

Dateline

Tuesday Apr. 13

The Trillium Photographic Club invites people to its **Slide Clinic No. 5**, an opportunity to learn what does and doesn't make a great photo. The clinic starts at 8 p.m. at East Plains United Church, 375 Plains Rd. E., in Burlington. For more information, call Marilyn Chayka at (905) 634-7803, ext. 255.

The Halton branch of the Canadian Mental Health Association holds **Seminars for the Separated** from 7 to 10 p.m. in Milton. Topics include the stages of separation and communicating with your ex. The series continues for 10 weeks. The cost is \$95. For more information or to register, call (905) 693-4270.

The **Halton/North Peel Naturalist Club** invites the public to hear Kerry Jarvis present on Dragonflies and Damselflies at 7:30 p.m. at Centennial Middle School, 233 Delrex Blvd., in Georgetown.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in **Caregiver Connection** program from 7 to 8:30 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

Improve communication and leadership skills with the **Milton Toastmasters**. Everyone is welcome to attend the meeting at the Royal Canadian Legion, 21 Charles St. (upper level), at 7:30 p.m. For information, call Allan Lahue at (905) 877-3441.

Help for Parents, a parent support group, meets in Burlington. This non-denominational self-support group helps parents of children who are in trouble at home, at school or with the law or who are abusive or taking drugs. The group is a member of Association of Parent Support Groups in Ontario. For times and directions, call 1-800-488-5666 or visit www.apsgo.ca.

Calling New Parents, a free program for parents and babies aged 6 months and younger, meets with a public health nurse to discuss parenting and infant care. The group meets at the Milton Community Resource Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 693-4242, ext. 7899.

Milton District Hospital holds a **breastfeeding clinic** with a certified lactation consultant from 9:30 to 11:30 a.m. For more information or to make an appointment, call Jean Gallen at (905) 878-

2383, ext. 7030.

The Women's Centre, 210-1515 Rebecca St. in Oakville, holds its **Women's Employment Network** from 9:30 to 11:30 a.m. for women who are unemployed, laid off or returning to the workforce. It also holds its **Social Group for Spanish-Speaking Women** from 12:30 to 2:30 p.m. To register or for more information on either of these programs, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Weight Loss Club** at 10 a.m. The cost is \$1.50 for members and \$2 for non-members. It also holds **bingo** at 1:30 p.m. The drop-in fee is \$1.50 for members and \$2 for non-members, plus five cents per card or 10 cents for a full card. The centre holds **Evening Line Dancing**, with a cost of \$3 for members and \$3.50 for non-members. For more information on these activities, call (905) 875-1681.

Wednesday Apr. 14

St. John's Anglican Church, at Guelph Line and No. 10 Sideroad, holds **bridge** from 1 to 4:30 p.m. Bring a partner if you can. For more information, call (905) 854-2254 or (519) 821-8630.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in **Graduate Metastatic support group** from 10:30 a.m. to 2 p.m. at 2545 Sixth Line in Oakville. It also holds its drop-in **journaling** group from 1 to 3 p.m. For more information, call (905) 257-1988.

Mom's Morning Out meets at 123 Main St. from 9:30 to 11 a.m. Caregivers find friendship and support while children are cared for in Graham Hall. For information, call (905) 878-8895.

The Women's Centre, 210-1515 Rebecca St. in Oakville, holds its **Abuse Support Group** from 6 to 8 p.m. To register or for more information, call (905) 847-5520.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Hot Lunch** program from 11:30 a.m. to 12:45 p.m. The cost is \$6, which includes salad, an entrée, dessert and a beverage. Sign up at the reception desk or phone in your order by Monday. It also holds **contract bridge** at 9:30 a.m. The cost is \$1.50 for members and \$2 for non-members. The centre holds a free, drop-in **Blood Pressure Clinic** from 11 a.m. to 2 p.m., performed by a registered nurse from St. Peter's Home Services. It holds its **Evening Euchre Party** at 7:30 p.m. The cost is \$2 per person. Call (905) 875-1681

• see more DATELINE on page 31

Metal Queen Management presents

Metal Thursdays & 10¢ Wing Night

3 BANDS FOR **\$5** *Hardball Cafe*

8750 Hwy 25, just N. of Hwy 401
ALL ORIGINAL ACTS
DOORS OPEN AT 9PM

\$1. OFF WITH THIS AD.

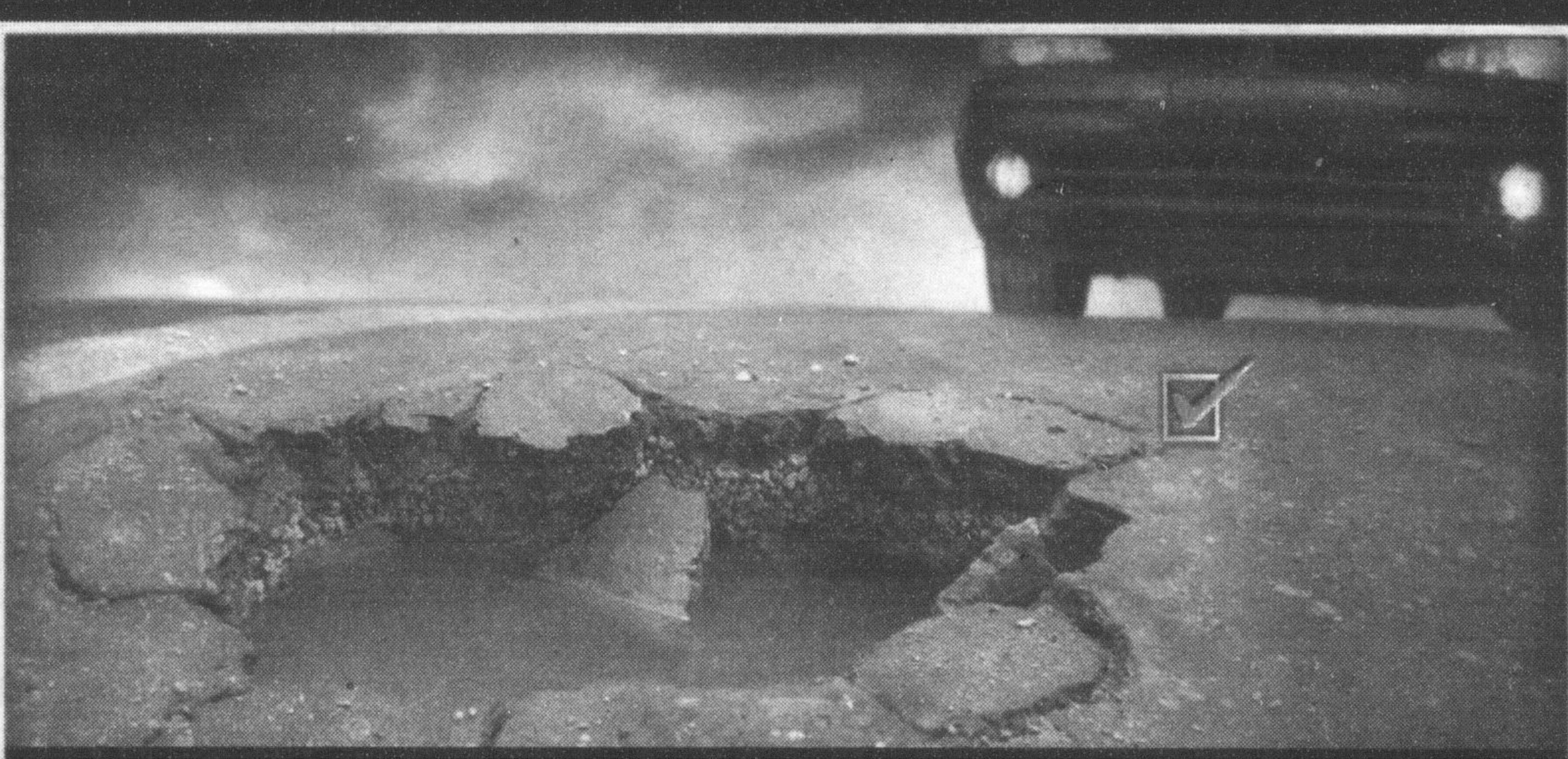
Nutrition Notes

Did you know...

1 in 5 Canadian children are not getting the recommended five servings of fruits and vegetables they require daily.



Halton Food for Thought
Contact Program Coordinator
905-845-5597 ext. 201
foodforthought@cogeco.ca




THE MOMENT PROPER MAINTENANCE MATTERS.

As the snow melts, your car faces a whole new set of challenges. Be prepared by getting GM Goodwrench Service expertise, at great prices.

MAINTENANCE SERVICE PACKAGE	Lube, oil & filter • 15 Point Inspection including coolant, tires, wipers, hoses & belts • Tire rotation • Brake inspection • Top up fluids • Set tire pressure • Electronic battery test	\$49⁹⁵ plus tax	
COMPLETE ALIGNMENT SERVICE	Our computerized alignment service price includes all of the adjustments you require to help restore that 'on-centre' driving feel and make your tires last longer. Inspect alignment and adjust toe, caster and camber • Parts extra, if required	Rear Wheel Drive from \$69⁹⁵ plus tax Front Wheel Drive from \$99⁹⁵ plus tax	
TIRES. OUR PRICE GIVES YOU MORE.	Installation, balancing, valve stems, lifetime inspection and applicable road hazard protection and treadwear warranties included in the price of your tires. And our GM expertise.		
Fits most '95-'01 Cavaliers Uniroyal Tiger Paw Freedom™ • P195/70R14	\$79⁹⁵ plus tax	Fits most '97-'01 Montanas & Ventures Uniroyal Tiger Paw Freedom™ • P215/70R15	\$89⁹⁵ plus tax
Fits most '95-'01 Sunfires Uniroyal Tiger Paw Freedom™ • P195/65R15	\$84⁹⁵ plus tax	Fits most '97-'01 Sierras & Silverados Uniroyal Laredo Cross Country™ • P245/75R16	\$145⁹⁵ plus tax

UNIROYAL • BFGoodrich • MICHELIN • GENERAL TIRE • Continental • GOOD YEAR

Exclusively at GM Dealerships.



Right. On time.

1-800-GM-DRIVE goodwrench.gmcanada.com *Offers not available in Thunder Bay, Fort Frances, Dryden, Terrace Bay and Kenora. Other participating GM Dealerships may set individual prices. LOF includes up to 5L of GM premium motor oil. Offers are valid on most GM vehicles for a limited time only to retail customers. See Service Advisor for more details.