

Lifestyles

Sharon Ninaber shows off the scrapbooks she's created for her four children. For the past year, the Milton resident has been holding scrapbook workshops out of her home once a week. She discovered the art of scrapbook designing while living in British Columbia. Her designs were featured in the Creating Keepsakes 2002 Idea Book.

Photo by
GRAHAM PAINE



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DENTURE ADVENTURE



by
GARRY TRENTON
Denturist

THE VALUE OF A "SMILE"

IT COSTS NOTHING, BUT CREATES MUCH.
IT ENRICHES THOSE WHO RECEIVE IT, WITHOUT IMPOVERISHING THOSE WHO GIVE IT.
IT HAPPENS IN A FLASH, BUT THE MEMORY OF IT SOMETIMES LASTS FOREVER.
IT CANNOT BE BEGGED, BORROWED, OR STOLEN BUT IT IS OF NO EARTHLY GOOD TO ANYONE, UNTIL ITS GIVEN AWAY!
SO IF IN YOUR HURRY, YOU RUN ACROSS SOMEONE TOO WEARY TO SMILE, LEAVE ONE OF YOURS!
BECAUSE, NO ONE NEEDS A SMILE AS MUCH AS HE WHO HAS NONE TO GIVE.
AUTHOR UNKNOWN
YOU DO NOT NEED A REFERRAL; SIMPLY CALL OUR OFFICE DIRECT.
"WE CARE ABOUT YOUR SMILE!"

MILTON DENTURE CLINIC
Garry Trenton, Denturist
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Scrapbooking can be creative outlet

By **FANNIE SUNSHINE**
The Champion

Before putting together a scrapbook, one must make several important decisions - what the theme will be, how to decorate the pages and how big you want your book of memories to be.

For the past three years, Sharon Ninaber has been busy making scrapbooks for each of her four children.

The Miltonian was first introduced to the art of scrapbook designing while living in British Columbia several years ago.

"It's huge out west and it has just started to come to Ontario recently," she said, adding her designs are featured in the Creating Keepsakes 2002 Idea Book. "My girlfriend got into it a few years ago

and I thought the books were amazing."

When purchasing a scrapbook, the paper must be acid free in order to keep the pages from deteriorating, she continued. "This way the books will last for generations. The yellow colour from old paper won't fade if you use acid-free products."

For the past year, Ms Ninaber has held scrapbook workshops out of her home once a week to help beginners get started.

"Some people don't want to tackle their child's life history. So the theme might be birthdays and for each birthday you might put a picture and a note on the page and so on. Or you might do an ABC book. You could have a picture of your child and the letter A for alligator, and have a picture, and then do the rest of the alphabet on each page."

Scrapbooks also make for great wedding presents, Ms Ninaber said, adding you can get as creative as you want when putting a book together.

"There are a lot of Web sites out there with poems. You can also add stickers and ribbons to emphasize the theme of the page."

If you want to make a scrapbook but don't know where to begin, she suggests sorting through the photos and selecting the best ones.

"Then you have to decide on a theme. It could be birthdays, Christmas or special occasions. You have to decide before you start the book how deep you want to get into the history."

Some people prefer to design their books in chronological order, Ms Ninaber continued, but added chronology isn't key.

"Each page can have a theme. You can have a picture of someone in the garden and then decorate the page with garden stickers or cut outs and then paste a few words about what's happening. I did a page with a beach theme and put a sun, water and

• see **RESULT** on page 12

It's funny how I keep going back to old days

A friend from high school e-mailed me the other day. I had come across his brother through work, recognized the last name, and what do you know, it's a small world.

He was a school friend, which meant we were friends at school, but not out of school. I hadn't seen him in about 25 years, which really made no difference. When a group of people go through a war together they seem to have a life-time bond.

I thought maybe I'd like to forget my high school years, but I find I can remember them better than I can remember things that happened last week. And the more time that goes by the more fondly I remember them. Maybe the older we get the more likely we are to look back instead of to the future.

Not that I'm anxious to go to a reunion. I'm 100 pounds heavier than I was in high



On the loose

with **MURRAY TOWNSEND**

school and have considerably less hair than the locks that went halfway down my back. Otherwise I'd go, just to feel good about the other guys who put on 100 pounds and lost their hair.

Of course, I still picture people as I did in high school, so I assume they picture me the same way. I wouldn't want to ruin that

• see **I'M** on page 12

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