



BE A DESIGNATED DRIVER



Join the many people who agree not to drink alcoholic beverages...and to drive everyone in their group home safely.

Dateline

• from DATELINE on page 18 evening. This non-denominational self-support group helps parents of children who are in trouble at home, at school or with the law or who are abusive or taking drugs. The group is a member of Association of Parent Support Groups in Ontario. For meeting time and place, call 1-800-488-5666 or visit www.apsgo.ca.

Calling New Parents, a free program for parents and babies aged 6 months and younger, meets with a public health nurse to discuss parenting and infant care. The group meets at the Milton Community Resource Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 693-4242, ext. 7899.

Milton District Hospital holds a **breastfeeding clinic** with a certified lactation consultant from 9:30 to 11:30 a.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383,

ext. 7030.

St. John Ambulance meets from 7 to 9 p.m. in the community hall in Norval. New volunteers are welcome. For more information, call (905) 877-7658.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Summer Evening Euchre Party** at 7:30 p.m. The cost is \$2. It also holds its **Downsizers Weight Loss Club** at 10 a.m. The cost is \$1.50 for members and \$2 for non-members. For more information, call (905) 875-1681.

Pesticide Alternatives of Milton meets at 7:30 p.m. Visitors and new members are welcome. For more information, call (905) 693-9837.

Wednesday Aug. 4

Wellspring Halton-Peel, a support group for cancer patients and their families, holds its drop-in **Graduate Metastatic Support Group** from 10:30 a.m. to noon at 2545 Sixth Line in Oakville. It also holds drop-in **journaling** from 1 to 3 p.m. For more information, call (905) 257-1988.

The Women's Centre, 210-1515

Rebecca St. in Oakville, holds its **Abuse Support Group** from 6 to 8 p.m. To register, or for more information, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Summer Evening Clogging** from 7 to 8:30 p.m. The cost is \$3 for members and \$3.50 for non-members. Some previous dance experience is required. It holds **contract bridge** at 9:30 a.m. The cost is \$1.50 for members and \$2 for non-members. For more information, call (905) 875-1681.

Thursday Aug. 5

Wellspring Halton-Peel, a support group for cancer patients and their families, holds its drop-in **Ovarian Cancer Support Group** from 10:30 a.m. to noon at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Fine Arts Society of Milton's **Evening Group of Artists** meets from 7 to 10 p.m. at the Milton Mall, upper level. The informal environment provides artists with an opportunity to exercise their drawing skills. For more information, call (905) 878-8955.

Milton District Hospital holds a **breastfeeding clinic** with a certified lactation consultant from 7 to 9 p.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

The Women's Centre, 210-1515 Rebecca St. in Oakville, holds its **Women's Caring and Sharing Circle**, for sharing life's challenges, from 1 to 2 p.m. For more information or to register, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Seniors' Cinemas** at 1:30 p.m. featuring the drama *Miracle*. The cost is \$1, which includes refreshments. It holds **contract bridge** at 1:30 p.m. The cost is \$1.50 for members and \$2 for non-members. It also holds **bid euchre** at 1:30 p.m. New players are welcome. A **foot care clinic** takes place by appointment in the afternoon, performed by a VON nurse. The cost is \$22. For more information on these activities or to make an appointment for the foot care clinic, call (905) 875-1681.

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24/7

Business without advertising is like winking in the dark ~ You know what you're doing ~ but nobody else does!

Which of These Costly Homeseller Mistakes Will You Make When You Sell Your Home?

MILTON, A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their home and become disillusioned - and worse - financially disadvantaged when they put their home on the market.

As this report uncovers, most homesellers

make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable.

In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your free copy of this report, call 1-866-456-1109 and enter ID#2005. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out how you can get the most money for your home.

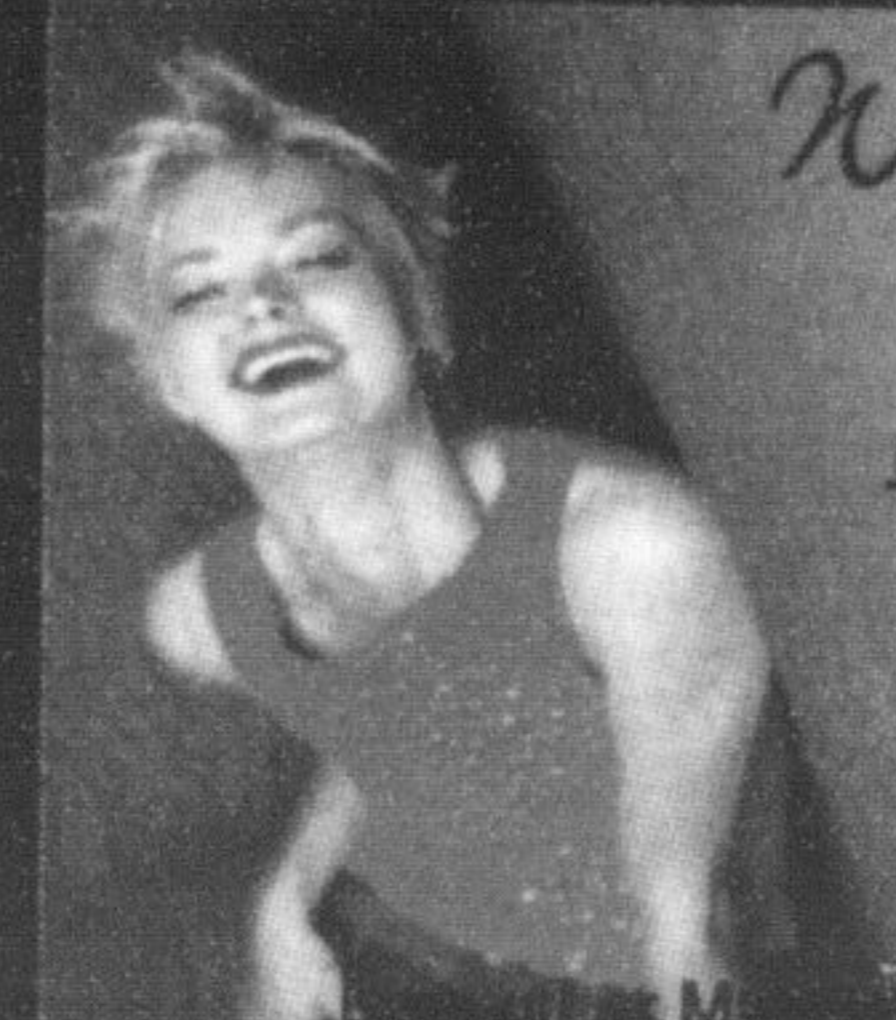
This report is courtesy of Theresa Keates, Remax Blue Springs. Not intended to solicit properties currently listed for sale.

Beauty DIRECTORY YOUR GUIDE TO AREA PROFESSIONALS

Congratulations to Margaret McClelland

Dru entered our 'Where would you like to be pampered?' contest last week and won a \$25 Gift Certificate compliments of:

E-Clips Family Hair Care



Where Would You Like To Be Pampered?

Select your favourite advertisement in this feature and enter to WIN a \$25. Gift Certificate.

My favourite ad is:

Name: _____

Phone: _____

Address: _____

WEEKLY DRAW! Winner announced in upcoming feature!

Mail to: The Canadian Champion 191 Main St. E. P.O. Box 248 L9T 4N9

Summer Special Buy 3 pedicures @ \$90 receive 4th free!

JUST FOR YOU DAY SPA UNISEX AESTHETICS SERVICES 500 STEELES AVE. E. 905-467-3906



Looking for a new look?

We just got one!

Change is good.

Same great service, just a new logo!

SALON GROUP

155 MARY STREET, MILTON 905-878-9533

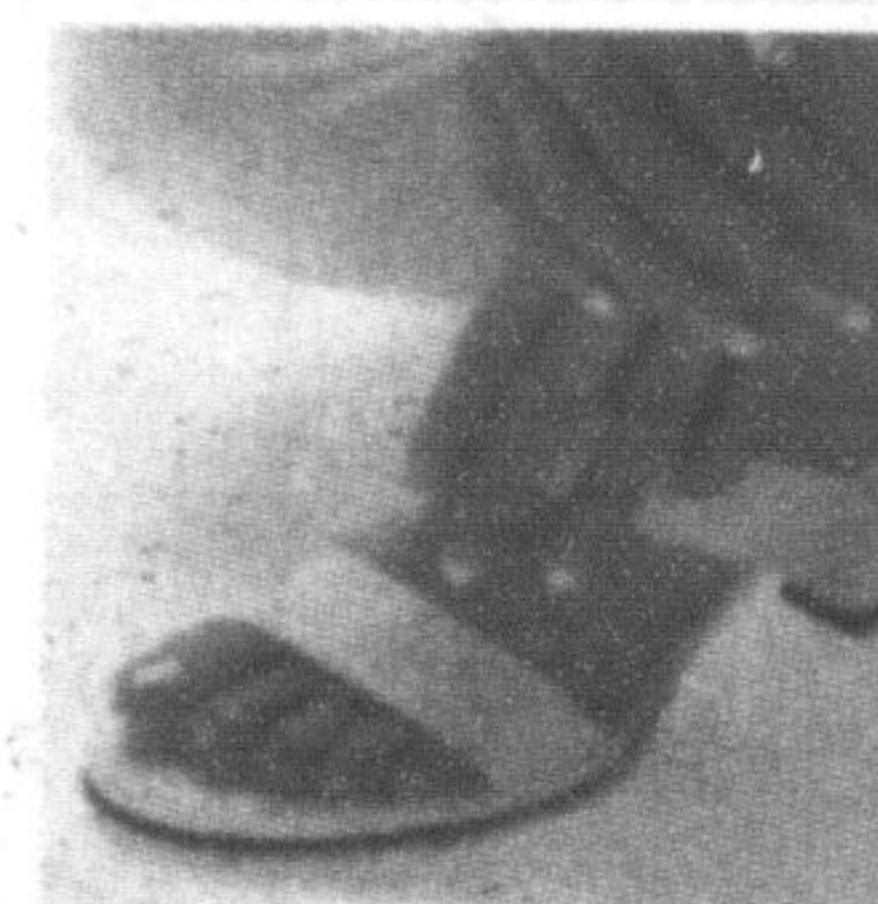
E-Clips Family Hair Care

Treat yourself to this summer special Manicure & Pedicure \$40.00*

(exp. Aug. 31/04) Ask for Alana

*Other promotions not valid with this offer.

359 Main St. E. (905) 875-2223



\$15.00 OFF ANY CHEMICAL SERVICE

Ask for Marg or Christine