

Sail in the Georgian Bay Regatta

The fifth annual Georgian Bay Sailing Regatta will be held from July 28 to Aug. 4 in the southern part of Georgian Bay. For the fourth year Bacardi Rum is sponsoring the event. The regatta offers sailing events for all levels, including a cruising program for those looking for a leisurely

pace. The Day Racing Fleet includes five port-to-port races and one around the buoys course, while the Georgian Bay International Challenge Fleet is for offshore racers. In addition to racing there is a social program which includes fish fries, bonfires, barbecues, a cham-

pagne breakfast and other events.

This year's offshore racers will compete for the Bacardi Cup, which is awarded for the best combined performance in a total of four races; the Georgian Bay Feeder Race on July 29, The Georgian Bay Islands Race on July 30, the Georgian Bay International Race on July 31 and an around the buoys course on Aug. 3.

The Regatta is the largest sailing event on Georgian Bay with more than 60 entrants expected. The boats are expected to range from 24-40 feet, with an average crew of four.

Entry information can be obtained by calling Shelley Pringle at (416) 961-5328.



PINE SCHOOL

An independent, non-profit, elementary day school for children of average or above average ability, experiencing learning difficulties, is now accepting LIMITED ENROLMENT for the 90/91 academic year, for Grades 1-8.

- Comprehensive core curriculum adapted for personalized learning
- Structured environment with low student/teacher ratio
- Development of total child
 - self esteem
 - intellect
 - social and physical

BurlingOak Program
For Individualized
Needs in
Education Inc.

Lynn Green, 637-7660
(Evenings only) Sharon Dore, 632-6390
Teresa Dimock, 632-0068

CALL NOW FOR SEPTEMBER ENROLMENT

Taylor Nursery

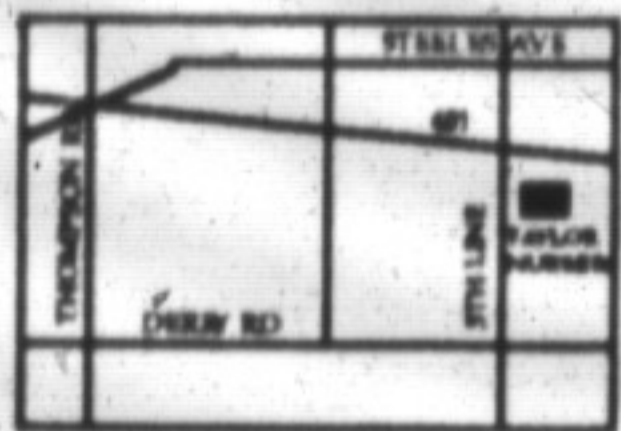
"You'll Grow with Us!"

We will be closed
July 14 - Aug 7
for holidays

We are sorry for any inconvenience this may cause

Watch for our
Unadvertised Specials

TOP SOIL,
SAND,
GRAVEL,
FIREWOOD



876-4100

9am - 7pm Mon-Sat
10am - 5pm Sunday

7429 5th Line, Milton

ASK BARBARA



Barbara Janzen, R.N.

Dear Barbara,
I'm not a "morning person" and I don't enjoy breakfast, but by the time the late news rolls around in the evening, I'm famished. I usually eat a large dinner. What can I do to avoid being so hungry late at night?

Reply:
Your mother was right: the most important meal of the day is breakfast. It gives you a good start because it raises your blood sugar and prepares you for the day. More important, when coupled with small meals throughout the day, it starts you out with a satisfied feeling that makes it much less likely you will experience hunger later in the evening. Many people mistakenly assume that the way to lose weight is to skip breakfast. This usually results in extreme hunger and ultimately eating later in the evening when activity is reduced and food is stored as fat. At Diet Center we teach you how eating on time and on schedule can help stabilize the blood sugar and make hunger late in the evening more manageable. Whether you need to lose weight or just maintain your current weight, eating regularly throughout the day will give you more energy and make you more productive. If you want to find out more about stabilizing blood sugar, call diet Center today and ask for a free consultation.

Diet Center
18 Martin St.
Milton 876-2221

Sportscoreboard

MINOR BASEBALL

Minor Tyke

Wickens Mechanical 12
Royal LePage Barb Crowe 12
Wickens Mechanical were led by Andre Popovic and Robin Persaud each with two runs scored. Jason Enair, Greg New, Nick Reid and Keith Knight each hit safely. Royal LePage had a home run from Mark Kilburn while Mike Depelsmaeker, Jon Grisold, Jeff Morgan and Jon Foley each had a double and a single.

Comic Express 14
J. Spurgeon 11
Derek Brown with a triple and double led comic express to victory. Todd Black, Harvey Bradley, Greg Davenport, Bobby Hicks, Michael Holmes, Mark Dambrosi and Cory Broussard each hit.

Joseph Mulligan with two singles and a double led J. Spurgeon. Michael Copeland (single and triple), Kurtis Mitchell, Jason Keith, David Bradley and Jamie McBride all contributed singles.

Comic Express 15
Shasta Construction 6
Greg Davenport with a triple and a single and Todd Black and Mark Dambrosi with a double each led Comic Express to victory.

Shasta Construction was led by the power of Willis Nigh, who banged out a triple and Mathew Dotto who contributed a single to the attack.

Royal LePage Barb Crowe 12
J. Spurgeon 2

Three home runs by Jon Grisold and Mark Kilburn provided Royal LePage with all the support required in this game.

Greg Aikenhead and Kurtis Mitchell were the only players to cross the plate for J. Spurgeon.

Royal LePage Barb Crowe 8
Halton Rental 7

Jamie Parton hit a grand slam home run for Royal LePage. Craig Robertson, Chris Burton and Lindsay Neelands each played excellent games.

Halton Rental was led by Trevor Burke who powered out a grand slam home run. Wayne Erwin, Ian Noseworthy, Blair Beaulieu and Scott Corfield each hit a single.

Shasta Construction 12
J. Spurgeon 11

Cameron Kelly with a double and two singles led Shasta to victory. Mathew Dotto three, Shawn Mohr two, Trevor Vlietman two, Jason Klip two.

Jamie McBride hit a grand slam to lead J. Spurgeon. Jason Rhen with a triple and a home run, Kurtis Mitchell with a triple. Ryan Brown and Brent Van Loosen with singles each.

Royal LePage Barb Crowe 13
Shasta Construction 4

Jamie Parton slugged a three run double in the third inning leading Royal LePage to victory. Jon Grisold and Mike Depelsmaeker had the other hits for the Realtors.

Shasta Construction turned a triple play in the fourth inning while Kris Kovacs with a home run and Shawn Mohr with two singles led the offense.

Halton Rent All 15
Comic Express 9

Halton Rent All was led by Ian Noseworthy who hammered a home run. Wayne Erwin with a triple, Scott Corfield and Stuart Gilbert with doubles each were the main offense for Halton Rent All.

Trevor Vlietman with a home run, Derek Brown with a single and triple and Chris Freedman with two singles were the offense for Comic Express.

Standings

	G	W	L	T	Pct.	GB	Pt
Royal LePage	9	6	2	1	.722	—	13
Comic Express	9	6	3	0	.667	0.5	12
Hal. Rent-All	8	5	3	0	.625	1	10
J. Spurgeon	9	3	6	0	.333	3.5	6
Shasta Constr	9	3	6	0	.333	3.5	6
Wickens	8	2	5	1	.313	3.5	5

Midget

	W	L	Pct.	GB
Sentinel Service	7	0	1.000	—
Canadian Champion	4	3	.571	3
Conchem	2	5	.286	5
Milton Athletics	1	6	.143	6

YOUTH SOCCER

Boys Under 16

Comic Express 5
NRS Millpond 2
Goal scorers for Comic Express Wolverines were Kevin Blackwood with four, Hasan Hasan one.

Goal scorers for NRS were Mark Rodrigues and Marty Humphries. In goal for Comic Express Wolverines was Ed Slack.

This was Comic Express Wolverines first win of the season. Great game played by all.

Boys Under 11

Brians Auto 2
Consumers Distributing 8
Scoring for Consumers were Jeff Seeds five, Michael Coletta one and Mark Agla with two.

Scoring both goals for Brian's Auto was Niall Lynn.

Consumers Distributing 8
G. Johnston Construction 1
Scoring for the winning team were Jeff Seeds with five, Mark Agla, Michael Coletta, and Jesse Ressor each with one goal. Matthew Peers scored the only goal for G. Johnston Construction.

Boys Under 18
Georgetown 2
Kinsmen of Milton 1
The highlight of the game was Steve Elms goal for Milton Kinsmen team. (No names were reported for Georgetown team.)

Girls Under 7
Kwik Kopy 4
M & M Meats 0
A well fought game with Kwik Kopy goals by Elizabeth Widraier, Alicia New and Michelle Merritt with two. Goalkeeping by Christina Stentford.

For M & M Meats great playing by Courtney Rich and Baile Horder. In goal were Jennifer Klip and Katie O'Reilly.

Muddy Duck 1
Uniglobe Cantrave 1

Sharing the goal for Muddy Duck were Ashley Grant and Andrea DiMaso. Goal was scored by Amy DiPalma. Good play by Karen O'Keefe for Muddy Duck.

In goal for Uniglobe was Londee Hannga. Kathleen Grimes scored the goal for Uniglobe. Good play by Kelly Howard.

Avco Financial 1
M & M Meats 0

Tamra Bisson scored the only goal in the game. Cathy Smith made some exceptional saves in goal to preserve the shutout. Jennifer Hunt and Lindsay Turner played well for Avco.

In goal for M & M was Rebecca Walton. Good efforts for M & M by Courtney Rich, Heather Williams and Katie O'Reilly.

Girls Under 9
Action Trailer Sales 3
Milton Shopping News 0

Action Trailer Sales jumped out to an early lead following a goal by Amy Harmon. Leah Redditt scored a pair of goals to give Action Trailer a three goal lead at halftime. Stephanie Scarpino was in goal for Action Trailers.

Playing well for Shopping News were Michelle Szafer and Mia Stutz. Vanessa Bouskill and Jessica Culver shared the Shopping News goal.

Girls Under 11
Acorn Radiator 1
Lindsay McLaren 0

Goal scorer for Acorn Radiator was Emily Cormier. In goal for Lindsay McLaren was Debbie Johnson.

Norland P.C. 9
Acton 1

Goal scorers for Norland P.C. were Laura French with four, Burgandy Dunn, Jessica Piarczyk, Jill Shaw and Nicole Walker each with one goal. (No names were reported for the Acton team.)

Michael's Optical 5
Fabrzone 0

Goal scorers for Michael Optical were Candice Ceelen with two, Laura Spagnuolo, Krystal Smeitink and Victoria Wraw each with one goal.

Maksteel 5
Acorn Radiator 0

Goal scorers for Maksteel were Laura Henderson with four and Sabrina Linder with one. Excellent midfield play by Emma Frederikson.

GIRLS T-BALL

Junior

Re/max Milton 31
Shoppers Drug Mart 30

Leading hitters for the winning team were Alex Rundle, Megan Lockhurst and Megan Mutcherson each with four hits, Amanda Pickering with three hits and Suzanne Ley with two.

Hitters for Shoppers Drug Mart were Ashley Elliot two home runs, single, Lindsay Richardson two doubles, two singles, Holly Bullinger three singles, Tasha Leslie three singles.

Sikken Paints 29
Dufferin Aggregates 28

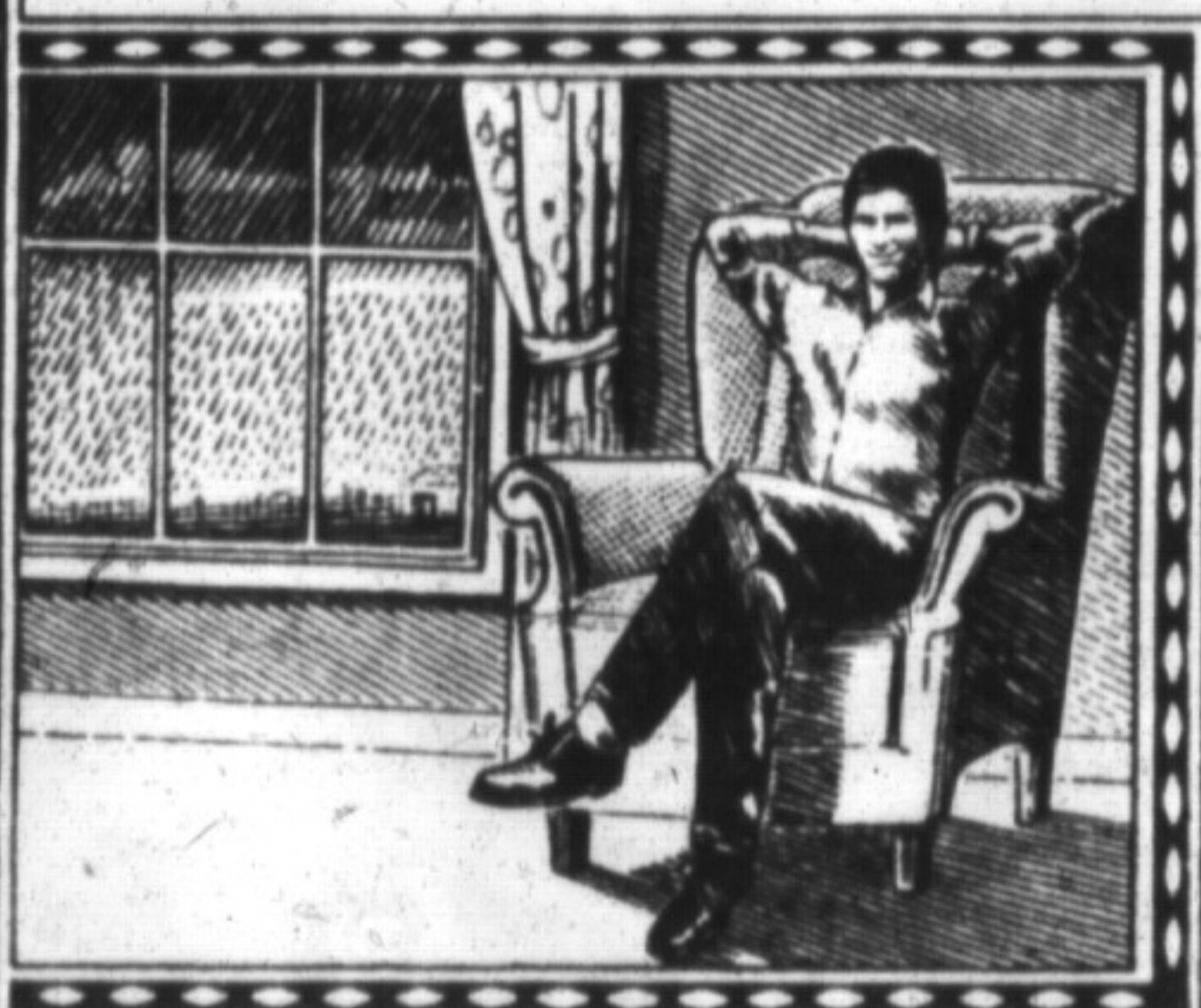
In a close game home run power by both teams proved important but a triple play by Stephanie Pender for Sikken's was the highlight of the game.

Point scoring hitters for Sikken's Paints were Natasha Tennant home run, three singles, Alicia Taylor home run, three singles, Angela Smith three home runs, Stephanie Pender home run, double and single.

Leading batter for Dufferin Aggregates were Marion Jamieson two home runs, single, Stacey Haringa home run, three singles, Lindsay Jeyson two home runs, double, Jamie Jeyson home run, three singles, Ashley Holmes four singles.

IT RAINED TODAY?
JUST THE EXCUSE YOU NEED
NOT TO MOW THE LAWN.

Electrical equipment such as lawnmowers, hedgetrimmers, edgers, and whippers should only be used when lawns and shrubs are dry. Water conducts electricity and can magnify the effect of any



accident or problem with your equipment. And no matter what the weather, it pays to check your tools periodically to ensure that they're in good condition. If you're using extension cords, use only heavy-duty 3-prong cords.

And of course, all of your equipment including extension cords, should be CSA approved. Sure we want you to keep your lawns and gardens neat. But if it's wet outside, take the day off.



MILTON HYDRO-ELECTRIC COMMISSION

P.O. BOX 189, 55 THOMPSON ROAD, SOUTH, MILTON, ONTARIO L9T 4N9
TELEPHONE (416) 876 4611 - FAX (416) 876 2044