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**\$1,000
BONUS
CASH**

ON MOST NEW IN-STOCK 2004 FORD VEHICLES
PURCHASE, LEASE OR FINANCING

PLUS

0%

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financing
on most new
in-stock 2004
Ford vehicles

**AND UP TO
\$2,000**

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OR

**TAKE ADVANTAGE OF
UP TO
\$5,500**

OFF YOUR CASH PURCHASE
ON SELECTED NEW IN-STOCK 2004 FORD VEHICLES
INCLUDING \$1,000 BONUS CASH AND FACTORY CREDITS



**DON'T
MISS OUT
SEPTEMBER CLEAROUT**

2004 TAURUS LX SEDAN

3.0L V6, auto, A/C, pw, pl, cruise & tilt, AM/FM, cassette, remote keyless entry, merlot ext. st. #T4008

CASH PRICE \$19,995#
-\$1000 Bonus Cash Offer



2004 FREESTAR SPORT WAGON

4.2L V6, auto, front & back A/C, pw, pl, cruise & tilt, quad captains chairs, privacy glass, alum. wheels, rear air deflector vibrant white ext. St#W4002

CASH PRICE \$26,999#
-\$1000 Bonus Cash Offer



2004 LINCOLN NAVIGATOR

Fully loaded including power running boards, power moon roof, navigation system, chrome steel wheels. Black ext., dove gray leather trim. St#N4000

CASH PRICE \$66,999#



2004 F150 4X4 SUPERCREW XLT

4.6L V8, auto, a/c, pw, pl, cruise & tilt, limited slip axle, trailer tow package, 2 tone paint, wedge wood and silver. St#F4096

CASH PRICE \$36,611#
-\$1000 Bonus Cash Offer



CANADIAN BREAST CANCER FOUNDATION
CIBC RUN for the CURE
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For Donations and Participation Information
Please Contact Brian Goodwin
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Sunday, Oct. 3, 2004 9:30 am
Central Park, Drury Lane Burlington



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WISE BUYERS READ THE LEGAL COPY: *\$1000 Bonus Cash available on most new in-stock 2004 Ford Vehicles excluding Thunderbird, Econoline, F-250 Super Duty and F-Series over 8500 GVW and all Harley-Davidson & SVT models. Taxes are payable on full amount before Bonus Cash deducted. **0% purchase financing on most new in-stock 2004 Ford vehicles excluding Thunderbird, Econoline, for a maximum of 36/48/60 months to retail customers, on approved credit from Ford Credit. (36 & 48 months: 2004 Ranger, F-Series Under 8500 GVW, F-Series SuperCrew, F-150 Heritage, F-250 Super Duty, F-Series Over 8500 GVW, 36, 48 & 60 months: 2004 Focus, Mustang, Taurus, Grand Marquis, Marauder, Explorer, Sport Trac, Escape, Freestar, Expedition, Excursion.) E.g. \$20,000 financed at 0% annual percentage rate, monthly payments \$333.33 for 60 months, cost of borrowing is \$4,500 (including forgone \$4,500 Factory to Dealer Credit available on 2004 Freestar). The total to be repaid is \$20,000. The effective rate of interest is 10.52%. †Receive up to \$2,000 Financing Cash on the purchase financing of selected new in-stock 2004 Ford vehicles on approved credit from Ford Credit. [Financing Cash includes: \$1,000/\$500/\$0 for 36/48/60 months on Focus, Mustang, Taurus, Grand Marquis, Marauder, Explorer, Sport Trac, Escape, Expedition and Excursion. Or \$2,000/\$1,500/\$1,000 for 36/48/60 months on Freestar]. Taxes are payable on full amount of purchase price before Financing Cash is deducted. ‡Or receive up to \$5,500 Factory Credits (FTDC + Bonus Cash if available) on the cash purchase of new in-stock 2004 Ford vehicles. [Credits include: 3,800/ \$4,300/ \$3,500/ \$2,000/ \$4,000/ \$3,000/ \$3,000/ \$1,000/ \$1,500/ \$1,000/ \$5,500/ \$2,000/ \$1,500/ \$1,750 on 2004 Focus (Sedan, Wagon, ZX5, ZX3)/ Focus LX Sedan/ Mustang Coupe/ Mustang GT/ Taurus LX/ Grand Marquis/ Marauder/ Ranger/ Explorer 4Dr/ Escape/ Freestar (all models)/ Expedition/ F-Series under 8500, F-150 Heritage]. Taxes are payable on full amount of cash purchase price after Factory Credits deducted. Down payment may be required based on approved credit. If a finance offer is selected, negotiated purchase price may exceed the cash purchase price, and may result in a higher effective interest rate. All offers exclude freight, licence, insurance, administration fees and all applicable taxes. Some conditions may apply to the Graduate Recognition program. Limited time offers. Offers may be cancelled at any time without notice. Unless specifically stated, all offers are mutually exclusive and cannot be combined. See Dealer for details. Dealer may sell or lease for less. Offers valid in the province of Ontario. # price plus freight, applicable taxes, and protector plus fee. Limited time offer. See dealer for details.

Complete health plan offered at new club

• from NEW on page B1

kind is its seamless connection with the World Wide Web, Mr. Reyes said.

In fact, the company started as an on-line one-stop-shop for all things related to health including articles written by health experts on a host of topics.

Truestar eventually decided to expand the concept to include nutrition and fitness centres, but the on-line component remained.

Now, not only can members continue to find all the latest health information at its site, Mr. Reyes said, they can also obtain on-line their custom-designed personal profiles that include grocery lists, meal and exercise plans that have been devised by their personal coaches.

"Our database has over 15,000 meal plans," Mr. Reyes said. "We're like CNN, but for health."

Being on-line means Truestar can offer its clients support '24/7', Mr. Reyes said.

Truestar provides a 30-minute work-out circuit with aerobics and strength training, which members visit three to five days each week as part of the program.

Members meet once each week with their personal coaches, who help motivate them to stick to their plans and also answer questions and address any concerns that might arise.

Money-back guarantee

Truestar offers a money-back guarantee that members will lose two to six pounds each week.

Along with the nutrition and exercise parts of the program are the vitamin supplement, sleep and attitude components that are equally as important, Mr. Reyes said.

The vitamin supplements are all-natural and professionally-developed, he said. And to help members get a good night's sleep, there are tips from experts on the Truestar Web site.

"Studies show that not getting enough sleep hinders the ability to lose weight," he said, adding stress does the same.

There are also daily on-line checklists that encourage members to decide at the beginning of each day that they're going to get enough sleep, eat right and exercise.

They also encourage having a good attitude.

"Our daily checklists make sure members set short and long-term goals and have positive outlooks," Mr. Reyes said.

Several of the all-female staff members live in Milton, Mr. Reyes said, because it's important that the facility be in touch with its town.

"We want to grow with the community," he said.

In total, there are six Truestar locations in Ontario, all of which started up this summer.

For more information, visit www.truestarhealth.net.

Stephanie Thiessen can be reached at sthiessen@miltoncanadianchampion.com.