

For
goodness
sake . . .



A good health
tip from
Milton District
Hospital



Deadly Sweets

A medicine cabinet may look like a candy store shelf to a young child. Chocolate laxative, candy like vitamins, antacids, cough drops, and sweet syrupy cough medications all seem like such tempting but forbidding treats. Teach your children that drugs are not candy. Always store medicines in a locked cupboard and remember that childproof caps only work when we use them. Keep a bottle of ipecac syrup for emergencies, in case a doctor advises you to induce vomiting. The number for poison control is (416) 813-5900 or 1-800-268-9017

"For goodness sake"
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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 if 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.

Tuesday Mar. 14

The Milton Seniors' Activity Centre's **Lunch Bunch** gets together for fun, fellowship and the latest news. Call the centre at 875-1681 for the March location.

The Milton Seniors' Activity Centre, 500 Childs Dr., offers an

Income Tax Clinic from 9 a.m. to noon. Call 875-1681 for details.

Learn to write a resume, cover letter and contact card at the Milton Human Resource Centre. For details call 876-9828.

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

The **Trillium Photographic Club** invites the public to a presentation by expert photographers Kay and John Ryckman as they share images of mystic Ireland and a wee bit more at 8 p.m. at the East Plains United Church, 375 Plains Rd. E., in Burlington. Call Marilyn Chayka at 634-7755 for more information.

Wednesday Mar. 15

Join the Milton Seniors' Activity Centre for a dinner theatre outing to **Stage West**. Enjoy the buffet dinner, then the feature performance of British farce 'Run for Your Wife'. Call the centre at 875-1681 to sign up.

Join the **Friendship Club** at 1 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. The topic is, 'The Places I Have Been'.

It's not too late to register for session three at the **Milton Springers Gymnastics Club**. Classes start March 18 and run for 13 weeks. Many programs are available. Late registration takes place from March 20 to 22 from 6 to 8 p.m. at 180 Nipissing Rd. Call 878-5030 for details.

Present Reality is in concert at Milton Alliance Church, 2850 Derry Rd., at 7 p.m. This is an evening of live praise and worship music geared toward the youth and the young at heart. All are welcome. The cost is \$5.

Drop by the Loblaws community room at 11:30 a.m. to attend Milton's **Wheels to Meals Luncheon**. Transportation and assistance can be arranged for those who need it. For a cost of \$5, everyone is invited for a hot meal and a fun time. Contact Mary at 878-6699 for details.

Thursday Mar. 16

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.

The Milton Historical Society and Leslie Fitch, chief librarian, present '**A History of the Milton Public Library System**' at 7:30 p.m. at Hugh Foster Hall.

Friday Mar. 17

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts the **Here's to the Irish** tribute and fundraiser. Activities include Irish dancing by young talent as well as a sing-a-long by the Song Spinners and light refreshments. Curtain time is 8 p.m.

Saturday Mar. 18

Buy your tickets now for the **Worthy Matron's Project Dinner** to be held at St. Clair Masonic Hall, 6321 Regional Road 25. Tickets cost \$15 for adults and \$7.50 for children under 12 years of age. Call Maisie MacKay at 878-5133 for tickets.

Register now with the Canadian Red Cross Society, 42 Bronte St. S., to attend the **Basic Rescuer CPR Courses**. Lessons include how to prevent injuries and to deliver CPR with confidence and care. Call 875-1459 to register now.

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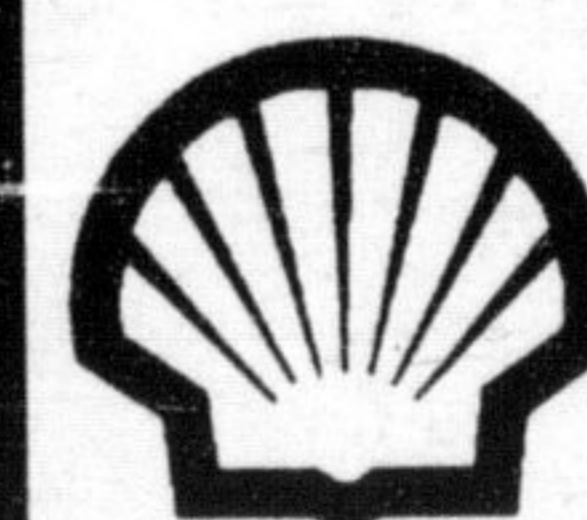
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