

TLC Family Footcare Centre
Stephen Thompson B.H.Sc (Hons), D.Ch
Chiropodist / Foot Specialist

Specializing in: athletic injuries, arthritis, bunions, claw & hammer toes, corn & callus care, diabetic foot care, foot pain, fungal & ingrown nails, nail care, geriatrics & pediatrics, orthotics, warts

"Giving your feet some Tender Loving Care"
Call to book an appointment:
416-702-7759 / 1-877-TLC-FOOT

Located in the
Georgetown Professional Arts Building (99 Sinclair Ave. Suite 202)
and the Acton Medical Building (93 Mill St. East)

Services covered by most insurance plans.

STAG & DOE for Ben Mugridge & Lisa McNeil

Sat. May 12
8:00 p.m.
to 1:00 a.m.
Acton Legion
Tickets will be sold at the door.

For more info contact Lisa @ 519-621-1187
"Hope to see you there"

Bicycles and you: the law does apply

A bicycle is a vehicle under the Ontario Highway Traffic Act. This means that as a bicycle operator you have the same rights and responsibilities to obey traffic laws as other road users.

You MUST stop at red lights as well as stop signs. As you are operating a vehicle that is traveling slower than normal traffic you are required to drive "as close as practicable to the right" edge of the roadway, except when preparing to turn left or when passing another vehicle. This means you may ride far enough out from a curb, or shoulder to maintain a straight line, clear of hazards such as sewers, pot holes, debris and parked car doors, but no further.

Before you turn or change lanes, check over your shoulder for other vehicles and use arm signals.

You MUST stop for pedestrians at crosswalks, and WALK your bike in the crosswalks if you are riding on a

**Const.
Chris
Borak**



sidewalk.

However, Town of Halton Hills By-Laws prohibit bicycle use on sidewalks by stating it is an Offence to "Drive a bicycle on the sidewalk".

Many bicycle enthusiasts enjoy riding in our vast rural community. This privilege goes along with other responsibilities that include not disposing of you garbage along the roadway, no side by side riding, and obeying rules of the road which I've described above.

It seems that every year we have at

least one tragedy to serve as a reminder that unsafe bicycle riding, or motoring around bicyclists, can have a serious or fatal outcome.

Motor vehicle operators also have a responsibility to safely overtake bicyclists and to share the roadway with cyclists.

There are also bicycle specific laws such as equipment requirements, front light, rear red light or reflectors, a bell and at least one brake. As community members, motorists, and cyclists, we can all do our part to promote safety on our roads, and enjoy an accident free summer.

Contact me personally for crime prevention tips at 905-878-5511 extension 2470, or by e-mailing chris.borak@hrps.on.ca. Please reserve the 911 system for emergency calls only.

Constable Chris Borak is the Halton Regional Police community support officer for District 1

The Regional Municipality of Halton



PUBLIC INFORMATION CENTRES

Draft Halton Water Efficiency Master Plan Phase 1 Practices & Options Review

We want to hear from you about water efficiency.

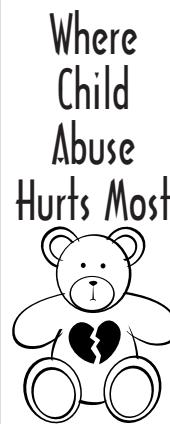
Residents are invited to attend one of four Public Information Centres Halton Region is conducting to present progress under Phase 1 of the draft Halton Water Efficiency Master Plan. Residents will be asked to provide feedback and whether they're interested in participating in the various water efficiency alternatives identified through the draft plan. Public Information Centres for Phase 1 of the draft Halton Water Efficiency Master Plan will be held as follows:

Tuesday, May 22, 2007	Mold-Masters SportsPlex, Hall 221 Guelph Street, Georgetown ON
Thursday, May 24, 2007	St. Peter School, Gym 700 Woodward Avenue, Milton ON
Tuesday, May 29, 2007	St. Matthew School, Gym 1050 Nottinghill Gate, Oakville ON
Thursday May 31, 2007	Appleby Ice Centre, Multi-purpose room 1201 Appleby Line, Burlington ON

Doors open for all four Halton Water Efficiency Master Plan public information centres at 6:30 p.m. with presentations scheduled to start at 7:00 p.m.

For more information regarding the draft Halton Water Efficiency Master Plan please contact Wayne Galliher, Water/Wastewater Outreach Coordinator, at 905-825-6000, extension 7337 or 1-866-4HALTON (1-866-442-5866).

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1151 Bronte Road, Oakville, Ontario L6M 3L1
Tel: 905-825-6000 • Toll Free: 1-866-4HALTON • TTY: 905-827-9833 • www.halton.ca



Sometimes the worst scars of child abuse can't be seen. Whether physical or emotional, abuse attacks a child's self-esteem and emotional development, leaving long-term emotional trauma and pain. You can help prevent child abuse by being a nurturing parent or caregiver. By letting children know they are special, competent and loved, you can help them develop positive self-images and happier futures.

If you feel overwhelmed, angry or frustrated as a parent, help is out there for you. Look in your area for support groups and services, or talk to a trusted friend, family member, pastor or doctor about what you can do to protect and support your child. If we all do our part to prevent child abuse, we'll get to the heart of the matter.

You're not older, you're wiser.

NOW PROVE IT

*After 40, it gets harder to see up close.
It's a natural condition called presbyopia. Regular visits to the eye doctor can keep things in focus.*



ONTARIO ASSOCIATION OF OPTOMETRISTS