



Don't forget to set your clocks back

It's fall back time again. Miltonians should set their clocks back an hour before going to bed tomorrow night. The official time change will occur at 2 a.m. Sunday. In conjunction with the time change, the Milton Fire Department is reminding residents to change their smoke alarm batteries. Here, Sparky the fire department mascot sends the message.

Photo by GRAHAM PAINE

Show is for new, expectant mothers

When it comes to products and services for new and expectant parents, there's no lack of options. But many couples aren't aware of all that's out there, and the choices can be confusing.

That's why Milton resident Dale Ho, child birth educator, decided to spearhead the November 6 Pre and Post-Natal Health and Wellness Day at Inner Sanctum Yoga Studio, 400 Main St., suite 208. The event will run from 1 to 6 p.m.

"My goal is to make new and expectant couples more aware of all the options that are out there," Ms Ho said, adding there are many new services for parents and babies to explore.

The mini-expo will include demonstrations, consultations, speakers and displays, not to mention door prizes and give-aways.

"They (parents) will get a wealth of information and knowledge just by coming," Ms Ho said. "There's so many options that are easily accessible."

Parents will be able to consult with Ms Ho — who's an early childhood educator as well as a child birth educator — along with a naturopathic doctor, a doula and a lactation consultant. There will be demonstrations on pre-baby yoga, mom and baby yoga and infant and pregnancy massages. Sign language for infants will also be demonstrated, and a small presentation will be given on the topic of preparing for childbirth.

Annual General Meeting

Joyce Scott Non-Profit Homes Inc., operating as

INDEPENDENT LIVING • HALTON

invites you to

attend our 12th annual general meeting,

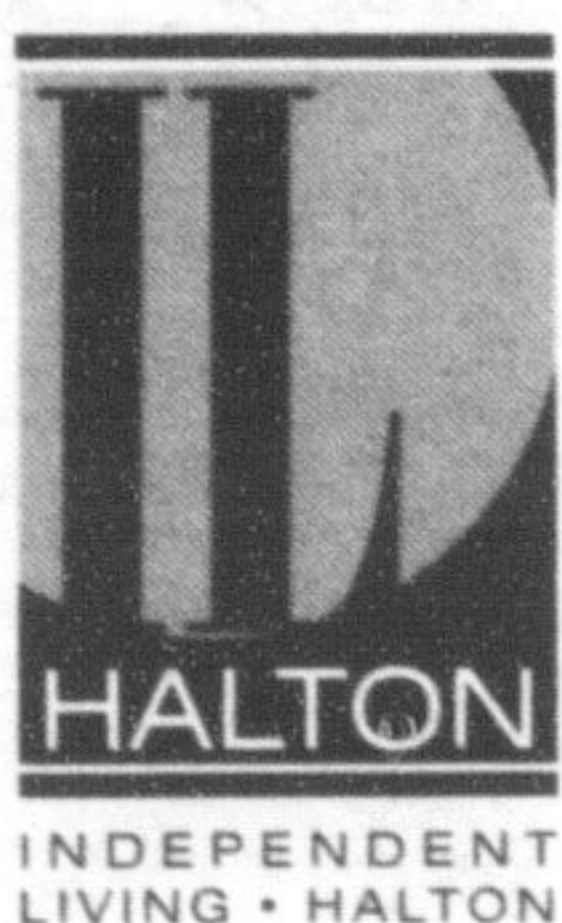
Monday, Nov. 15, 2004

7:00 pm, at Milton Gospel Hall
306 Ontario Street North, Milton.


Are you interested in the goal of independent living for adults with physical disabilities? Please attend our annual general meeting, Nov 15th.

We welcome new members, and seek volunteers who would be interested in serving as directors on our board.

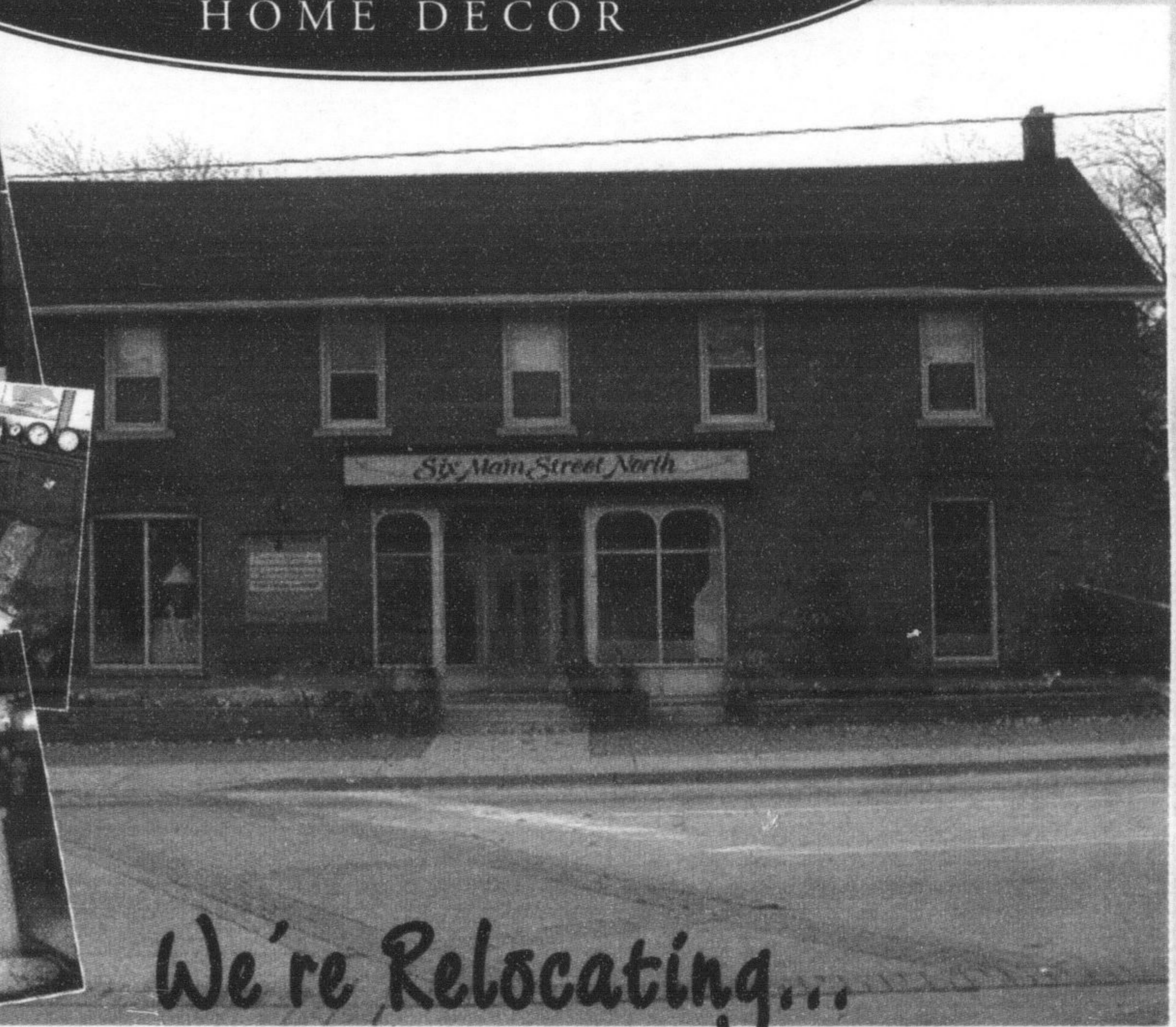
For more information, please call us at (905) 878-6722.



A Division of Joyce Scott Non-Profit Homes Inc. • Charitable Registration #89888 7369 RR0001



Pickets & Primrose
HOME DECOR



We're Relocating...
Come Visit Us At Our New Location...

SATURDAY NOV. 6TH
6 MAIN STREET
CAMPBELLVILLE
905-854-5872
CORNER OF MAIN ST. & CAMPBELL AVE.

Same Cozy Atmosphere, Same Personal Service!

- Vintage & Painted Furniture
- Free Professional Decorating Advice
- Unique Accessories
- Gif Certificates Available
- Christmas Decorations & Gifts
- **RALPH LAUREN** Paints

HOURS
Closed Monday
Tues. - Fri. 10-5
Sat. 10-4
Sun. 11-4

CHRISTMAS HOUSE TOUR TICKETS AVAILABLE!