

GARAGE SALES THIS WEEKEND

**MILTON DISTRICT HOSPITAL
AUXILIARY GARAGE SALE**
at the Hospital, "Free Parking"
Sat. Sept. 18 • 8AM-NOON
Donations Gratefully received at the
switchboard Thursday September 16th

GARAGE SALE
Sat. Sept. 18 • 8AM-Noon
605 Churchill Ave.
Furniture, & household items
Rain Date: Sun. Sept. 19th

GARAGE SALE
Sat. Sept. 18 • 8AM-1PM
481. Bell St.

GARAGE SALE
Sat. Sept. 18 • 8AM-Noon
884 Morley Ave.
Household Items, oak TV stand, 5'
sliding door & much more

GARAGE SALE
Sat. Sept. 18 • 9AM-Noon
717 Syer Dr.
Something for Everyone!!

**GARAGE SALE
FUNDRAISER FOR MILTON MINOR
ADAM DOUBLE A HOCKEY**
Sat. Sept. 18 • 7:30AM-1PM
Memorial Arena (Thompson Rd)

**GARAGE SALE
FUNDRAISER FOR MILTON WINTER
HAWKS MINOR ATOM AA HOCKEY**
Sat. Sept. 18 • 7:30AM-1PM
Memorial Arena (Thompson Rd)

GARAGE SALE
Sat. Sept 18th • 8AM-4PM
5519 Sixth Line
(Btwn. Britannian /Lower Base Line)
Something for everyone!

**MULTI FAMILY GARAGE SALE
BARBIE BONANZA SALE**
Sat. & Sun Sept. 18 & 19 • 9AM-4PM
11544 Guelph Ln
Tim Horton's MTN bike, mini fridge, to many
treasures to list....Rain or Shine!!!

MULTI FAMILY GARAGE SALE
Sat. Sept. 18 • 8AM-Noon
578 Moorelands Cres.

GARAGE SALE
Sat. Sept. 18 • 8AM-11AM
26 Court St. N.
(off Main St.)
Kenwood stereo system, clothing, antique porcelain
sink, hammock and much more

MULTI FAMILY GARAGE SALE
Sat. Sept. 18 • 9AM-Noon
Walsh Avenue
(Hawthorne Village S, Derry to Trudeau,
follow the signs)
Too much to list here!!!

MULTI FAMILY MOVING/YARD SALE
Sat. Sept. 18 • 8AM-12PM
10732 6th Line
(South of 15th Sideroad)
Lots of Stuff!!

GARAGE SALE
Sat. Sept. 18 • 8AM-NOON
758 Byng Crt.
Household effects, books, records

GARAGE SALE
Sat. Sept. 18 • 8AM-Noon
224 Riverplace Cres.
(Martin & Woodward)

**GARAGE SALE
IDEAL FOR PARENTS TO BE**
Sat. Sept. 18 • 9AM-Noon
739 Briar Cres.
Poker table & chairs, bedding, brass artwork, peg
perego stroller, toddler bed, dresser, brand name
clothes 0-3yrs, much more, all excellent condition!

GARAGE SALE
Sat. Sept. 18 • 8AM-Noon
1040 Cooper Ave.
(Off Thompson S of Derry)
Dresser, milk glass & household items.
Rain or Shine

TWO HOME GARAGE SALE
Sat. Sept. 25 • 8AM-1PM
151, & 227 Wheelihan Way
Sporting eqp., kitchen stuff, car seats, pictures, toys
Rain or Shine!!!

GARAGE /TOOL SALE
Sat. Sept. 25 • 8AM-NOON
332 Coxe Blvd.
All prices firm!

GARAGE SALE
Sat. Sept. 18 • 8AM-Noon
1199 & 1202 Cobban Rd.
(Main St. & Pearson Way, off Dixon Dr.)
Furniture, good kids stuff,
electronics & more

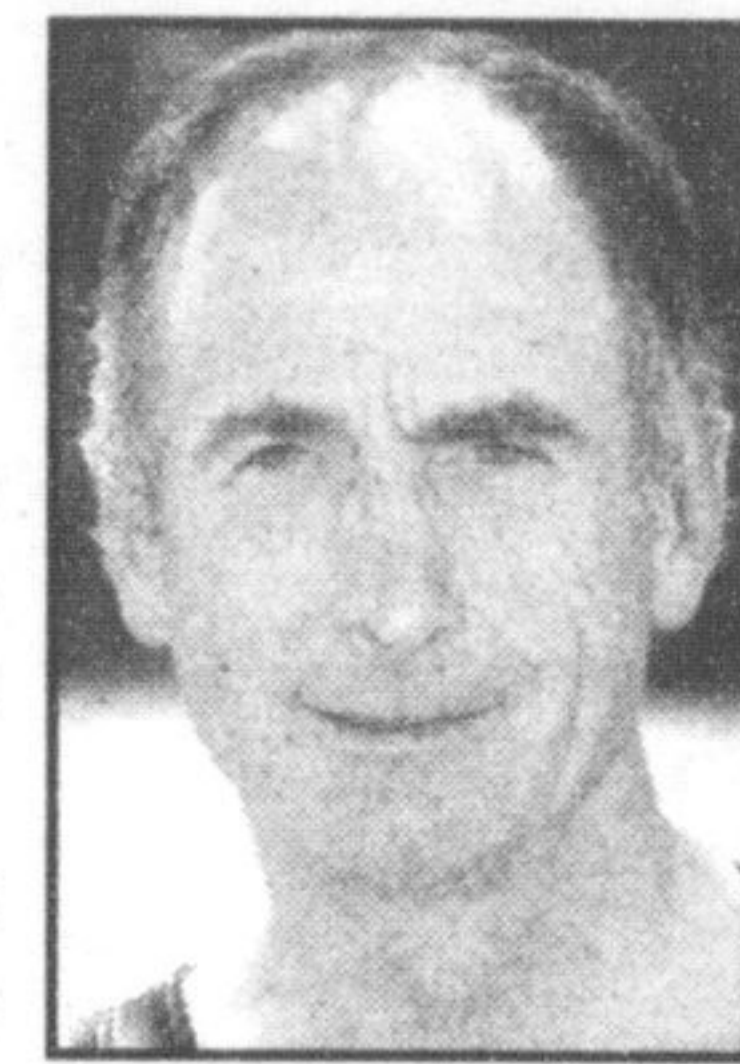


**FISHING FOR A
GREAT DEAL??!**

Visit these great garage
sales this weekend

Barnes switching gears; set to tackle duathlon nationals

By **STEVE LeBLANC**
The Champion



Harry Barnes

Harry Barnes is the first to admit he's heading into uncharted waters.

In actual fact, the 57-year-old triathlon champion won't be seeing the water at all in his next national appearance, which comes in Quebec City October 2.

With last month's triathlon nationals being wiped out by heavy rains and flooding in Kelowna, BC, Barnes remains intent on seeing some form of Canadian racing action this year — which means switching gears to duathlon competition.

Not having participated in the two-discipline event at the national level in more than a decade, the highly-determined but equally realistic racer knows he's got a tough road ahead.

Not only will Barnes be facing much more seasoned duathletes, but he'll have to revise his morning diet to coincide with a race that begins with a run rather than ends with it.

"With the triathlon you can have a big breakfast because you build up to the run. It's a lot harder on your stomach to run than swim, so if you eat too much and start running you can wind up in the bushes puk-

ing," noted the local racer, who's won several age-class national triathlon championships. "It's going to be tricky deciding on what to eat that morning — to have enough energy but not be too full."

From a momentum standpoint, however, Barnes looks to be in solid shape — having prevailed in two triathlon meets earlier this month.

In Wasaga Beach Saturday, he descimated his men's 55-59-year-old competition at the Olympic distance level — beating his closest rival by more than 25 minutes with a 2:19.46 finish.

His time would have been good enough to win the 50-54 division by almost two minutes.

One week earlier at Guelph Lake, Barnes delivered a 1:34.08 effort in the sprint triathlon — enjoying roughly a seven-and-a-half minute margin of victory over the runner-up.

The 50-54-year-old winner's time was a mere six seconds better.

"I felt pretty good in both races, but the duathlon is a whole different ball game, so I'm not going to make any kind of prediction," said the usually ambitious racer. "We'll just see what happens."

Lockout a huge blow, says Bertoli

• from SEMI-PRO on page 24
"I don't see myself getting complacent."

Looking beyond himself, Haydar said the lockout will be extremely detrimental to hockey as a whole and could put some of the league's smaller-centre clubs in serious jeopardy.

Echoing those sentiments was fellow Miltonian Scott Bertoli, who heads into his sixth season with the ECHL Trenton Titans early next month.

Having played all over the United States for the past decade — first with Princeton University

and then with his New Jersey-based semi-pro club — Bertoli knows that in many southern areas of America hockey is merely another sport rather than part of the fabric of society.

So if the NHL lockout turns out to be a lengthy one, support for hockey in these areas could dry up altogether.

"There's so many other sporting options down here that people could really turn sour on our game," said Bertoli. "That's particularly concerning for a team like Tampa Bay that just won the (Stanley) Cup."

With the Devils now locked out — likely for the entire 2004/05 campaign — the Titans are New Jersey's top hockey club, and should see at least some increase in the stands.

But for Bertoli, that offers little solace for a season without NHL play.

"The (AHL) Phantoms are about 45 minutes away in Philadelphia, but really we're the only show in New Jersey now. But whether we get an extra 50 or even 100 more fans a game, that's not really much of a consolation."



CARRIERS WANTED!

HERE WE GROW AGAIN!

- New routes being set up all the time.
- Routes available in existing areas too.

• ASK HOW NEW CARRIERS CAN WIN UP TO \$100. CASH

The Milton Canadian Champion is looking for newspaper carriers in your neighbourhood!

Delivery days are Tuesdays & Fridays. If you or one of your friends would like to earn some extra \$\$\$ delivering The Champion call Andrew or Sandy at **(905) 878-5947**

ATTENTION ADULTS!!

ADULTS MAKE GREAT CARRIERS TOO!
Do you have some free time? Would you like some great exercise and some extra money? If so, don't hesitate to call. We can find a route that is perfect for you.

JOIN OUR CARRIER CLUB & START EARNING FREE STUFF NOW!

SYLC The Canadian **Champion**
Support Your Local Carrier