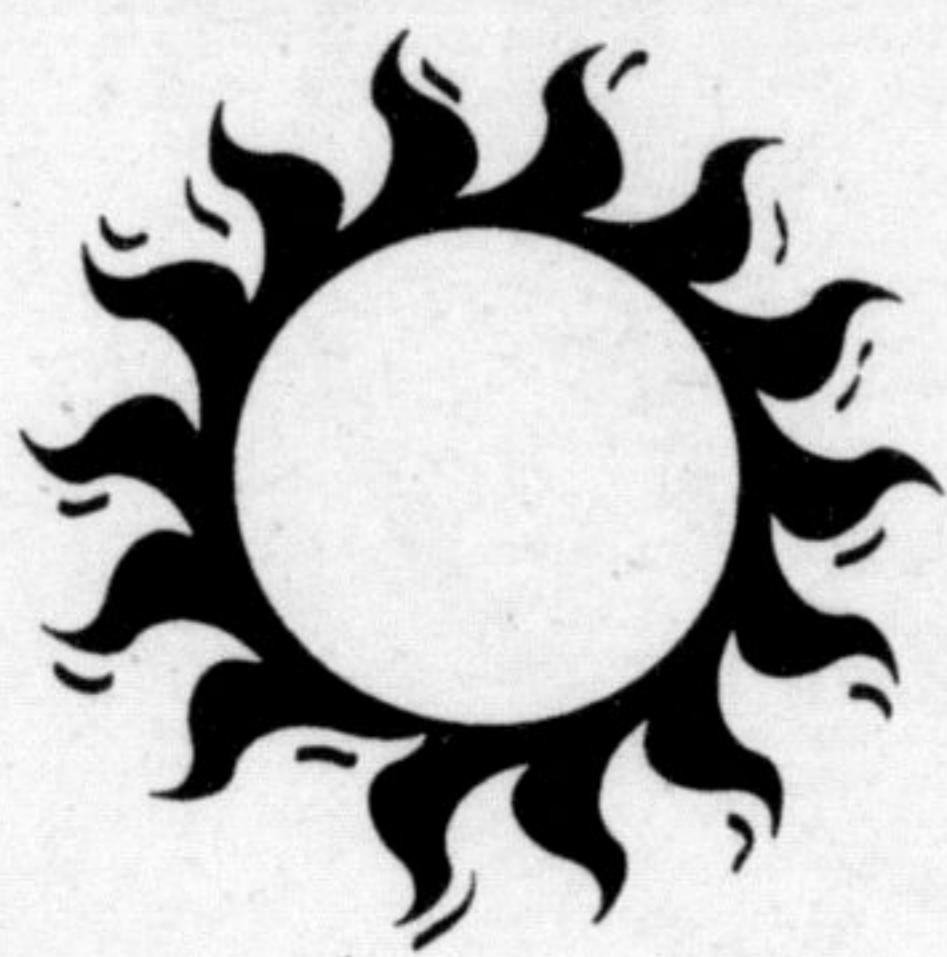


For
goodness
sake . . .



A good health
tip from
Milton District
Hospital



Nothing like a
mid-day walk

Too much time indoors during the winter months can rob you of the sunlight needed for your brain to make the necessary hormone, serotonin, which suppresses appetite and makes you feel good. Beat those winter blues! Bundle up and get out of the house or office by going for a walk at lunchtime. There is nothing like an invigorating mid-day walk to clear your head and boost your spirit.

"For goodness sake"
is brought to you courtesy of



Halton Healthcare
S · E · R · V · I · C · E · S

and
The Canadian Champion

"I'm Going to
LOSE WEIGHT."

Promises, promises.
This time, get results! Drop by and get started
on a proven weight loss program, today.

- one-on-one service
- trained health counsellors
- safe, all natural herbal programs
- no fad diets, no shakes, bars or shots

Call
Now

JUST REAL FOOD AND LOST POUNDS

Herbal Magic™

Systems International
Weight Management and Nutrition Centres

15 Martin St., Carriage Square

Hours:
Monday - Friday . . . 9 am to 7 pm
Saturday 10 am to 2 pm

693-9594

WHO DOES IT!

APPLIANCE PARTS SALES

**M.A.R.C.H.
MECHANICAL LTD.**

PARTS FOR
Washers • Dryers • Ranges • Freezers
Refrigerators • Dishwashers

785 Main Street East **876-1138**

Across from the GO Station

KITCHEN CABINETS

Concept Cabinets

Kitchen & Vanity Cabinets
Architectural Cabinets
Store Fixtures
Custom Millwork

**\$150 in FREE
Accessories with a
new kitchen.**

785 Main St. East, Unit #3 **878-9177**

GARAGE DOORS

**R&R
COMPANY**

Garage Doors - Electric Openers
SALES, SERVICE AND INSTALLATION
Windows, Entrance Doors, Storm
Doors,
Patio Doors

TEL: 519-853-2114 (ACTON)

PAINTING & RENOVATIONS



**S.W. Painting
& Renovations**

Residential & Commercial
FREE Estimates

(905) 876-4023 Stan

HEATING

M.A.R.C.H.

- Water Furnace Systems
- Heat Pumps - Air Ground & Water Sources
- Central & Room Air
- Gas Propane and Electric Furnaces
- High Efficiency Air Filters & Humidifiers

785 Main Street East

876-1138 (Service) 875-2700 (Sales)

ROOFING

J HARDIMAN ROOFING

- OVER 50 YEARS EXPERIENCE FREE ESTIMATES
- Reroofing Asphalt • Wooden Shingles • Flat Roofs
 - Tar and Gravel, App Modified Roofing Systems & Metal Roofs • Skylight Installation
 - Repairs to Roof Sheeting

All Workers Covered by Workman's Comp.

876-0958 • 1-877-677-4958

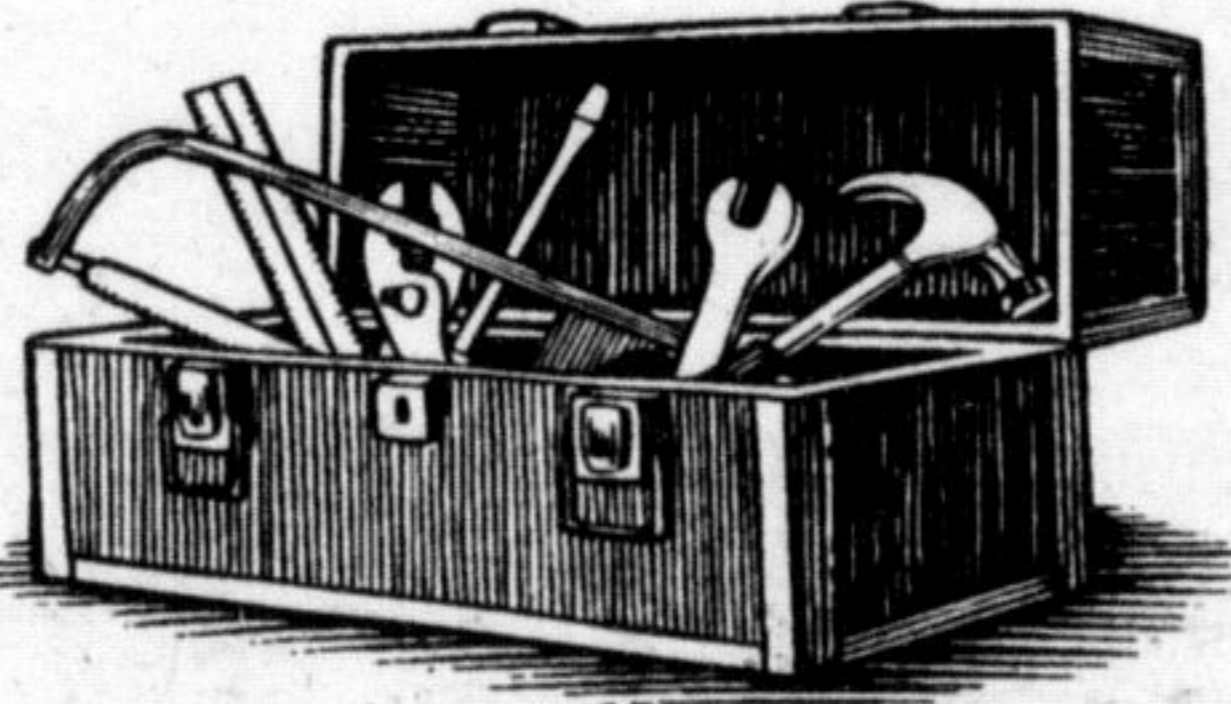
SEPTIC PUMPING

**SEPTIC TANK PUMPING
Robert Noble Ltd.**

- 180 ft. of hose for crossing lawns,
- 3 radio dispatched trucks to serve you.

Don't wait for trouble - Pump before it's too late!
(Should pump at least every 3 years)
Never use coloured or double ply toilet paper.

(519) 853-0500 Acton
Answering Service 878-6869
OVER 20 YEARS EXPERIENCE!



To advertise in this spot please call
Carolyn at
The Canadian Champion
878-2341

Dateline

• from DATELINE on page 9

apy program held every Tuesday and Thursday or Wednesday and Friday from 11 a.m. to noon. Sessions are six weeks in duration and are held year-round at the Milton Leisure Centre. Individuals with fibromyalgia or heart conditions are welcome. For further information call 875-1320, 878-1331 or 878-4406.

Thursday Feb. 3

Join researcher Jennifer Jarvis for 'Odyssey-Experience with Extraterrestrial Intelligence' at 7:30 p.m. at Hugh Foster Hall. The lecture is presented by the Canadian Federation of University Women — Milton and District. For more information call 878-2421.

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts **Seniors Cinemas** every Thursday at 1:30 p.m. Admission costs \$1. Call 875-1681 for February's feature performances.

Residents concerned about crime and policing in their neighbourhood can attend the **Milton Community Policing Committee** at 7 p.m. in the Community Room at the Milton police station on Childs Drive. New members are welcome. Call 878-3623.

The Victorian Order of Nurses holds a **foot care clinic** from 1 to 4 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr.

Prenatal program '**Healthiest Babies Possible**' is accepting registration for 2000. Sessions are held Thursday evenings and include topics such as having a healthy nine months, becoming a parent and more. For registration, call 693-4242, ext. 7899.

Friday Feb. 4

The Canadian Red Cross Society hosts an **emergency and standard first aid and CPR course** February 5 and 6. Deadline for registration for the course is today. For details call 875-1459.

Saturday Feb. 5

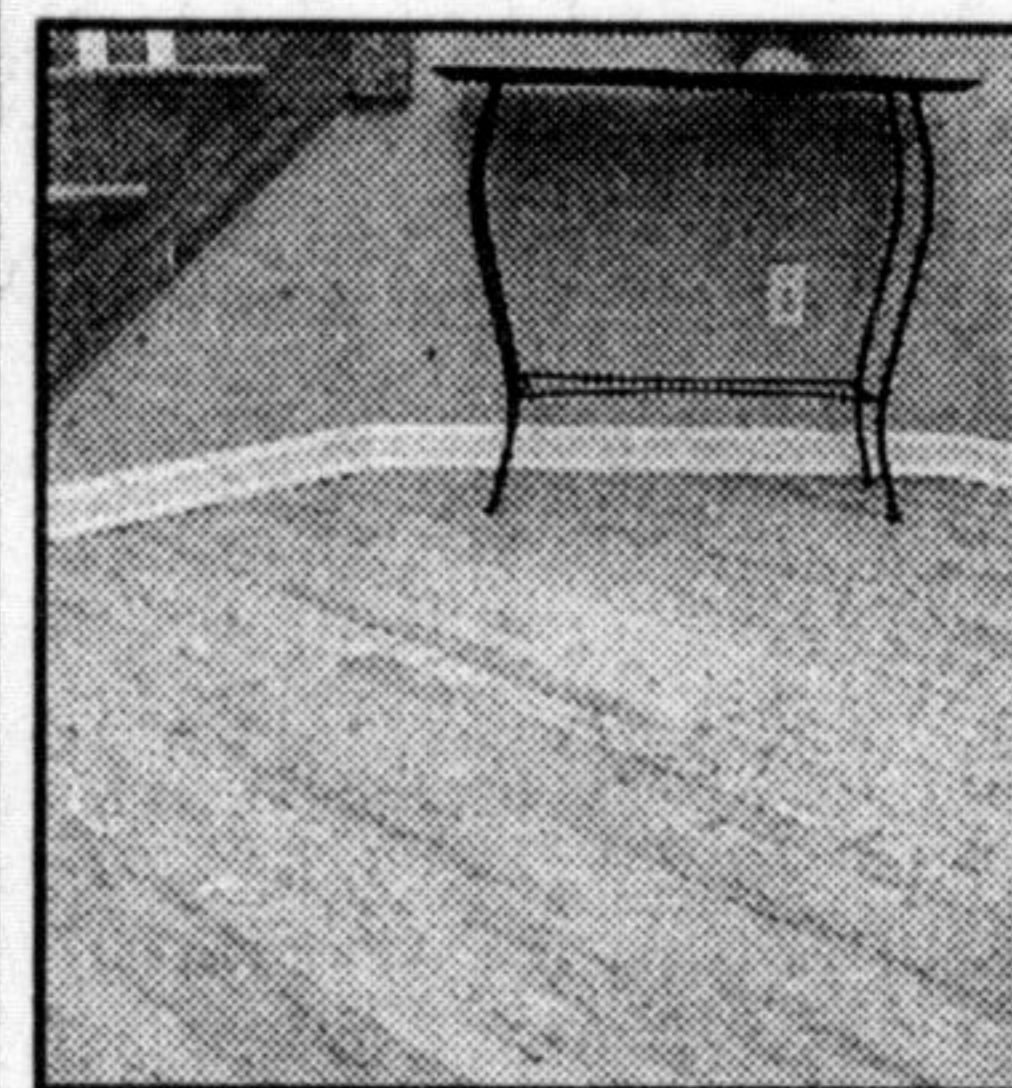
The Halton Rape Crisis Centre hosts its fifth annual **silent auction** at the Galaxy 707 Club on the North Service Road, just east of Trafalgar Road, in Oakville. The preview is at 6:30 p.m. with the auction going from 7 to 11 p.m. Tickets costs \$15 and include live entertainment, hors d'oeuvres, wine and beer tasting and a chance to win a ruby ring just in time for Valentine's Day.

Monday Feb. 7

The Milton Seniors' Activity Centre hosts a trip to **Casino-Rama**. Tickets cost \$5 for centre members and \$7 for non-members. Call 875-1681 to sign up.

Learn to write a resume, covering letter and contact card at the Milton Human Resource Centre from 9:30 a.m. to 3:30 p.m. For more information call 876-9828.

**BRAMPTON
HARDWOOD FLOORS**



This Month's Specials

Bruce Tavern
starting at **\$3.49** sq.ft.
Laminate Flooring
As Low As **\$1.99** per sq.ft.
**Prefinished Natural
Maple Tavern grade**
\$3.99 sq.ft.

LIMITED QUANTITIES!

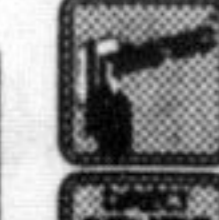
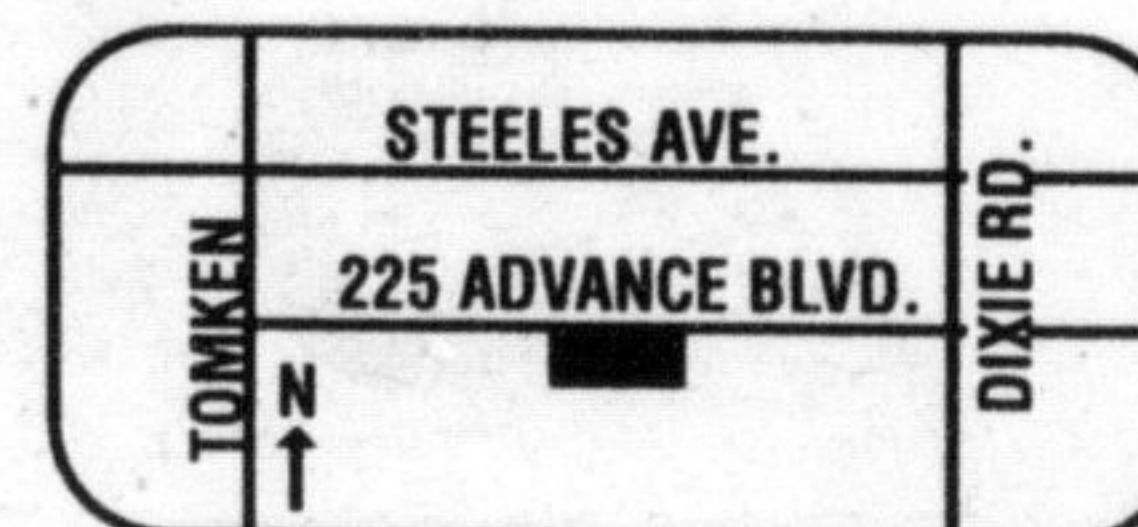
- * IN STOCK QUALITY HARDWOOD FLOORING - PREFINISHED OR UNFINISHED
- * EXPERT INSTALLATION & FLOOR FINISHING AVAILABLE
- * HUNDREDS OF SAMPLES TO CHOOSE FROM
- * DO-IT-YOURSELF & SAVE, ALL MATERIALS SUPPLIED, TOOLS AVAILABLE
- * COME VISIT OUR SHOWROOM AND WAREHOUSE

STORE HOURS:

Mon.-Wed. 7 a.m.-6 p.m.
Thurs. & Fri. 7 a.m.-7 p.m.
Sat. 7 a.m.-4 p.m.

VISIT OUR WEBSITE:

www.bramptonhardwood.com



450-6268