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35TH BIRTHDAY CELEBRATION!

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**WE'RE GIVING AWAY 190 EURO-PRO Model 7545 SEWING MACHINES
...THAT'S 1 SEWING MACHINE PER STORE PER WEEK FOR 3 WEEKS!**

Just come in and fill out a ballot each week and deposit in ballot box. No purchase necessary. We're also giving away 35 \$35 Gift Certificates per store. Full draw details available in-store. Birthday Sale in effect April from 7-27, 2003.

547 Main St. E. MILTON 878-0931

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Special Purchase!
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Special Selection!
FLEECE BONANZA CLEARANCE 150cm wide.
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Our Reg. 5.98 m NOW 3.88 m

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Special Selection!
'Celebrity' SATEEN SOLIDS 140cm wide.
Our Reg. 14.98 m NOW 7.49m YOU SAVE 50%!

1 Week Only - April 7-13
Entire In-Store Stock!
McCALL'S PATTERNS
Individually priced. **2.49 ea.**
In-stock only. Not valid with any other discounts.

**And Any Regularly Priced
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Not Already On Sale
SAVE 35% OFF**
Our Regular Prices

Sale in effect April 7-27, 2003 on selected in-stock merchandise only. Sorry no special orders. Look for the red sale tags.

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Opening Your Pond

As the water now starts to warm up after the cold winter, ice on the pond begins to disappear. The pond de-icer worked well all winter, but now can be stored away until next fall. The fish are moving closer to the surface but you had better check the water temperature before you start to feed them, and remember, it still gets cold at night. Water must stay at 10 degrees C. Remember to use vegetable based food and add vitamin supplements to it every ten days. The fish are really stressed at this time and this will help to rebuild their immune systems.

Fish will be prone to disease at this time due to their weakened immune system, so prevention is the best medicine. Treat the pond with a disinfectant. I suggest a product called CYPRINOPUR. When buds start to show on your plants, the water is probably warm enough to work in.

Now you can take your pond down by a third. Move out all the plant material to give yourself room to clean out the leaves and twigs that have fallen in over the winter. If you had used micro lift (fall treatment) it would have been working during the winter to break down leaves and debris in the pond. At this time you can re-pot any plants that have outgrown their pots. Divide lilies when they show roots outside their pot. In any plant material used in your pond, the larger the pot or grow bag, the better results you'll get from the plant. Take the container you provided for the frogs out of the pond and store it for next year. After plants are divided, re-potted, fertilized and placed back in their summer spots, and the pond is cleaned of most debris, you are ready for the next step.

Put the pump in place and fill the pond back up. Now because you did more than a 20% water exchange, you need to treat the water. Again I suggest micro lift be used. I have used it over the years and find it to be an excellent product. A lot of fish that survived the winter still die in the spring because they can no longer fight off disease or parasites. The extra preventative measures will give you more years of enjoyment from your aquatic friends.

Algae is probably the first growth you will see in the spring. Not to worry, this is a natural occurrence every year because the algae has nothing to compete with. Once the pond plants are growing and if there are enough of them, you will see the water clearing as your pond comes into balance.

For now and for future reference, to calculate how much water is in your pond, this formula will be very close; rectangular pond length x width x average depth x 7.5, round ponds 1/2 diameter x 1/2 of the diameter again x average depth x 3.4 z 7.5.

Enjoy your pond for another season.

Milton Therapeutic Massage Clinic

75 Main St., Ste. 10
Milton Medical Buildings
905-878-0800

Jillian Guard (Hons.) B.Sc., RMT
Cathleen McTavish RMT
Ryan Weaver B.Sc., RMT

Registered Massage Therapy

Q: How does muscle contraction work?
A: Muscle tissue consists of hundreds to thousands of fibers (cells), connective tissue, blood vessels, and nerve fibers. Each muscle fiber is composed of myofibrils, which are bundles of contractile filaments called myofilaments. All fibers and filaments in a muscle cell run parallel to one another.

All myofibrils are separated into contractile units called sarcomeres. When a muscles contracts, its individual sarcomeres shorten, resulting in shortening of the muscle cell as a whole.

How does this shortening occur? The **sliding filament theory** was proposed in the 1950's and states that during contraction thin protein filaments slide back to its resting position of very little overlap. If you point the fingers of each hand towards each other and push them together so that the fingers slide past one another until they all overlap, you will have a clear picture of how this works.

The normal activity of muscles is absolutely dependent on its nerve supply and its rich blood supply. Each muscle fiber is supplied with a nerve ending that controls its activity. The contraction of muscle requires huge amounts of energy and can only occur with its continuous supply of blood. Without the presence of calcium and ATP (molecular energy) contraction ceases and muscle filaments stick together causing *rigor mortis* (the stiffening of muscles 3-4 hours after death)

However, when muscles tighten up due to injury or spasm, this prevents an adequate blood supply from reaching the inside of the muscle - muscle fibers stick together and metabolic wastes build up, causing pain. This is what we call a "knot", and this "knot" must be loosened to increase the supply of blood and relieve the area.

Please call Ryan or Jillian at the Milton Therapeutic Massage Clinic, if you have any questions concerning massage therapy or would like to book an appointment. 878-0800.

Clinic Hours: Mon.-Fri. 8-8 • Sat. 10-2 • Closed Sunday

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion
191 Main Street E., Milton, Ontario L9T 4N9
or Fax to: 878-4943

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Q: What can I do to protect my computer from viruses?
A: Computer viruses have become a very serious issue during recent years, and with good cause. Any computer is at risk of becoming infected by a virus. A computer virus can be received through an e-mail, from using file sharing programs over the internet or even from using an infected floppy disk. Computer viruses are called such because they behave in many ways like biological viruses do. A computer virus is spread from computer to computer like a biological virus passes from person to person. A virus will alter the way your computer works ranging from minor aggravations to system crashes and loss of data.

The best way to protect your computer from viruses is by purchasing and installing anti-virus software such as Norton Anti-Virus® or McAfee Anti-Virus®. These are both well known programs and can be purchased at most places that sell software. Not only will installing anti-virus software protect your computer from any future threats, it also has the ability to scan and clean your machine of any current ones that may already exist. Installing the software is important, but it is only the first step. The second step is to make sure that the anti-virus software is kept up to date with the most recent virus definition files. These files are what identify and protect your computer from the hundreds of new viruses, e-mail viruses, worms, and Trojan horses that are created and distributed each day. However, most anti-virus software today has the ability to update itself as needed while you are connected to the internet.

The second best way of protecting yourself and your computer from a virus attack is by using some good old common sense. If you see a suspicious email from a person you've never heard of, don't open it. Delete it immediately and empty your trash. Even if you receive an email from a person you know and there is an attachment included which you were not expecting or unfamiliar with, contact the sender and check with the person to make sure that it is safe to open.

Educate yourself and all of the computer users in your household or business regarding the dangers of computer viruses. Visit your computer professional for additional information.