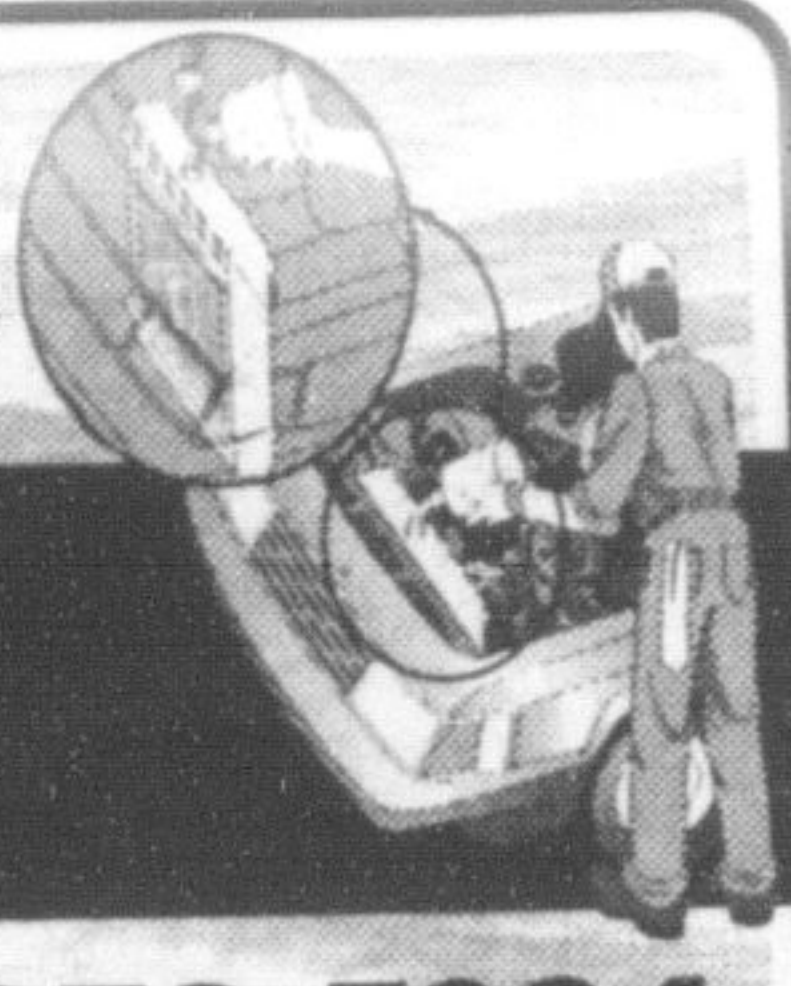


The Country Rad and staff greatly appreciate the support of the Milton Community for voting us...



FAVOURITE RADIATOR SHOP

4th Line, Milton

905-878-5924



Congratulations!

to the Winners of the Canadian Champion Milton's Choice Shopping Spree at Quality Greens!

The winner from the nominees ballot was Teresa Bessette of Milton and the winner from the final ballot was Heather Platt of Orangeville. Congratulations to Teresa and Heather.

Chiropractic care can make a change to your life

To benefit from chiropractic care patients need only one thing - a spine.

"Chiropractic medicine is for everyone," said Dr. D.L. Phillips, chiropractor at Milton Pain Management Clinic.

Since 1973 the clinic has offered three types of services: first aid care, corrective care and preventative maintenance care. The key to Dr. Phillips' long-term success is his friendly and approachable attitude.

"I try to be really honest with people," Dr. Phillips said. "You just have to be yourself."

Individuals plagued by headaches, strains, sprains, shoulder, back, and neck problems have all benefited from chiropractic care.

Dr. Phillips said many of his clients initially visit because of problems they thought would go away, but don't.

"If you have a fall or injury you may have hurt yourself a lot more than you think," Dr. Phillips

said.

Unlike traditional medicine chiropractors can detect if there's a problem. In most cases problems began five, ten even 20 years ago and the patient has just learned to live with it.

Even dogs, cats and horses can suffer from spinal related problems which Dr. Phillips is also licensed to treat.

Recently Dr. Phillips was appointed the position of chiropractic healthcare editor for the web site www.suite101.com.

"It's sort of set up like a library," Dr. Phillips said.

The site offers information from 1500 editors covering differing hobbies and fields of interest. Dr. Phillips encourages individuals to visit the site which he submits articles to weekly.

The clinic is located at
310 Main St. Suite 201
905-878-5656

Dressing kids economically at As We Grow

Everyone wants their children to look and feel great but children's clothes can be money draining.

As We Grow can provide the best of both worlds - beautiful brand name clothes at an affordable price.

The 24 year old business has been under the care of owner Sandi Buehler for the last two and a half years, during which time it has moved to a larger location.

"The business is growing and we needed more room," Ms Buehler said.

The move allowed for a new play area complete with toys and Disney movies to be installed. So, well Mom or Dad shop for great deals, the children can have fun too.

As We Grow offers a full line of resale and new clothing for infants to teens. Clothing selection varies from the most modest clothing to name brands such as Osh Kosh and GAP.

"Anything babies need, we have it all in resale,"

Ms Buehler said.

Resale items include bibs, strollers, back packs, furniture, etc. Inventory is constantly updated from consigners in Guelph, Acton, Oakville, Cambridge and Milton.

Though Ms Buehler said she learned swimsuits are required to be in stock year round, the rest of the clothing line changes with the season. Currently the store is stocked with spring and summer fashions including new summer sandals.

Anything still around at the end of the season is donated to various charity organizations.

For those individuals still weary of resale items Ms Buehler offers some good advice.

"The difference between new and used is one laundering. If you wash it once it's used," she said.

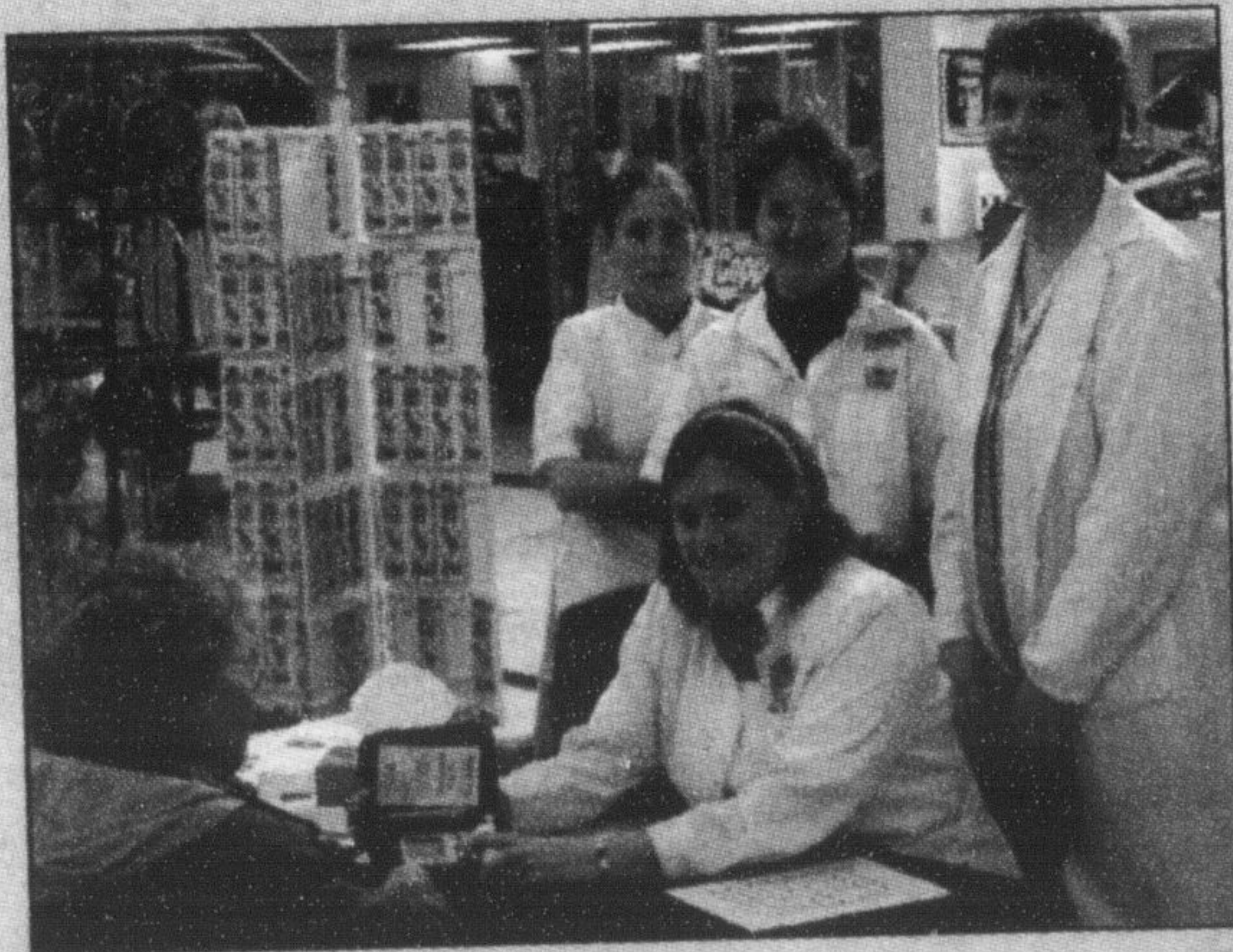
As We Grow is located at
363 and 365 Main St. E.
905-876-3311

We wish to thank our customers for voting us Favourite Pharmacy

Our pharmacy team at the recent Diabetes Clinic.

Visit us on May 10 for the next Asthma Clinic

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Thank you for voting us Favourite Banquet Venue for the 3rd year!

• *Grand to the Country*

• *Unique banquet halls serving 50 - 500*

• *Catering for all occasions*

• *European and ethnic cuisine*

• *Events tailored specially for you*

• *Courtyard gardens, gazebo, waterfall & fountains*

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