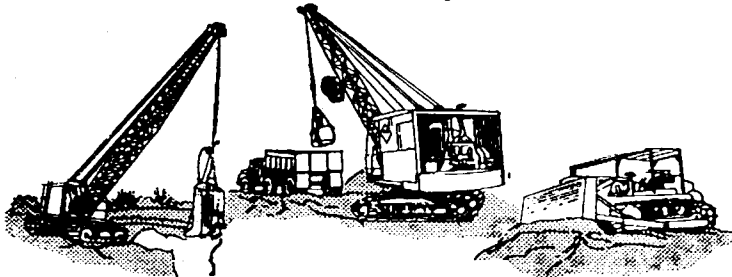


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**Coalhurst Food & Gas**  
416 52 Av Coalhurst Lethbridge 381-3232

**Country Corner Turin** Iron Springs 738-4414

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10 Av & 43 St S Lethbridge 327-2200

**Meat Department** Lethbridge 327-3048  
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431 18 St N Lethbridge 327-2418  
**Food Market The** 5334 49 Av Taber 223-2921  
Meat Department Taber 223-2455

**Foodland A G Foods**  
233 Main St Cardston 653-3326

**Fred's Bakery & Deli**  
1015 Mayor Magrath Dr S Lethbridge 327-0877

**Hanson's General Store & Post Office**  
Box 140 Diamond City Lethbridge 328-2578

**Heritage Grocery (1995)**  
Box 10 Shaughnessy Lethbridge 381-3611

**Hi Neighbor Grocery Ltd** Milk River 647-3970

**Hill Spring Whistle Stop**  
Hill Spring Glenwood 626-3881

**I G A 332 24 St** Fort Macleod 553-4438

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110 King St Nobleford 824-3372

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503 28 St S Lethbridge 327-0455

**Pove's Quality Groceries** Champion 897-3762

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**7-Eleven Food Stores** Coaldale 345-2744

**Shop Easy Foods**  
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Fax Line Fort Macleod 553-3727

**Skiff General Store Skiff** Foremost 867-2274

**Stavely Grocery** Stavely 549-3860  
Fax Line Stavely 549-2283

**Taber I G A 5112 48 Av** Taber 223-3766

**The Food Market** Coaldale 345-4757

**The Store 34N1 St W** Magrath 758-6255

**Thompson's General Store** Foremost 867-3586

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417 2 Av N Vauxhall 654-2441

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**Hair Goods-Retail**

**Alma Lynn's Family Hair Styling**  
Bay 6 1475 St Edward Blvd N Lethbridge 329-8898

**Cheyenne's Cutting Corner**  
902 7 Av S Lethbridge 328-5463

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(See Our Display Advertisement)  
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620 13 St N -----Lethbridge 327-0260

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(See Our Display Advertisement)  
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(See Our Display Advertisement)  
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613 4 Av S -----Lethbridge 320-1375  
(See Our Display Advertisement)  
**Blackcomb College Value Mall** -----Lethbridge 327-5822  
(See Our Display Advertisement)

**Hair Salons (Cont'd)**

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120 49 Av W -----Claresholm 625-3223  
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Fax Line -----Lethbridge 329-3233  
(See Our Display Advertisement)  
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145 200 4 Av S -----Lethbridge 381-0264  
(See Our Display Advertisement)  
**Cheyenne's Cutting Corner**  
902 7 Av S -----Lethbridge 328-5463  
(See Our Display Advertisement)

**Hair Salons (Cont'd)**

**Classic Touch Beauty Salon**  
5312 49 Av -----Taber 223-3131  
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See The Cutting Company  
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232 Main St -----Cardston 653-4380  
**Doreen's Beauty Studio**  
530 4 Av W -----Cardston 653-4311  
**Electric Beach Ltd**  
239 13 St N -----Lethbridge 380-2777  
**Expressions Hair Design**  
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NO APPOINTMENT NECESSARY  
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**HIS 'N' HERS**

- ★ HAIRSTYLING ★ PERMS ★ HAIR COLOURING
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featuring **Matrix** & others

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- AWARD WINNING COMPETITION STYLISTS
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• Nails, Make-Up, Waxing & More

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Including Esthetics  
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CUTTING CUTS PERMS STYLING COLOURING BROW WAXING  
FOR HER...  
FOR HIM  
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902 - 7th AVE. S., LETHBRIDGE

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 WIGS•HAIR PIECES•HAIR EXTENSIONS  
 EAR & BODY PIERCING  
 720 13 St N-----Lethbridge 328-5622

Hair Hut 1904 20 Av -----Coaldale 345-2870  
 (See Our Display Advertisement)

Hair Line 216 Jamieson Av --Picture Butte 732-4448

Hair-Loom 410 13 St N -----Lethbridge 328-1054

(See Our Display Advertisement)

Hair On Fourth 709 4 Av S ----Lethbridge 327-7111

(See Our Display Advertisement)

**HAIR PALACE**

159 22 St -----Fort Macleod 553-4919

Hair Quarters 5060 49 Av -----Stavelly 549-3818

Hair With Variety

416 Railway Av -----Granum 687-2087

**HAIRCRAFTERS -**

See Park Meadows Haircrafters

Hairfitness 1104 6 Av S -----Lethbridge 327-9818

(See Our Display Advertisement)

(CONTINUED NEXT LISTING PAGE)

Your telephone will become  
 one of your star sales  
 representatives if you will  
 extend your sales territory  
 by advertising in the  
**YELLOW PAGES.**



**Expressions Hair Design**

"Creating  
 the Image  
 that best  
 Expresses  
 the Individual"

**SPECIALIZING IN ALL  
 YOUR HAIR CARE NEEDS**

• Hair Extensions • Nails • Waxing • Make-Up  
 • Eyelash tinting • Manicures • Ear Piercing  
 and more

**STUDENT  
 RATES 320-1915**

509 - 7th Street S., Lethbridge, AB



**HAIR HUT**

FOR THE TOTAL BODY EXPERIENCE  
 EYELASH & EYEBROW TINTING  
 FACIALS - WAXING  
 MANICURES  
 TANNING - PEDICURES

**Matrix**  
 ESSENTIALS

TOTAL MATRIX PRODUCTS  
 FOR HAIR & SKIN CARE & COSMETICS  
 MON-THURS 8:30 A.M. - 9:00 P.M.  
 FRI 8:30 A.M. - 5:00 P.M.  
 SAT 8:00 A.M. - 3:00 P.M.

**345-2870**  
 1904 - 20th AVE., COALDALE



**Hair • Loom  
 Family Styling**

THE PERFECT PLACE  
 FOR COMPLETE CUTTING  
 & STYLING

**328-1054**

410 - 13th ST. N. LETHBRIDGE



**ON FOURTH**

**FAMILY  
 HAIR CARE CENTRE**

**327-7111**  
 709 - 4th AVE. S.  
 LETHBRIDGE

**Hair de  
 Caire**

The Family  
 Hair Care Centre

**328-5335**

724 - 23rd ST. N.  
 Lethbridge

*Hair* Port 2000

Appointments Not Always  
 Necessary

"Specializing In All Hair Care"

Mon. - Fri. 8:30 a.m. - 5 p.m.  
 Thursday 8:30 a.m. - 8 p.m.  
 Sat. 8:30 a.m. - 3:30 p.m.

**381-7733**

WESTGATE SHOPPING MALL  
 4-680 Columbia Blvd. W.  
 — Lethbridge —

**HAIRFITNESS**



Health and Hair, taking care  
 of you from the inside out

Reasonable Rates

1104 6 Ave. S., Lethbridge

**327-9818**



**J. K. HAIRSTYLING**

JUDY KONYNENBELT & STAFF  
 ARE HIGHLY EXPERIENCED IN

✓FOILS - HI-LITES ✓FREE CONSULTATIONS  
 ✓PRECISION HAIR CUTTING ✓WAVING  
 ✓PERMING & COLORING ✓BROW & LASH TINTING  
 ✓PEDICURES ✓ARTIFICIAL NAILS & NAIL ART  
 ✓FULL RETAIL CENTRE

**328-9954**  
 1014 - 3rd AVE. N. (HOMESTEAD VILLAGE)  
 LETHBRIDGE, AB



**Jorgens PLACE**  
 JUST FOR MEN

**SMART, VERY SMART!**

FOR YOUR CUT OR STYLING - BY APPOINTMENT ONLY  
 CALL JOHN OR JORGEN MAEGAARD  
 "It's the right thing to do!" **329-1400**

WE ALSO SPECIALIZE IN WIGS & TOUPÉS SALES & SERVICE

SUNNYSIDE ROAD SOUTH  
 (EAST OF RESEARCH STATION)  
 HWY. 3 EAST, 1 KM. FROM LETHBRIDGE CITY LIMITS




**Jessie HAIRSTYLES**



Today's Hairstyles For  
 Men, Women & Children

PRECISION CUTTING  
 CREATIVE COLOURING & PERMING  
 ARTISTIC LONG HAIR STYLING  
 FACIAL WAXING  
 EAR PIERCING  
 SMOKE FREE & AIR CONDITIONED

Open Monday Thru Saturday  
 Late on Wednesday & Thursday

WE HANDLE A FULL LINE OF  
 PROFESSIONAL HAIR CARE PRODUCTS





APPOINTMENTS NOT ALWAYS NECESSARY  
 1514 - 9th AVE. S.  
 Lethbridge

Call - **327-5000**



# SCHOOL OF HAIR DESIGN & BEAUTY SALON

## BEAUTY SCHOOL

- Beginner
- Individual Guidance
- Learning by Basic and Practical Experience

## BEAUTY SALON

- Hair Cutting
- Perms & Coloring
- Braiding
- Manicures

Senior Discounts

Monday - Saturday 8 am - 4:30 pm

Call or write for more information  
311 8th Street South, Lethbridge, AB • T1J 2J5

**320-2228**

# mopps hair salon

Call for an appointment: 223-8362  
(open everyday from 9-9)



MAKE-UP & LONG HAIR SPECIALISTS

## Penny Lane

### HAIR BOUTIQUE

- CUTTING • STYLING
- PERMING • COLOR TECHNIQUES

**FULL RETAIL CENTRE**

**328-9115**

1020 - 20th STREET S., LETHBRIDGE  
(1 BLK SOUTH OF REGIONAL HOSPITAL)

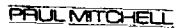
# Mane Attraction

HAIR DESIGN FOR MEN & WOMEN

*A Step Ahead In Design, Quality & Service*

CUTTING  
HAIRSTYLING  
COLORING  
PERMANENT WAVING

Professional Hair Care



**327-4251**

317A - 7th St. S., Lethbridge



PETER & CLARKE'S HAIR COMPANY  
PROFESSIONAL SERVICE  
— PROFESSIONAL PRODUCTS —

- MASTAY • LANZA • MATRIX
- KENRA • A-G • GOLDWELL

OPEN TUES-FRI 9am-8pm  
MON & SAT 9am-5pm

**329-3200**

602 - 3rd AVE. S., LETHBRIDGE

# REFLECTIONS HAIR DESIGN 1990 LTD.

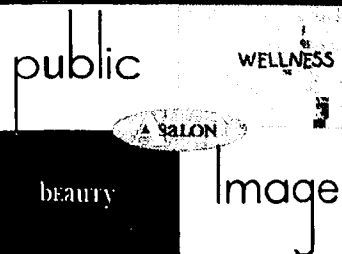
- ~ AWARD WINNING STYLISTS
- ~ CONDITIONING TREATMENTS
- ~ CREATIVE PERMING & COLOURING
- ~ FOIL WRAPS & HI-LITES
- ~ FREE CONSULTATION
- ~ FULL RETAIL CENTRE

- ~ NAILS
- ~ PRECISION HAIR CUTTING
- ~ PRODUCT REFILLS AVAILABLE
- ~ STUDENT DISCOUNTS
- ~ TANNING BED
- ~ WAXING

HOURS  
MON - SAT. 9 TO 6  
THURS. & FRI. 9 TO 9

**329-4414**

513 - 4th AVE.S., LETHBRIDGE



- full hair care —
- day spa —
- waxing - nails —
- massage —

1220 - 31 street north, lethbridge  
(403) **380-4730**

**Salons (Cont'd)**

Hairport 2000  
4680 Columbia Blvd W -----Lethbridge 381-7733  
(See Our Display Advertisement)

Harmony Hair Inc  
2638 South Parkside Dr -----Lethbridge 327-4843

Head Lines His & Hers Hair Styling  
5302 48 Av -----Taber 223-1511

His & Hers Hairstyles  
170 24 St -----Fort Macleod 553-3902

His N Hers Style Shoppe  
453 Broadway N -----Raymond 752-3733

**IMAGE CENTER**  
BEAUTY SALON  
21 1904 13 Av N -----Lethbridge 329-6534

Image 2000 4817 1 St W -----Claresholm 625-3991  
J K Hairstyling 1014 3 Av N -----Lethbridge 328-9954  
(See Our Display Advertisement)

**JACK & JILL'S SKIN & NAIL CLINIC**  
See Display Ad Under  
Fingernails & Eye Lashes Artificial  
102 542 7 St S -----Lethbridge 320-1483

Jorgen's Place -----Lethbridge 329-1400  
(See Our Display Advertisement)

Joseph Hairstyles  
1514 9 Av S -----Lethbridge 327-5000  
(See Our Display Advertisement)

Just For You Hairstyles  
745 N 1 St W -----Magrath 758-6350

**K C'S HAIR & TANNING SALON**  
407 2 Av N -----Vauxhall 654-4333

**L A School Of Hair Design**  
311 8 St S -----Lethbridge 320-2228  
(See Our Display Advertisement)

Lavonne's Hair Nook  
129 Main St -----Milk River 647-3544

**LEMON TREE HAIR DESIGN**  
5031 50 Av -----Taber 223-4900

Lynda's Hair Designs  
4830 49 St -----Stavelly 549-3990

Mane Attraction Hair Design  
317a 7 St S -----Lethbridge 327-4251  
(See Our Display Advertisement)

**MANE STREET HAIR STYLES**  
104 1 Av NW -----Milk River 647-2447

Mane Street " Hair Styles"  
1717a 20 Av -----Coaldale 345-2622

Marie's Beauty Salon  
516 2 Av N -----Vauxhall 654-2424

**MASTERCUTS**  
Park Place Mall -----Lethbridge 320-1166

Mopps Hair Salon Box 4062 -----Taber 223-8362  
(See Our Display Advertisement)

Nustyles 60 2 Av W -----Cardston 653-4537

Park Meadows Haircrafters  
Park Meadows Mall -----Lethbridge 320-6610

**PENNY LANE HAIR BOUTIQUE**  
1020 20 St S -----Lethbridge 328-9115  
(See Our Display Advertisement)

Peter & Clarke's Hair Company  
602 3 Av S -----Lethbridge 329-3200  
(See Our Display Advertisement)

Public Image Salon  
1220 31 St N -----Lethbridge 380-4730  
Fax Line -----Lethbridge 327-9111  
(See Our Display Advertisement)

**RAINBOWS END FAMILY HAIR CARE**  
738 13 St N -----Lethbridge 327-1626

**RAZOR'S EDGE**  
UNISEX HAIR CUTTING  
Hair Colouring • Perming • Wigs • Toupees  
(No Appointment Necessary)  
Centre Village Mall -----Lethbridge 328-2080

Reflections Hair Design 1990 Ltd  
513 4 Av S -----Lethbridge 329-4414  
(See Our Display Advertisement)

**REGIS HAIRSTYLISTS**  
Park Place Mall -----Lethbridge 320-1117

(CONTINUED NEXT LISTING PAGE)

**YELLOW PAGES™** get action!  
You can carry your firm's name  
and advertising into the homes  
and business places of your  
best prospects by being represented  
in the **YELLOW PAGES™**

**Sandy's Beauty Salon**

**UNISEX HAIRSTYLING**  
Specializing In:  
Perms • Colors  
Cutting • Eyebrow Waxing

**223-3662**  
5222 - 48th AVE., TABER

**Street Styles Hair Ltd.**

"Your Beauty At It's Best"

Specializing In Creative Perms  
Cuts • Styling • Colouring  
Open: Mon. - Sat. Wed. & Thur. Night

**327-0260**  
**320-0839**  
620 - 13th St. N., Lethbridge T1H 2S8

**TEXTURE TEASERS**

- COLORS & PERMS
- CUTS & STYLING
- MANICURES
- PEDICURES
- WAXING
- EAR PIERCING
- MAKE-UP APPLICATION
- FACIALS & SCALP TREATMENT
- JEWELLERY & HAIR ACCESSORIES
- ALL HAIR CARE PRODUCTS
- TANNING BED
- GIFTWARE

**COMPLETE UNISEX HAIR & BEAUTY CARE**

**HEY!**  
JUST BOUGHT A GIFT FOR SOMEONE...?  
GET IT WRAPPED WHILE YOU ARE BEING PAMPERED!

**APPOINTMENTS NOT NECESSARY  
OPEN THURS & FRIDAY NIGHTS**

**327-8313**  
1123 MAYOR MAGRATH DR. S.  
LETHBRIDGE

**SALON NOUVEAU**

Specializing In:  
► Colour & Cutting  
► Facial Waxing  
► Make-Up Applications  
► Skin Care & Nails

Open 3 Evenings  
Spacious Friendly Atmosphere!!  
Large Retail Selection (Refilling Discount)

**320-8284**

Free Consultations

"The Gift of the Professionals"

**STYLING CENTRE UNISEX HAIR CARE**

- Perms
- Cuts & Sets
- Colors
- Eyebrows Waxing & Tinting
- Eyelashes Tinting
- Manicuring
- Retail Products

TUES. - SAT. 9:00 A.M. - 8:30 P.M.

**320-8421**  
2022 - 2nd AVE. N., LETHBRIDGE

**Tracey's Cuts 'N' Styles**

- \* Colors & Perms
- \* Cuts & Styles
- \* Excellent Haircare Products
- \* Manicures
- \* Seniors Discount
- \* Children Specials

**380-2715**  
1643 St George Road North  
Lethbridge AB T1H 4Z9  
Please call for an appointment!

**Salon Sixteen Seventeen**

**Full Service & Retail salon**

**A.G. SERVICES**  
KENRA abba

- Precision Haircutting
- Creative Design Perming
- Advanced Color Technicians
- Waxing Services
- Nail Services
- Wolf System Tanning Bed
- Product Refills
- Consultations

**"LET US MAKE YOU THE PERSON YOU WANT TO BE...."**

**329-1617**  
1617 Cedar Road, S.E.  
Lethbridge



**Hair Salons (Cont'd)**

Reyes's Beauty & Barber Salon  
916 5 Av N -----Lethbridge 380-4200

**ROOSTERTAILS HAIR SALON**  
136 49 Av W -----Claresholm 625-2959

**RUMORS HAIR & TANNING SALON**  
ARTISTRY IN HAIR STYLING  
MAKE-UP, MANICURES, PEDICURES  
WAXING, NAILS, & MASSAGE  
5011 47 Av -----Taber 223-3634

Salon Nouveau 508a 5 Av S --Lethbridge 320-8284  
(See Our Display Advertisement)

Salon Sixteen Seventeen  
1617 Cedar Rd -----Lethbridge 329-1617  
(See Our Display Advertisement)

Sam's Barber & Hair Design  
204 Main St -----Milk River 647-2114

Sandy's Beauty Salon  
5222 48 Av -----Taber 223-3662  
(See Our Display Advertisement)

**Hair Salons (Cont'd)**

Scizzor Wizzards  
1205 3 Av S -----Lethbridge 320-0778

**SHEARIN-SHED SALON by MAREENA**  
203 Main St -----Cardston 653-3060

Shelley's Styles 816 2 Av -----Vauxhall 654-4142

Sidestreet Salon  
112a Main St -----Foremost 867-2137

Silhouette Nails  
201b 434 7 St S -----Lethbridge 320-0669

Something Special In Nail Care  
205 50 Av Coalhurst -----Lethbridge 327-3318

**STREET STYLES HAIR LTD**  
620 13 St N -----Lethbridge 327-0260

If Busy Call -----Lethbridge 320-0839  
(See Our Display Advertisement)

Studio The 4905 2 St W -----Claresholm 625-3633

Styling Centre 2022 2 Av N --Lethbridge 320-8421  
(See Our Display Advertisement)

**SUN SPREE TANNING & HAIR CARE**  
-----Lethbridge 328-3284

**Hair Salons (Cont'd)**

Tangles Unisex Hair Salon  
520 4 Av S -----Lethbridge 320-1451

Texture Teasers  
1123 Mayor Magrath Dr S -----Lethbridge 327-8313  
(See Our Display Advertisement)

The Cutting Company  
1304 6 Av S -----Lethbridge 320-7444

The Hair Saloon 105 Main St --Warner 642-3836

Tiara Salon 111 50 Av W ----Claresholm 625-2762

Tracey's Cuts 'N' Styles  
1643 St George Rd N -----Lethbridge 380-2715  
(See Our Display Advertisement)

Trend Setters 212 16 St S ---Lethbridge 320-8181  
(See Our Display Advertisement)

Ultracuts Westminster Mall -----Lethbridge 320-9696  
(See Our Display Advertisement)

**UNIQUE HAIR DESIGN**  
YOUR PROFESSIONAL FAMILY  
HAIR CARE SALON  
1102a 9 Av S -----Lethbridge 327-0640

**VICKI'S CUTTIN' QUARTERS**  
76 3 Av W -----Cardston 653-3211

Zak's Fifth Avenue  
431 5 St S -----Lethbridge 327-1277  
If Busy Call -----Lethbridge 320-1122  
(See Our Display Advertisement)

**Hair Transplant Surgery**

Elbow Drive Hair Transplant Clinic  
5116 Elbow Dr SW (No Charge)  
Dial) -----1-800-461-2220  
(See Our Display Advertisement)

Northland Hair Surgery Clinic  
204 4600 Crowchild Tr NW -----Calgary 286-5000  
(See Our Display Advertisement)

CREATIVE ADVERTISING MAKES  
PEOPLE WANT TO BUY -  
"YELLOW PAGES" - TELL THEM  
WHERE TO BUY.

**Halls**

Allerston Community Hall ---Milk River 647-2177

Barn The 3000 College Dr S ---Lethbridge 329-7250  
(See Our Display Advertisement)

Canadian Polish Assn Of Lethbridge  
745 : 3 St N -----Lethbridge 320-1014

Hall Rental Res -----Lethbridge 381-8202

**CHINOOK MALL HALL**  
OPEN CATERING POLICY  
WEDDING RECEPTIONS - DANCES  
MEETINGS - SOCIAL FUNCTIONS  
1904 13 Av N -----Lethbridge 328-4474

Circle Hill Community Hall ---Vauxhall 654-2888

(CONTINUED NEXT LISTING PAGE)

Check the "YELLOW PAGES"  
for WHO sells WHAT.

**ULTRACUTS**

**Great Looks for Less**

- Quality Perms • Precision Cuts • Colours
- Shampoo / Sets • Highlighting • Braiding & More

WESTMINSTER MALL 320-9696  
13th St. & 5th Ave. N.

WEST VILLAGE MALL 381-0440  
148 Columbia Blvd.

50 Plus  
DISCOUNTS  
EVERY DAY  
OF THE WEEK  
WITH GOLD CARD

SALON HOURS: Mon-Fri 9am - 9pm. Sat 9am - 6pm.

**Trend Setters**

**HAIR DESIGN**

**YOUR FULL SERVICE HAIR SALON**

- Manicures & Pedicures
- Facials, Amore Skin Care & Make Up
- Facial & Body Waxing
- Brow & Lash Tinting
- Massage
- High Concept Nails
- Kerra, Joico, A-G, Caqti & Back to Basics

**320-8181**

526 MAYOR MAGRATH DR. S., LTBR  
Lower Level of El Rancho Travel Lodge

**Balding?** TURN TO THE ONLY  
**Permanent Solution . . .**

CALL  
**DR. JOHN GILLESPIE**

"ONE OF CANADA'S MOST EXPERIENCED HAIR TRANSPLANT SURGEONS"

- 20 YEARS EXPERIENCE
- NEW MICRO-SURGICAL TECHNIQUES
- MICRO AND MINI-GRAFTS
- NATURAL LOOK
- VIRTUALLY PAINLESS
- SUCCESSFUL
- AFFORDABLE
- PERMANENT • SAFE

**ELBOW DRIVE HAIR TRANSPLANT CLINIC**  
**1-800-461-2220** 5116 ELBOW DR. S.W.  
CALGARY, AB

Member of the International Society of Hair Restoration Surgery

**LETHBRIDGE & DISTRICT EXHIBITION**

MEETING AND BANQUET FACILITIES FOR 10 TO 2000!

- \* TOP OF THE GRANDSTAND  
Colonel MacLeod Room,  
Jaycees Level  
Chief Crowfoot Dining Room
- \* EXHIBITION &  
WHOOOP-UP PAVILION
- \* HERITAGE HALL \* 4-H BUILDING
- \* WESTERN OUTDOOR BBQ'S

**328-4491**  
3401 South Parkside Drive  
Lethbridge, AB. T1J 4R3

**Zak's FIFTH AVENUE**

- HAIR FASHIONS
- AWARD WINNING HAIR STYLISTS
- NEW IMAGIZING
- BRIDAL PARTIES & SPECIAL OCCASIONS
- ESTHETICS
- CHILDCARE SERVICES AVAILABLE

**327-1277**  
431 - 5th STREET S.  
LETHBRIDGE T1J 2E2

**HAIR RESTORATIVE SURGERY**

RESTORATIVE PROCEDURES INCLUDE:

- ▶ Scalp Lifts & Scalp Reductions
- ▶ Mini-Grafting & Micro-Grafting

**NORTHLAND HAIR SURGERY CLINIC**  
Dr. Donald J. Wakeham  
Specialist in Maxillofacial Surgery ▶ **286-5000**  
NORTHLAND PROFESSIONAL CENTRE #204, 4600 Crowchild Tr. N.W.

**YWCA**

- Sports Teams
- Gymnasium
- Meeting Rooms
- Kitchens
- Work Shops
- Social Functions
- Weddings

NO CORKAGE FEE  
**329-0088**  
FAX 327-9112  
604 - 8th ST. S., LETHBRIDGE

**Halls (Cont'd)****COALHURST & DISTRICT COMMUNITY CENTRE**

HALL ONLY 381-9701  
No Corkage Fee. Bookings Only  
527 50 Av Coalhurst ..... Leth 381-3033

Croatian Centre  
4410 43 St N ..... Lethbridge 380-4591

Del Bonita Country Association  
Ideal For Wedding Re-Unions & Private Parties  
Del Bonita ..... Magrath 758-6211  
If No Answer ..... Magrath 758-6444

Elks B P O E No 268  
104 4 St ..... Picture Butte 732-4104  
For Hall Rentals Call Res ..... Picture Butte 732-5473

Foremost Community Hall  
Association ..... Foremost 867-9904  
Hall Bookings ..... Foremost 867-2196

GERMAN CANADIAN CLUB THE  
WE CATER  
TO ALL OCCASIONS  
CALL HORST FOR BOOKINGS. 327-5540  
902 6 St N ..... Lethbridge 320-1689

Knights Of Columbus 5726  
2425 12 Av S ..... Lethbridge 328-5938

Knights Of Columbus No 1490  
125 13 St N ..... Lethbridge 327-1490  
Fax Line ..... Lethbridge 327-8220

LETHBRIDGE & DISTRICT EXHIBITION  
Facilities For Groups Of 10 To 2000  
3401 Parkside Dr S ..... Lethbridge 328-4491  
(See Our Display Advertisement)

Readymade Community  
Assoc. .... Coaldale 345-4555

SCANDINAVIAN HALL  
Rental Catering Weddings Or Any Occasion  
229 12c St N ..... Lethbridge 320-9710

Turin Community Center  
Turin ..... Iron Springs 738-4582

UNIVERSITY OF LETHBRIDGE  
CONFERENCES ★ BANQUETS ★ MEETINGS  
CATERING — PANORAMIC VIEW  
4401 University Dr ..... Lethbridge 329-2111

WESTMINSTER NEIGHBORHOOD  
ASSOCIATION  
Weddings Or Any Special Occasion  
411 16 St N ..... Lethbridge 329-3026  
Y W C A 604 8 St S ..... Lethbridge 329-0088  
(See Our Display Advertisement)

**Handbags—Retail**

Galleria Shoes Ltd  
519 4 Av S ..... Lethbridge 327-2702

**Handicapped Services**

Arndt Motors Mobility Products Ltd  
82 E 2 Av N ..... Magrath 758-3121

Bluefox Association  
24 1904 13 Av N ..... Lethbridge 320-1880

Canadian Paraplegic Association (Alberta)  
1254 3 Av S ..... Lethbridge 327-7577  
Fax Line ..... Lethbridge 320-0269

Developmental Services  
3110 16 Av N ..... Lethbridge 327-1099

Greystoke Homes & Support Services Inc  
701 2 Av S ..... Lethbridge 320-0911  
Fax Line ..... Lethbridge 320-0955

HEALTH CARE HOMES LTD  
FAX/PHONE 328-0190  
RESIDENTIAL/DAY PROGRAM  
COMMUNITY SUPPORT SERVICES  
..... Lethbridge 328-0190

**4 GOOD REASONS FOR HANDLING COMPLAINTS BY LONG DISTANCE**

You can talk over matters at once. Promptness often prevents loss of a customer.

You can build closer relations with customers.

You can use tact in delicate situations. And because people talk more freely than they write, you can frequently trace the real reason for the complaint and prevent similar complaints in the future.

**Handicapped Services (Cont'd)**

HOME SWEET HOMES RESIDENTIAL SUPPORT SERVICES INC  
Qualified Care For Adults W/ Disabilities  
513 Red Crow Blvd W ..... Lethbridge 381-0816

LETHBRIDGE FAMILY SERVICES  
1107 2A AV. N.  
DaCapo Program ..... Lethbridge 320-9119  
Tenant Support Program ..... 327-5724

Peak Vocational Services  
314 2 Av S ..... Lethbridge 329-1262  
Fax Line ..... Lethbridge 320-2754

QUEST SUPPORT SERVICES INC  
Community Based Developmental Program  
128d N Mayor Magrath Dr ..... Lethbridge 381-9515  
Regional Behaviour Support Services  
920 3 Av N ..... Lethbridge 329-9594

REHABILITATION SOCIETY OF SOUTHWESTERN ALBERTA  
1610 29 St N ..... Lethbridge 329-3911

REHOBOTH CHRISTIAN ASSOCIATION  
CUSTOM WOODWORK  
FLOWERS-VEGETABLES-BEDDING PLANTS  
..... Coaldale 345-5199

SOUTH CARE INC  
PERSONAL/COMMUNITY SUPPORT SERVICES • 24 HOURS  
FAX 328-1646  
436 10 St N ..... Lethbridge 328-7565

SOUTHERN ALBERTA INDIVIDUALIZED PLANNING ASSOCIATION  
ASSIST INDIVIDUALS TO GROW & DEVELOP INTO VALUED, INTEGRAL MEMBERS OF OUR COMMUNITY  
920 3 Av N ..... Lethbridge 320-1515

STERLING HANDICAPPED OPPORTUNITY PROGRAM  
VOCATIONAL TRAINING CENTRE & SUPPORT SERVICES  
206 4 Av ..... Stirling 756-3057

Taber Handi-Bus 5308 53 St ..... Taber 223-2224  
Taber Special Needs ..... Taber 223-4941  
6005 60 Av

**Handwriting Experts**

QUESTIONED DOCUMENT INVESTIGATIONS ..... Lethbridge 381-2446  
Fax Line ..... Lethbridge 381-7330

**Handyman Service**

ARCHIE'S HANDYMAN SERVICES  
Quality Carpentry Painting, Renovations  
Repairs • Small Jobs Welcome  
Rates Per Hour Or Job Archie Hafichuk  
..... Lethbridge 320-8832

FOR WHAT IT'S WORTH  
ON SITE COMPUTER EDUCATION  
LANDSCAPING & YARD MAINTENANCE  
PAINTING & RENOVATIONS  
..... 320-0630

HILGERSOM PAVING STONE & LANDSCAPING  
Box 1082 ..... Coaldale 345-3769

Pete'll-Do-It ..... Lethbridge 381-6286

Senior's Handyman Service  
520 7 St S ..... Lethbridge 328-3733

Splinters Custom Wood Creations & Renovations  
46 - Oxford Rd W ..... Lethbridge 381-1433

Tim's Painting & Handyman Service  
Cellular ..... Lethbridge 380-5675

Wayne's Handyman & Yard Maintenance Service ..... Lethbridge 381-4899

You'll be MISSED!  
If your ad in the YELLOW PAGES isn't under all the headings that describe your business . . .

**Hardware—Retail**

Alberta Hardware & Variety Ltd  
3 Av & 12 St ..... Fort Macleod 553-4642  
BUTTE HOME HARDWARE BUILDING CENTRE

233 Jamieson Av ..... Picture Butte 732-4621  
Canadian Tire Associate Store  
1240 2a Av N ..... Lethbridge 320-6191  
5007 47 Av ..... Taber 223-4485

Cardston Pro Hardware  
317 Main St ..... Cardston 653-4925

COALDALE LUMBER & SUPPLIES  
TOOLS, PLUMBING, ELECTRICAL  
LAWN & GARDEN, SPORTING GOODS  
PAINT, HOUSEWARES, BUILDING SUPPLIES  
2127 Hwy Av ..... Coaldale 345-4441

DON'S BUILDING SUPPLIES LIMITED  
425 31 St N ..... Lethbridge 328-3535  
Grainland Hardware Box 159 ---Lomond 792-3632  
Growers Supply Limited  
401 1 St N ..... Vauxhall 654-2223

**LEALTA BUILDING SUPPLIES****ACE Hardware**

ACE is the place for:

WEATHER WINDOWS    HARDWARE  
HARDWOODS    LUMBER  
& PLYWOODS    DOORS  
METAL ROOFING    PLYWOOD  
& CLADDING    FLOOR &  
ROOF TRUSSES

1256 3RD AVE N. LETHBRIDGE AB

328-3031    FAX 329-8098

**Home hardware****HOME OF THE HANDYMAN®**

CARDSTON 336 Main St.    **653-3062**  
CLARESHOLM 118 - 50th Ave. W.    **625-3188**  
FOREMOST 117 Centre St.    **867-3616**  
MILK RIVER 101 Centre Ave. N.E.    **647-3636**  
PICTURE BUTTE  
233 Jamieson Ave.    **732-4621**  
TABER 5437 - 48th Ave.    **223-1122**

HOME CARD    VISA    Home Hardware Stores

**Hardware—Retail (Cont'd)**

Home Hardware Stores  
118 50 Av W ..... Claresholm 625-3188  
(See Our Display Advertisement)

LEALTA BUILDING SUPPLIES LTD  
1256 3 Av N ..... Lethbridge 328-3031  
(See Our Display Advertisement)

Peavey Mart Ltd  
3010 32 St S ..... Lethbridge 328-6326

Reid's Pro Hardware  
110 4 Av ..... Warner 642-3611

TABER HOME HARDWARE BUILDING CENTRE  
HARDWARE • BUILDING SUPPLIES  
5437 48 Av ..... Taber 223-1122

**Hardware—Wholesale**

C P DISTRIBUTORS LTD  
(No Charge Dial) ..... 1-800-352-8265

MARATHON FASTENERS & HARDWARE  
• EURO-STYLE HINGES • BALL EXTENSIONS  
• SHELF SUPPORTS • KD & CONNECTING FITTINGS  
• DRAWER RUNNERS • LEVELERS & GLIDES  
• MAGNETIC CATCHES • KNOBS & PULLS  
• FASTENERS  
Call Toll Free ..... 1-800-840-1228  
Fax Line ..... 1-604-597-0174  
8555 132 St ..... Surrey BC 1-604-597-0175

MARTIN HARDWARE DISTRIBUTORS  
CABINET HARDWARE SPECIALISTS  
AMEROCK • BLUM • GRANT • KV  
DECORATIVE SURFACE HARDWARE  
EUROPEAN FITTINGS & WIRE BASKETS  
SHOWROOM & WAREHOUSE  
FACSIMILE (403) 250-6807  
5915 Wallace ..... Mississauga 1-416-890-4920  
(No Charge Dial) ..... 1-800-661-8122

RICHELIEU-MARTIN -  
See Martin Hardware Distributors  
SHANAHAN'S ALBERTA LTD  
1430 31 St N ..... Lethbridge 327-3282

**Hardwood**

Hamilton's Carpet One  
909 3 Av S ..... Lethbridge 327-5454

Herman's Carpets  
1718 20 Av ..... Coaldale 345-3421  
Fax Line ..... Coaldale 345-6104

KERBER FLOORS LTD  
1422 2 Av S ..... Lethbridge 327-0023

Rocky Mountain  
Hardwood ..... Lethbridge 328-1271

**Hatcheries**

LILYDALE HATCHERY  
(FARMER OWNED)  
CHICKS &  
TURKEY POULTS  
POULTRY SUPPLIES  
FAX: 328-8568  
3620 9 Av N ..... Lethbridge 327-3679

**Hats—Retail**

LONE PINE  
MARKETING ..... Cardston 653-2511  
Southern Sign & Graphics Ltd  
318 25 St ..... Fort Macleod 553-4232

**Hazardous Materials Consultants**

D B S Environmental  
1510 33 St N ..... Lethbridge 328-4833

Compare your advertising in the "Yellow Pages™" to your competitor's. What is your competitor offering? Do you offer more? Tell your customers all they need to know in your "Yellow Pages™" ad.



**Health & Fitness Clubs**

**A CHANCE TO DANCE**  
424 7 St S -----Lethbridge 320-6442

**Bodymasters Gym** 5209 48 Av ---Taber 223-3739

**Enertek '94** 424 7 St S -----Lethbridge 329-0166  
(See Our Display Advertisement)

**Health Quest** 627 20 St S ----Lethbridge 320-6666  
(See Our Display Advertisement)

**Only Women's Fitness**  
105 501 1 Av S-----Lethbridge 327-1121  
(See Our Display Advertisement)

**SNEEKERS COURT & FITNESS CENTRE LTD** 5329 47 Av--Taber 223-9696  
Fax Line -----Taber 223-8082

**Health & Fitness Clubs (Cont'd)**

**Studio One Dance Academy**  
200 325 6 St S -----Lethbridge 329-8813

**Taka Karate School** -----Lethbridge 327-5551

**Y M C A Of Lethbridge**  
515 Stafford Dr S-----Lethbridge 327-9622  
Fax Line -----Lethbridge 320-6475

**Y W C A** 604 8 St S -----Lethbridge 329-0088  
(See Our Display Advertisement)

Every employee of the telephone company carries an identification card. We suggest that you refuse access to your premises to anyone who represents himself as from the telephone company, but who cannot so identify himself.

**Health Food Products**

**Biomax Nutrition Centre**  
322 13 St N -----Lethbridge 329-6291  
(See Our Display Advertisement)

**BOSCH KITCHEN EQUIPMENT**  
Sales: Herbs • Bosch Breadmakers • Flour Mills • Auto Bakerys • Food Dehydrators Juicers • 7-Ply St Cookware • Air Purifiers  
----- 676-2106

**Fitness Club** 802a 2a Av N ----Lethbridge 320-1781

**Go-Mango Fitness Equipment**  
1274 3 Av S -----Lethbridge 380-3707

**Health Connection The**  
5209 48 Av -----Taber 223-3739

**Heidi's Health Foods Ltd**  
511 4 Av S -----Lethbridge 320-2221  
(See Our Display Advertisement)

**Health Food Products (Cont'd)**

**Hill's Pantry Bosch Kitchen Centre**  
1269 2 Av S -----Lethbridge 329-8227  
Fax Line -----Lethbridge 320-7727  
(See Our Display Advertisement)

**Juice Plus Distributor**  
Edmonton (No Charge Dial) -----1-800-397-6826

**LIFESTYLES PURE & DELIGHTFUL**  
(No Charge Dial) -----1-800-563-7873

**NEO-LIFE DISTRIBUTOR**  
Vitamins-Minerals-Herbs  
Immune Boosting Antioxidants  
Elsie Regier  
Box 946 -----Coaldale 345-5378

(CONTINUED NEXT LISTING PAGE)

When people consider buying make sure they consider you — advertise in the YELLOW PAGES.

Let Your Phone Help You Shop

Get Action, Use "Yellow Pages."

- \* CERTIFIED PRACTITIONERS
- \* TOUCH FOR HEALTH
- \* WORKSHOP - SEMINARS
- \* COLON THERAPY
- \* ACCULITE THERAPY
- \* ELECTRONIC MUSCLE STIMULATION
- \* RELAXATION MASSAGE
- \* STRESS MANAGEMENT
- \* EMOTIONAL RE-PATTERNING

- \* T.E.N.S./E.M.S. UNITS
- \* NUTRITIONAL COUNSELLING
- \* RISE & SHINE PURELIFE NEO-LIFE
- \* WEIGHT CONTROL
- \* BODY CLEANSING
- \* ALLERGY CONTROL
- \* YEAST-CANDIDA
- \* CHRONIC FATIGUE

**HEALTH IS YOUR GREATEST WEALTH!**

**627 - 20th ST. S. LETHBRIDGE ALBERTA**

**BY APPOINTMENT ONLY 320-6666**

**LET'S GET BACK TO BASICS**

**BULK FOODS-SPICES-NUTS** (left) **BAKING & BREADMAKING SUPPLIES** (right)

- WHISPER GRAIN MILL
- QUALITY STAINLESS COOKWARE
- DEHYDRATED FOODS
- JUICERS & SMALL APPLIANCES
- HOME FOOD STORAGE
- PRESSURE COOKERS & CANNERS
- WHOLE GRAINS
- FOOD DEHYDRATOR

WE DEMONSTRATE & SERVICE WHAT WE SELL

**LETHBRIDGE**

**329-8227**

HEAD OFFICE  
1269 - 2nd AVENUE S.

**CALGARY**

**258-1337**

#4, 7640 FAIRMOUNT DR. S.E.

TOLL FREE ORDER DESK 1-800-430-7514

**PRESERVING TRADITION**

**THE ATMOSPHERE YOU NEED**

*Lethbridge's Only Exclusive Health & Fitness Club for Women Only*

**Women's Fitness**

- 22 Piece Cardio Theatre
- Cutting Edge Aerobics Program
- Lady's Apex Super Circuit
- Complete Weight Room
- Supervised Play Area
- Body Composition Analysis
- Convenient, Clean, Private
- Over 10 Locations to Serve You

**327-1121**

105, 501 1 Ave. South  
LETHBRIDGE  
PARK PLACE MALL

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*"The Champions Choice" for Sports Supplements*

MAX

We Also Offer:

- Vitamin Supplements
- Sports Magazines
- Casual/Exercise Clothing

**329-MAXI (6291)**

322 - 13 Street N. Lethbridge, AB T1H 2R8

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*Your One Stop Health Food Store Our Staff Is Here To Help You!*

- VITAMINS ● HERBS
- ATHLETIC SUPPLEMENTS
- HEALTH FOODS & BOOKS
- HOMEOPATHIC REMEDIES
- NATURAL COSMETICS
- AROMATHERAPY

**320-1516**

LONG DISTANCE (TOLL FREE)  
1-800-679-2921  
FAX: 328-3249  
218 LETHBRIDGE CENTRE  
LETHBRIDGE, ALTA.

**ENERTEK '94**

**WE ARE MORE THAN MUSCLE**

*Southern Alberta's Most Extensive Cardio Equipment*

**INDIVIDUAL PERSONAL INSTRUCTION**

■ TANNING ■ STEAM ROOM ■ WEIGHT ROOM

**329-0166**

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**YWCA**

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*FREE USE OF CITY POOLS • ARENAS*

- AEROBICS
- WEIGHT ROOM
- TREADMILL
- HOT TUB
- LEISURE CENTRE
- CHILD CARE
- PERSONAL ASSESSMENT
- STAIR MASTER/LIFE CYCLE

**329-0088**

604 - 8th ST. S., LETHBRIDGE

**HEIDI'S HEALTH FOODS LTD.**

- HERBS ● VITAMINS
- ATHLETIC SUPPLEMENTS
- SKIN CARE ● BOOKS
- AROMATHERAPY
- IRIDOLOGY BY APPT.
- TOUCH FOR HEALTH

2½ HRS. BY APPT. ONLY

*"With Over 30 Years Experience"*

**CERTIFIED MASTER HERBALIST**

**320-2221**

511 - 4th AVE. S., LETHBRIDGE

**OLD FASHION FOODS**

**HEALTH FOOD SPECIALTY CENTRE**

**DISCOUNT VITAMINS**

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- \* Athletic Supplements
- \* Health Books \* Natural Cosmetics
- \* Weight Loss Products

Seniors Discounts

MAIL ORDERS WELCOME  
CALL TOLL FREE 1-800-421-2955

**380-2120**

CENTRE VILLAGE MALL  
LETHBRIDGE  
WE CARE ABOUT YOUR HEALTH!

**Health Food Products (Cont'd)**

Newways Consultants Independent Distributor  
2026 7 Av N .....Lethbridge 320-6264  
**NEWWAYS INDEPENDENT DISTRIBUTOR**  
J Becker Herbs & Personal Care Products  
Box 702 .....Coaldale 345-5062  
**Nutrition Center**  
218 Lethbridge Centre .....Lethbridge 320-1516  
(See Our Display Advertisement)  
**NUTTER'S**  
Bulk & Natural Foods  
1021 2a Av N .....Lethbridge 329-3100  
**Old Fashion Foods**  
Centre Village Mall .....Lethbridge 380-2120  
(See Our Display Advertisement)  
**Oliver Health Foods Inc**  
College Value Mall .....Lethbridge 327-4994  
(See Our Display Advertisement)  
**Or-Kids Organic Market**  
314 2 Av S .....Lethbridge 327-7736  
**Pioneer Health Centre**  
764 Main St .....Pincher Creek 627-4166  
**Sangster's Health Centres**  
Park Place Mall .....Lethbridge 329-6356  
(See Our Display Advertisement)  
**SHAKLEE AUTHORIZED DISTRIBUTORS—**  
**OORDT M & M SHAKLEE DISTRIBUTOR**  
Oordt Martin & Mary  
1059 Fern Cr S .....Lethbridge 329-1008

**THE VITAMIN FARM**  
MAIL ORDER DISCOUNTS FOR:  
• vitamins • herbs • books • foods  
• seniors • shipping • 24 Hours  
(No Charge Dial) .....1-800-463-9865

**WATKINS PRODUCTS DISTRIBUTOR—**  
**WATKINS INDEPENDENT DISTRIBUTOR**  
2506 7a Av N .....Lethbridge 328-7855

Hunting for a reliable firm? You will find hundreds of them right here in the YELLOW PAGES.

**OLIVER HEALTH FOODS INC.**  
"THE HEALTH FOOD CENTRE OF SOUTHERN ALBERTA SINCE 1953"  
• Vitamins • Natural Supplements  
• Herbs • Natural Cosmetics  
• Athletic Supplements  
• Health Books  
• Weight Loss Products  
• Naturopath by Appointment

**327-4994**  
COLLEGE VALUE MALL  
NEXT TO WAL-MART  
LETHBRIDGE

**SANGSTERS**  
-health centres-  
"MAKE HEALTH A HABIT"  
VITAMINS • MINERALS • HERBS  
WEIGHT MANAGEMENT PRODUCTS  
SKIN CARE PRODUCTS • BOOKS  
ATHLETIC SUPPLEMENTS  
EVERY WEDNESDAY IS SENIOR'S DAY  
20% Off Regular Priced Sangster Brand Products  
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PARK PLACE MALL  
39, 501 - 1st Avenue S.  
Lethbridge, AB T1J 4L9


**Health Services**

Angela's Denture Clinic Ltd  
215 10 St S .....Lethbridge 327-6169  
**Barons-Eureka-Warner Family & Community Support Services**  
200 W 200 N .....Raymond 752-3303  
5009 56 St .....Taber 223-4403  
**Blood Tribe Community Health Centre**  
Community Health Centre Bldg .....Standoff 737-3888  
Medical Transportation .....Standoff 737-2604  
Ambulance Admin Ofc .....Standoff 737-2102  
Fax Line .....Standoff 737-3088  
**HEALTH SERVICES**  
Emergency Calls .....Standoff 737-3737

**BRIAR PATCH THE**  
Therapeutic & Trigger Point Massage  
Soft Light • Steam & Aroma Therapies  
Nutritional & Herbal Supplements  
210a 3 Av S .....Lethbridge 381-1333

**Centre For Life Management The**  
515 7 St S .....Lethbridge 327-5805

**CHINOOK HEALTH REGION**



**CHINOOK HEALTH REGION**  
960 19th Street South T1J 1W5  
**HEALTH CONNECTION LINE (24 HRS)**  
Lethbridge Calling Area .....Lethbridge 381-4636  
Toll Free .....1-800-595-2742

**HOSPITALS**  
Also See Hospital Listings By Town  
Cardston Hospital .....Cardston  
Crownsnest Pass .....Crownsnest Pass  
Fort Macleod Hospital .....Fort Macleod  
Lethbridge Regional .....Lethbridge  
Hospital .....Lethbridge 382-6111  
Magrath Hospital .....Magrath 758-3371  
Milk River Hospital .....Milk River 647-3500  
Picture Butte Hospital .....Picture Butte 732-4611  
Pincher Creek Hospital .....Pincher Creek 627-3333  
Raymond Hospital .....Raymond 752-4561  
Taber Hospital .....Taber 223-4461

**COMMUNITY HEALTH OFFICES**  
Crownsnest Pass .....Crownsnest Pass 562-7378  
Cardston .....Cardston 653-4981  
Children's Centre .....Lethbridge 381-5255  
Coaldale (18th Street) .....Lethbridge 327-6507  
Coaldale (14th Street) .....Coaldale 345-2044  
Fort Macleod .....Fort Macleod 553-4451  
Lethbridge (1st Avenue) .....Lethbridge 327-2166  
Lethbridge (2nd Avenue) .....Lethbridge 327-3827  
Magrath .....Magrath 758-3331  
Picture Butte .....Picture Butte 732-4038  
Dental .....Picture Butte 732-4020  
Home Care .....Picture Butte 732-4762  
Public Health Nurse .....Picture Butte 732-4242  
Speech Therapist .....Picture Butte 627-3266  
Pincher Creek .....Pincher Creek 752-3303  
Raymond .....Raymond 752-3303  
Taber .....Taber 223-4403  
Vauxhall .....Vauxhall 654-2232  
Public Health Nurse .....Vauxhall 654-2151  
Home Care .....Vauxhall 642-3737  
Warner .....Warner 642-3737

**REGIONAL SERVICES**  
Corporate Office .....Lethbridge 382-6009  
Community Relations & Fund .....Lethbridge 382-6008  
Raising .....Lethbridge 382-6104  
Employee Health .....Lethbridge 382-6142  
Engineering & Maintenance .....Lethbridge 382-6085  
Finance .....Lethbridge 382-6112  
Health Records .....Lethbridge 382-6330  
Housekeeping .....Lethbridge 382-6100  
Human Resources .....Lethbridge 382-6104  
Infection Control .....Lethbridge 382-6235  
Information Systems .....Lethbridge 382-6057  
Laboratory-Client Service Centre .....Lethbridge 382-6307  
Laundry .....Lethbridge 382-6124  
Material Management .....Lethbridge 382-6070  
Medical Imaging .....Lethbridge 382-6014  
Medical Officer Of Health .....Lethbridge 382-6213  
Nursing Administration .....Lethbridge 382-6144  
Nutrition Services .....Lethbridge 382-6040  
Pharmacy .....Lethbridge 382-6142  
Planning .....Lethbridge 327-6507  
Regional Rehabilitation Program .....Lethbridge 327-6507

**Health Services (Cont'd)**

**CHINOOK HEALTH REGION (CONT'D)**  
**COMMUNITY HEALTH REGIONAL SERVICES**  
Community Health Office  
801 1 Av S .....Lethbridge 327-2166  
Fax Line .....Lethbridge 328-5934  
Administration  
Central Placement Services  
Communicable Disease Control  
Dental Health  
Genetic Counselling  
Diabetes/Lipid Education  
Health Protection  
Immunization  
Infant Pre-School Development  
Population Health  
Prenatal Education  
Public Health Nursing  
Wellness Services  
Children's Centre/Speech Language Pathology  
200 5 Av S .....Lethbridge 381-5255  
Fax Line .....Lethbridge 381-5336  
Corporate Office .....Lethbridge 382-6006  
Community Care/AADL  
806 2 Av S .....Lethbridge 327-3827  
Fax Line .....Lethbridge 327-8494  
Medical Officer Of Health .....Lethbridge 327-2166  
Regional Rehabilitation Services  
2012 18 St Coaldale .....Lethbridge 327-6507  
Fax Line Coaldale .....Coaldale 345-2043  
Sexual Health Centre  
801 1 Av S .....Lethbridge 320-0110

Collins Health Institute  
12 740 4 Av S .....Lethbridge 320-7473  
**HARAGA'S HEALTH MANAGEMENT**  
Enhance Physical Emotional Nutritional Health  
2 Flr 1806 3 Av S .....Lethbridge 320-7969  
(See Our Display Advertisement)

**Harmony Massage** .....Lethbridge 329-0613  
**Heaven & Earth Healing Arts**  
81 314 2 Av S .....Lethbridge 327-8232  
**Jana's Cleaning & Personal Care** .....Lethbridge 380-4036  
**Just For You Health Services**  
Box 2 Hill Spring .....Glenwood 626-3188  
Fax Line .....Glenwood 626-3173  
**Lethbridge Physiotherapy Ltd**  
B105 542 7 St S .....Lethbridge 328-5673  
Fax Line .....Lethbridge 328-5974  
**PEAK PHYSICAL THERAPY LTD**  
105 1410 Mayor Magrath  
Dr S .....Lethbridge 328-7325  
**Redwood Industrial Health Services**  
1003 4 Av S .....Lethbridge 320-9474  
Fax Line .....Coaldale 345-5560

(See Our Display Advertisement)  
**ROCKYVIEW HEARING & BALANCE CLINIC**  
Mn Flr 114 1011 Glenmore Tr  
SW .....Calgary 253-4327  
**ST MICHAEL'S HEALTH CENTRE**  
Administration Office .....Lethbridge 382-6400  
St Michael's - Foundation Office .....Lethbridge 382-6446  
Auxiliary Site .....Lethbridge 382-6494  
Auxiliary Nursing 2nd Flr .....Lethbridge 382-6497  
Auxiliary Nursing 3rd Flr .....Lethbridge 382-6498  
Palliative Care & Sub Acute Unit .....Lethbridge 380-3203  
Southland Site .....Lethbridge 380-5350  
Southland Nursing 1st Flr .....Lethbridge 380-5354  
Southland Nursing 2nd Flr .....Lethbridge 380-5367  
Tranquil Therapy 5014 48 Av .....Taber 223-1373  
Vision & Massage Centre  
918 5 Av N .....Lethbridge 327-1197

**HARAGA'S HEALTH MANAGEMENT**  
Body Management  
• Acupressure • Massage  
• Kinesiology (Muscle Testing)  
• Live Blood Cell Analysis  
• Brain Gym (Learning Enhancement)  
"Quality Supplements"  
• Health Therapy  
Workshops/Gift Certificates  
**320-7969** Sat. & Eve. On Request  
2nd Flr., 1806 - 3rd Ave. S.  
Lethbridge

**Health Services (Cont'd)**

**WE CARE HOMEHEALTH SERVICES**  
Complete Family Support Services  
Nursing Care/Personal Care/Home Support  
24 Hours A Day - 7 Days A Week  
College Value Mall .....Lethbridge 380-4441


**REDWOOD INDUSTRIAL HEALTH SERVICES**  
"Helping Injured Workers & People with Disabilities Since 1991"  
■ WBC, DVA, AADL Approved  
■ Mobility Equipment Evaluations  
■ Functional Capacity Assessments  
■ Ergonomics & Health Education  
For Service at Home, Office or the Worksite by Registered Occupational Therapists call:  
**320-9474**  
1003 - 4th Ave. S.  
Lethbridge, AB T1J 0P7

**Health Units**

**COMMUNITY HEALTH -**  
See Yellow Pages - Health Services Heading - Chinook Health Region  
**Headwaters Health Authority**  
5221 2 St W .....Claresholm 625-4061

**Hearing Aids**

**ALBERTA HEARING AID PRACTITIONERS ASSOCIATION**



Reasons To Seek Help From A Licenced Hearing Aid Practitioner:  
Authorized Government Vendor  
Regulated Under The Health Disciplines Act  
**ALBERTA HEARING AID PRACTITIONERS ASSOCIATION MEMBERS**  
**BELTONE HEARING AID CENTRE**  
1007 3 Av S .....Lethbridge 329-4325  
**LEISHMAN HEARING CENTRE**  
1224 3 Av S .....Lethbridge 329-6006  
**LEISTER'S ACADEMY HEARING CENTRE**  
8 402 5 Av S .....Lethbridge 329-6246  
**WENSLEY HEARING AID CLINIC (LETHBRIDGE 1980) LTD**  
203 519 7 St S .....Lethbridge 327-8454

**AUDIOLOGY CONSULTANTS LTD**  
THOMAS MOORE, WERNER ROTH  
ROB BROECKERT, MS CCCA  
CLINICAL AUDIOLOGISTS  
204 855 8 Av SW .....Calgary 261-0687

(CONTINUED NEXT LISTING PAGE)  
Teach Children To Use Phones Properly.

**THIS HEADING CONTINUED FOLLOWING PAGES**

\*LISTINGS CONTINUED NEXT COLUMN\*

**Hearing Aids (Cont'd)**

**BELTONE HEARING AID CENTRE**  
1007 3 Av S -----Lethbridge 329-4325  
(See Our Display Advertisement)  
**Copps Thomas Audiology Clinic Ltd**  
918 3 Av S -----Lethbridge 327-8728  
(See Our Display Advertisement)  
**Leishman Hearing Centre**  
1224 3 Av S -----Lethbridge 329-6006  
(See Our Display Advertisement)  
**LEISTER'S ACADEMY HEARING CENTRE**  
8 402 5 Av S ----Lethbridge 329-6246  
(See Our Display Advertisement)

**Hearing Aids (Cont'd)**

**ROCKYVIEW HEARING & BALANCE CLINIC**  
Mn Fr 114 1011 Glenmore Tr  
SW -----Calgary 253-4327  
**T H MOORE HEARING CLINIC**  
204 855 8 Av SW -----Calgary 261-0687  
**WENSLEY HEARING AID CLINIC (LETHBRIDGE 1980) LTD**  
203 519 7 St S -----Lethbridge 327-8454  
Fax Line -----Lethbridge 327-8484  
(See Our Display Advertisement)

**Heat Pumps**

**BRYANT SALES & SERVICE**

- Quiet, Energy-Saving Heat Pumps & Furnaces
- High Efficiency
- Total Home Comfort Systems



CALL BRYANT TO THE RESCUE

DEALERS

**LETHBRIDGE**  
Lethbridge Refrigeration (1980) Ltd  
3030 12 Av N -----Lethbridge 328-4333

DISTRIBUTORS

Werner's Refrigeration  
424 36 Av SE -----Calgary 243-0233

**Heating Contractors**

**A & M REFRIGERATION & AIR CONDITIONING LTD**  
FURNACES  
ROOF-TOP HEAT-COOL UNITS  
2940 12 Av N -----Lethbridge 328-5042

**Alcon Refrigeration & Heating Ltd**  
3195 5 Av N -----Lethbridge 327-8525  
Fax Line -----Lethbridge 327-5671

**Atwood D Plumbing & Heating Ltd**  
Box 896 -----Raymond 752-4322

**B & E CONTROL SERVICE**  
2926a 8 Av N -----Lethbridge 327-7733

**BAXTER PLUMBING HEATING & GASFITTING**  
-----Lethbridge 327-6543

**CAM AIR REFRIGERATION & HEATING**  
3620 14 Av N -----Lethbridge 320-6699

**Caribou Refrigeration Heating & Air Conditioning Ltd**  
3126 2 Av N -----Lethbridge 320-1273

**CHARLTON & HILL LTD**  
655 30 St N -----Lethbridge 328-2665

**CITY PLUMBING (LETHBRIDGE) LTD**  
PLUMBING & HEATING  
SALES • SERVICE • PARTS  
(See Our Ad Under Plumbing Contractors)  
408 13 St N -----Lethbridge 328-1341

**CORONA ENVIRONMENT SYSTEMS LTD**  
3604 9 Av N -----Lethbridge 320-7726

**COST LESS PLUMBING & HEATING**  
YOUR PROFESSIONAL CHOICE FOR  
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 144 2 St W ---Cardston 653-4411

**CHINOOK HEALTH REGION -**  
 See Yellow Pages - Health Services Heading

**Claresholm General Hospital**  
 221 43 Av W ---Claresholm 625-3344  
 Fax Line ---Claresholm 625-3862

**Coaldale Health Care Centre**  
 2100 11 St ---Coaldale 345-3075  
 If Busy Call ---Coaldale 345-3777  
 Lab ---Coaldale 345-4747  
 Long Term Care Unit ---Coaldale 345-3075  
 After 3:30 P M ---Coaldale 345-5264  
 Handibus ---Coaldale 345-3315  
 Administrator ---Coaldale 345-5191  
 Director Of Nursing ---Coaldale 345-5192

**Fort Macleod Hospital,**  
 744 26 St ---Fort Macleod 553-4487

**Lethbridge Regional Hospital**  
 960 19 St S ---Lethbridge 382-6111

**Magrath Hospital** 37 E 2 Av N - Magrath 758-3371

**Milk River Hospital**  
 517 Centre Av E ---Milk River 647-3500

**Picture Butte Hospital**  
 301 Cowan Av S ---Picture Butte 732-4611

**Raymond Hospital**  
 150 N 4 St E ---Raymond 752-4561

**Taber Hospital** 4326 50 Av ---Taber 223-4461

**Willow Creek Auxiliary Hospital**  
 4221 8 St W ---Claresholm 625-3361  
 Fax Line ---Claresholm 625-3822

**Hot Tub & Spa Rentals**

**D & D Leech Hot Tub Rental**  
 304 2 St N ---Vulcan 485-6379

**E Z Hot Tub Rentals** ---Lethbridge 329-0940  
 (See Our Display Advertisement)

**Hot Tub & Spa Rentals (Cont'd)**

**Heat Waves Hot Tub Rentals** ---Lethbridge 382-9669  
 (See Our Display Advertisement)

**Wet & Wild Hot Tub Rentals** ---1-888-627-3730  
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 Best Massage Action of Any Spa  
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 619 Manitou Rd SE ---Cigr 403-243-3330

**Hot Tubs & Spas (Cont'd)**

**Koko Beach Pool & Spa**  
 316 11 St S ---Lethbridge 327-7665  
 (See Our Display Advertisement)

**L A Whirlpool Bath & Spa** ---Lethbridge 320-0072  
 (See Our Display Advertisement)

**Pleasure Pool Sales Ltd**  
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**SPAS, HOT TUBS, BATH TUBS**  
 POOL SERVICE  
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 DELIVERED TO YOUR HOME

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**PLEASURE POOL SALES LTD.**

"Your 1 Stop Pool Centre"

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 SALES SERVICE  
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 Portable Spas

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COLLEGE VALUE MALL  
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SOFT HEAT SAUNAS  
ACCESSORIES  
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SERVICING



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Fax 320-8326

**Hotels (Cont'd)**

Quality Inn Lethbridge  
1030 Mayor Magrath Dr S -----Lethbridge 328-6636  
Queen's Hotel 207 24 St ----Fort Macleod 553-4343  
Royal Hotel 5302 49 Av -----Taber 223-2234  
Sandman Hotel  
421 Mayor Magrath Dr -----Lethbridge 328-1111  
(See Our Display Advertisement)  
Shaughnessy Hotel Ltd  
Shaughnessy -----Lethbridge 381-3220  
Sheraton Worldwide Reservations  
(No Charge Dial) -----1-800-325-3535  
Southgate Inn 94  
128 8 Av NW -----Milk River 647-3733  
Stavely Hotel -----Stavely 549-3772

**Hotels (Cont'd)**

**TABER MOTEL**  
CABLE COLOR TV  
TELEPHONES  
18 AIR CONDITIONED UNITS  
ON NO. 3 HIGHWAY  
FAX 223-1080  
Hwy 3 -----Taber 223-4411

**TRAVELodge HOTEL LETHBRIDGE EL RANCHO**  
526 Mayor Magrath Dr S -----Lethbridge 327-5701  
(See Our Display Advertisement)

**VENTURA HOTEL**  
1814 20 Av -----Coaldale 345-3080  
Fax Line -----Coaldale 345-2943

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(CONTINUED NEXT LISTING PAGE)

**Hot Tubs & Spas (Cont'd)**

Rocky Mountain Pools & Spas  
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(See Our Display Advertisement)  
Wild Rose Hot Tubs  
College Value Mall -----Lethbridge 320-8108  
(See Our Display Advertisement)

**Hotel & Motel Consultants**

Kanegawa Group  
1520 36 St N -----Lethbridge 328-7774  
Fax Line -----Lethbridge 328-4770

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**Hotels**

Alec Arms Hotel  
Tavern 332 5 St S -----Lethbridge 327-3161  
Aspen Village Inn  
Box 100 -----Waterton Park 859-2255  
Barons Hotel -----Barons 757-3767  
Bayshore Inn  
111 Waterton Av -----Waterton Park 859-2211  
(See Our Display Advertisement)  
Bert's Place 215 4 Av -----Warner 642-2023  
Best Western Heidelberg Inn  
1303 Mayor Magrath Dr S -----Lethbridge 329-0555  
(See Our Display Advertisement)  
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(See Our Display Advertisement)

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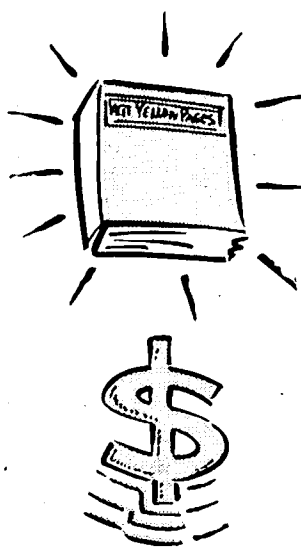
Claresholm Motor Inn  
4815 1 St -----Claresholm 625-3545  
Coal Banks Inn 312 5 St S ----Lethbridge 327-5754  
Coaldale Motor Inn  
913 19a Av -----Coaldale 345-2555  
(See Our Display Advertisement)  
Commercial Hotel Box 287 ----Lomond 792-3606  
Corona Hotel 501 2 Av N -----Vauxhall 654-2545  
Liquor Store -----Vauxhall 654-2876  
Foremost Hotel 104 Main St --Foremost 867-3676  
Fax Line -----Foremost 867-2100  
Grassy Lake Hotel -----Grassy Lake 655-2353  
Heritage Inn 4830 46 Av -----Taber 223-4424  
Fax Line -----Taber 223-1733  
(See Our Display Advertisement)  
Kilmorey Lodge  
117 Evergreen Av -----Waterton Park 859-2334  
**LETHBRIDGE HOTEL INC**  
202 5 St S -----Lethbridge 327-3151  
Lethbridge Lodge  
320 Scenic Dr S -----Lethbridge 328-1123  
(See Our Display Advertisement)  
Longbranch Inn  
404 Railway Av -----Granum 687-3975  
If Busy Call -----Granum 687-2177  
**MONARCH HOTEL**  
Monarch -----Lethbridge 381-3320  
New Dayton Hotel -----New Dayton 733-3633  
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1124 Mayor Magrath Dr S -----Lethbridge 328-5591  
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Parkside Inn  
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Pepper Tree Inn  
1142 Mayor Magrath Dr S -----Lethbridge 328-4436  
Picture Butte Hotel  
234 Highway Av -----Picture Butte 732-4546  
Tavern -----Picture Butte 732-4564  
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WINTER OFFICE: 1-403-238-4847  
FAX: 1-403-238-0391  
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913 - 19a AVE., COALDALE  
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Lethbridge AB  
T51 0A6  
(403) 328-4121

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SERVICES

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 FAX LINE 328-0002  
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 LETHBRIDGE, ALTA. T1K 2P7

**328-2366**

FAX - 328-5933



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- ★ THE MAZE NIGHTCLUB
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139 Renovated Rooms



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- TWO BLOCKS FROM JAPANESE GARDENS & HENDERSON LAKE
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 526 MAYOR MAGRATH DRIVE - LETHBRIDGE

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**327-5701**

### Hotels (Cont'd)

**WARNER HOTEL**  
 1024 Av ..... Warner 642-3773  
**Y W C A**

WOMEN'S ACCOMMODATIONS  
 OVERNIGHT OR LONG TERM

604 8 St S ..... Lethbridge 329-0088

York Hotel 3 Av & 13 St N ..... Lethbridge 328-4406

### Hotels-Out Of Town

**BLACKFOOT INN**  
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**CANADIAN PACIFIC HOTELS**  
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**CHAPPARAL INN**  
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**DAYS INN**  
 (No Charge Dial) ..... 1-800-329-7466

**DELTA BOW VALLEY**  
 209 4 Av SE Calgary (No Charge Dial) ..... 1-800-665-8571

Howard Johnson ..... 1-800-446-4656

Plains Motor Inn 4812 61 St ..... Stettler 742-3491

Ramada  
 Canada & US Reservations ..... 1-800-272-6232  
 Groups & Meetings ..... 1-800-268-8980

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### Hotels-Out Of Town (Cont'd)

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 Bellevue Inn  
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**BLAIRMORE**  
 Cosmopolitan Hotel  
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**CALLAGHAN INN**  
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**Hotels—Out Of Town (Cont'd)**

**CALGARY (CONT'D)**

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SUITE HOTEL**

- 86 Spacious Air Conditioned Suites With Fully Equipped Kitchens
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FAX 403 426-6260  
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- Casino

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Comfortable rooms with:  
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- Colour T.V. & Telephone  
- Air Conditioning

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**Hotels—Out Of Town (Cont'd)**

**CALGARY (CONT'D)**

- Carriage House Inn  
(No Charge Dial) .....1-800-661-9566  
*(See Our Display Advertisement)*
- Glenmore Inn & Convention Centre  
2720 Glenmore Tr SE Calgary (No Charge Dial) .....1-800-661-3163  
*(See Our Display Advertisement)*
- Holiday Inn (Toll-free) .....1-800-661-1889  
*(See Our Display Advertisement)*
- HOWARD JOHNSON HOTEL  
Toll Free .....1-888-648-3466
- Lord Nelson Motor Inn  
(No Charge Dial) .....1-800-661-6017  
*(See Our Display Advertisement)*
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(No Charge Dial) .....1-800-661-6858  
*(See Our Display Advertisement)*
- SANDMAN HOTEL  
(No Charge Dial) .....1-800-726-3626
- Westgate Hotel  
(No Charge Dial) .....1-800-661-1660  
*(See Our Display Advertisement)*

**CANMORE**

- Quality Resort-Chateau Canmore  
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*(See Our Display Advertisement)*

**COALDALE**

- Ventura Hotel 1814 20 Av .....Coaldale 345-3080

**COWLEY**

- Falls Inn Lundbreck .....Cowley 628-3922

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Central Reservations, Track Lowest Rate  
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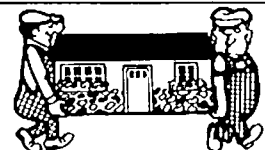
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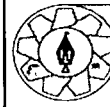
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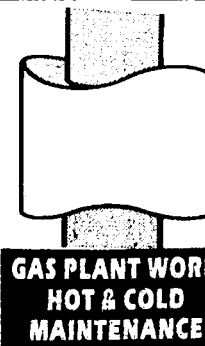
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