

Presents

## MS SUPPORT GROUP

WEDNESDAY, MARCH 11th, 2009 7:00 pm

Maple Avenue @ Thompson and Steeles • Milton, ON

## ADAPTED EXERCISE PROGRAM

Milton Leisure Centre Classes starting soon Register by contacting the office

## **OUR MISSION:**

"To be a leader in finding a cure for multiple sclerosis and enabling those affected by MS to enhance their quality of life."

### MS SOCIETY HALTON REGIONAL CHAPTER

2016 Victoria Ave, Burlington, ON, L7R 1R4 Fax: 905-681-1166

905-681-8770 Toll free: 1-800-211-8322



www.mssociety.ca/halton

Supported by Town of Milton



Infant, Toddler, PS & Kinder Escarbant Way Location Only

- Fully Licensed Child Care
- Ages 6 Weeks to 6 Years
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Drop in for a tour. No appointment necessary.

For more information on any of our 17 Great Locations

Visit: www.peekabookid.com Call: 1-866-607-PEEK (7335)

"Register Today!"

# Bands sought to enter competition

Go online to enter contest hosted by newspapers

Canadian Champion, Oakville Beaver, Burlington Post and Flamborough Review community newspapers are teaming up to introduce local, talented musicians who will rock your socks off.

Thousands of

Canadians are

touched by breast

cancer every year. I

impacts the people

living with the dis-

ease, their families,

friends and loved

ones. Learn more

about this disease by

www.cbcf.org

February 20 - February 26.

BEST CORRECTION NOTICE

To our valued customers: We apologize for any

inconvenience caused by an error in our flyer dated:

Product: HP G60-219CA PD T3400/3GB/250/16.0

Due to manufacturer constraints, we will no longer be

shipping more quantities of this product. No rainchecks.

Please see store associates for other laptop alternatives.

MEDITERRANEAN

www.pavlo.net

SAT. MARCH 21st at 8pm

HAMILTON PLACE THEATRE

905.527.7666

ticketmaster.ca

cinege

1175 Maple Ave. T.905-864-1666

STADIUM SEATING . 8 SCREENS CINEPLEX ODEON

Advance tickets available at Cineplex.com

CONFESSIONS OF A SHOPAHOLIC (PG)

HE'S JUST NOT THAT INTO YOU (14A)

HE'S JUST NOT THAT INTO YOU (14A)

THE PINK PANTHER 2 (PG)

STAR & STROLLERS SCREENING

PAUL BLART: MALL COP (PG)

SLUMDOG MILLIONAIRE (14A)

Showtimes valid Friday 02/20 thru Thursday 02/26

TAKEN (14A)

TAKEN (14A)

CORALINE (PG)

Galaxy Milton

FIRED UP (PG)
(LANGUAGE MAY OFFEND)

WHEELCHAIR ACCESS • PARTY ROOMS

If you're between the ages of 15 and 25, are part of a band and would like to showcase your awesome group's Metroland's Best of the West Battle of the Bands competition is for you.

7 HOME ALONE SAFETY TIPS

DEFEAT DANGER

Learn how to dial 9-1-1.

Never talk to strangers or

Know how to give directions

to your home, in case of a

accept rides or gifts from

O Don't answer the door when

your parents aren't home,

and never let anyone into

your home without asking

for permission from your

Check in with your parents or

home from school.

a neighbor when you come



video performance by posting it on the popular video-sharing website, YouTube.

Remember, keep your videos short, in good taste — it's a family newspaper after all — and totally sound, original.

> Entries must also include the name of the band, the individual list of band member names, song name, additional contact information and a brief band bio.

> When you are ready to enter, visit www.miltoncanadianchampion.com and click on 'Metroland's Best of the West' under Features. It will take you to an online entry form, which must be completely filled out and submitted to us no later than next Friday, Mar. 6.

> entered from its community. Local music fans will be encouraged to

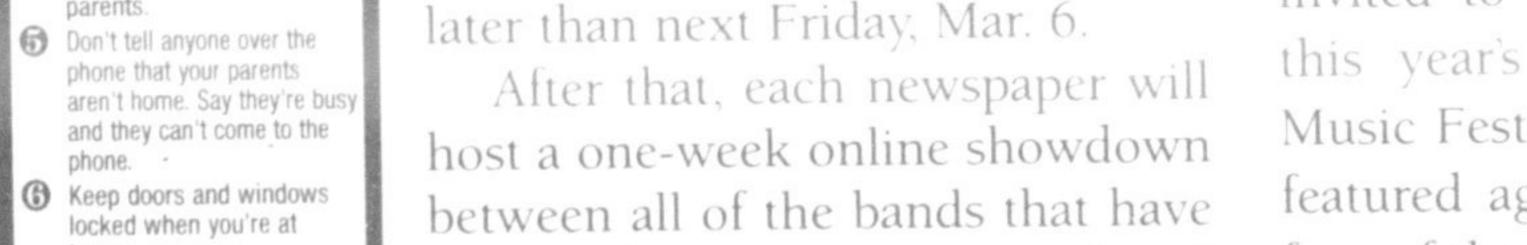
All you have to do is broadcast visit the website to view informayour best one-to-three minute tion about the band and link to the band's short video on YouTube before casting their votes for the best band.

> The band with the most votes from each participating community will be featured in the print edition of its hometown newspaper.

These four regional finalists will then advance to Metroland's Best of the West Battle of the Bands championship in which all four bands will be featured on each of the participating newspapers' websites for another week of voting.

And here's the best part. Metroland Best of the West Battle of the Bands champion will be invited to participate on stage at this year's Burlington Sound of Music Festival in June and will be featured again — this time in all four of the participating community newspapers.

events



\$60 VERIFIER PACKAGE



Every Sunday we serve COMPLIMENTARY BREAKFAST 11 AM - 12:30 PM Every Wednesday COMPLIMENTARY DINNER

6-7 PM

1 @ 5 strip dabbing book plus All-U-Can-Dab

and in your verifier 2 @ 6 strip books, 2 @ early birds, 2 @ Super Jackpots,

2 @ Progressive Jackpots 2 @ Rollover Jackpots

ITS THE BEST VALUE IN TOWN 3 @ \$1,000 Jackpots in your book, every session, every day!

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