

COMMUNITY



Milton District High School students get ready to tip the scales with all the food they collected during their holiday food drive. The items were sorted and put into food baskets to be distributed to those in need.

STEVEN DER-GARABEDIAN / SPECIAL TO THE CHAMPION

Students, businesses show their holiday spirit



GRAHAM PAINE / CANADIAN CHAMPION



STEVEN DER-GARABEDIAN / SPECIAL TO THE CHAMPION

At left, the *Champion's* Sharon Rowley (left) and Fiona Duke sort through the food, toys and other items collected in support of the Milton Salvation Army. Above, Modatek Systems employees show their collective donation for the Reach Out Centre for Kids' (ROCK) Hugs for the Holidays campaign.

Your Family

CHIROPODIST

GIVE DIABETES AN INCH AND IT WILL TAKE A FOOT

Did You Know?

- 1) Diabetes damages the nerves in your feet. As a result, you may not know when you have received an injury.
- 2) Diabetes slows your wound healing so that your feet heal more slowly or not at all!
- 3) 50% of all leg amputations are a result of complications related to diabetes

*Don't become the next statistic... see your chiropodist before complications develop.
We can teach you how to look after your feet!*



Medical Foot Solutions

Registered Chiropodists Ruth Avelino B.Sc. D.Ch & Jonathan Haslehurst B.A.D.Ch.

"Providing Innovation Healing Solutions"

350 Main Street East, Milton Call (289) 878-7334

Celebrate

- Fabulous Dinner
- Dance
- Deluxe Host Bar
- DJ Entertainment
- Midnight Champaign Toast

- Party Favours
- New Year's Decor

The Grand Chalet

Tony Spiducci's Ristorante

Two Amazing Events!

Milton's Best New Years Party

Call for details

324 Steeles Ave., Milton

www.thegrandchalet.ca

Welcome 2012

905-878-7934

Saturday Dec. 31, 2011/2012

Treat Yourself This Holiday Season at Tony Spiducci's Ristorante!