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545 Teaching Opportunities

Appleby Learning & Child Centre in Burlington is looking for a motivated **SUPERVISOR and ECE's**. Competitive wages, comprehensive benefits, paid professional development. Fax/ email resume to: 905-637-0976 careers@applebychildcare.ca

545 Teaching Opportunities

to place an ad call **905.878.2341**  
The Canadian Champion

**Before/After School Staff**  
Energetic, creative individuals needed for Glenburnie School for September  
• Pre-kindergarten Assistant required Hrs: Weekdays 7am - Noon \$12 p/hr  
• Before/After School Staff Hrs: 7 to 9 a.m.; and 2 or 3p.m. to 5 or 6 p.m., weekdays. (Min. of 3 hrs) \$10/hr.  
Resume/references to: 2035 Upper Middle Rd., E., Oakville L6H 7G6, or by Email: hresources@glenburnieschool.com

**TEACHING POSITION: SEEKING ACCREDITED MONTESSORI CASA TEACHER FULL-TIME POSITION**  
Fax: 905-257-5954 or email résumé: admin@trms.ca to Trafalgar Ridge Montessori School, School Director  
Only Qualified Applicants (accredited) need apply  
Only Qualified Applicants will be considered & contacted



Finding a great job was so easy. Just open *The Canadian Champion* classified section is all it took.  
Phone 905-878-2341 or email: classified@miltoncanadianchampion.com

# The Classifieds

## Made Easy!

### Writing An Ad...

When composing an ad, it is important to include: what it is, price, condition, phone # and times to call.  
We can also place it in Georgetown, Oakville, Burlington & Mississauga

### Placing An Ad...

Call, e-mail, fax or come in. We will be happy to help with wording and placement. If you phone, email or fax we accept all major credit cards. In person cash, debit, cheque or major credit card. All ads must be prepaid

### Hours & Locations...

We're open to accept your ad via phone or in person at  
555 Industrial Dr., 2nd floor  
Mon.-Fri. from 9:00 am - 5pm  
Of course you can fax or email at anytime.

### Deadlines...

Tuesday at 10 am for the Wednesday Edition and Thursday at 10 am for our Friday Edition

**The Canadian Champion** Fax 905-876-2364  
Phone 905-878-2341  
classified@miltoncanadianchampion.com



Milton  
**WAREHOUSE SALE**  
Aug 16 & 17  
8am - 1pm  
264 Bronte St. S. Unit 2  
Bicycles & Accessories, housewares, baby keepsakes  
Charity BBQ to MDHS

MILTON  
**MOVING SALE**  
Sat Aug 16  
8am - Noon  
1135 Meighen Way  
(corner of Ferguson & Meighen Way)

Milton  
**GARAGE SALE**  
Sat Aug 16  
8am - 1pm  
588 Churchill Ave.  
Household items, electronics, sporting goods, etc.

Milton  
**MULTI FAMILY GARAGE SALE**  
Sat Aug 16  
8am - Noon  
Denyes Way & McMullen Cres  
(across from Bruce Trail Public School)  
Lots for everyone!

to place your ad in  
**The Canadian Champion**  
call **905.878.2341**

# Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"  
c/o The Canadian Champion  
875 Main Street E.  
Milton, Ontario L9T 3Z3  
or Fax to: 878-4943

## SHOPPERS DRUG MART

Open to 10pm, 7 days a week  
Carriage Square, 265 Main St. E.  
905-878-4492



Michelle Moslim

*I'm almost 50 years old and Colon Cancer runs in my family. What can I do to reduce my risk?*

Colon Cancer also called Colorectal Cancer, is cancer of the rectum. It generally develops from tiny growths inside the colon or rectum called polyps which can bleed into the colon or rectum. Polyps are not cancerous at the outset, but some polyps do turn into cancer.

THERE ARE NO PHYSICAL SIGNS OR SYMPTOMS DURING THE EARLY STAGES OF THE DISEASE. As Colorectal Cancer progresses the following late stage symptoms may occur:

- A change in your bowel movements
- Blood (bright red or very dark) in your stools
- Diarrhea, constipation or feeling that your bowel does not empty completely
- Stools that are narrower than usual
- Stomach discomfort
- Unexpected weight loss
- Fatigue

Colorectal Cancer is the second leading cause of cancer death's in Ontario for both men and women but is highly curable when caught early.

You can reduce your risk of colorectal cancer by:

- Eating a healthy diet
- Leading an active lifestyle
- Not smoking
- Drinking alcoholic beverages in moderation

Age and family history are two common risk factors for Colorectal Cancer. If you have a family member (parent, sibling, child) who has had Colorectal Cancer, you are at greater risk and should have a colonoscopy. Speak to your doctor, even if you are not yet 50 years old.

If you are over 50 years old and do not have a family history of the disease, you are encouraged to get screened using a simple take home fecal occult blood test (FOBT) every two years. The FOBT is a simple test that can be done in the privacy of your own home. It tests for blood in your stool, which may be a sign of Colorectal Cancer. The test involves you collecting two small samples of your stool on three different days. Once completed, you can mail the kit in a postage-paid addressed envelope for laboratory analysis. The FOBT kit includes a detailed instruction sheet so you'll know exactly what to do.

Through the Colon Cancer Check Program, FOBT kits are available at Healthcare provider offices, as well as pharmacies across the province at no cost to you if you qualify after a short assessment. Ask your Shoppers Drug Mart Healthwatch Pharmacist about getting yours today.



Dr. Mark Cross  
B.Sc., D.D.S.

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Dr. Mark Cross, Dr. Tony Wan,  
Dr. Jamie Levitz ORAL SURGEON

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FRI - SAT  
9AM - 3PM



Dr. Tony Wan  
B.Sc., D.D.S.

### To Keep Mouths Safe, Don't Just Wear A Mouth guard; Keep it Clean

Mouth guards have been known to avert oral injuries and cut the risk of concussion by 50 percent. However, while a mouth guard may be popular for its ability to prevent the injuries, what many may not be aware of is the importance of proper maintenance, cleanliness and care to prevent disease transmission and infection.

Studies have shown that mouth guards harbour large numbers of bacteria, yeasts and molds that can cause gum infections and possibly lead to life and/or health-threatening infectious/inflammatory diseases. While mouth guards appear solid, they are very porous, like a sponge, and with use, microorganisms invade these porosities.

There are warning signs that can alert athletes that he or she may be suffering from a contaminated mouth guard. Those include difficulty breathing, wheezing, diarrhea and nausea to the point of vomiting.

Poor habits athletes practiced when handling their mouth guard include chewing on the mouth guard until it no longer serves the purpose of protecting the dentition. In addition, some athletes throw the mouth guard in with dirty, sweaty gear and never clean it.

Tips for Mouth guard maintenance:

- Brush teeth before wearing a mouth guard.
- Never share a mouth guard with teammates.
- Clean your mouth guard by washing it with soap and warm (not hot) water. Before storing, soak your mouth guard in disinfecting mouthwash (Listerine). Keep your mouth guard in a well-ventilated plastic storage box when not in use.
- Depending on the child's growth, mouth guards may need to be replaced once a year.

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Lou Mulligan  
MA, CFP, RHU, CLU, EPC

Tel: (905) 876-0120 Fax: (905) 876-2934  
420 Main Street East, Suite 203,  
Milton, Ontario L9T 1P9

**Question:** After 17 years of hard work, our mortgage will finally be paid off next month. What is the best use of our extra cash?

**Answer:** First of all, congratulations on becoming mortgage free! You have demonstrated discipline and good judgment in paying off your mortgage early. Keep strengthening your good financial habits! Remember, with the mortgage gone, it's easy to let your expenses expand to eat up your new found savings!

This is an excellent time to discuss your long term life plans and goals with a qualified financial The advice you seek should be tailor made to your circumstances. Understanding your short term priorities and long term goals, and integrating these with your lifestyle needs comes first.

Things to consider include:

1. How can you use your extra cash flow to eliminate other bank loans or credit card after tax debt?
2. How can you enhance your future lifestyle while enjoying yourself more now?
3. Are there any major purchases that will go on your credit card?
4. Should you consider creating tax deductible interest by borrowing to invest?
5. Would splitting income or investments with your spouse differently reduce taxes?
6. Are there any major expenses on the horizon?
7. Should you borrow or save \$10,000 for major household upgrades such as a new driveway or windows?

Take the next step towards creating your future. For a no charge one-hour meeting, please contact us at 905-876-0120

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