

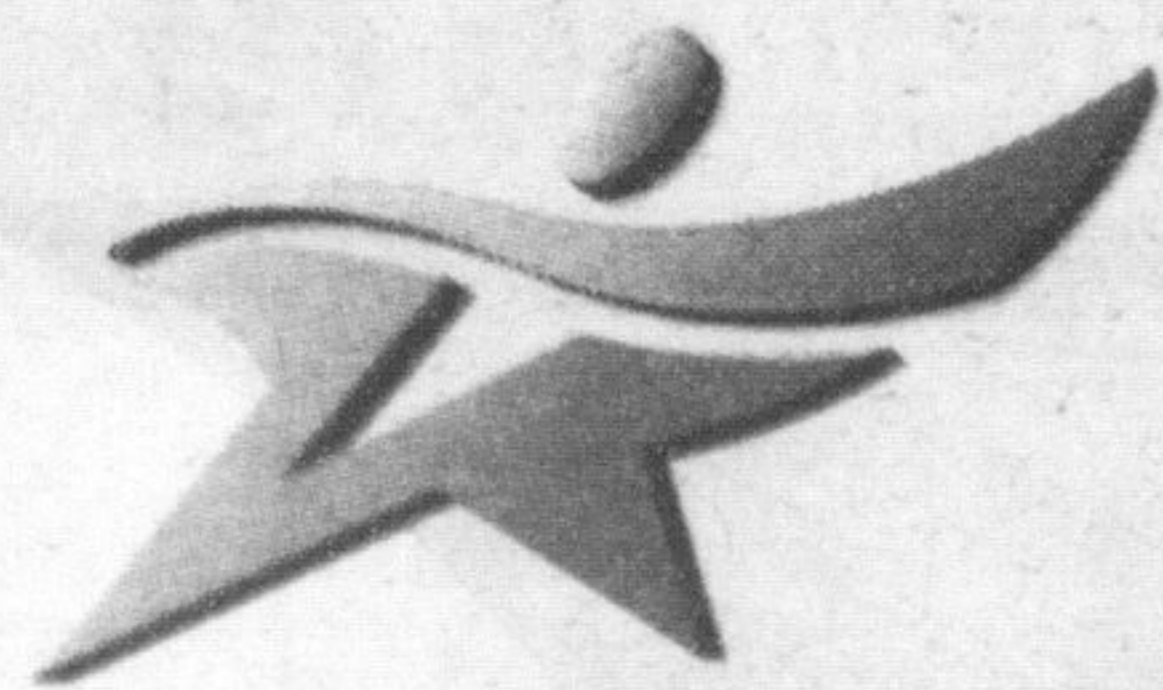
Row, row, row

Out in the boat for the first time this season, participants gear up for the upcoming Dragon Boat Race at Kelso Conservation Area May 28 with some practice at Mill Pond. The annual event is a fundraiser for Allendale and still has some spaces available for teams, which can register for \$500 each. Those interested in getting involved or making a donation to the event are asked to call (905) 407-2174 or visit www.lively-dragon.com.

Photos by SABRINA BYRNES



Are you ready for bikini season?
We can help.



Truestar for Women™
Nutrition & Fitness Centers

- guaranteed weight loss or your money back!
- free daily personal coaching
- cardio equipment and exercise classes
- one month free for all new members!
- total health with 30-minute exercise
- professional grade exercise equipment
- weight loss and nutritional counseling
- professional supplements and vitamins

CALL 310·TRUE

AND SPEAK TO YOUR PERSONAL COACH TODAY



NUTRITION | EXERCISE | VITAMINS | ATTITUDE | SLEEP*

WWW.TRUESTAR.COM

Milton - 575 Ontario Street (At Derry and Ontario)

* based on following the Truestar for Women program. † based on a 12-month term membership.



slessor motors

Trust and Tradition Since 1953

'95 FORD AEROSTAR SPORT

6 cyl, fully loaded, 7 pass,
AM/FM stereo, excellent condition,
certified + emission tested

\$3,995.



388 Main St., Milton, Ont L9T 1P5
(905) 878-1797 (905) 875-5010



**TRUE HEALTH CHIROPRACTIC
WELLNESS CENTRE**

Dr. Anna Neff, BSc., D.C.

Garden Without Pain!

Try a natural and effective solution
that avoids drugs and surgery

500 Laurier Ave. (A&P Plaza) • 905-876-0048



SCENIUM DLP

by RCA

40", 50" & 61"

available from

\$2,695

**FREE
DELIVERY
& SET UP**

**FULL 2 YEAR
WARRANTY!**

Milton Colour & Sound

18 Thompson Road

We Service **905-876-1175** Repairs to All
What We Sell miltoncolour@stn.net TVs & Stereos



slessor motors

Trust and Tradition Since 1953

'96 PONTIAC TRANSPORT

6 cyl, All the options! 7 pass,
original, runs great!, certified
+ emission tested

\$3,995.



388 Main St., Milton, Ont L9T 1P5
(905) 878-1797 (905) 875-5010