

# Thieves scared away

Unknown suspects were scared off by an alarm during a residential break-in around the Nassagaweya/Puslinch Townline area March 18.

The alarm sounded when the front door was kicked in and drove the culprits away.

Nothing was taken during the incident, although \$50 damage was caused to the door frame.

## Vehicle damaged

Vandals have been at work in town.

## Police Blotter

About \$1,000 damage was caused to a Chevrolet Astrovan parked on Main Street last week.

Unknown culprits smashed all of the vehicle's windows.

The damage was caused sometime between March 18 and 22.

Police are investigating.

## Case proceeding

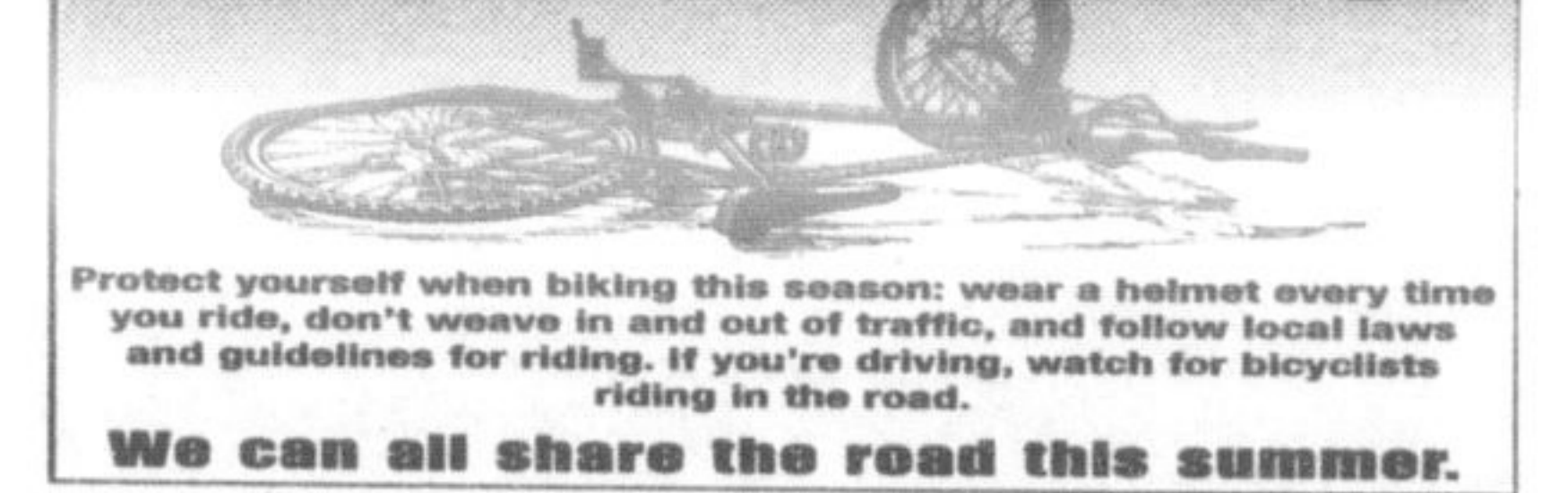
A Milton man charged with possession and distribution of child pornography in January will make another court appearance March 30.

Kirk Scott Pierpoint, 34, appeared at the Ontario Court of Justice in Burlington yesterday via two-way video. His case was remanded until Tuesday at the same courthouse.

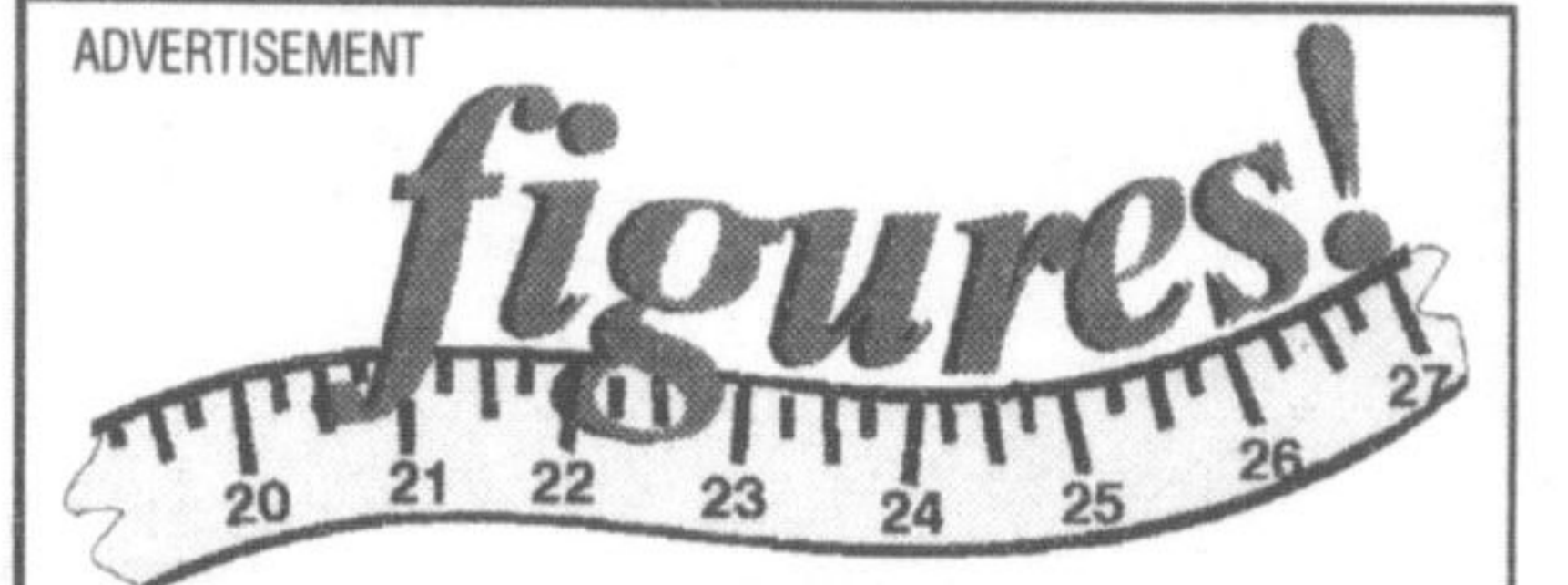
He was remanded to court yesterday from an earlier appearance March 11. At that time, Mr. Pierpoint was in the process of acquiring a lawyer, which he has since done.

The Oriole Court resident has also been charged with possession of a controlled substance.

## GET DEFENSIVE ABOUT BIKING.



Protect yourself when biking this season: wear a helmet every time you ride, don't weave in and out of traffic, and follow local laws and guidelines for riding. If you're driving, watch for bicyclists riding in the road.  
We can all share the road this summer.



## Fitness Matters

Researches found that people who do 20-30 minutes, 3 times a week of Circuit Type exercise quickly increased their fitness level by up to 11%. That's about the same cardio boost that people get when they do 30 minutes of jogging, 3 times a week. With Circuit Training you get a good cardio workout and great muscle definition in a short period of time.

At **Figures**, we offer superior adjustable hydraulic equipment. This means you can always increase your fitness level, offering your body some challenging workouts.

Come join us for a great full body workout and try one of our classes.

Classes starting & include Cardio Kick, Stability Ball, Body Sculpt and Run Club.

**Fast, Fun, Fitness for Her Exclusive Club for Women!**

**550 Ontario St. South  
Pizza Hut Plaza**

Call today **905-878-8702**

## Crime Stoppers of Halton

### Car forced off the road by driver fleeing police

Halton Regional Police are investigating a dangerous driving incident in Campbellville.

Shortly after 1 p.m. March 3, police attempted to stop a speeding vehicle on Guelph Line near No. 15 Sideroad.

In an effort to evade police, the suspect veered left to pass slower traffic and encountered a lone northbound vehicle.

In order to avoid a collision, the northbound vehicle was forced off the road into a ditch. The victim wasn't injured.

The suspect is described as a white male wearing a baseball cap. He was

driving a blue 1994 Pontiac Sunbird SLE, with clear plastic covering the rearview window.

*If you have any information that leads to an arrest in this or any other matter, you may be eligible for a cash reward.*

*You will never have to give your name or testify in court.*

*Crime Stoppers of Halton doesn't subscribe to call display.*

*Please call 1-800-222-TIPS (1-800-222-8477) or check out Crime Stoppers' Web site at [www.halton-crimestoppers.com](http://www.halton-crimestoppers.com).*

**CONCERNED ABOUT YOUR TAXES!**  
*Let Us Save It!*

**\$5 OFF WITH THIS AD.**

NETFILE TAXWIDE.NET

**TAXWIDE**

**INSTANT TAX REFUND ON THE SPOT OPEN 7 DAYS**

Over 10 locations to serve you

**1-866-TAXWIDE**

**MILTON MALL 905-875-3726**

GEORGETOWN MARKET PLACE 905-877-5884  
HEAD OFFICE: MISSISSAUGA: 905-949-2222

**REASONABLE RATES**

## Stress is more fattening than chocolate

By FRAN BRIGETTE Positive Changes Today

Chronic stress releases a powerful hormone that signals the body to relax and refuel. This important hormone, called Cortisol, is the body's way of slowing us down so that we don't burn out. The downside is that Cortisol's message to slow down usually makes us feel tired, sluggish and hungry. Therefore, while under the powerful influence of Cortisol, our tendency is to want to lie around, watch TV and snack.

Additionally, Cortisol triggers fat storage in the adipose tissue of the abdomen. When the majority of weight is in the abdomen it gives one an apple appearance. More importantly, it can lead to Cushing's syndrome, which involves storage of fat on the inside of the abdominal cavity. Cushing's syndrome can be dangerous and may lead to diabetes and heart disease.

**Dieting Ranks 7th Amongst Top 10 Stressors!**

Dieting forces you to think and behave in a way that is completely contrary to what you've been trained since childhood to do. This is why dieters always fall into the mantra, "I was doing really well until... (an unusually stressful event)."

Therefore, if one eats out of stress, and then forces oneself into the seventh most stressful human event (dieting), the yo-yo syndrome is not far behind. If you've failed at dieting more than once you've created a pattern for failure and will likely continue to fail until something in your mental strategy changes.

If you've tried diets, pills, surgery or exercise more than twice and you're still overweight, your body is not the problem, it's your mind.

Hypnosis helps to change the way you think, act and respond to your environment. At Positive Changes, the behaviors of a naturally thin person are mainlined into the subconscious. "The natural side-effect of hypnosis is relief from stress, which makes it the logical choice for permanent weight loss," says Dr. Patrick Porter, Executive Director of Positive Changes.

Call today to arrange your free, no-obligation weight loss consultation. You have everything to gain and nothing to lose but baggage — in every sense of the word!

Using hypnosis, there are:  
• No Diets • No Drugs  
• No Shots • No Weigh-ins  
• No Supplements

It is an all-natural method. You can own your own mind for safe, sensible permanent weight loss.

Positive Changes clients learn self-hypnosis techniques so that tension will not build up and cause weight gain

**POSITIVE CHANGES HYPNOSIS CENTRES**

Stress Management  
Stop Smoking Alcohol Free

35 Main St., South, Olde Downtown Georgetown  
(Two doors south of the TD Bank)  
**(905) 877-2077**

**PositiveChanges™**  
HYPNOSIS CENTRES  
*"Where Results Happen"*

## Harrop Gallery & Picture Framing Warehouse

since 1975

*Voted Milton's Favourite Gallery & Picture Framing*

**"The Taste of Tuscany" 2004**

Art Show & Sale Event  
March 28th through April 30th

Experience a new flair in art that compliments many of today's decorating styles. This presentation of fabulous canvas and art prints will take you to another continent. Their sun-drenched colours of terracotta, olive green and golden ochre will set the tone for the season ahead.

See these and many other artists works such as Trisha Romance, Robert Bateman and Douglas Laird.

**OPEN DAILY**  
**345 STEELES AVE. MILTON**  
**(905) 878-8161**