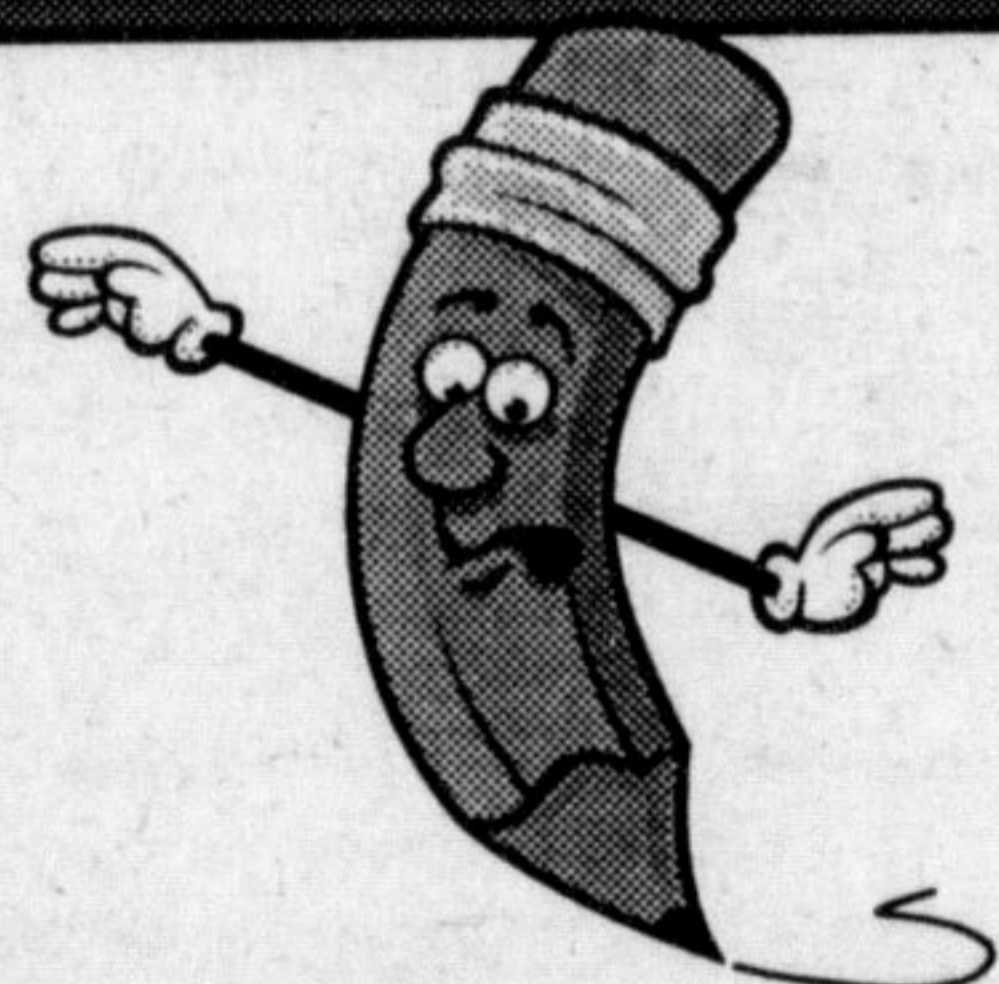


For
goodness
sake ...



A good health
tip from
Milton District
Hospital



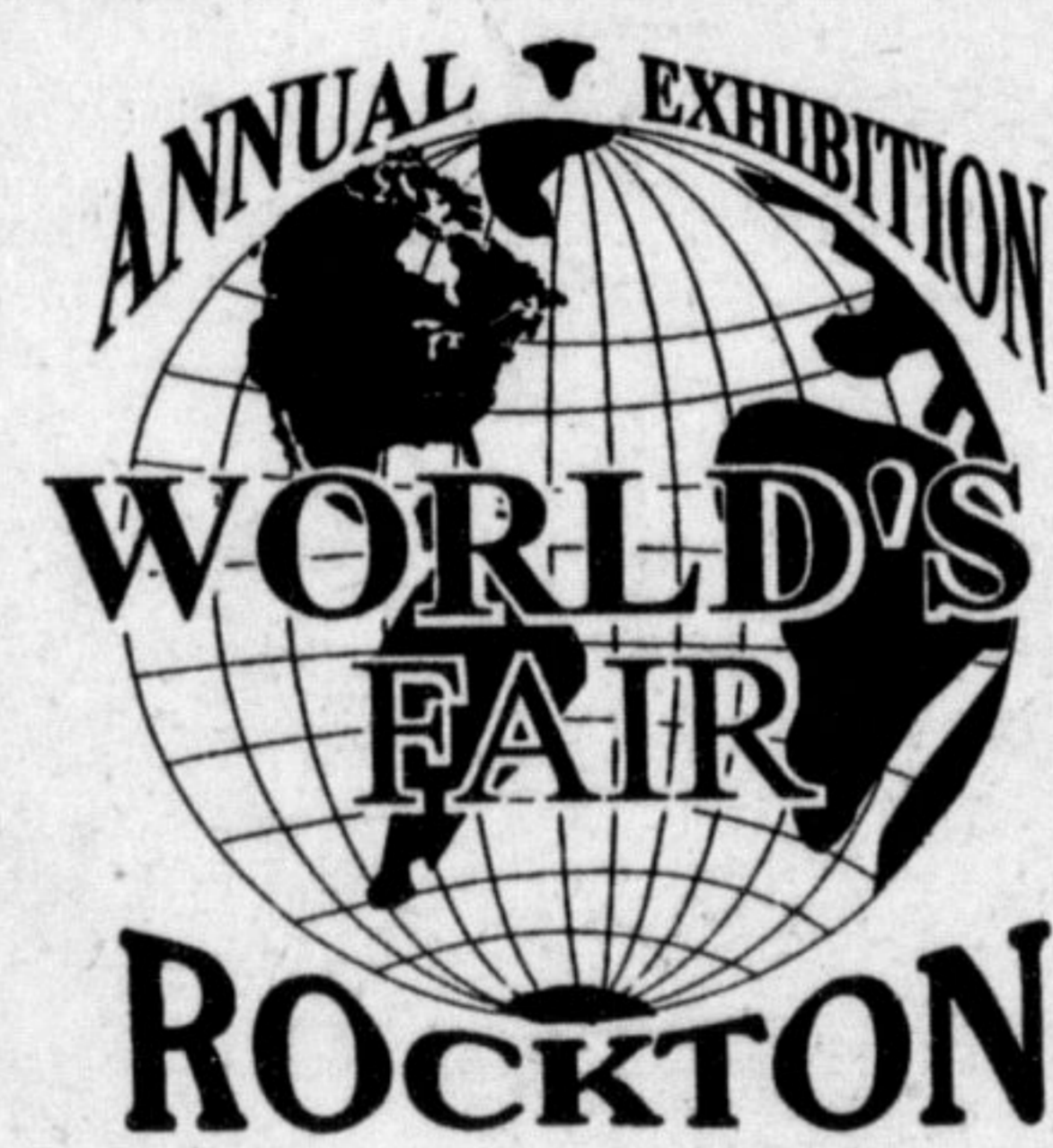
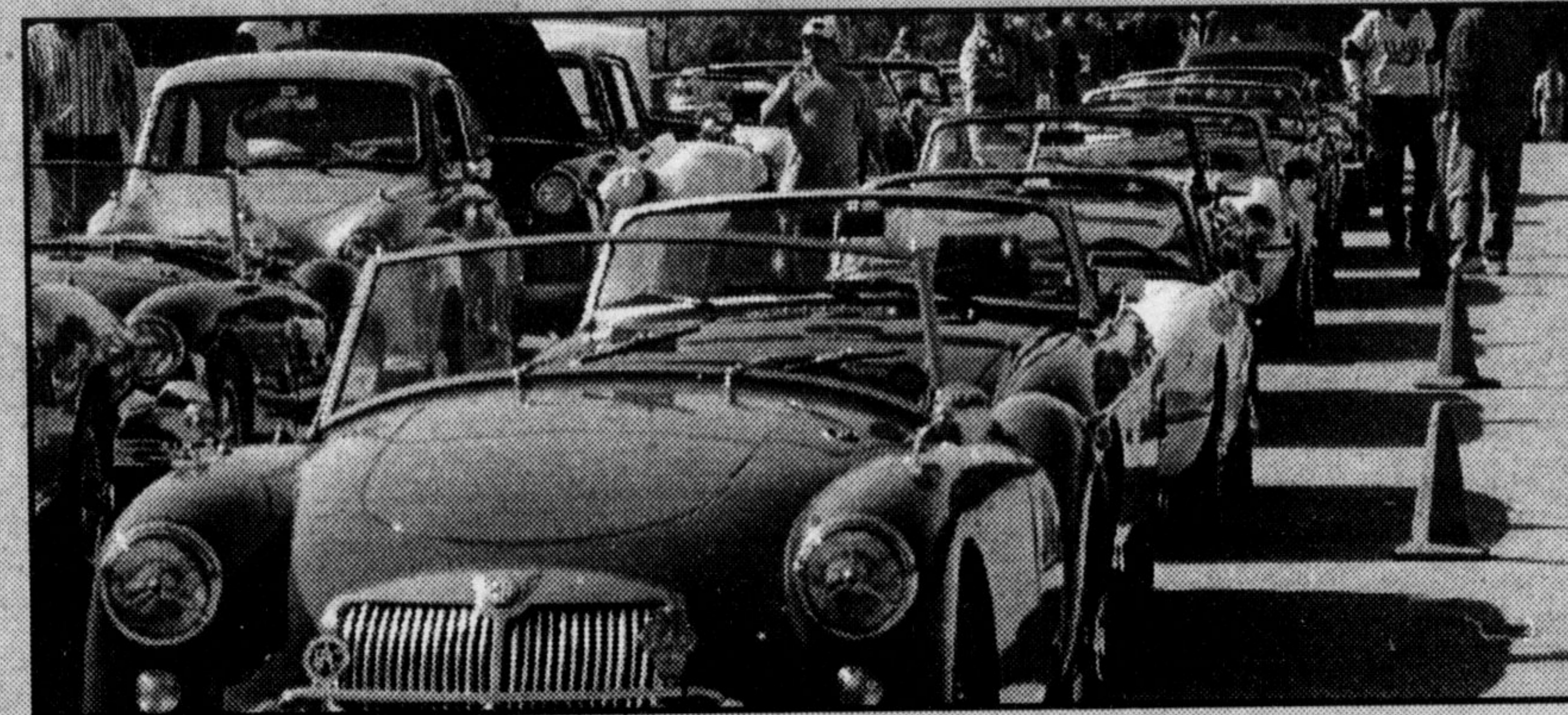
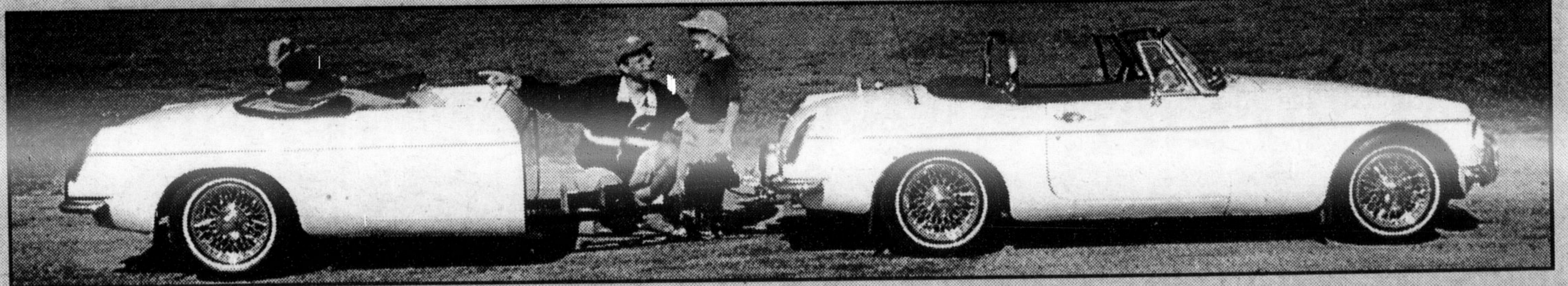
STRESS

Now that the carefree days of summer have turned into the early days of fall and the more structured days of "back to school", children may need help in making the adjustment. Encourage routines for bedtime, getting up, meals, homework and recreation. Restrict the amount of time watching TV, videos and playing video games. If signs of stress appear, provide quiet time to listen to them and share their feelings. It's time well invested.

"For goodness sake"
is brought to you courtesy of



and
The Canadian Champion



**ROCKTON
WORLD'S
FAIR**

Thanksgiving Weekend
October 8, 9, 10 & 11

Elementary School Children FREE
Adults \$6 • Parking \$2

For more information call (519) 647-2502

✓ **Ready to ride**

Campbellville's Arnold Koopman, chairman of the annual car rally toy drive (above), holds up one of the donations from this year's event held recently at Kelso Conservation Area. The fundraiser once again drew hundreds of participants, including Karl Pavasars and son Kasper (top) who took time to look at a 1970 MGB with trailer.

Photos by GRAHAM PAINE

DON'T FORGET!
to get your **FLU SHOT**



**For Healthy Adults
under 65 years of age**

- Healthy adults under 65 years of age who do not want to risk getting the 'FLU' this winter should think about having their FLU SHOT.
- Registered Nurses from Para-Med Health Services will conduct a Healthwatch Flu Shot Clinic in this Shoppers Drug Mart store in October.
- People over 65 years or those with chronic conditions such as heart or lung disorders, diabetes etc. should see their doctor for their flu shot!

SHOPPERS DRUG MART.

Milton Mall Clinic
878-4521

Carriage Square Clinic
878-3311

Thurs. Oct. 7/99
4pm - 8pm

Wed. Oct. 13/99
2pm - 8pm

PLEASE BOOK YOUR APPOINTMENT NOW...
ONLY \$12.00*

*With \$1 being donated to The Lung Association

THE LUNG ASSOCIATION
L'ASSOCIATION PULMONAIRE



Scholarships

**Civic-minded teens
are invited to brag**

Civic-minded youth volunteers have until October 19 to apply for a 'Go Neighbour' scholarship award.

And all they have to do is a little bragging.

That and fill out a Care to Brag application, available at any of Bootlegger's 115 stores, including one at the Milton Mall.

The applications will ask the teens to explain why they should be the one to take home the prize.

First place winners will score a \$500 donation to a charity of their choice and a \$100 gift certificate to Bootlegger stores on top of the \$500 scholarship.

Also included is an all-expense paid trip to Vancouver for an awards ceremony.

The Canada-wide program is partnered by Bootlegger, What! A Magazine and the Youth Volunteer Corps of Canada.

"We are looking forward to developing our new partnership with the Youth Volunteer Corps. of Canada," said Bootlegger's sales and marketing manager Kari Baker.

The scholarship is part of a campaign to prove that volunteering is a cool way for teens to spend time.

Scholarships will be awarded for age categories 11-13, 14-16 and 17-19.

Second and third place winners in each category will score a \$50 gift certificate at Bootlegger.

For more information, visit a Bootlegger store or check out the YVCC website at <http://www.yvcc.ca>.