Bottersmonent

Canneberges RESTAURANT

Fine Dining Restaurant

Open Wednesday, Thursday, Friday and Saturday evenings from 5:30 pm

FOR THE MONTH OF MARCH

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20% OFF Selected Entrées

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905-877-1923 www.canneberges.com





BOYZ FROM THE ROCK
Live St Paddy's Day
Green Beer!
Show at 2pm
Sunday, March 17/02

Tong of Fun Stuff!

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Avoid the problems of Stress and Poor Diet!

The Perfect Combination for Immune System Health



Moducare is a proprietary blend of plant sterols and sterolins that research shows play an important role in balancing the immune system. Moducare has been used in clinical trials to treat autoimmune disorders and allergic conditions and is backed by 20 years of research. Moducare is excellent as a daily preventative to maintain and enhance the immune system



MULTI-MUNE is a new high quality formula available that contains the necessary nutrients that we need to keep us protected from viruses, bacteria and parasites. If you eat junk food, or are too busy to eat the required 7-10 half cup serving of fruits and vegetables each day or are on a weight-loss, diet or fitness program you may not be getting adequate nutrients to support your immune system. MULTI-MUNE to the rescue!

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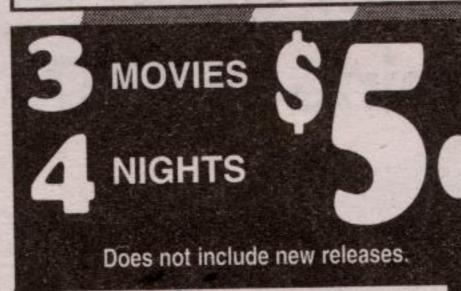
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Pree Popcorn
(While You Browne)

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10:00 a.m. - 1:00 a.m.

GOLF TIP

"The only shots you can be dead sure of are those you've had already."

- Byron Neilson

It's the middle of March, the air is warming, the snow is melting and golfers are becoming anxious.

I know golf is on your mind and you probably can't wait to be walking down a green fairway at your favourite course. So let's talk golf or should I say practicing golf, which is what we should be doing before playing.

If you haven't been practicing this winter it's time to start getting yourself ready for the upcoming season.

Start by swinging one or two clubs together. Get your body used to the golf swing again. Think about tempo and balance, don't swing hard. Do you remember the first bucket you hit last year? Sore back? Yeah . . . me too.

Practice with a purpose or a goal in mind.

Practice breeds confidence.

Try making this your best season yet!

Erb VanBendegem Instru. C.G.T.F.

Canadian Golf Teachers Federation
(519) 853-2380

Yellow Flowers print wins PhotoArt's Best in Show

eanne Fuchs won Best in Show for her handcoloured monochrome print entitled Yellow Flowers at PhotoArt 2002, sponsored by Halton Hills Camera Club.

Other winners were:

People Creatures and Critters

Colour: Randall Keast, first; Sarah Fernades, second; and Nathan Hiller, third

Monochrome: Leanne Fuchs, first; Alan McCord, second and Nathan Hiller, third

Foliage and Flowers

Colour: Carl Groskorth, first; Alan McCord, second and Randall Keast, third

Monochrome: Alan McCord, first and tied for second, Carl Groskorth and Michelle Lockwood

Objects and Abstracts

Colour: Kurtis Andrews, first; Sandra Timleck, second and Nathan Hiller, third

Monochrome: Carl Groskorth, first; Alan McCord, second and Cathy Cameron, third

Scenery and Architecture

Colour: Carl Groskorth, first; Ellen Groskorth, second and Jana Roschel, third

Monochrome: Sandra Timleck, first; Alan McCord, second and third

Children's Category 8 years and under

People Creatures and Critters: Lindsay Cameron, first; Natasha Kollonay, second and tied for third, Lindsay Cameron and Cameron Eagle.

Any other subject: Larissa Farley, first; Natasha Kallonay, second and Lindsay Cameron, third

9 to 14 years

People Creatures and Critters: Michael Brown, first; Matthew Brown, second and Natasha Farley, third

Any other subject: Matthew Brown, first and second, Michael Brown, third

Special mention: Youngest photographer (age 4)
Mackenzie Cameron.

The prints will be on display in the Gallery of the Halton Hills Cultural Centre until the end of the month.

Family dance in Ballinafad on Saturday

Ballinafad Community Centre hosts a Family Dance tomorrow (Saturday). Doors open 6-10 p.m.

Tickets are \$5 per person; children under 2 are free.
Tickets are available at the door.

Please note that adult supervision is required for all children under 18 years of age.





The War Amps