

This Father's Day

show your **DAD** how much he means to you
Put his picture on our **Happy Father's Day Feature**
Running Friday, June 19, 2009

For only \$19.99 you can place a full colour photo of your dad and a Happy Father's Day message (max. 25 words actual size 2"x 2")

To place your ad please call:

905.878.2341

or email: miltoncanadianchampion.com
all ads must be received by 10am on Wednesday, June 17, 2009

buy • sell • rent • trade • hire

Classifieds

GET THE JOB DONE!

Ad Submissions Received by:

Fax: 905-632-8165

Tel: 905-878-2341

Email: classified@haltontsearch.com

For your convenience we accept: VISA, MASTERCARD, AMERICAN EXPRESS, INTERAC, CASH, CHEQUE,

Ask Us About...



Book your Recruitment ad today & receive 2 weeks on Workopolis for only \$125.00

The Canadian Champion
call 905-878-2341

garage sales

Appearing every Friday
April 1, 2009 thru
November 1, 2009

BROOKVILLE ESTATES FUN DAY **GARAGE SALE**
Raising Money for the Weekend to End Breast Cancer.
Brookville Estates is having it's Third Annual
HUGE GARAGE SALE
Sat. June 13th ~ 8am - Noon
Guelph Line - just past 15th Side Road
Adjacent to Brookville School

MILTON
Yearly Plant Sale
Fri June 12 ~ 3-7
Sat June 13 ~ 8:30-4
Sun June 14 ~ 12-3
520 Woodward Ave.
Hostas 2-\$5.00 includes miniatures
Also special variety and perennials reasonably priced.

MILTON
LARGE 3 GENERATIONS GARAGE SALE
Sat June 13
8am
204 Elm Ave
(N.W. corner of Woodward)
Furniture, toys, men's & woman's clothing, S-XXL

To book your ad call
905.878.2341
The Canadian Champion



WHAT

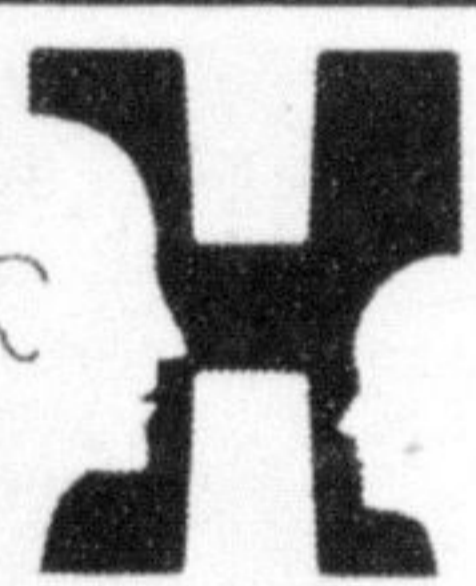
cleans out your closets, basement or garage?
A GARAGE SALE
Ad in the Milton Champion!

Friday edition reaches 23,000 homes in Milton and your cost is as low as *\$25.00 + gst. (*terms & conditions apply)

For info. and to place your ad in the Friday edition, just call the Classified Dept. at 905-632-4440, Mon.-Fri., 8:30 a.m. to 5:30 p.m. DEADLINE for Friday edition is Wednesday at 5 p.m.

If your Garage Sale is rained out you won't get soaked if you buy our Rain Protection for an additional \$5. Notify our office and we'll re-run the same ad, with a date change, at no charge **within the next 2 week period.**
Note: Your ad also appears on-line at haltontsearch.com

ASK THE PROFESSIONALS



Halton Hills Speech Centre
Division of M. Karen MacKenzie Steiner Speech Language Pathology Professional Corporation

"Your Caring Partners..."

Northview Centre, 211 Guelph St., Suite 5, Georgetown
(905) 873-8400 www.haltontspeech.com

Q: I am 40 years old and have had a lisp most of my life. Until now it has not bothered me although it is quite noticeable at times. I have recently applied for a promotion that would involve more face to face contacts and am worried that my speech may be a factor in my supervisor's final candidate selection. What can I do to get rid of the lisp? Is it too late to change it?

A: In our fast-paced world, first impressions are always important. The way that we speak often gives others an impression of our background, education and sometimes even our intelligence. That is why it is important to know that it is never too late to change one's speech. However, the way we speak is like a habit. So, the longer that we have had a particular "style" of speech, the harder it will be to change it, but with motivation and effort change is possible.

First, I would recommend a complete articulation (speech sound) evaluation by a Speech-Language Pathologist. This evaluation will determine which sound or group of sounds are in error and also exactly how the error is being produced. Then the Speech-Language Pathologist will teach you the correct placement of your tongue and flow of air in order to make an 's' and/or 's group' of sounds. After that, he/she will give you "drillwork" to do; that is, sounds and/or words to repeat again and again until they become more natural. Together, both of you will work to change the production of the "s" or "s group" of sounds until you can do it at conversational level without thinking about it. It will take effort and perseverance on your part to stick with it but remember, habits can be broken - **"speech therapy is not just for kids."**



Heather Solie Ins. Agency Inc.
HEATHER SOLIE, AGENT
420 Bronte Street South, Suite 210
www.heathersolie.com
Bus: 905-693-1400 Fax: 905-693-1403
Email: heather@heathersolie.com

LIKE A GOOD NEIGHBOUR STATE FARM IS THERE.™

Steer Clear® Program: State Farm Young Driver Discount

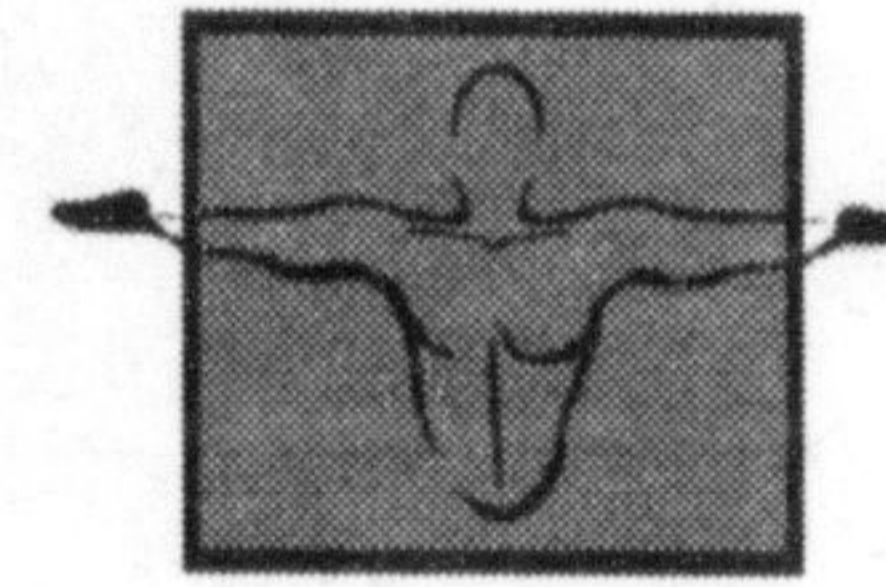
Each year young people begin learning the art of driving. State Farm understands young drivers are challenged by internal and external factors as they are driving on the roadways. To help them learn more about driving, State Farm has designed the Steer Clear program to stress how experience and awareness make a safer driver.

The Steer Clear program's purpose is to help young drivers be aware of their surroundings, give them insight into their driving styles, help them review their driving skills and become a more aware, stress-free driver. The completion of the Steer Clear program can result in up to a 15 percent discount on the driver's auto insurance. Drivers under the age of 25 are eligible for the discount; the program takes around 60 days to complete.

To begin the program, drivers must meet with their State Farm agent to receive the Steer Clear kit. After meeting with their agent, drivers must complete the following activities provided in the kit: watch an 11-minute video, read the Steer Clear magazine and complete a driver's log. In completing the Steer Clear Driver's Log, participants under age 18 must complete 30 driving trips with at least 10 supervised trips lasting a minimum of 15 minutes. Participants 18 years of age and older must complete 20 driving trips lasting a minimum of 15 minutes. Lastly, the participant must complete the quiz at the end of the driver's log.

Once a driver has completed these activities, the participant must again meet with their State Farm agent and return their driver's log in order to receive the discount. This program was developed by State Farm to encourage young drivers to build safe and roadworthy habits that will help them to make more responsible decisions when driving.

For more information about the Steer Clear program, contact Heather Solie, your local State Farm® Agent.



MILTON THERAPEUTIC
Registered Massage Therapy Clinic

Finally the warm weather is here and what comes along with the green grass and flowers?

Yes, of course, GARDENING! And along with gardening comes those unforgettable aches and pains from using muscles we haven't used since last summer.

A few tips you can try in order to relieve the "day after" gardening pain:

- *Stretch before and after your outdoor activities.
 - *A relaxing hot bath can be very helpful in soothing muscle tension.
 - *Use proper ergonomics or body positioning during gardening, cutting the lawn or when building your dream deck. Try not to put too much stress on the neck, shoulders and lower back.
 - *Take breaks when you feel you could use one.
 - *Massage Therapy is an excellent way to take care of neck pain, shoulder discomfort, lower back stiffness, and leg cramping.
- Be good to yourself and your body!

Milton Therapeutic would like to take this opportunity to introduce Reiki Master, Linda Marie Wallace to the clinic.

Reiki is a touch therapy technique that is proven to reduce stress and rebalance energy throughout the body.

Linda Marie is a very gifted healer and is accepting new clients at the clinic.

Milton Osteopathy now treating patients at the clinic.

For an appointment please call (905) 299 5074.

Call 905-878-0800

75 Main St., Ste. 10
Milton Medical Buildings



Ryan Weaver, B.Sc. R.M.T.



Leanna Sargent, B.F.A. R.M.T.



Lindsey Jukes, R.M.T. C.S.T.

Clinic Hours: Mon.-Fri. 8-8 • Sat. 10-2 • Closed Sunday