

GRAHAM PAINE / CANADIAN CHAMPION

NO PLACE LIKE HOME: The recent annual Milton Lifestyle Home Show filled Milton Memorial Arena, showcasing numerous vendors during the weekend-long event. Above, Kevin Parravicino of Granite Transformations shows how the business can transform any bathroom tub or shower into looking like new in just a day. Top right, Kathryn Aberle of Green Horizons is all set for gardening season. The company now offers a smaller sized bag of black garden soil ideal for seniors and gardeners with a small lot.

your Family CHIROPODIST ~ Registered Chiropodists ~

FOOT PROBLEMS Do you suffer from...

Corns • Calluses • Fungal Nails • Ingrown and Problem Toenails • Painful Bunions • Plantar Warts • Athlete's Foot • Heel Pain • Arch Pain • Aching Pain • Aching Feet • Plantar Fascilitis • Diabetes Related Foot Problems • Poor Circulation • Trouble Walking • Flat Feet • Fallen Arches • Knee Pain • Ankle Sprains • Pigeon Toes • Children's Foot and Gait Disorders • Hammer Toes • Heel Spurs?

Do You Need...

Orthotics • Orthopedic Footwear • Custom Made Footwear • Routine Foot Care • Surgery • Assessment • Advice • A Second Opinion Help is available from a Chiropodist, professionally trained to assess and treat diseases, disorders and dysfunctions of the foot.





Medical Foot Solutions

Registered Chiropodists Ruth Avelino B.Sc. D.Ch & Johnathan Haslehurst Hon.B.A.D.Ch. "Providing Innovation Healing Solutions"

350 Main Street East, Milton Call (289) 878-7334



Reserve your Mother's Day Table Sunday May 8th

Brunch \$ 3 4 95 11:30 - 3pm 5 Person

Inquire about our delicious Mother's Day Dinner Specials Dinner 5 pm - close

Aristotles Steak & Seafood 6905 Millcreek Dr., Unit 2 Mississauga

For Reservations, Call 905-858-1770 Lunch 11:30am - 3pm • Dinner 5pm - 11pm

aristotlessteakandseafood.com





Mother's Day Sunday Brunch

MAY 8, 2011

11:00 am and 1:00 pm Seatings Available

Carved Roast Beef, Herb Roasted Chicken, Seafood Selection, Dessert, Coffee & Tea & Much, Much More

Dinner Specials \$15.95 · 22.95 (incl. home-made dessert)



Bookings available for Meetings, Conferences & Weddings Email: info@mohawkinn.com Website: www.mohawkinn.co

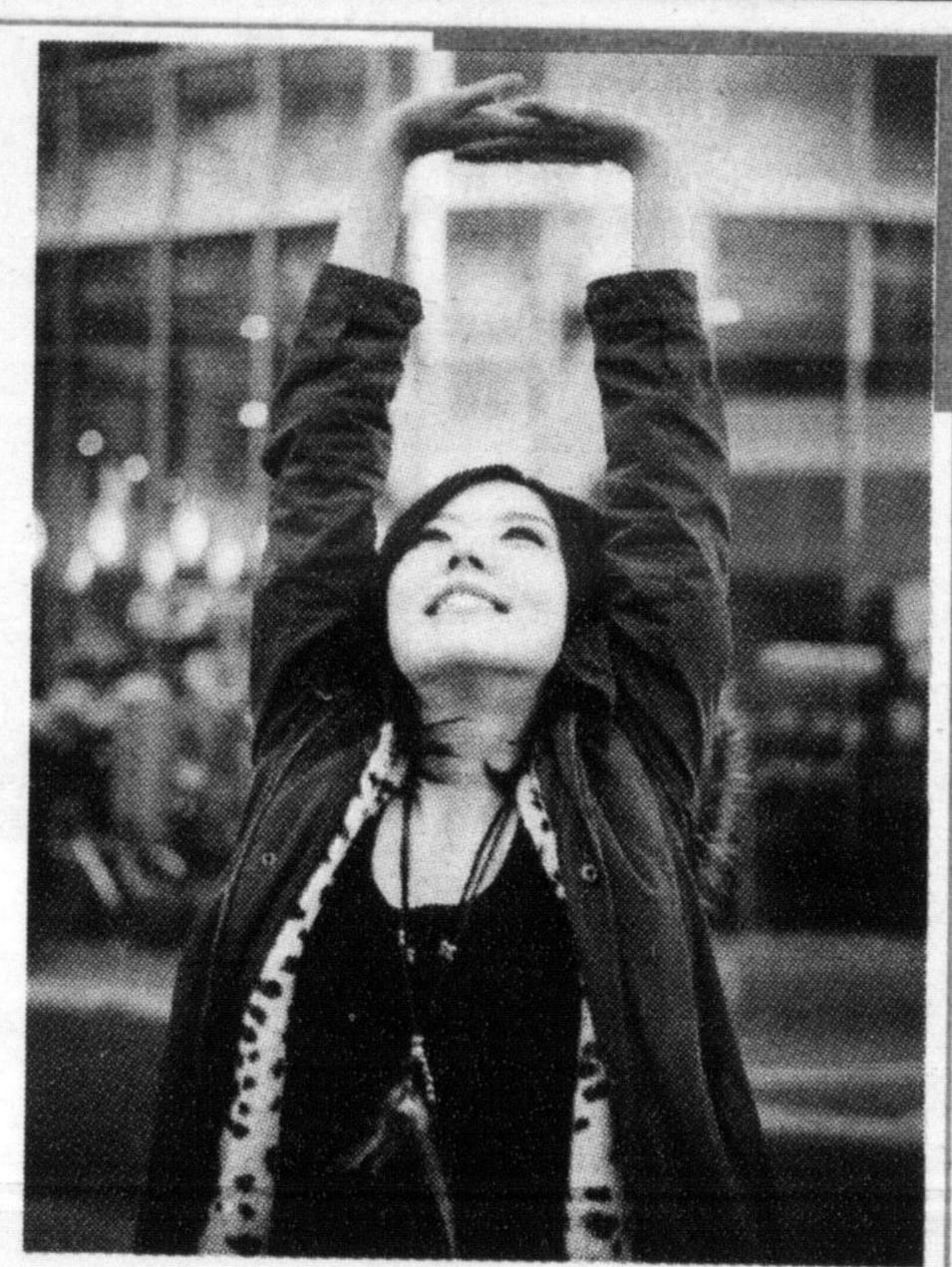


Breakfast, and Dinner 7 days/week 9230 Guelph Line, Campbellville

(905) 854-2277

Go Cooking Presents wellness expo

Saturday May 7, 2011 10:00 a.m. - 4:30 p.m. The Hamilton Spectator



Exhibits highlight food preparation ideas, fitness, mind/body/spirit wellness, beauty products, lifestyle, supplements, alternative therapies and more. Enjoy free samples and seminars featured throughout the day.

> Tickets \$4.00* in advance or \$6.00* at the door Purchase online at www.gocooking.ca

*All prices include HST.

Limited vendor space available. For more information, go to www.thespec.com/nutritionandwellness