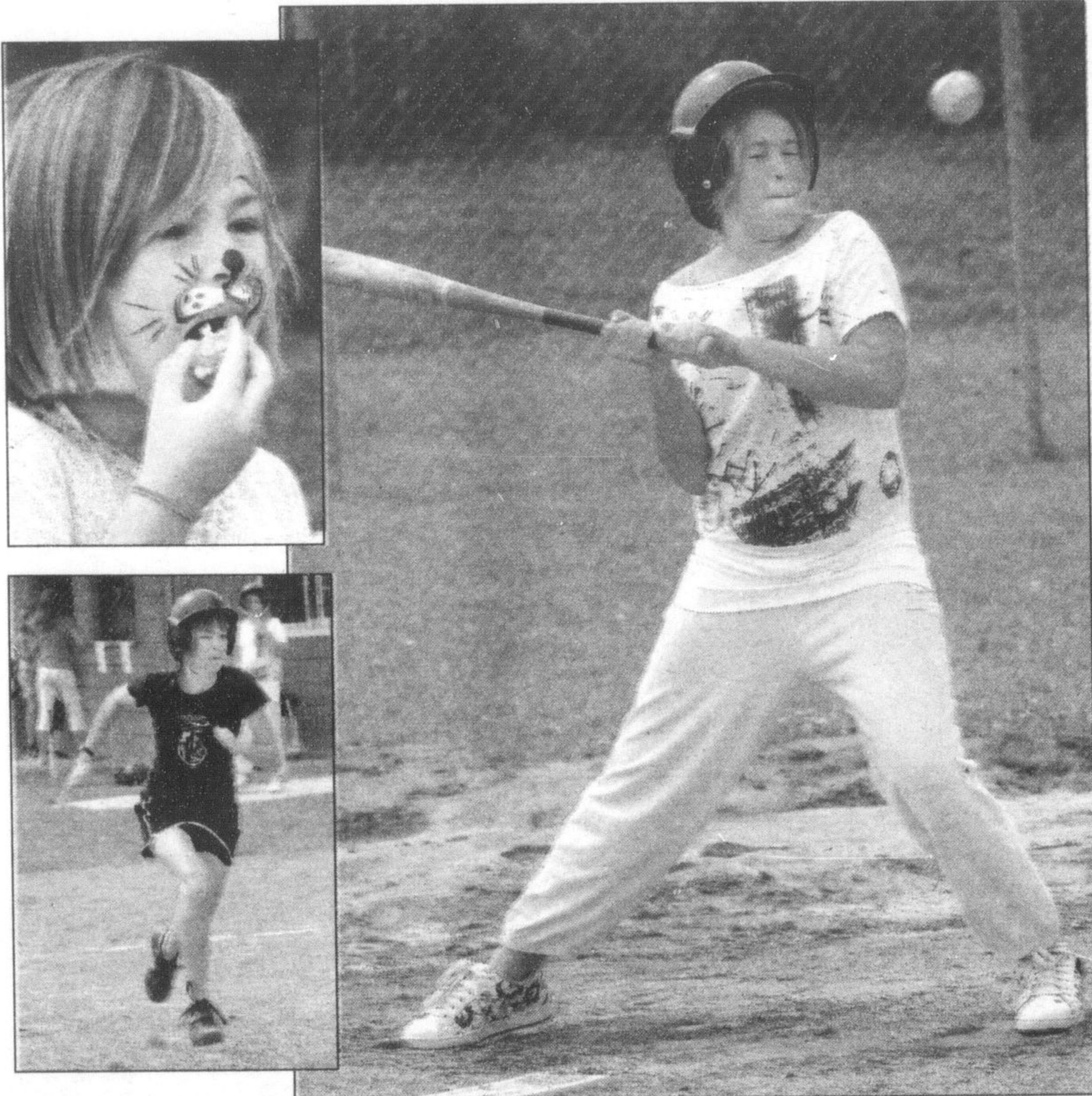
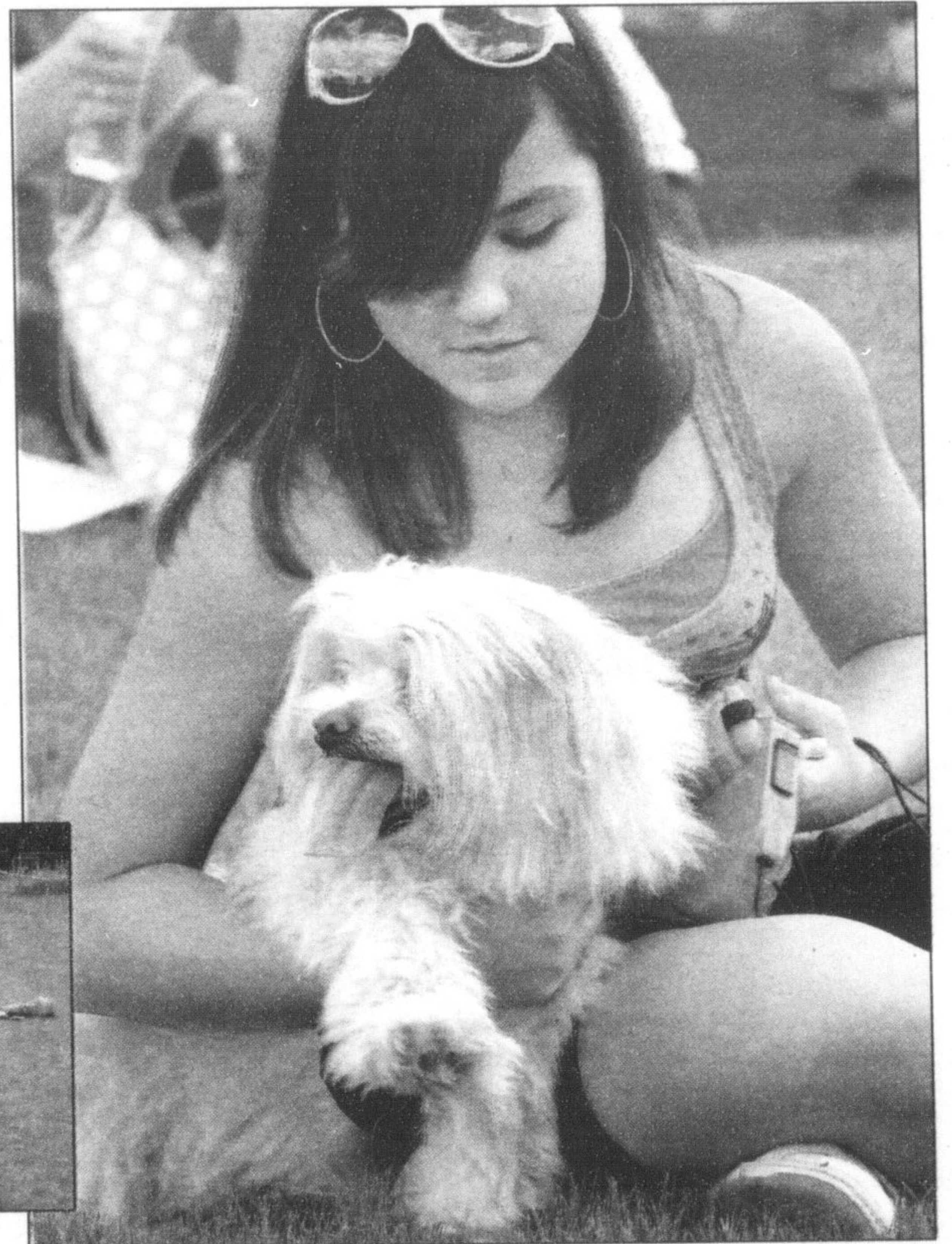


Champion Tracks



FUN IN THE VILLAGE: At left, 10-year-old Janet James of the Random People's team swings away during a fun game of ball, part of the Destination Campbellville Community Association's celebration of Campbellville Saturday at the village's new ball park. The event featured live entertainment, facing painting and a dog show. Far left top, Mackenzie Coady, 6 — with her face painted as a dog — enjoys a bag of popcorn while waiting for the dog show to begin. Far left bottom, Lori Henein of Random People's runs to first. Below, Mary Baxter is joined by nine-year-old Austin Fuller while performing with her African Dance and Drum group. At right, Chantel Amaral waits to compete in the dog show with six-year-old Bobo.

GRAHAM PAINE / CANADIAN CHAMPION



Ask The Professionals

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

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Are You at Risk for Acid Erosion of Your Teeth?

With improved education and preventive care, we're keeping our teeth longer than our ancestors. These teeth, however, are exposed to acidic foods and drinks which will cause erosion of the enamel over time.

The acid temporarily softens the enamel and causes it to lose mineral content. This thinning of the enamel can lead to tooth sensitivity and even tooth loss. Although saliva has a protective effect, some foods and beverages are so acidic that, when consumed frequently enough, they will erode the enamel.

Who are most at risk? 1) People who drink a lot of carbonated beverages. Many soft drinks (even sugar free) are extremely acidic. 2) Surprisingly enough, people who eat a healthy diet. Blueberries, apples and grapefruit are all quite acidic. 3) People who are heavy coffee and herbal tea drinkers. These are both very acidic and sipping them throughout the day exposes your teeth for a longer period of time. 4) Active people who consume sports drinks. The enamel damage caused by these drinks is 3-11 times greater than Coke. 5) Children with baby teeth. Their enamel is softer and therefore more susceptible to erosion. 6) People with a dry mouth. The saliva is important in neutralizing the acid. 7) People with chronic acid reflux or gastroesophageal reflux disease (GERD). At least half of these people will have enamel erosion.

How can you prevent erosion? Obviously you can reduce the consumption of acidic beverages. You can eat a piece of cheese afterwards to neutralize the acid. Chewing sugar-free gum also helps to stimulate saliva flow. Use a soft toothbrush but wait at least an hour after the acidic food or beverage to brush. And finally, certain toothpastes designed to help remineralize the enamel can also be used.



30 Market Drive
(just off of Martin Street/Hwy#25)

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Visit us online: www.storagespot.ca

STORAGE SPOT CAN HELP YOU WITH SEASONAL STORAGE!

LET STORAGE SPOT BE YOUR SANTA CLOSET!

It's hard to believe that in a little over three months, the Christmas season will be upon us again!!

Many people like to plan and start their Christmas shopping early to take advantage of the many pre-Christmas and Christmas sales. But what do you do when you have children and yes, even adults who like to snoop for their Christmas presents? Hiding gifts from snooping family members can be a challenge both in creative hiding spaces and in available space.

Keep them guessing! Let Storage Spot be your Santa Closet... the perfect hiding place. Renting a small unit (5x5 or 5X10) will allow you to take advantage of sales for toys, games, clothing and even those big ticket items like big screen TVs and furniture. With 24/7 access into the facility, you can hide your purchases immediately following your shopping trip. It will drive your family members nuts trying to snoop for their Christmas gifts and our climate controlled and secure environment will make sure that your gifts are protected.

STORE YOUR SUMMER SEASONAL ITEMS!

Do you have a problem on where to store your seasonal items? Do you want to protect your investment on big ticket items? Patio sets, lawn mowers, garden tools can be very expensive to replace or repair on a yearly basis. Not to mention that they take up a lot of valuable storage space in and around the home or garage.

Let Storage Spot help you to protect your purchases. Our climate controlled facility will protect your seasonal items from the harsh elements of winter. You can even store your seasonal clothing!! All you will need is a 5x5 or 5x10 unit based on the size and amount of items that you're storing.

Have a **MOTORCYCLE**? Check out our 5x10 units for safe and secure storage of your motorcycle and leathers!

Whether you live in a house, apartment, condo or townhouse, Storage Spot can help you with your storage needs and free up valuable space in your home or garage.

For more information, call our friendly, knowledge staff at 905-864-1964 or come for a tour at 30 Market Drive in Milton (corner of Market and Martin).



Phil Lawton

Taylor Nursery

7429 Fifth Line, Milton
(right at the east end of Main St.)

905-876-4100

Can I still plant trees and shrubs in the fall or do I have to wait until spring?

Now is an excellent time to plant trees and shrubs when they still have a chance to get established before winter...and they'll get a head start on next spring! At Taylor Nursery, our trees and shrubs are guaranteed to over-winter their first year! No matter what time of year you plant, follow planting instructions carefully. Here are some suggestions from Landscape Ontario.

Preparing the Hole—Dig the hole at least 12 cm. on all sides bigger than the root ball. Good drainage is essential. If you are planting in clay soils, make the hole even bigger and raise the level of the planting area 5-8 cm. above the surrounding grade. Plan to fill around the root ball with a good soil mix that includes 25% peat moss and 25% manure.

Balled & Burlap—Any tree, shrub or evergreen with its rootball wrapped in burlap and string or wire basket, must be planted fully wrapped. Fill around the ball with good soil mix to three-quarters full, then water thoroughly. Then untie all string/rope or the wire basket loops and fold back the burlap. Push it down the sides and fill the rest of the hole with soil.

Fibre Pots—Leave the pot on! Don't disturb the roots. These pots are made to rot away in the soil and plant roots will easily penetrate them. Break off the pot rim down to soil level and make three cuts up the sides of the pots about halfway from the bottom up to the top edge. Then plant and fill the hole with good soil mix.

Plastic Pots—Water thoroughly before removing the pot. Try light tapping on sides and bottom to loosen the soil and root ball or carefully make two cuts on opposite sides of the pot to peel the halves open. Gently loosen any crowded roots before planting.

When You Are Done—Water thoroughly using a root-stimulating transplant fertilizer. Mulch to retard weeds and retain moisture. Mulch also insulates from summer heat and winter cold.

At Taylor Nursery, we can advise you which new plants will work best in your garden setting, taking into account the soil, the sun exposure and the surrounding plants.