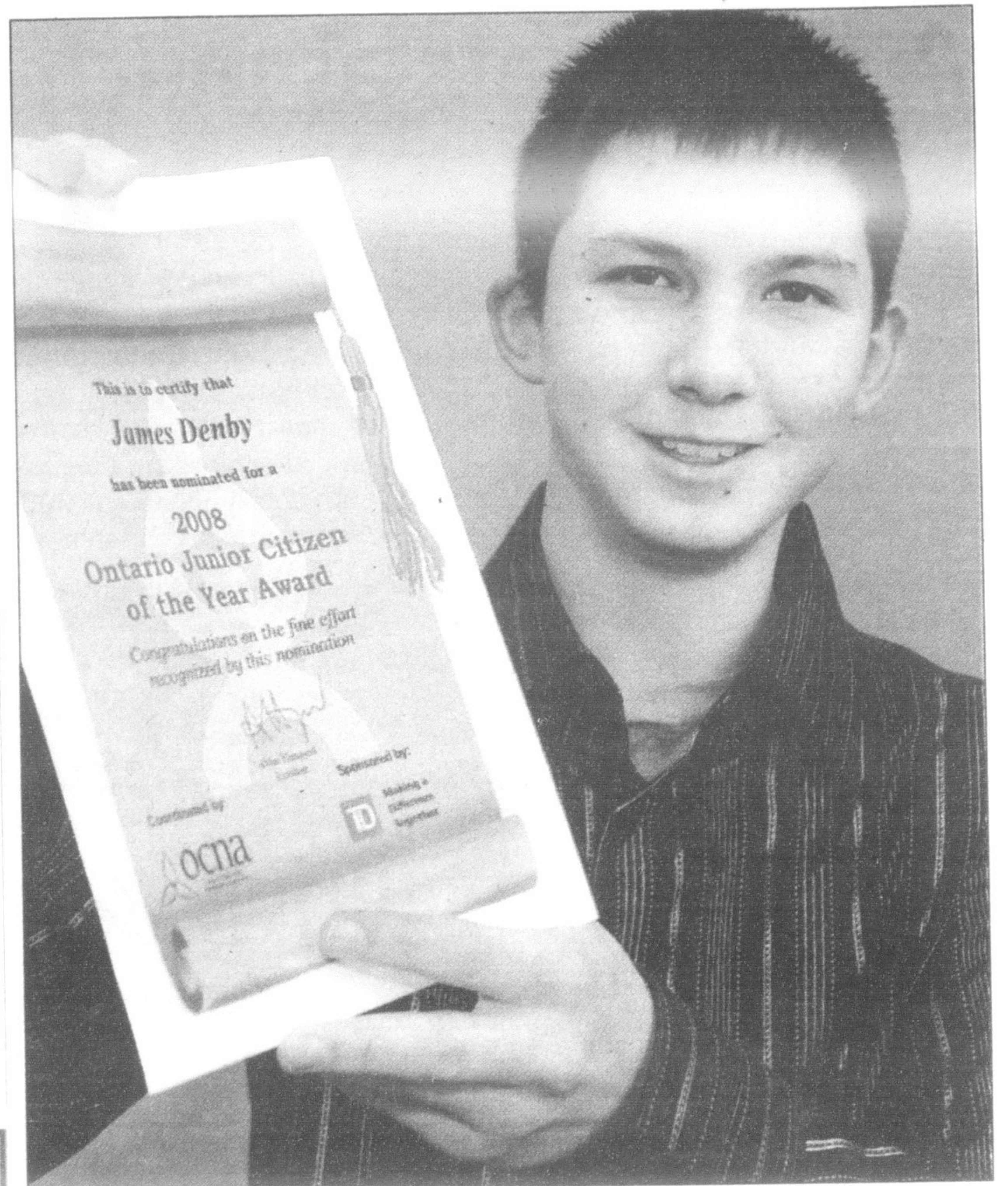
Those interested in a more relaxing visit to Crawford Lake can enjoy a wagon ride through the park or warm up around the camp fire with roasted marshmallows and traditional storytelling.

Kids can take part in craft-making and indoor games, as well as learn about hibernating creatures.

Admission to Snowflakes and Snowsnakes is \$6.50 for adults, \$5.50 for seniors and \$4.50 for children five to 14 years of age. Those four and under get in free.

Crawford Lake is located on the corner of Guelph Line and Steeles Avenue, about 20 km north of the QEW and 5 km south of the 401.

For more information, call (905) 854-0234 or visit www.conservationhalton.on.ca.



GRAHAM PAINE / CANADIAN CHAMPION

DESERVING NOMINEE: James Denby, 15, shows his certificate as a nominee for the 2008 Ontario Junior Citizen of the Year Awards, which recognize outstanding young people between the ages of six and 17 years. James, one of 117 nominees from across Ontario, is very involved in his community. He has been a Scout for the past 10 years and an altar server at Holy Rosary Parish for the past seven. As this year's secretary of the Milton Mayor's Youth Advisory Council, James plays an important role in helping run various community events. Volunteering with the Town-run youth drop-in centre, summer camps and taking various leadership courses are other ways he spends his time. He's also a soccer referee. The annual awards are presented by the Ontario Community Newspapers Association of which the *Champion* is a member.

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Net proceeds will be accepted in support of the Salvation Army



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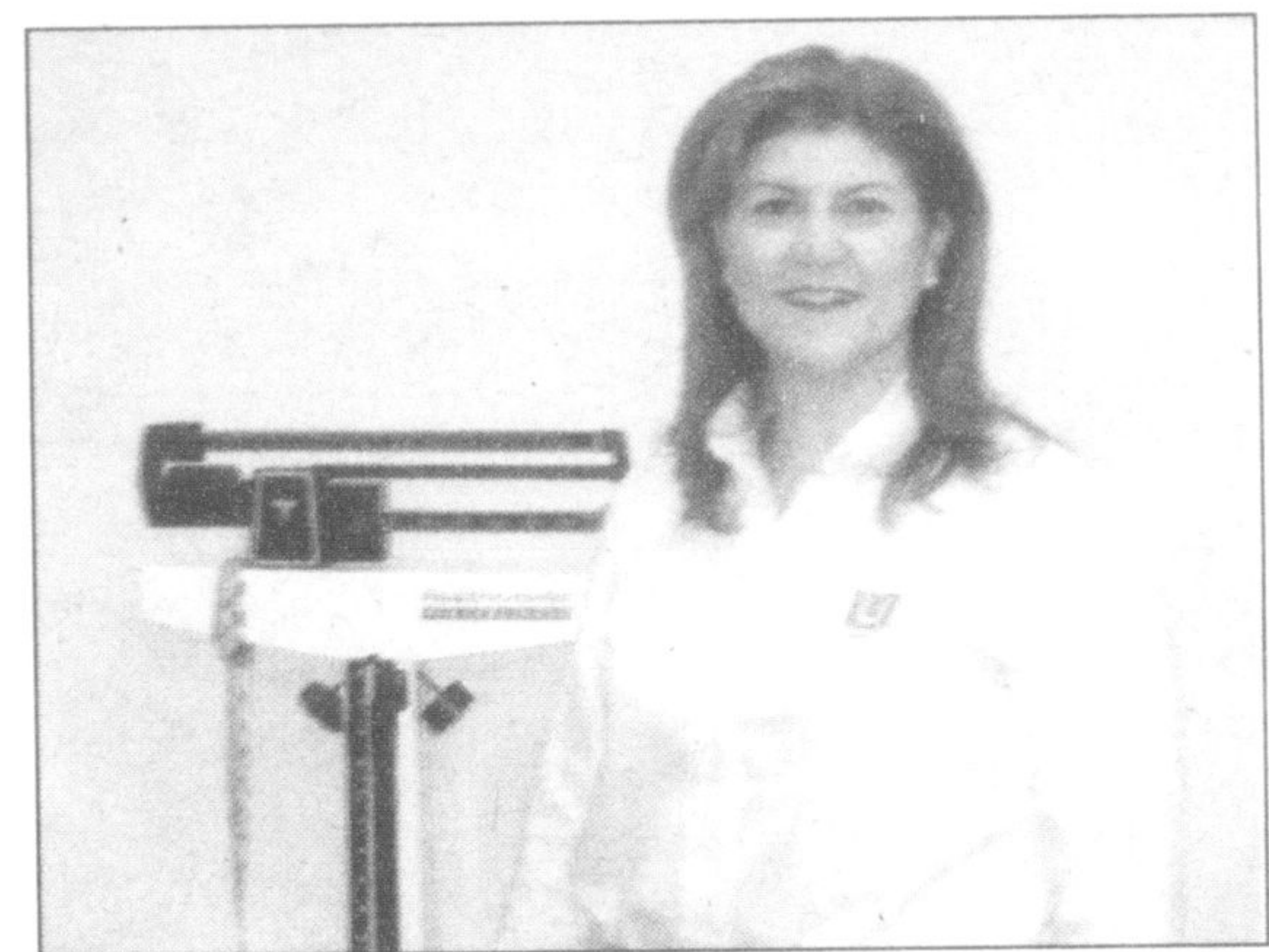
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U Weight Loss Clinic™ of Milton

Marisa Adamo is the proud franchise owner for U Weight Loss™ Clinic of Milton. When Marisa was searching for a weight loss program, she didn't want to be faced with another "diet" plan. She had to find a program to fit HER lifestyle, one which was realistic and easy to follow, so that she could truly commit to it. It was with this goal in mind that she found U Weight Loss™. Marisa was so impressed with the program and the company that she ended up buying a franchise! She is very excited about getting the Milton community involved in creating a lifestyle that promotes long term health and wellness. U Weight Loss™ follows the 3 "Simple Secrets" to a healthy lifestyle - Detox Et Cleanse, Hormonal Balance and Increased Metabolism. The clinic is open Monday - Friday 8am to 7pm and Saturday 10am - 2pm. You can book your FREE Healthy Weight Analysis by calling 905.636.0888 or by email at umilton@uweightloss.com and you will receive a FREE Detox Et Cleanse just for coming in. For more details visit us at www.uweightloss.com.

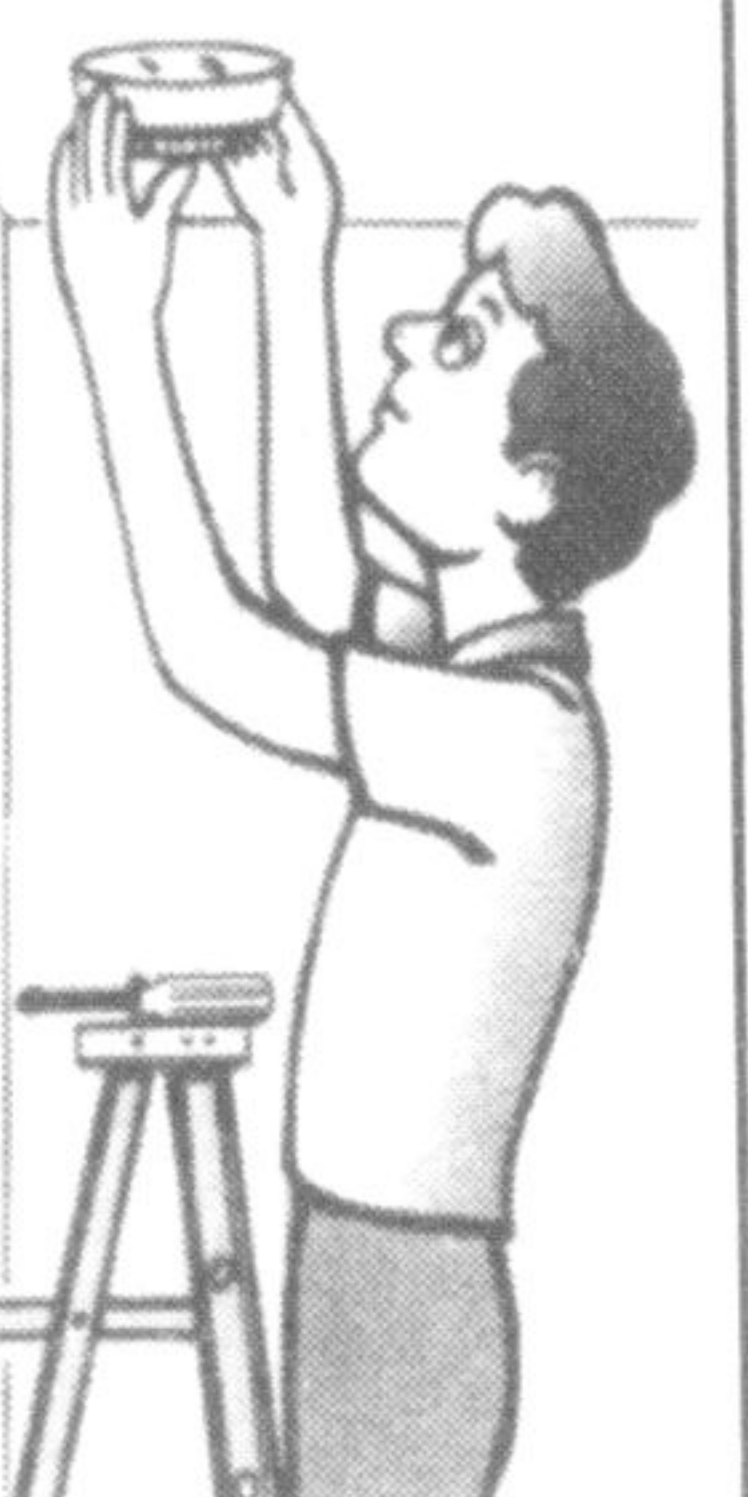
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