

Opinion

Newspapers continue to matter

It's an honour and a privilege to be the community newspaper of record for Milton since 1860

Next week, October 6 to 12, is National Newspaper Week.

It's an opportune time to remind readers, businesses, government and the community at large exactly why newspapers continue to matter — because they do.

In the case of weekly newspapers like us, we're a reflection of the communities we cover.

Not only do we provide fair and balanced reporting on the events that shape Milton, we also celebrate those who make our community a great place to be and we roll up our sleeves and get involved.

When necessary, we exercise the prerogative to challenge the things that need to be challenged.

We're here to say that you, and the things important to you, matter.

We're the ones who cover school fundraisers, church bazaars and Christmas food drives. We publish minor league sports reports.

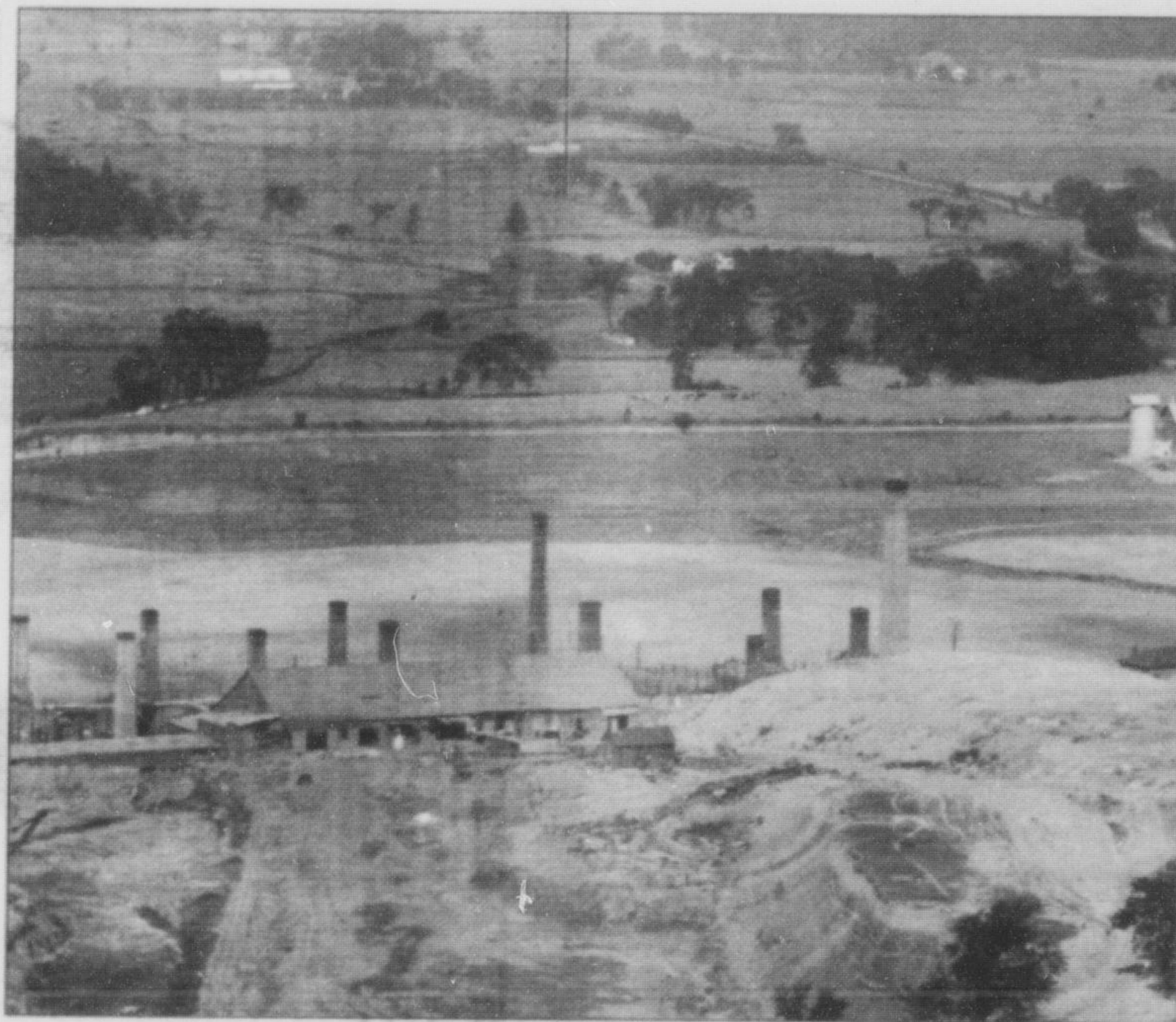
We partner with local businesses and associations such as the Chamber of Commerce and the Downtown Business Improvement Area to promote and strengthen the entrepreneurial men and women who have chosen Milton as the place where they operate.

Our announcements and classifieds contain a ton of information, from local services on offer to public auction notices to the dates and locations of your friends' stag and doe party.

We also cover the big things from a distinctly Milton point of view and devote resources to developing in-depth feature articles meant to inform and engage our readers — all over a cup of coffee.

Members of the editorial, advertising and administrative staff participate in community activities wherever we can.

It's an honour and a privilege to be the community newspaper of record for Milton since 1860 — and we look forward to continuing this partnership for a long time to come.



Heritage Matters

Above is a panoramic view of Milton from the top of Tremaine Road looking east over the Milton Brick Yards c.1890. This brick industry employed more than 200 people at its peak and was of provincial significance. Production ceased in 1974 and although no trace remains of the brick yards, some of the finest brick in Ontario was produced in Milton Heights. A row of brick workers' cottages still exist on Steeles Avenue opposite Peru Road.

— Submitted by Heritage Milton and Milton Historical Society

Editor's Desk

I see what all the fuss is about

I took a Zumba® Fitness class at the Milton Sports Centre Tuesday.

It was part of the commitment I made September 9 to living healthier through a sensible balance of proper eating and exercise.

I had heard a lot about Zumba® Fitness and was curious to see what the fuss was all about. The Town of Milton's 'Try 3 For Free' program presented the perfect opportunity to give it a shot.

The class — described as moving to exotic rhythms set to Latin and international beats — was a lot of fun. The best thing about it was that it wasn't boring or repetitive like I find exercise can be. I got a good workout, but it wasn't a daunting



Karen Miceli
Managing Editor

task. The high impact moves can also be done in low impact, so Zumba® Fitness is suited for all fitness levels. Credit goes to instructor Claudia Lopez for her energy, enthusiasm and obvious qualifications.

I had been told it might take me a few classes to get the hang of it, and it will. As I got tired it was harder for me to keep up learning and following the moves, but that will improve in time.

I'm glad I tried it. I might not have, had it not been for the 'Try 3 For Free' program. Here's how the program works. Until October 31 at the Milton Sports Centre or Milton Leisure Centre people can enjoy three free drop-in group fitness/aquafit classes or visits to the weight room.

For a full list of fitness and aquafit programs, see the fall/winter drop-in schedules available at Town facilities and www.milton.ca/recreation.

Hmm... what should I try next? Tabata? Cardio Mix? Quick Core?

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