Tomato paste comes from tomatoes...

supports.

Indeed, family members could benefit from slowing down, connecting with one another and relearning the joy of eating.

That makes a whole lot of sense... enjoy the column.

SNAPSHOT



## Supporting Halton's youth

Oriana Bowers (right), communications co-ordinator for Reach Out Centre for Kids, accepts a cheque for \$20,000 from (from left) Don Smart, Janet Lucas, Rob Green, Jennifer Greenwood, Warren Mills and Gary Winch (founder) of Wingh Group Inc. Benefit Consultants. The funds came from donated employee commissions as well as corporate donations in conjunction with the company's upcoming September 17 golf tournament at Piper's Heath Golf Course in Milton.

## Letters welcome

The Cahadian Champion welcomes letters to the editor. We reserve the right to edit, revise and reject letters.

Letters must be signed with first and last name, and the address and the telephone number of the writer included for verification purpos-

Email your letters to kmiceli@miltoncanadianchampion.com or send by mail to 555 Industrial Dr., Milton, Ont., L9T 5E1, or leave them at our office.

Our office hours are Monday to Friday from 9 a.m. to 4 p.m.

## Canadian

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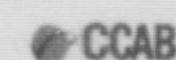
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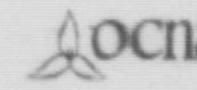
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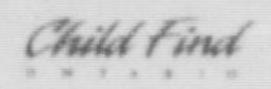




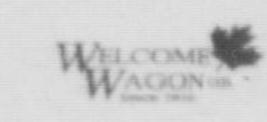
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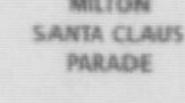
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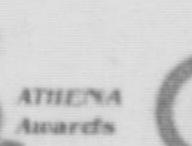




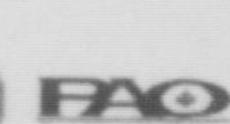






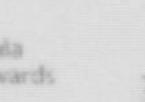


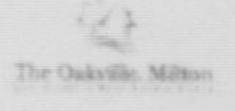












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Editor's Desk

Karen Miceli MANAGING EDITOR

## I sure missed my favourite things to do in town I haven't been out and about much in Milton for a while.

I spent most of the spring, eight weeks to be exact, at home recovering from major surgery.

I did manage after a doctor's appointment in June to drop by Springridge Farm on the day of its first-of-the-season strawberry crop. I certainly wasn't up for strawberry picking but was pleased to be taking home a basket of readypicked berries.

So I've been back to normal activities for almost three weeks now, busy catching up on my favourite things to do in town.

Beside going to Springridge Farm, I love to:

Stroll around the Mill Pond

· Dine at a restaurant in historic downtown

· Walk the indoor track at the Milton Sports Centre

· Shop and grab a bite at Milton Mall

· Go up the ski lift at Kelso Conservation Area (but I will have to wait until the fall).

It feels good to be getting moving again. By the way, thank you to Milton District Hospital for the great care. Karen Miceli can be reached at kmiceli@miltoncanadianchampion.com.