goodness sake...

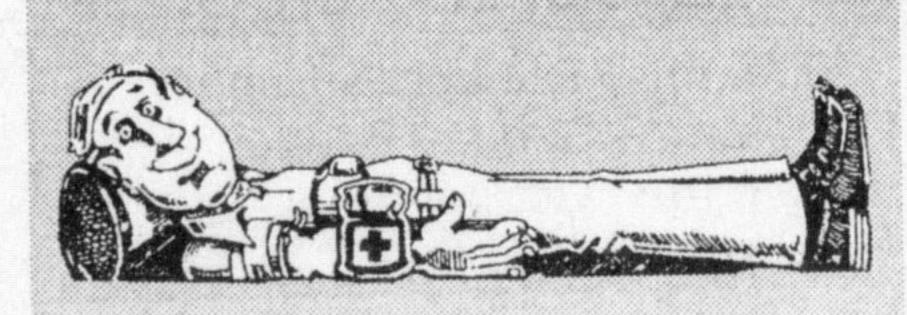


A good health tip from Milton District Hospital

Why Blood Matters...

Blood transports the necessities of life to every cell in your body:

- Red blood cells carry oxygen to tissues
- Platelets are used in the process of coagulation or clotting
- Plasma is essential to maintaining both blood volume and blood pressure as well as preventing infections and excessive bleeding
- White blood cells fight infection



"For goodness sake" is brought to you courtesy of



and The Canadian Champion

Dateline

Dateline is a free listing of coming events only. The column is available to local community groups to assist in promoting their future events. Only charitable or non-profit community groups may use this service. We can only guarantee one issue of publicity closest to the date of the occurrence although more insertions are possible it demand is low.

Notices for Dateline should be handed in at the office of The Champion, 191 Main St. E., mailed to P.O. Box 248, Milton, Ont., L9T 4N9, or faxed to (905) 878-4943. The final deadline is noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. Dateline items will not be accepted by telephone.

Friday Aug. 20

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts Barbecue Day at noon. Senior citizens are invited to enjoy hamburgers, hot dogs, sausages and salads.

The Milton Community Resource Centre is accepting applications for their summer day camp program next week. The cost is \$75 and includes swimming, cooking classes at Loblaws and a trip to the Metro Toronto Zoo. Registrations are being accepted for the zoo trip for \$20. To sign up, or for more information, call 876-1244, ext.

Saturday Aug. 21

The Milton Seniors' Activity, 500 Childs Dr.,

holds the Super Garage Sale and Fundraiser. Doors open at 9 a.m.

Sunday Aug. 22

Participants in Classic Cars in Motion will cruise from 5:30 to 6 p.m. from Thompson Road along Woodward Avenue to Martin Street and up to the Car Cruise in the Canadian Tire parking lot, weather permitting.

Monday Aug. 23

The Milton Seniors' Activity Centre hosts a bus excursion to Casino-Rama in Orillia. The cost, which includes transportation and lunch, is \$7 for members or \$12 for non-members. Call 875-1681 to sign up.

The Milton Resource Centre, 310 Main St. E., holds a free resume writing workshop in conjunction with Sheridan College at 9:30 a.m. For more information, call 876-9828.

The Milton Resource Centre, 310 Main St. E., presents workshop 'Hidden Job Market/Labour Market Trends' in conjunction with Sheridan College at 1 p.m. For more information, call 876-

The Milton Community Resource Centre, 917 Nipissing Rd., holds a drop-in — a time for children to play and socialize with others. The cost is \$2 with a membership. For more information, call 876-1244, ext. 10.

p.m. The session continues August 25. The cost is \$5. For more information, call public health nurse Lynn Franklin at 693-4242, ext. 7197.

The Milton Community Resource Centre accepts applications for its fall programs. Courses include CPR, First Aid, Surviving the Toddler Years, Family Time Management and Winning At Parenting.

Monday Aug. 23 - 27

Call 876-1244, ext. 12 for more information

The Milton Community Resource Centre, 917 Nipissing Rd., hosts the week-long Summer Day Camp. Activities include arts, crafts, co-op games, sports, cooking, movies and swimming. The cost is \$75. Call 876-1244, ext. 18 to register.

Tuesday Aug. 24

The Parent Support Group meets every Tuesday at 7:30 p.m. at Pinelands Presbyterian Church, 5270 New St., in Burlington. The nondenominational, self-support group with trained leaders helps parents of children who're in trouble at home, at school or with the law, or are abusive or taking drugs. Call 1-800-488-5666.

Wednesday Aug. 25

The Peer Information/Support Group for Anxiety/Panic is hosted by T.E.A.C.H. at 225 Main St., Unit 8, Wednesday evenings from 7 to 9 p.m. There is no fee. Call 693-8771 for more information.

The Milton Community Resource Centre, 917 A two-day leadership training session for 12 Nipissing Rd., holds a drop-in — a time for chilto 14 year olds takes place from 9:30 a.m. to 3:30 dren to play and socialize with others. The cost is \$2 with a membership. For more information, call 876-1244, ext. 10.

more DATELINE on page 12

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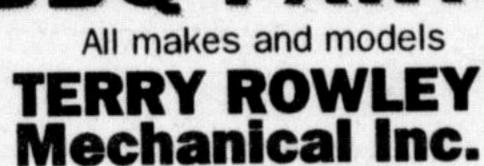
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