



Oakville artist Joanna Turlej stands beside her paper collage and acrylic piece titled 'Habitat 1'.
Graham Paine / Metroland West Media Group
(Follow on Twitter @halton_photog)

More exhibits coming up

A&L41 cultural mosaic today.

They have exhibits coming up at the Beaux Arts Gallery in Brampton this summer and the annual open juried exhibit at the Etobicoke Civic Centre Gallery in November.

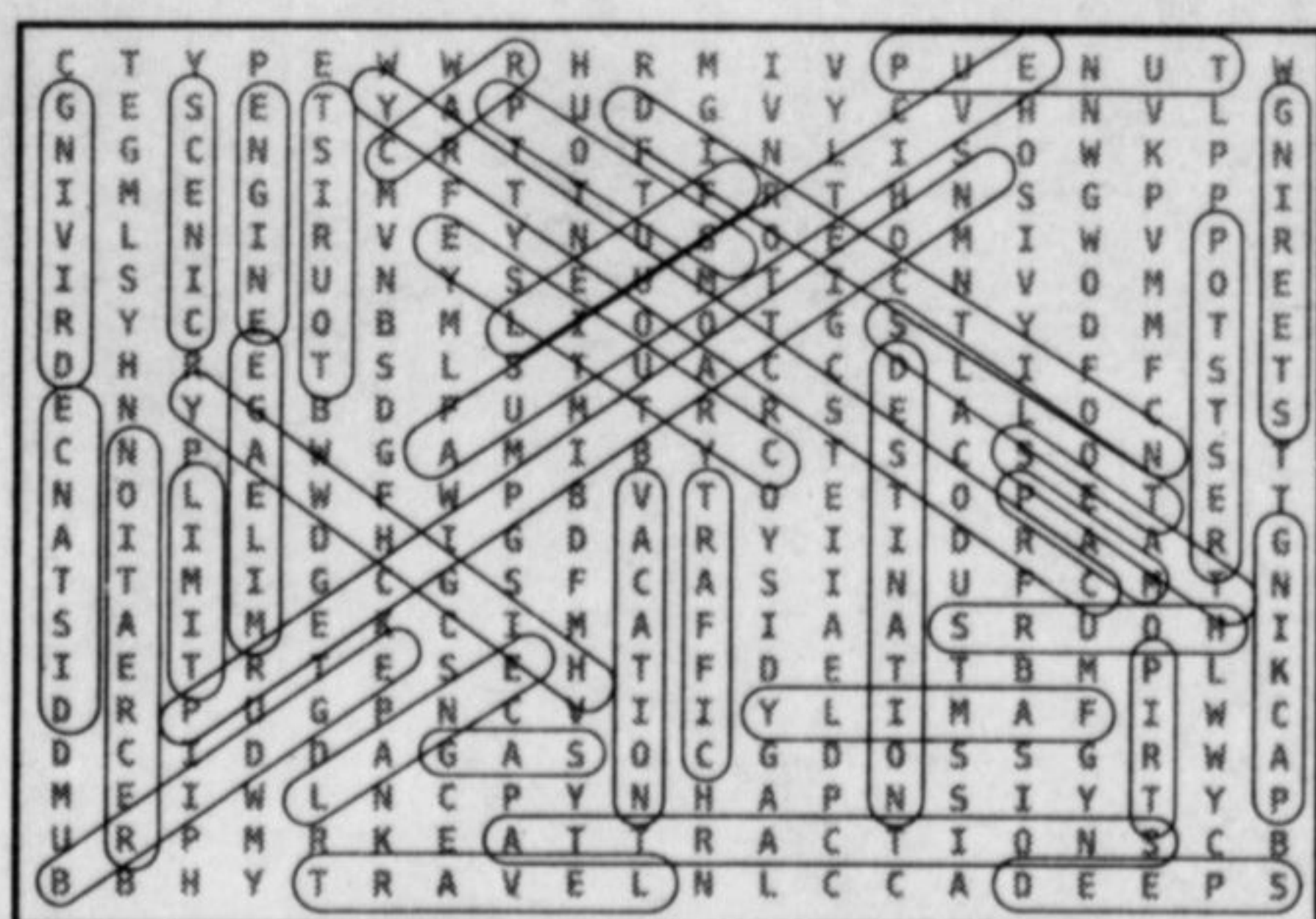
Participating CFS members include:

Angela Lipscombe, Tony Vander Voet, Henny Dagenais, Ghanesh Das, Frederick Lipscombe, Pam Pols, Elizabeth Elkin, Shirley Erskine, Marie Prospero, Joanna Turlej, Jutta Spengemann, Barbara Shaw, Pat Bond, Leah

Dockrill, Doriel Laing, Anne Deutschmann, Monica Burnside, Janet Baker, Gail Backus, Charlene Gardhouse, A. Ann Harvey, Lesia Shipowick, Jaya Datta, Joyce Reynolds, Susan McCrae, Nancy Kravalis, Susan Mandel-Davidson, Thelma Amos, Susan Dain, Carol Pasternak, Kenji Makino, Mary Elizabeth Duggan and Suzanne Walsh.

Julie Slack can be reached at slack@miltoncanadianchampion.com or on Twitter @miltonmus-ing.

Puzzle solutions



6	3	2	5	9	8	1	7	4
8	7	4	2	1	3	5	9	6
1	5	9	7	6	4	3	8	2
2	9	1	6	5	7	4	3	8
7	8	5	3	4	2	9	6	1
3	4	6	1	8	9	2	5	7
5	1	3	8	2	6	7	4	9
9	6	7	4	3	1	8	2	5
4	2	8	9	7	5	6	1	3

T	E	R	M	P	I	C	R	A	S	P					
S	L	E	E	K	I	S	O	H	O	Y	A				
A	B	I	D	E	R	R	O	N	E	R	R	S			
R	E	D	E	E	Y	E	O	T	C	U	T	A	H		
				L	E	N	G	O	O	D	M	A	N		
A	B	S	C	I	S	E	P	R	E	Y	S				
C	A	L	U	M	E	T	E	D	P						
T	H	R	E	E				O	M	A	H	A			
				P	E	P		U	P	S	I	L	O	N	
				G	A	I	A	S	P	A	I	N	T	E	D
				G	E	N	E	R	A	L	I	S	T		
A	R	A	D	A	L	E		H	O	R	R	O	R		
B	I	R	R	C	T	N		A	R	C	A	N	E		
E	P	E	E	H	E	Y		Y	A	C	C	A			
L	E	D	A		E	R	A		F	E	E	D			

ASK THE PROFESSIONALS

the Canadian
Champion

Milton Canadian Champion
555 Industrial Drive, Milton
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905-878-2341



Katy Letourneau,
Director of Advertising

Q: What is WagJag?

A: Five years ago, Metroland Media Group Ltd. introduced WagJag, a website which offers Canadians terrific deals on a wide range of products from food to travel to services and more. Since then, WagJag.com has evolved into a trusted and profitable online deal community which saves users millions of dollars every month.

WagJag is also an A+ Accredited business with the Better Business Bureau, due to their superior customer service and fantastic client feedback. Representatives work with business clients to help them build their customer base by offering various high-quality products or services at discount prices. Customers purchase the WagJag voucher and then visit the business to redeem, getting them through the business's door. This method has proven very successful in both attracting new clientele to the target business, and also helping those businesses to make lasting customer relationships.

As a part of Metroland Media and sister-company to the Milton Champion, WagJag has a long-standing history in our community. Representatives have a clear understanding of what the community wants and what services and products are most in demand.

Shopping through WagJag is more convenient than ever with the new mobile application. Consumers can view, browse and buy campaigns on the go, sort campaigns by category, popularity or price, receive notifications for top campaigns and more, wherever they are, all on WagJag's simple, user-friendly mobile interface.

Local businesses that are interested in listing vouchers for sale with WagJag can contact the Milton Champion at 905-878-2341 and speaking with a local account manager.



Ujala Khanderia
B.Sc., D.Pod.M

**Ontario Foot
& Orthotics**

UJALA KHANDERIA
B.Sc., D.Pod.M

KIRSTY MILLWOOD
B. Pod., CHIROPODIST/FOOT SPECIALIST



Kirsty Millwood
B. Pod
Chiroprapist/Foot Specialist

FOOT SPECIALISTS/CHIROPODISTS
550 Ontario St. S., Unit 205, Milton, 905-878-6479
Member of the Ontario Society of Chiropracists and The Ontario College of Chiropracists

NEW EVENING HOURS AVAILABLE!

Top foot care tips for runners

As the weather gets better, more people are starting to get active. One of the most common activities includes jogging or running. Although jogging and running are great forms of exercise, they can cause certain injuries or problems to the feet.

The most common foot problems associated with jogging or running are blisters, corns, calluses, athlete's foot, shin splints, Achilles tendonitis and plantar fasciitis. Ankle sprains are also common to runners and joggers, especially if the right footwear is not worn. Below are some important preventative foot care tips for runners:

- Make sure to wear the right shoes. Go to a shoe store that specializes in shoes for running so the right shoe for your foot type can be recommended.
- Make sure your shoes fit properly. Bring your orthotics (custom insoles) when shopping and make sure they fit the shoes you are considering purchasing.
- Keep your feet and shoes powdered as this will absorb moisture and reduce friction.
- Wear clean socks every time you run.
- Let your body be your guide so you don't strain your feet or joints; don't try to run through pain. Shoes should provide cushioning for shock absorption.
- Prevent Achilles tendonitis by always stretching your lower leg muscles before and after every workout.
- Wear shoes made out of breathable materials such as canvas or leather with a mesh toe box.

It is inevitable for runners to get injured, so have your chiroprapist assess your feet to guide you to choose the right foot care regimen, give you tips on preventing injuries and guide you to help handle foot-related injuries.

ENHANCE COSMETIC CENTRE & SPA

Judith E. Finn - Director (ECC)
30 Years Experience

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THE IMPORTANCE OF SUNSCREEN: HOW TO SELECT, APPLY AND USE CORRECTLY

It's important to remember that while we may love the outdoors there are serious consequences when we get too much sun exposure. **Overexposure to the sun causes sunburn, premature aging of the skin, wrinkling, and skin cancer, including melanoma.**

Unprotected sun exposure is dangerous. Sunlight consists of ultraviolet (UV) rays, as well as related rays such as UVA and UVB. UVA rays are present throughout the day and are the most important cause of premature aging of the skin. UVB rays are most intense from 10:00 am to 4:00 pm and are most responsible for sunburn and skin cancer. Reflection from the snow, sand, and water increases exposure to UV rays.

When to apply sunscreen - Apply sunscreen approximately 30 minutes before being in the sun (for best results) so that it can be absorbed by the skin. Apply sunscreen **often** throughout the day using a handful to cover your entire body if you are outdoors and wear hats and protective clothing.

What to look for when you buy sunscreen - Pick a broad-spectrum sunscreen that protects against UV-A and UV-B rays and has a sun protection factor (SPF) of at least 15.

Check out our new line of **Miracle 10 SPF 30** with the "dry touch formulation" that allows the sunscreen to penetrate the skin leaving your skin moisturized and protected.

Visit us at our new location in the Quality Greens Building (238 Main St. E. Milton) for your complimentary assessment and discover how to feel good in your own skin!

905-864-0000 • laser@enhance.ca • [web: ecclaser.ca](http://web:ecclaser.ca)



Dr. Ron Strohan
Optometrist

DR. RON STROHAN
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www.MiltonEyeandVisionCare.com

COMPUTER VISION SYNDROME

The introduction of computers and the information technology has introduced a pandemic of eye problems called Computer Vision Syndrome. It has also motivated people to use computers for information gathering vs the printed format.

So you may now visit our WEB site at www.MiltonEyeandVisionCare.com

Computer Vision Syndrome is simply eye fatigue with a list of other physical ailments. Constantly focused at an arms length is similar to holding your body in one position for hours at a time causing eye fatigue, headaches, nausea, and muscle stiffness in the face, eyebrows, neck and all other body extremities. Other disorders can be associated with it in the notion of pain and stiffness. Bottom line-Discomfort and stress on the heart.

Solutions.

1. Looking at other distances, out a window if possible, by glancing away. Standing up and viewing tasks from different distances every twenty minutes to vary your focus distances.
2. Frequent water consumption. The eyes blink half of the time they would when not viewing the computer screen. The same applies to Driving, watching television.
3. Dry rooms increase dryness and irritation of the eyes. An open window will help.
4. Proper lighting, daylight is better than fluorescent lighting. Light position should be indirect and not glare producing.
5. Eating regularly with a balanced diet which is another issue. Visit the Canada Food Guide for a description of a nutritional aspects of health requirements.
Reduce water dehydration by caffeine or alcohol, as well as tobacco smoke and any mood altering medications or stimulants. This includes soda pops and breath fresheners containing large amounts of sugars and aspartame. Artificial additives
6. Lid hygiene. Many women tend to place eyeliner makeup on the inside of the lashes which obstructs the meibomian glands from producing oils which prevent the tears from drying. Eye compresses to warm the lids, and shampooing the lids with lid hygiene products may help the glands from becoming degenerative and leading to dry eyes.
7. Seeing clearly for the distance required. Wearing proper eyewear (spectacles) for near work allows for greater clarity and increased productivity (less frustration of errors which is an emotional response increasing stress levels) Not seeing clearly causes emotional uncertainty and judgement error, more stress on the clarity assessment of the brain.
8. Visit your optometrist to discuss matters of eye hygiene and eye health. Irritated eyes lead to increased stress levels and lower qualities of life.