

Atoms win one, lose one to start off year

The Winterhawks' A major atoms earned a split in their first two contests of the regular season.

At home against Guelph September 25, Milton battled back gamely with three goals in the final frame. However, the fierce finish wasn't quite enough to overcome a sizable deficit and they eventually lost 6-4.

Jeff Hill tallied twice and added an assist on goal number four, buried by Andrew McLean — who had set him up six minutes earlier.

Also scoring was Conor Ferguson, with single helpers going to Michael Bruno, Alex Marshall and Justin Moir.

Two nights later on the road, the local lads got their offense going a little earlier and toppled Orangeville 5-1.

Devin Plater stood tall between the pipes in a near flawless performance while offensively the team was led by Bruno and Chris Shortt — each of whom potted a pair of goals.

Justin Moir was the other marksman on the evening.

Drawing two assists was Marshall while Bruno, Moir, Lisa Brown, Greg Robertson and Graham Sharp had one apiece.

Battle to draw

Milton's Geoff Strank delivered a goal and an assist in the Halton AAA minor atom's 2-2 season-opening tie with Oakville.

Rep Hockey

A major penalty by the Hurricanes led to both goals against them.

Strank and fellow Miltonian Josh Brittain also showed strongly in the team's 1-1-1 round robin performance at a recent exhibition tournament in Ajax-Pickering.

Strank had two assists and Brittain scored once, helping their club shade Clarington 3-2 and tie the Toronto Young Nationals 4-4.

Unfortunately the 'Canes fell slightly short in the opening playoff game, losing to Barrie 2-1.

Rough rides

After keeping pace through the early going, the Milton A minor atoms succumbed to a more experienced Elora team and fell 4-1 September 26.

Kevin Winter notched the lone marker while Nicholas Horbasz and Nicholas Nevins split the goaltending duties. The duo did a fine job keeping their teammates within striking distance.

Meanwhile, Milton's tykes came out on the losing end of a 10-1 decision to Georgetown September 26.

Scoring for the locals in the exhibition loss was Scott Dermott. Brandon Haggart and George Kopas picked up the assists.

Four majors in first half

Reding seniors left raring to go after season-opening bye

• from ROYALS on page 20

"Dan is just a stud out there," remarked head coach Joe Jurus following his team's season-opening shutout win. "He takes care of so much on the field."

BR's skipper said his troops were raring to go after a week one bye. That certainly appeared to be the case from the onset, as they amassed four majors in the opening half and — led by McBride and fellow defensive standout Shawn Preece — stifled their regional rivals' running game.

Georgetown was stopped cold countless times and had to rely on face masking penalties by their hosts to move the ball at all.

The Rebels didn't help out their cause any by fumbling five times. All but one of these was recovered by Bishop Reding.

Joel Petkoff exploded early with a 70-yard touchdown run while also scoring majors were Ryan Taylor and Matt Cheeseaman — who hauled in an end-zone pass by crafty quarterback Jodie St. John.

Kicker Stefan Linder made good on all but one convert attempt and scored a one-point touchback to start the game.

The Royals had great penetration from the outside and crippled their guests' offense until the tail-end of the game, when Georgetown began passing and made a few solid — although inconsequential — completions.

'Stangs struggling

For a second straight week Milton District High's senior football team reached the end-zone early, but couldn't build on their initial momentum.

This time around it cost them a 27-6 loss to the more seasoned St. Thomas Aquinas Raiders Friday in Oakville.

Coach Ed Stavitzky said he's encouraged by the number of improvements his club is making, but that they're still not tackling properly.

"They're hitting too high," he said of the 0-2 Mustangs. "That's been our biggest problem so far this season."

A few fumbles and two intercepted passes added to the local team's woes in week two.

Once again it was Ian Robinson who did the only scoring for MD, providing the opening half major on a 25-yard rush.

He and Ken Drummond both made some impressive carries.

Jason Mohan and Bren Silk were solid on defense.

With just four games remaining this season, the 'Stangs will be hard press to gain a playoff spot.

Especially with quarterback Jon Sprenger still nursing a wrist injury. The first-string pivot will most likely be out for Thursday's cross-town clash against Bishop Reding.

The game will be at MD, starting at 3:30 p.m.

"She Dropped 55 lbs. Without Dieting!"

Her Surprising Strategy Will Astound You!



"Sometimes I'd munch half a bag of cookies while planning my next diet."

Melinda Russell Before Shedding 55lbs.

"I know how 'fat' feels. The struggle to get up off a sofa. The sting of unshed tears. The burn of embarrassment in my cheeks. No one deserves to be that unhappy. That's why I'm sharing my weight loss discovery with you."

My story will reveal what I believe to be the safest and most effective strategy for getting thin and staying thin. I lost my weight without dieting or grueling exercise routines. I am amazed by how simple it was to lose my weight. I was the most skeptical person on earth. I thought I was destined to be forever fat. Then I made my astounding discovery...

By Melinda Russell

My weight skyrocketed about six years ago. That's when I married my husband, Ray. I fell into the comfortable married lady routine. I knew Ray was concerned about my weight gain. He could see the changes in my disposition. Ray became my comfort and support. "You're the most beautiful woman I've ever seen," he told me. I was consoled by his kind words. But I was still miserable!

My weight made my life a chore. One day I needed to get some band-aids from under the bathroom sink. I couldn't even squat down! I had to sit on the floor and scoot forward to get into the cabinet. That's when I started avoiding parties. I stopped dressing up. My self-esteem had hit rock bottom.

My Warning Signal
I tried losing weight on my own. You know the routine. I'd drift to sleep each night with a promise. Tomorrow I'll start my diet. I'd awaken with the burn of hunger pains. Maybe I'll get me a biscuit. I'll do better at lunch. I'd be starving by 10:00 a.m. I couldn't get through the afternoon without a snack. I'll do good at supper.

Day after day the same old routine. Sometimes I'd munch down a half bag of cookies while planning my next diet! One night I woke up at 3:00 a.m. I was starving. I tried to fight it off, but couldn't. That was my warning signal. My eating was out of con-

trol.

Hope

One day I overheard my mom and sister talking about an ad in the newspaper My Mom said these were local folks who had lost 35, 71, even 105 lbs. with hypnosis. That got my attention!

"If you go, we'll go," said my mother. "What have we got to lose, but a lot of fat?" I picked up the phone and called.

The free screening was full of surprises. I never got a sales pitch. Never felt pressured. Our consultant was friendly and professional. She made us feel at home. I told her about my past failures. How I wanted to lose my weight for good. She understood my needs.

Two days later I called back and signed up. I lost 7 lbs. the first week. That's when my skepticism vanished. 6 1/2 months later I had lost my entire 55 lbs! It was easy. My dress size dropped from a plump 22 to a trim size 12. Losing my weight with hypnosis was the smartest decision of my life.

Permanent Change

My habits started changing right after my first session. That night my husband was hungry for pizza. Without a thought, I picked up the phone and ordered a veggie lovers. My husband was astonished. "Did they send the wrong pizza?" All I could do was giggle. Later he said, "You're not eating much?" I laughed again and said, "I guess my hypnosis is working!"

I stopped craving soft drinks instantly. My snacking habits vanished after my first session. I wasn't hungry or cranky at any time during my program. I no longer feel like my stomach's gnawing at my backbone.

Thanks to Hypnosis I uncovered the cause of my weight and conquered it! Losing weight has transformed me into a happy, pleasant person. I can't imagine ever going back to my old eating habits. That's why I'm certain that I'll stay thin for good.

How it Works

Truthfully, I can't explain how hypnosis works. During the session, I feel like I'm awake during a peaceful dream. Hypnosis put me back in control. My appetite returned to normal. I have no desire for food between meals. My cravings for those greasy biscuits are gone for good. Thank goodness!

It's like my new eating habits are on auto-pilot. Even through Thanksgiving and Christmas I didn't gain an ounce. I didn't deprive myself of anything. I'm satisfied in every way.

100% Improvement

When I was overweight I suffered from cold after cold. I never felt healthy. I was always tired. Thanks to hypnosis, those days are long gone. I'm active and energetic. I get more done because I'm sleeping less. That leaves more time for me!

I get a tingle of joy every time I see myself in a mirror. My husband

says he's thrilled because I'm so happy. He no longer asks me out to dinner. He asks me out on a date!

Side Benefits

Thanks to hypnosis, I'm saving a lot of money every week. I no longer waste money on junk foods. Expensive fast food is a thing of the past.

I feel 100% better about myself. I had almost forgotten what it was like to have a stranger give me a look or whistle. I used to think they were jerks. Now I just smile and think to myself, "Thank goodness for hypnosis!"

I met lots of other folks who were getting results just like me. My Mom and Sister both signed up two weeks after me. They lost all their weight too. That makes three living, breathing success stories. I can't begin to say enough about my amazing experience with hypnosis.

About Your Happiness...

That's my story. Everything I said is the honest to goodness truth. I shared my story with the hope that, in some small way, I will help someone who is suffering like I was.

Now what about you? What about your happiness? If you're where I was, overweight and unhappy, for goodness sake call today. Schedule your free hypnotic screening. You'll find honest, caring people who have your best interests at heart. Their fees are reasonable and they treat you like royalty.

Like I said at the beginning. No one deserves to be unhappy. Call Positive Changes at 337-3700. Don't miss out on the happy, healthy life you were born to live. Call now.

Don't waste one more minute being overweight or destroying your health with nicotine. Your happiness is too important. Call us at 337-3700. It won't cost you one penny to find out more.

Call now for your FREE Hypnotic Screening 337-3700 123 Maurice Drive Oakville 10 a.m. - 8 p.m.

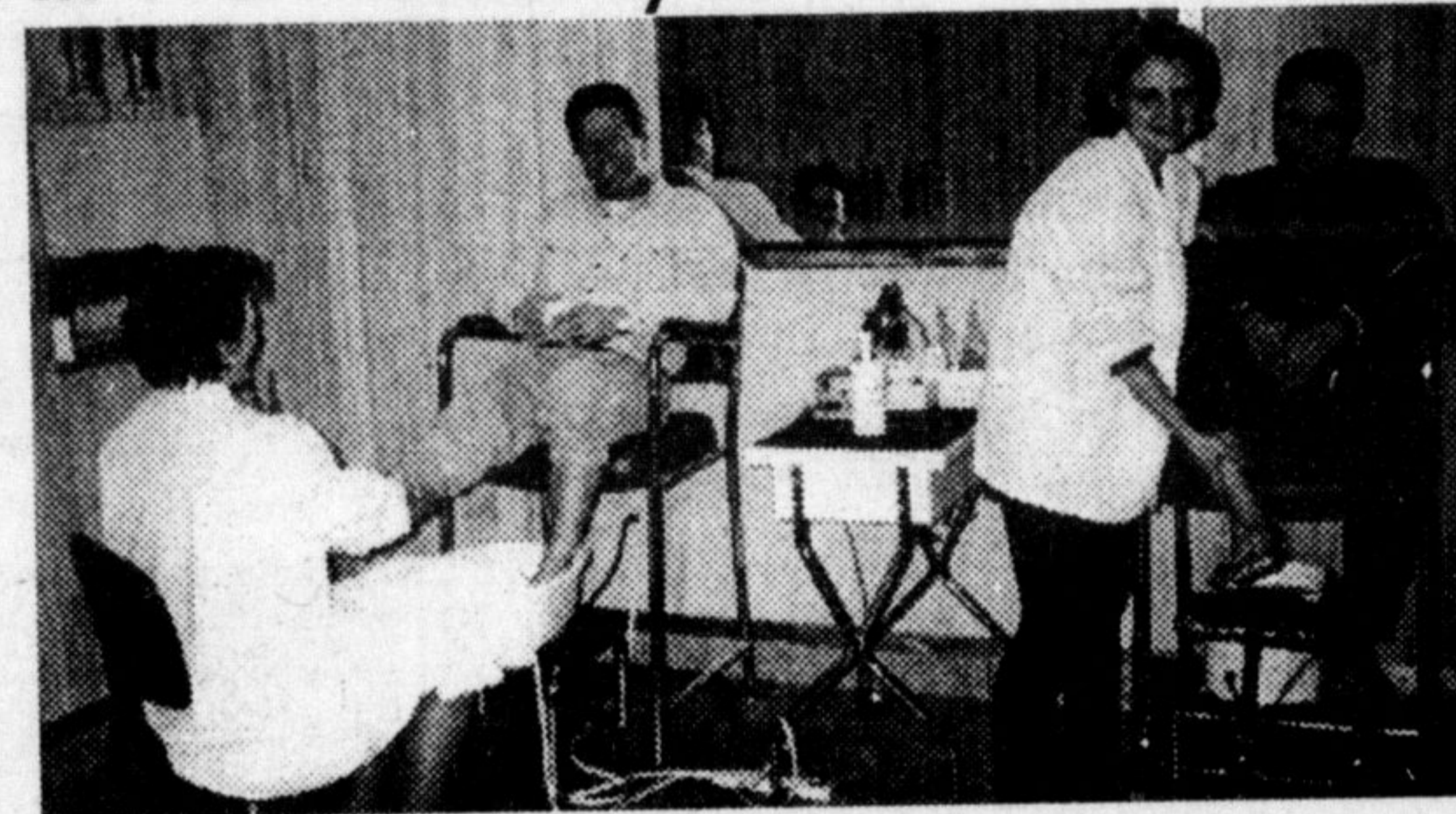


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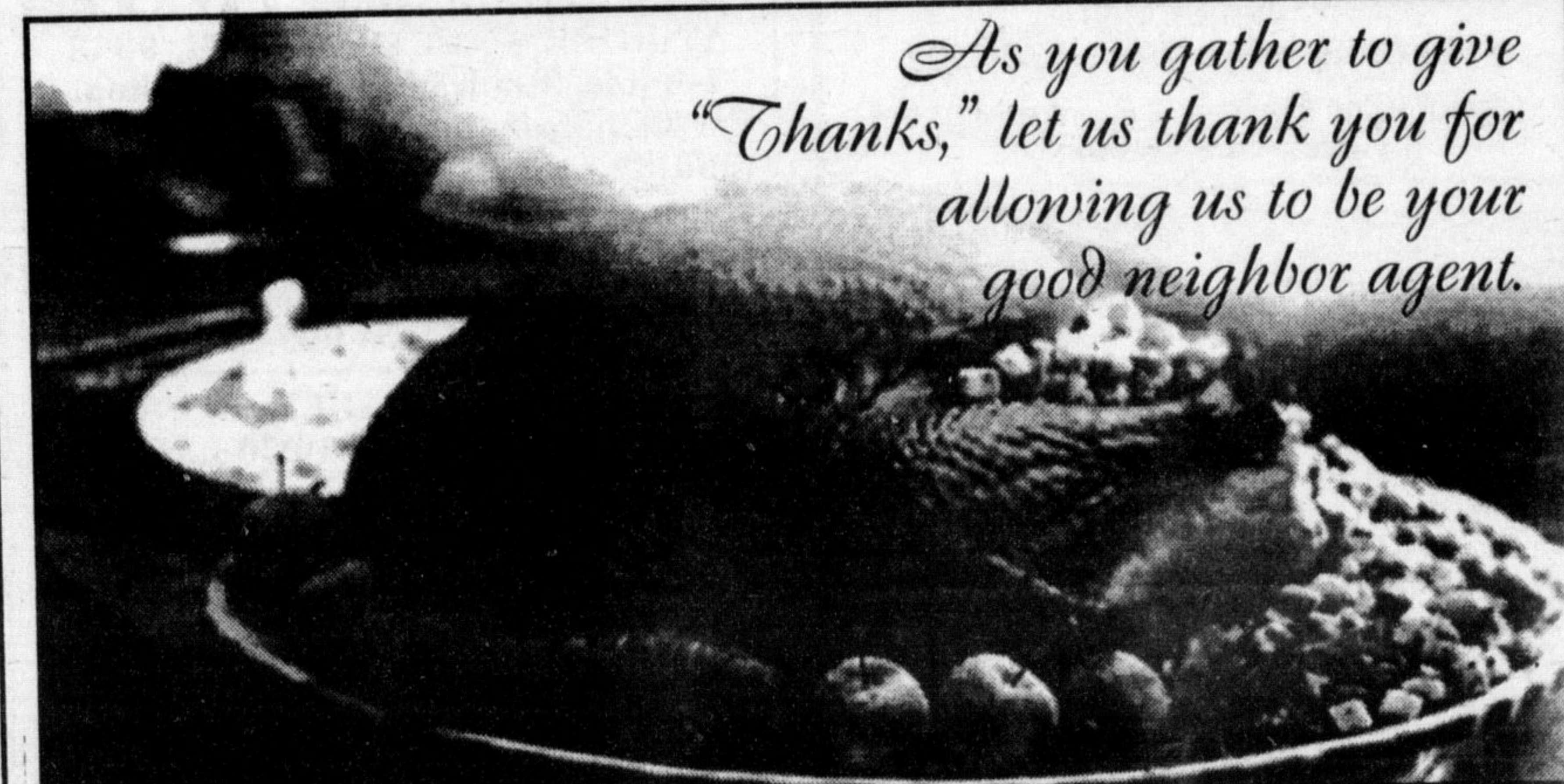


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