



Photos by GRAHAM PAINE

## Sports swap

Eric Schroder and father Brian (left) took interest in this 12-speed bicycle at Milton Tennis Club's sports equipment sale Saturday. Displaying some of the goodies available are (above) club executives Mike Farrell and Regina Devina.



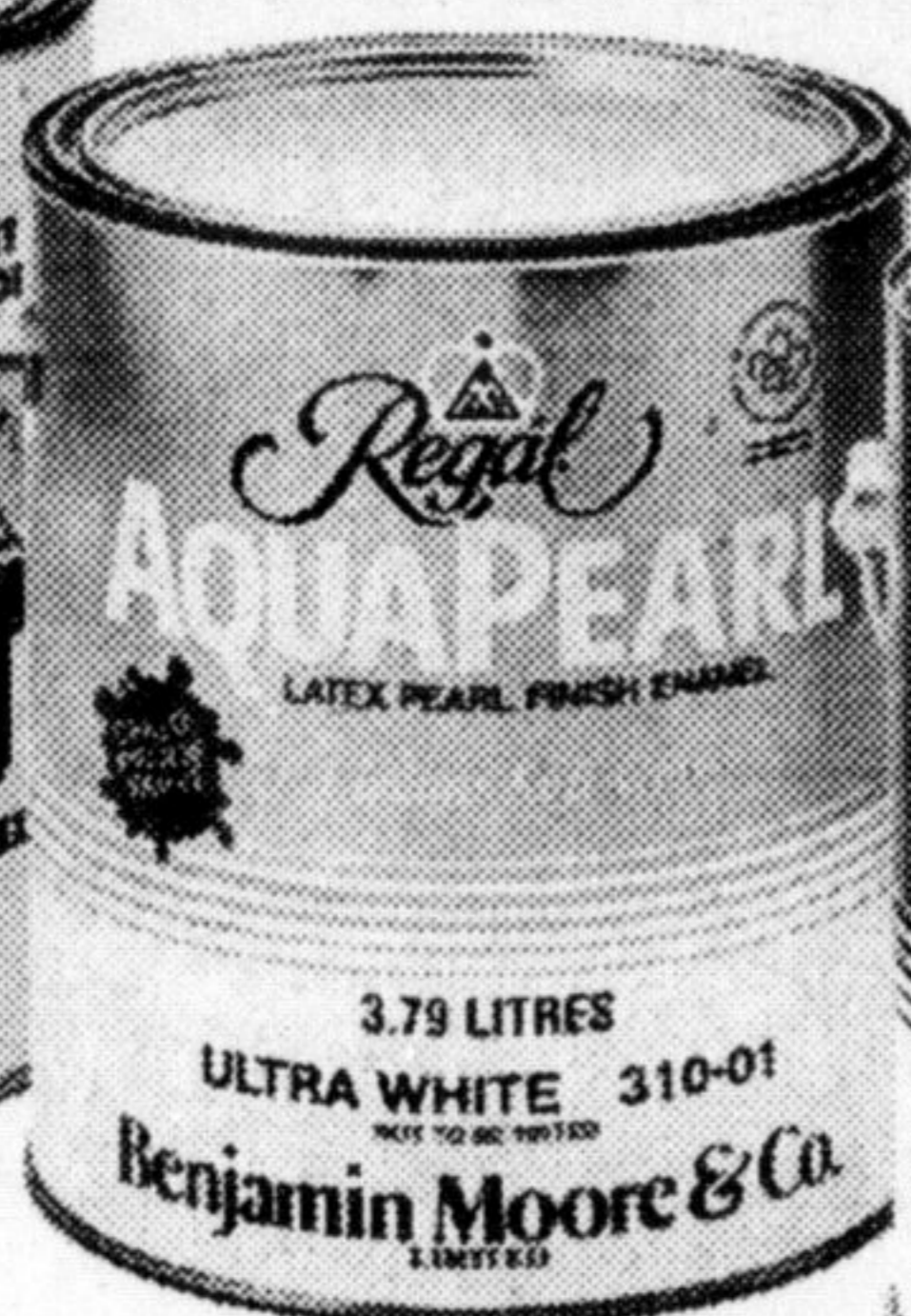
# HOME DECORATING SALE

SALE ENDS MAY 29TH



- Fresh Start**
- Super adherent
  - Interior/Exterior
  - 100% Acrylic Latex
  - High hiding

**\$37<sup>99</sup>**



- Regal - AquaPearl**
- Especially suited for kitchens, bathrooms and children's rooms
  - Childproof pearl finish

**\$36<sup>99</sup>**



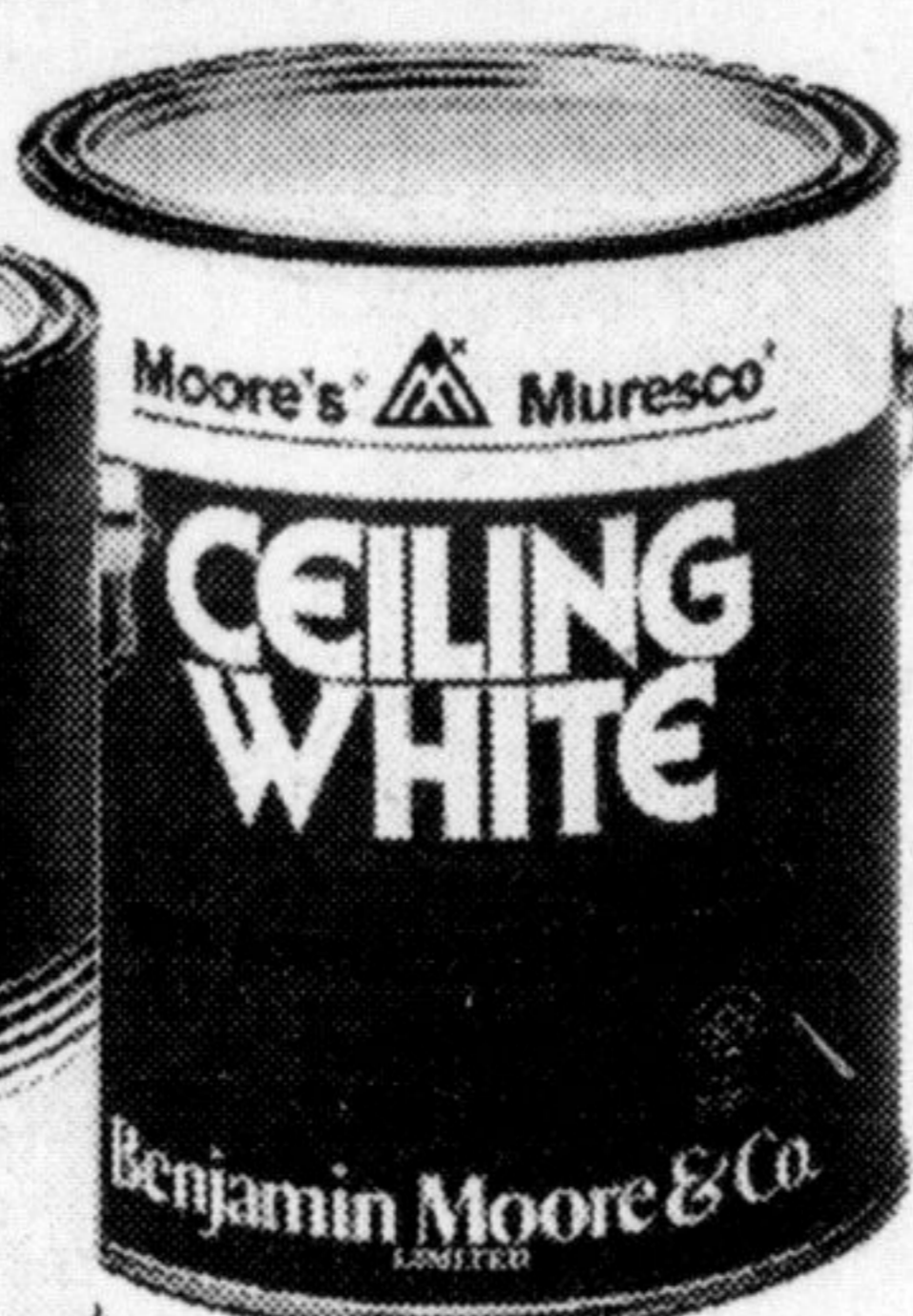
- Regal - AquaVelvet**
- Versatile paint for walls and trim
  - Decorative, washable, low sheen

**\$33<sup>99</sup>**



- Regal - AquaGlo**
- Beautiful semi-gloss finish
  - For trim, doors, furniture and walls
  - Durable and washable

**\$36<sup>99</sup>**



- Muresco Ceiling White**
- Ideal for plaster, drywall, acoustic material, and most other surfaces
  - Beautiful matte finish - eliminates ceiling glare

**\$24<sup>99</sup>**

\*Darker Colours Slightly Higher.



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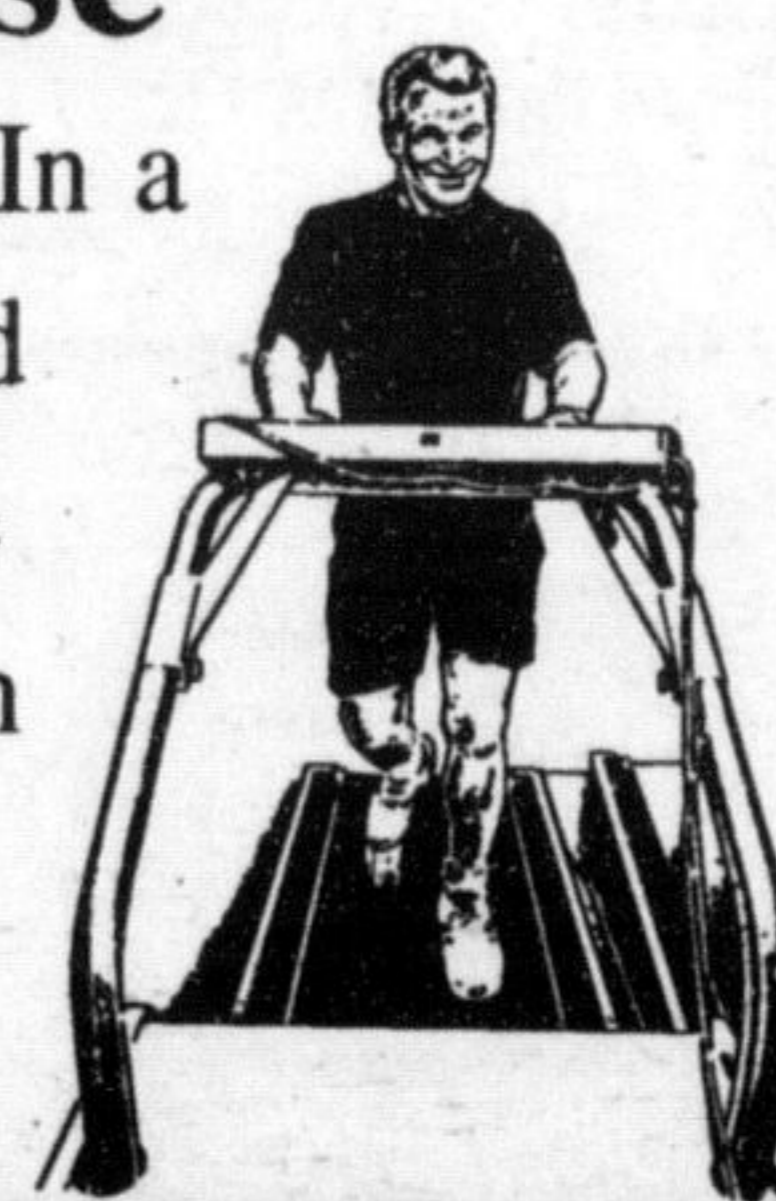
**For goodness sake . . .**



A good health tip from Milton District Hospital

### Exercise and Heart Disease

Regular physical activity is part of a healthy lifestyle. In a healthy, physically fit body, the heart, lungs and blood vessels work more efficiently. Activity helps manage your weight and your stress levels too!! Depending on your age and fitness level, a brisk walk for 30 minutes three times a week may be just what you need.



"For goodness sake" is brought to you courtesy of



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S.E.R.V.I.C.E.S

and  
**The Canadian Champion**