

### Fitness time

Fall into fitness with the YMCA fitness classes which start the week of Sept. 16 and

runs to Dec. 12.

Classes are offered from 9 to 10 am Tuesdays and Fridays at St. Alban's Church with babysitting available for

\$1.25 per child.

Evening classes run from 7 to 8 pm at McKenzie-Smith Bennett school on Mondays and Wednesdays.

Cost for one class per week is \$52, two classes - \$75 and three classes - \$115. Register in person the first class day or call 1-800-265-2689.



# INTERNET ACCESS

## Surf The Net

North Halton's only dedicated internet provider. We offer professional customer service and support, free set up and installation with flexible payment options.

## GET CONNECTED

with North Halton's Largest Internet Service provider!  
*Test Drive The Internet Today*

### SUPER GET CONNECTED PACKAGE

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- All internet Access Until MARCH 1997 (Up TO 30 Hours Each Month)
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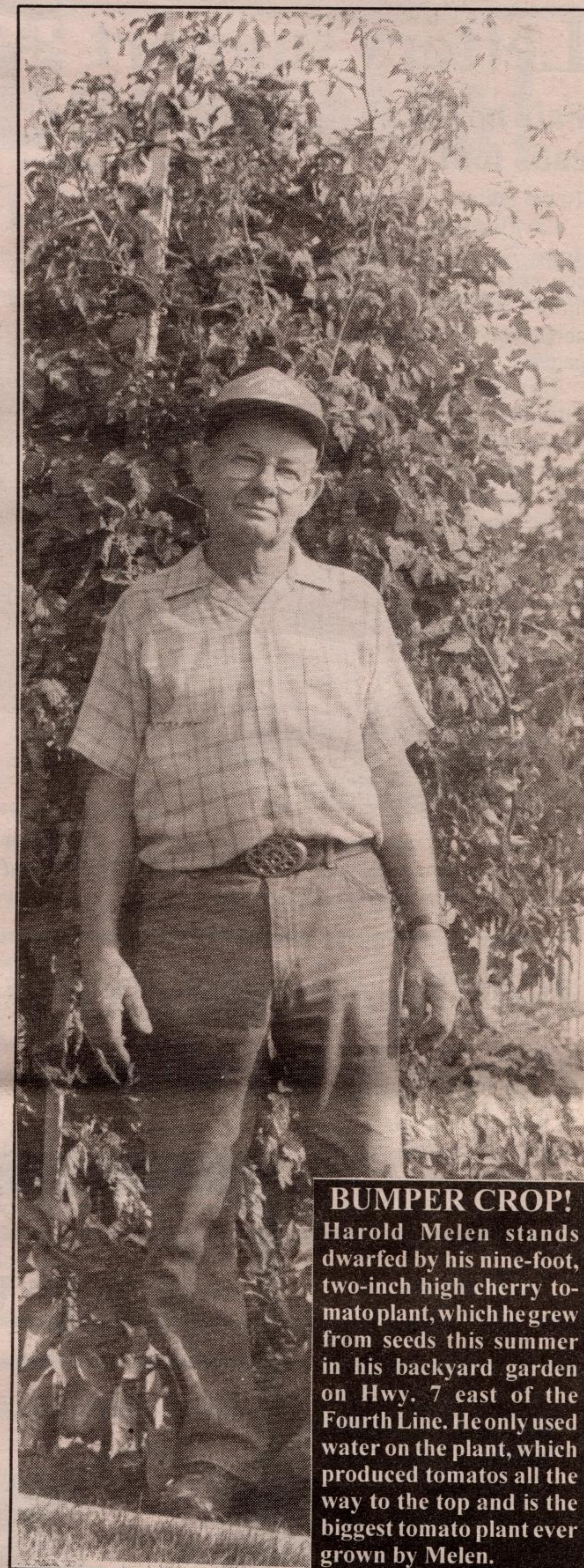


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30 hours per month	15.00
100 hours per month	25.00

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## 905 873 2602 CALL NOW



**BUMPER CROP!**  
Harold Melen stands dwarfed by his nine-foot, two-inch high cherry tomato plant, which he grew from seeds this summer in his backyard garden on Hwy. 7 east of the Fourth Line. He only used water on the plant, which produced tomatos all the way to the top and is the biggest tomato plant ever grown by Melen.

# Directory

NO JOB IS TOO BIG, NO JOB TOO SMALL — WE'RE THE PROFESSIONALS, GIVE US A CALL

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