

Donations sought for bonspiel

Hey curling lovers, it's time once again to rock the house for charity.

This Friday and Saturday, Milton Curling Club will play host to the 10th annual Curl for Kids bonspiel.

The event will kick off Friday at about 5:30 p.m., with curlers being piped in and led by Mayor Gord Krantz. Curling runs from 6 to 10 p.m. that night and continues all day Saturday.

Rounding out the event's festivities will be live

and silent auctions, as well as various games.

While the draws are all full for this year's Curl for Kids, there's still time to make a donation, which can be done by calling Karyn Racher of Halton Women's Place at (905) 332-1200, ext. 222.

Approximately \$300,000 has been raised since the bonspiel's inception, and this year's proceeds will aid Halton Women's Place, Girls Inc. of Halton and Camp Trillium.

Help sought for MDHS reunion

Milton District High School is gearing up for a reunion and it's looking for volunteers to help make the event happen.

An information meeting for people interested in helping out will be held in the school library this Thursday at 7 p.m.

The reunion will take place September 7 to 9, with activities each day.

It'll start with an official welcome and open house the evening of September 7. The next day, visitors will be able to take school tours and participate in a sports event between "old timers" and current students.

To wrap up the weekend, a pancake brunch will be served September 9.

A variety of memorabilia will be available for sale throughout the weekend.

Health & Tranquility

Chiropractic and Pregnancy



More and more mothers are discovering the many benefits associated with chiropractic care throughout pregnancy.

A large percent of all pregnant women experience back discomfort/pain during pregnancy. This is due to the rapid growth of the baby and an interference to your body's normal structural adaptations to that growth.

Chiropractic care throughout pregnancy can relieve and even prevent the common discomforts experienced through pregnancy. Specific adjustments eliminate the stress on your spine.

As your baby develops your uterus enlarges to accommodate the rapid

growth. So long as the pelvis is in a balanced state the ligaments connected to the uterus maintain an equalized supportive suspension for the uterus. If your pelvis is out of balance in any way these ligaments become torque and twisted, causing a condition known as constraint to your uterus. Any compromised position can affect the growth of your baby.

If a woman's uterus is constrained as birth approaches, the baby is prevented from getting into the best possible position for birth. Even if the baby's head is in the desirable position of head down often times the uterus prevents the baby's head from moving into the ideal presentation for delivery. The head may be slightly tilted off to the side or even more traumatically present in the posterior or breech position.

And a baby who's position is even slightly off during birth can slow down labour and add pain and distress to the

mother and baby.

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Editorial supplied by Meadowvale West Family Chiropractic.

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Beverly Hills Weight Management and Nutrition Centre's approach to weight loss is definitely not a quick fix. Rather, it is a sensible program focusing on the client's needs.

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Speaking Out with...



Marion Healy
R.N.C.P.

Marion Healy is a registered Nutritional Consulting Practitioner with over 15 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre in Milton.
For more information contact Marion at 875-2889 or www.yourbeverlyhills.com

like a glove and individually pampers you throughout the process.

This includes all the support and encouragement you

need while you are losing or maintaining your goal weight. As well as healthy lifestyle changes focusing on understanding and motivation. Once a goal weight is reached, the client begins a six week stabilization program and has the option to move on to a maintenance program. If at any time during the year of maintenance you gain back three to five pounds, you are invited to return to the clinic, free of charge.

Marion Healy, Registered Nutritional Consulting Practitioner, has over 15 years experience in metabolic weight management. She has helped hundreds of people not only to lose weight and keep it off but has given her clients an understanding of their individual nutritional needs.

With respect to the high levels of safety and attention offered by this program, it is frequently recommended by health care providers to their patients who need help.

With this kind of support from the community, you can be assured that your weight control will be safe, effective and healthy. The Milton centre will be celebrating their 9th year in business this spring and has impressed and improved the lives of many area residents.

550 ONTARIO ST. S. UNIT 18:

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