

THE CLASSIFIEDS
Where the Deals Are!

FOR RENT

FOR RENT: Small trailer space, small office and unheated storage available. Call between 8a.m. to 4p.m. 519-853-0770. ⁽¹⁴⁾

ROOMS FOR RENT: Station hotel a.k.a. Mill St. Crossing weekly or monthly rates, starting at \$130. Includes parking, T.V., microwave and maid service. Call 519-853-0620 Ted or Sue. ⁽¹²⁾

SERVICES

DISPOSAL CONTAINER SERVICE: Ideal for renovations, shingles, house, garage & yard clean-up, dirt. Gravel delivery. Driveway friendly. Roll-off truck goes where larger trucks shouldn't. WESTERVELD CONTRACTING LTD. 519-853-3332, 905-702-2339, toll free 1-877-633-6259. ⁽¹¹⁾

BOBCAT SERVICE: Driveways, grading, tree planting, berms, excavation and trenching work, post holes, rock placement and landscape. Timberrock Services Marcel 519-856-4766. ⁽¹¹⁾

HEALTH

MASTECTOMY PRODUCTS: We now offer a large assortment of mastectomy products, come in and see our selection and book a private consultation time so we can discuss your individual needs. Young's Pharmacy and Homecare, 47 Main Street South, Georgetown. (905) 873-4021. ⁽¹³⁾

FIREWOOD

SEASONED MIXED hardwood. Minimum delivery 1 face cord, bush cord on special. Tuitmans Garden Centre, Hwy 25, 1.5 mile south of Acton (519) 853-2480. ⁽¹¹⁾

WANTED

COLLECTOR buying old fishing tackle boxes, lures, spinners, reels, etc. 519-853-8759. ⁽¹²⁾



KICK BUTT: Acton Jiu Jitsu members posed for this photo after their excellent showing in a tournament at Smallwood Acres.

Acton kicks butt at Jiu-Jitsu tournament

At the February 24th tournament at Acton's Smallwood Acres, Acton Jiu-Jitsu placed first with 32 medals against K-W Jiu Jitsu (20 medals) and Prosper Jiu-Jitsu from Barrie (26 medals).

The following placed in Sparring:
Gold - Ethan Constable, Thomas Graham, Matthew Woodhead, Trevor Livingston, Justin Cheng, Kaleigh McNeil, Cassie Minicucci.

Silver - Austin Middleton, Carly Livingston, Dylan Stokes, Liam Mc Carley, Jack Felce.

Bronze - Nicholas Firth, Nicholas Filion, Kristina Minicucci, Braden Ryan, Matthew Hansen, Rachel Rogers, Sam Murray.

4th Place - Kennedy Phelan, Amit Mehta.

The following placed in Grappling:
Gold - Ethan Constable, Trevor Livingston, Kaleigh McNeil.

Silver - Justin Cheng.

Bronze - Dylan Stokes, Cassie Minicucci, Kennedy Phelan.

4th Place - Nicholas Firth, Carly Livingston, Amit Mehta, Jack Felce.

Reg Marsh & Associates

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NOTICE TO KINGHAM RD. & RURAL RESIDENTS

If you did not receive your New Tanner or your Home Hardware catalogue last week please call The New Tanner office at 519-853-0051.

Public forum

Is incineration best way to deal with Halton's waste?

Halton Region is planning to spend \$800 million to build an incinerator. Is it a wise use of tax money? Are incinerators the best way to deal with waste? What are the benefits of incineration? What are the drawbacks? What are the options?

That's the topic of a forum in Oakville on Tuesday, March 27 when Dr. Paul Connett, Professor Emeritus of Chemistry from St. Lawrence University in Canton, N.Y., will speak. Dr. Connett specializes in environmental chemistry and toxicology, and has co-authored six peer reviewed articles on dioxin and numerous on waste management.

"He is the only person I know who can make waste interesting," well known activist Ralph Nader says of Dr. Connett who will be

joined by Rod Muir, a waste diversion campaigner from the Sierra Club of Canada, and John Jackson, program director for Great Lakes United.

"It's a timely forum as the Region is currently preparing a business case for the incinerator and it is scheduled to be finished sometime this month," says Barbara Halsall of Protect Our Water and Environmental Resources (POWER) which is co-sponsoring the forum with Oakville green Conservation Association. The proposed incinerator is to be built at the Region's landfill on Bronte Rd.

The free event open to all Halton residents is being held at the Galaxy 707, 475 North Service Road East in Oakville. Doors open at 7p.m.

Staying Alive Learning Series presents:

"Weight Loss: Facts, Fallacies and the Natural Approach"

Join Nicole Meier, Doctor of Naturopathic Medicine, to learn how to achieve your weight loss goals. Nicole brings her natural medicine and fitness background together to give you a proven method for successful weight loss.

This workshop will teach you:

- ✓ How to eat to lose weight and prevent disease at the same time.
- ✓ How to find your healthy body weight by measuring body fat, protein status and hydration levels with a free test on the "Bio Impedance Analyzer"
- ✓ What the scoop is on weight loss supplements.
- ✓ The healthy habits of ideal weight individuals by reviewing their daily diet and exercise routine.

Saturday, March 24th

10:30am - 11:30am

Staying Alive Fitness Studio

ADMISSION FREE

RESERVE EARLY, SPACE IS LIMITED!

staying **Alive**

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