

Miltonians are expected to donate \$23,000 to heart fund

By LISA TALLYN

Today marks the official kick-off of the Heart and Stroke Foundation annual fund-raising campaign.

This is the 31st year that volunteers have canvassed residents in their communities to raise money for research and education programs to combat the disease which claims more lives in Canada each year than all other diseases combined.

In Milton approximately 200 volunteers will be knocking on doors all month long. The residential goal is \$23,000. Last year's Milton campaign brought in \$22,000.

Milton has always had a strong contingent of loyal canvassers. This year's residential campaign chairperson is Jocelyne Tetreault. Ms Tetreault has four zone leaders working under her. Each zone leader co-ordinates the efforts of five captains who manage the campaign in their neighbourhoods.

The bulk of money raised in the annual campaign comes from residential canvassing. But this year proceeds from the sale of a special cookbook devoted to low cholesterol meals will also contribute to the campaign effort.

The Ontario Foundation has set its 1989 goal at \$26 million. Last year Halton region kicked in \$265,632.

The Light Hearted Cookbook, distributed nationally,

is available at local bookstores. During the month of February it will also be for sale at the The Herigate Inn.

Each day the kitchen at Hickory's Restaurant at the Herigate Inn, will serve a selection from the cookbook.

Heart disease and stroke remain the leading causes of death in Ontario and Canada more than all other diseases combined. Approximately 80,000 Canadians, 30,000 of them in Ontario, die each year from heart disease and stroke. One out of two Canadians are at risk.

Despite the statistics, Canadians spend less than 60 cents per month to fight the number one killer.

In the last 30 years several advancements have been made in research. There have been significant improvements in cardiac surgery, heart transplants and treatment for congenital heart defects.

The Heart and Stroke Foundation of Ontario provides more than two-thirds of all heart and stroke research in the country. Each year 79.2 per cent of the money donated goes toward research, 10.3 per cent covers public and professional education.

Anyone interested in making a donation, or helping out with the campaign effort should contact Ms Tetreault at 876-4540.



HEART AND STROKE FOUNDATION OF ONTARIO

Champion wins newspaper awards

The Champion has won several awards in the Ontario Community Newspapers Association annual General Excellence and Premier Awards programs for 1988.

The newspaper won third prize in its circulation class in the General Excellence category which covers all aspects of the publication including content, composition and layout, photography and advertising. In the Best Tabloid Front Page category, The Champion took second place.

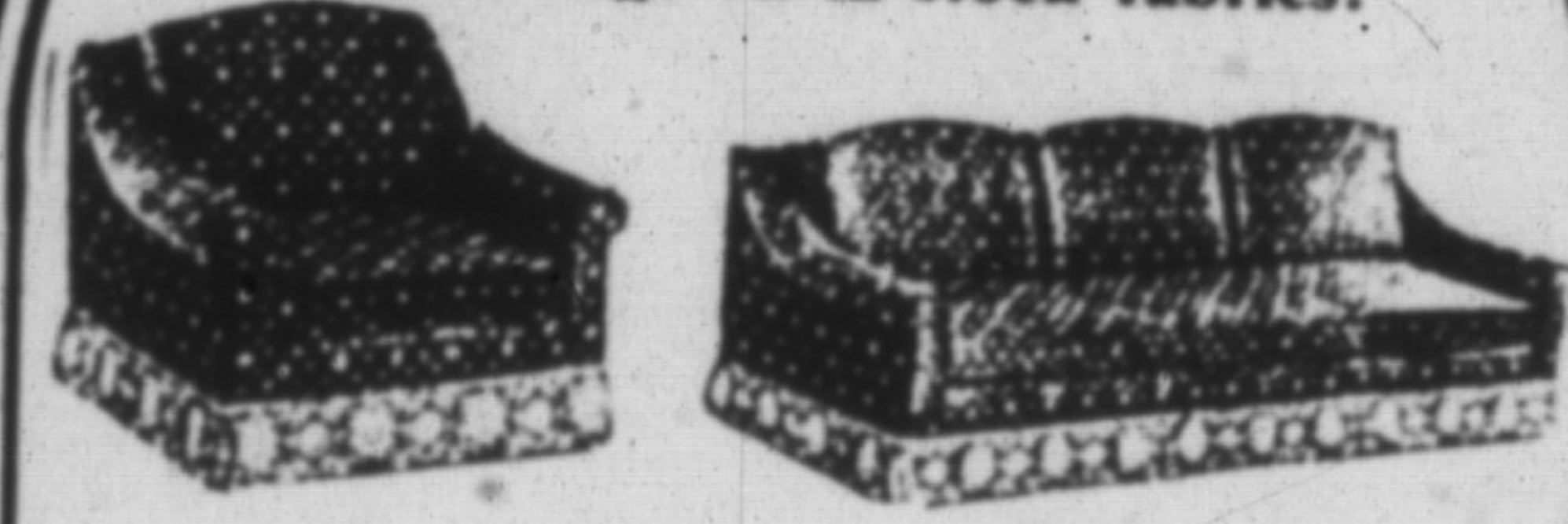
The Champion won second prize in the Best Photo category, geared to Ontario's natural resources. The winning photograph published in the Friday, Feb. 12 1988 edition showed Milton Heights resident Bill Corp feeding a chickadee from his hand.

Champion reporter Rob Kelly won third prize in the Best General Interest Column category when judged against peers across the province in all circulation classes.



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- 1987 - Bronco II 4 x 4 - XL trim level V67 Auto, air, power windows, power door locks, am/fm stereo. 2 tone grey & silver, red cloth trim; balance of factory warranty. #1816A.
- 1987 Taurus Wagon - 6 cyl, Auto, PS, PB, Air, am/fm cassette, light blue with blue cloth trim, balance of factory warranty, #1840A
- 1986 Lincoln Mark VII - V8 Auto, climate air, P-windows, power locks, power seats, power antenna, tilt steering, cruise control, maroon with red cloth trim, balance of Lincoln Card #1784A
- 1986 Camaro Z28 - V8, 5 spd, p.s., p.b., tilt steering, mags, am/fm cassette, silver grey cloth trim, V.T.D. Warranty #1811A

- 1986 Taurus L Sedan - Auto, air, p.s., p.b., silver with grey cloth trim balance of factory warranty #1643A
- 1986 - Tempo - 4 cyl, 4 dr, Auto, air, p.s., p.b., power door locks, am/fm stereo, dark blue with grey cloth trim, V.T.D. warranty #9920A
- 1985 1/2 Escort Wagon - Auto, p.b., tilt steering, cruise control, rear wiper washer, back with grey cloth trim, V.T.D. warranty #8010A
- 1985 Tempo - 4 dr, 5 spd., air, cruise, p.s., p.b., am/fm cassette, sport trim, red with red cloth trim, V.T.D. warranty #1748A

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