



## A NEW YOU! A NEW MILLENIUM!

- Eat real food
- One On One counselling
- All natural herbal approach that works!
- Free no obligation consultation

\*Based on full program. Excludes product.

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**693-9594**  
Mon-Fri 9-7 Sat 10-2



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An idea whose time has come.

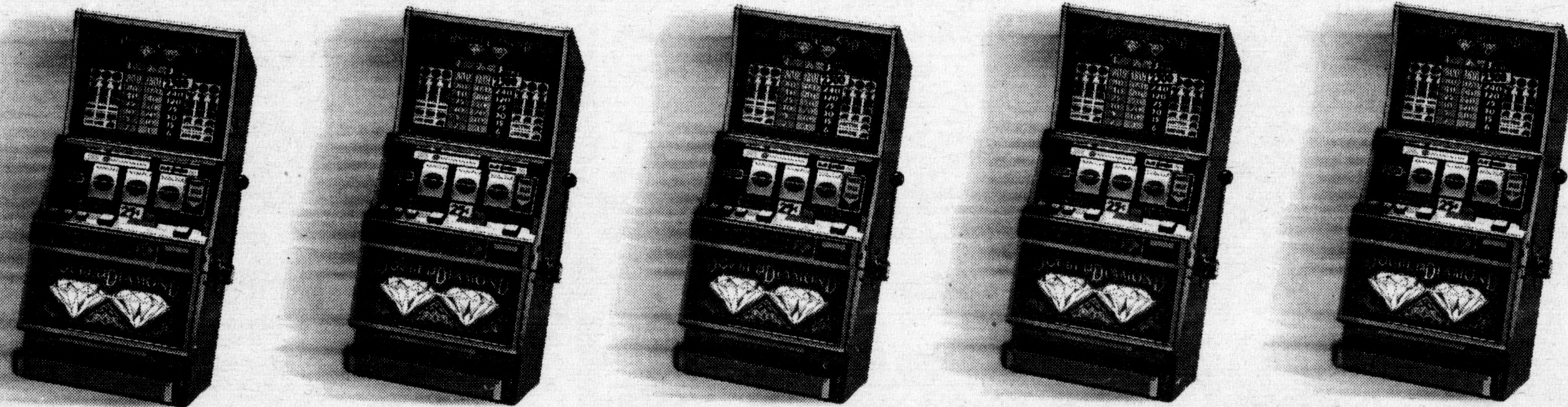
## ✓ Crowd pleasers

About 100 mountain bike competitors including (right) James Forbes and (below) Paul Berger took part in the Observed Bike Trials held recently in the parking lot of Zellers.

Photos by  
GRAHAM PAINE



# They're off!



**Now open from  
11 a.m. till 2 a.m. daily!**

The new slots are ready at Mohawk Raceway, so you can now play your favourites — includ-

ing *Double Diamond*, *Blazing 7's* and *10 Times Pay* — any day of the week. Ask about the rewards of joining *The Winner's Circle*, too, the new club especially for people who love slots. Anyone can join and membership is FREE! So

next time you drop by Mohawk Raceway, try out the slots and discover 750 new ways to set your heart racing!

**NEW! 750 SLOTS AT MOHAWK RACETRACK SLOTS**  
1 KM NORTH OF HWY 401 ON GUELPH LINE



\* See official rules for details at Mohawk Racetrack Slots.