



Go for the Green! Contest Winner

*Congratulations to
Evelyn Zanatta
of Milton*

**Evelyn was the winner of
Dinner for 2 at the
The Ivy Arms**

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, faxed to (905) 878-4943, or e-mailed to miltoned@haltonsearch.com. 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 March 27

Registration begins for the **spring session at Kilbride Public School**. Half-day programs for children aged 2-and-a-half to 5 years of age run Tuesday, Wednesday and Thursday mornings and afternoons. For more information or to register, call Debbie at 336-1667.

Want to improve your communication and leadership skills in a fun and friendly atmosphere? Let **Milton Toastmasters** help.

Everyone is welcome at the Royal Canadian Legion (upper level), 21 Charles St., at 7:30 p.m. Refreshments are served. For more information, call Ross London at 875-3720.

Wednesday March 28

The Halton chapter of **CARP (Canada's Association for the Fifty Plus)** discusses home security at its monthly meeting at the Burlington Seniors' Centre, 2185 New St. The meeting begins at 7:30 p.m. and new members are always welcome. For further details, call 335-5717.

Thursday March 29

The Milton Human Resource Centre hosts an **employment networking seminar** from 9:30 to 11:30 a.m. Call 878-8418, ext. 218, to register.

Get nutritional advice and cooking practice at the St. Paul's United Church **Community Kitchen**. The session runs from 10 a.m. to noon at 123 Main St. E. Call 876-4539 for more information.

The Milton Music Teachers' Association presents a **student recital** at the Milton Seniors' Activity Centre, 500 Childs Dr., at 7 p.m. All are welcome.

Friday March 30

The Milton Leisure Centre presents **Makeover Madness Night**

for youths age 9 to 13 years from 6:30 to 9:30 p.m. The evening includes lots for both boys and girls to do. Tickets cost \$3.50 each and must be purchased by Wednesday, Mar. 28. Call 878-7946 to order tickets or for more information.

Friday March 30 - April 1

The **Tuesday Painters Group's Art Show and Sale** runs from 4 to 9 p.m. Friday and 10 a.m. to 5 p.m. Saturday and Sunday upstairs at Loblaws. Admission is free.

Saturday March 31

The Milton Seniors' Activity Centre hosts a **potluck, movie and games night** starting at 5:30 p.m. The cost is \$2 per person and those interested in attending are asked to RSVP at 875-1681.

The **Milton Players Theatre Group** sells tickets to its next show 'Don't Dress for Dinner' at Milton Mall between 10 a.m. and 4 p.m.

Sunday April 1

The Milton Choristers presents **'Majesty of Baroque'** at 3 p.m. at Knox Presbyterian Church. The concert features the melodious strains of Vivaldi's 'Gloria' with special guest soloists Monette Gould and Marion Newman. Tickets cost \$12 for adults and \$10 for seniors and students (children aged 12 years and under get in free) and are available at Peggy's and Delacourts or by calling 876-3307.



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Friday March 30, Saturday March 31, & Sunday April 1

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HYPNOSIS

Q: How does hypnosis work?

A: Our minds work on two levels - conscious and subconscious. We make decisions, think and act with our conscious mind. The subconscious controls our habits. In hypnosis the conscious mind is subdued, while the subconscious becomes more aware. Positive suggestions given by the hypnotist are readily accepted in this altered state. Also, the subconscious is no subject to time. This is why our clients often state that their new habits seem "easy" and effortless" after hypnosis.

Q: Will hypnosis work for me?

A: Generally speaking, every normal person is hypnotizable - that is, people with an I.Q. of at least 70 who have no severe mental disorders. Therefore, most anyone can take advantage of hypnosis. With cooperation and reasonable commitment, you can expect excellent results with weight loss, stop smoking and stress reduction.



SUSAN CHORNEY
Certified Hypnotist

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