



Truestar

FORWOMEN

Nutrition & Fitness Centers

Guaranteed Weight Loss* (or your money back!)

- · total health with 30-minute exercise
- nutritional counseling
- · professional weight loss supplements
- professional vitamins
- · free personal coach

CALL 310-TRUE











"I lost 40 lbs

with Truestar

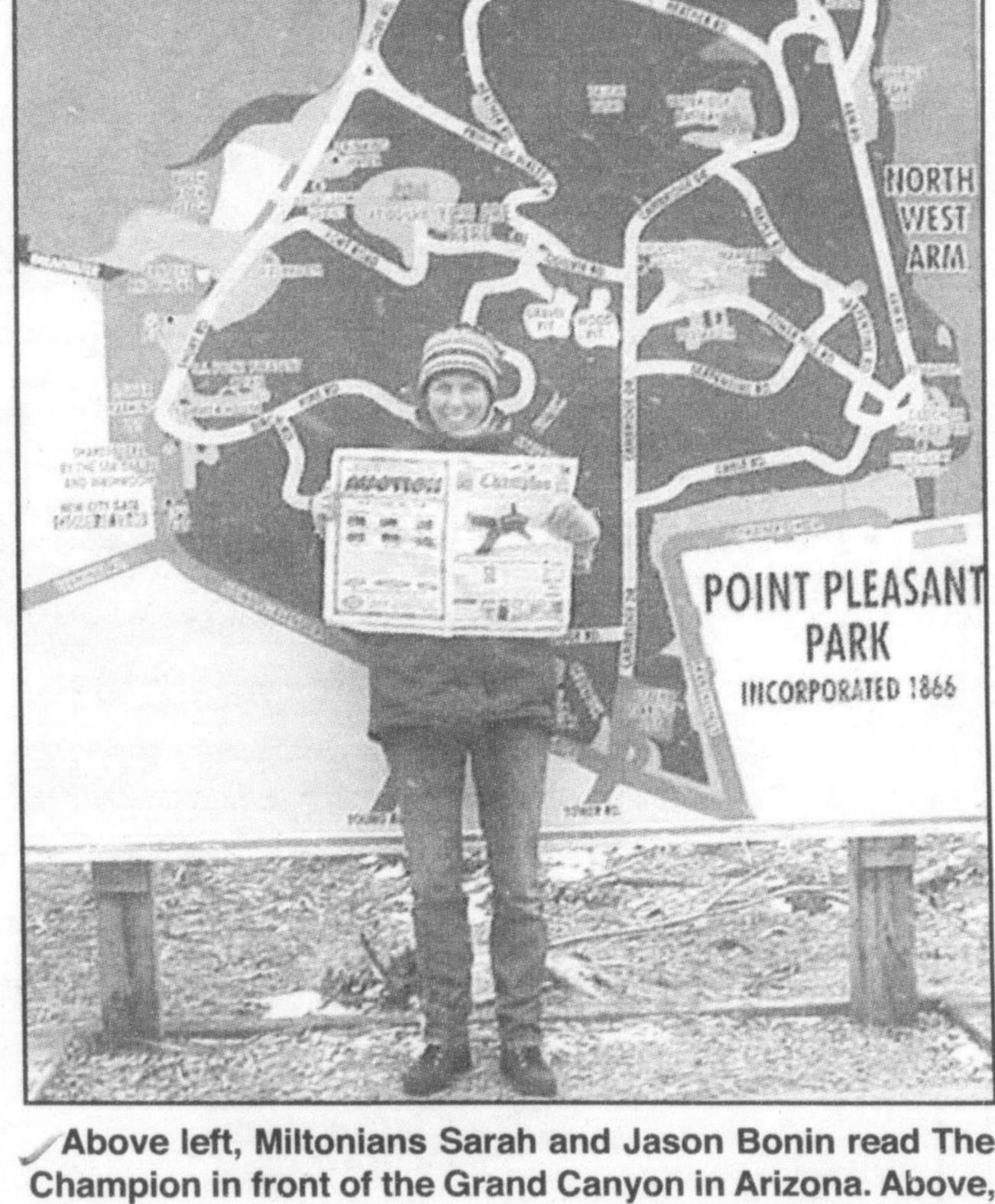
for Women."

Change your life forever!

Milton 575 Ontario Street (At Derry and Ontario)

www.truestar.com

*Guarantee based upon following the Truestar for Women Weight Loss Program.



Above left, Miltonians Sarah and Jason Bonin read The Champion in front of the Grand Canyon in Arizona. Above, Donna Hart visits Point Pleasant Park in Halifax. Those interested in submitting a photo for Champion Tracks can do so by e-mailing it to miltoned@haltonsearch.com or dropping it off at 191 Main St. E. Be sure to include your name and destination information.





When purchasing new & unique perennials early in the season you must keep in mind that the plants cannot go outside until the weather warms up. Here are a few tips on how to look after your plants until spring:

- Keep your new perennials in the house, in a sunny window, in a cool location.
- · Check them every few days to see if they need watering. The perennials should be kept evenly moist and not be allowed to dry out.
- If the weather is above 5 degrees you can put them outside for the day and bring them back in at night.
- When temperatures stay consistently above freezing in the spring (around Mother's Day) you are ready to plant your perennials outside.

Listen to







for more



Where colour lives!

www.terragreenhouses.com

Burlington Waterdown Milton 7 DAYS A WEEK 905.332.3222 905.689.1999 905.876.4000