


**Barrow Family Chiropractic**




Dr. Angela Barrow  
B.Sc., D.C., F.I.C.P.A.

180 Ontario St.S.  
905.878.4994

**Compassion**  
healing hands reaching out to children's hearts

**CAA**  
**BE A DESIGNATED DRIVER**



Join the many people who agree not to drink alcoholic beverages...and to drive everyone in their group home safely.

# Dateline

• from DATELINE on page 15

The Salvation Army, 100 Nipissing Rd., suite 3, holds a **scrapbooking group** from 7 to 9:30 p.m. Bring along photos and a scrapbook. Basic supplies are provided at no cost. It also holds its **Busy Hands, Creative Minds** group from 9:30 to 11 a.m., with games, crafts, songs and stories for parents and their pre-schoolers. For more information, call (289) 242-1432 or e-mail [debra@khicommunity.com](mailto:debra@khicommunity.com).

**St. John Ambulance** meets from 7 to 9 p.m. at the community centre on Mary Street in Norval. New members are welcome. For more information, call (905) 877-7658.

Wellspring Halton-Peel, a support network for cancer patients and their families, holds its drop-in **Gentle Yoga** program from 1:30 to 3 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

The Town of Milton's **adult, pre-natal and kids yoga programs** begin. To register online, visit [www.milton.ca](http://www.milton.ca) or call (905) 878-7946.

The **Milton Fibromyalgia Support**

**Group** meets at 2 p.m. at St. Paul's United Church, 123 Main St. E. For more information, call Jo Anne at (905) 878-4371.

**Wednesday Apr. 6**

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

**Thursday Apr. 7**

The Milton Seniors' Activity Centre, 500 Childs Dr., holds a public **foot care clinic** from 1 to 4 p.m. with a VON nurse, by appointment only. To make an appointment, call (905) 875-1681.

Milton District Hospital holds a **breast-feeding clinic** with a certified lactation consultant from 7 to 9 p.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

The Fine Arts Society of Milton's **Evening Group of Artists** meets from 7 to 10 p.m. The informal environment provides artists with an opportunity to exercise their drawing skills. For more infor-

mation, call Janis at (905) 854-5753.

The **Canadian Federation of University Women**, Milton and district, meets at 7:30 p.m. at Hugh Foster Hall featuring Anne Dance with 'Memuna's Story — Rescue from Sierra Leone.' For more information, call (905) 878-2421 or (905) 876-4524.

VON Halton begins a free weekly four-part series on **family caregiver education** from 1:30 to 3:30 p.m. at the Halton Regional police station on Guelph Street in Georgetown. Learn about reducing stress, handling guilt and anger, and available community resources. For more information, call VON Halton at (905) 827-8800, ext. 2310, e-mail [volunteers@vonhalton.ca](mailto:volunteers@vonhalton.ca) or visit [www.vonhalton.ca](http://www.vonhalton.ca).

A nine week inductive **Bible study** on the Beatitudes entitled 'Lord, I'm Torn Between Two Masters' starts at 7 p.m. For more information, call Marg at (905) 693-9355.

The Town of Milton's **adult, pre-natal and kids yoga programs** begin. To register online, visit [www.milton.ca](http://www.milton.ca) or call (905) 878-7946.

**HAIR associates**

**Early Spring Special!**  
Colour, Cut & Style  
for **\$50\***

162 Main St. E., Milton  
905-878-2030  
\*Offer expires April 30/05



## The Regional Municipality of Halton A Partnership That Works!

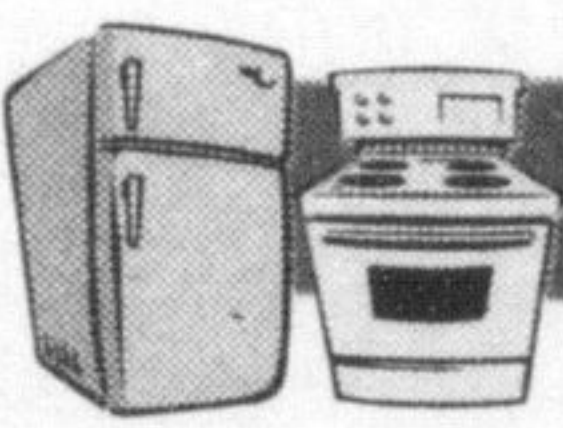


# Halton Waste Management Site

The Halton Waste Management Site (HWMS) is Halton Region's one stop solution for the 3 R's (reduce, reuse, recycle), yard waste composting, safe disposal of household waste and of course, garbage disposal.

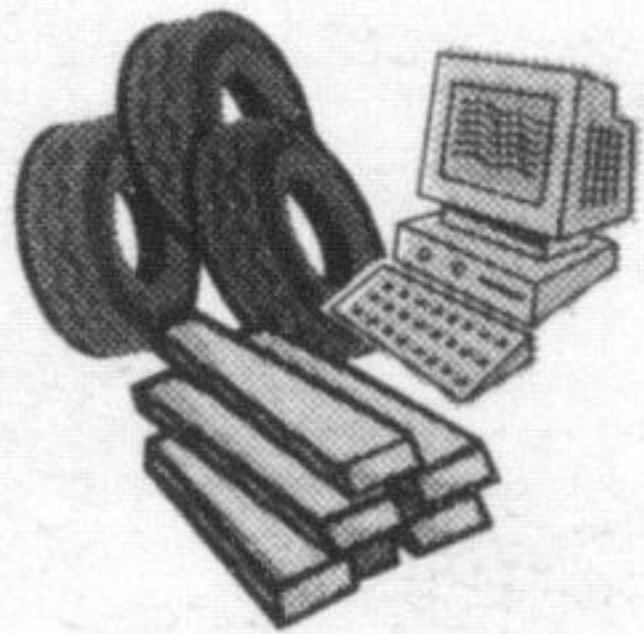
Use of the HWMS carries a nominal charge of \$5.00/vehicle for up to 150 kg and 9.8 cents for every kg thereafter (commercial loads - \$98/tonne).

Please secure all open loads.



### Container Station

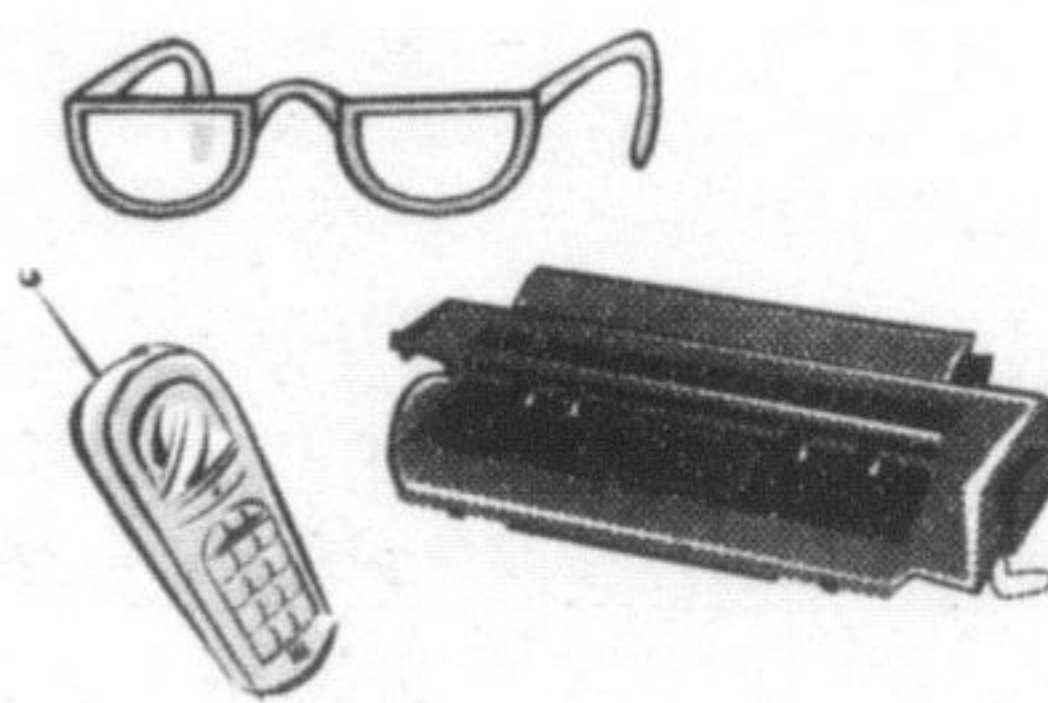
In addition to garbage disposal, the following materials are collected and diverted from our landfill:



- Yard waste
- Scrap metal
- Appliances
- Tires
- Wood
- Drywall
- Electronics (computer hard drives, stereos, VCR, etc.)
- Foam (cushions, under padding)
- Blue box recyclables (free of charge for residential loads only, all commercial loads are subject to charge)

**New**

Halton residents can now drop off for reuse or recycling old or unwanted cell phones, eyeglasses and printer cartridges free of charge.



### Household Hazardous Waste Depot

Each year the Depot receives, and properly disposes of or recycles, over 700,000 litres of residential hazardous waste. Visit the Depot for safe, free of charge disposal of household hazardous waste items.

**Accepted Free of Charge:**

- Paint
- Oil
- Solvents
- Propane tanks
- Household and garden chemicals
- Full aerosol cans
- Automobile batteries
- Household batteries



There is a 20 litre maximum per visit and no commercial hazardous waste can be accepted.

Empty paint cans (dry with lids removed) and other empty containers (with no liquid or powder residue) can be disposed of with regular garbage.

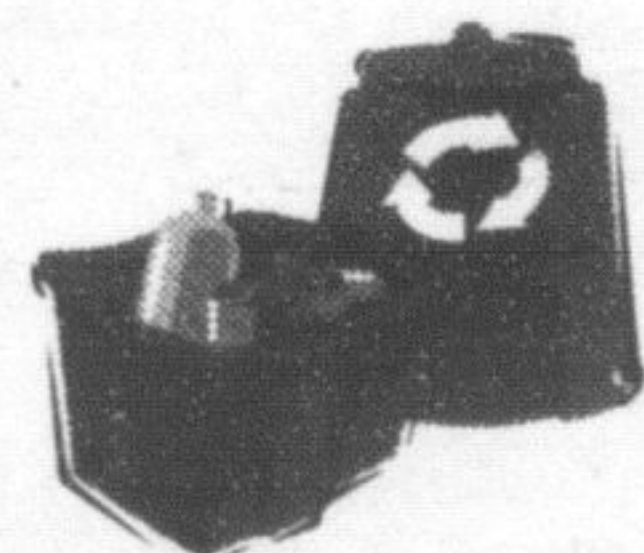
### Paint ReUse Shed

Drop off or pick up usable paint and stain at the ReUse Shed free of charge. Conveniently located beside the Household Hazardous Waste Depot. Open from Spring to Fall.



### Salvation Army Reuse Depot

Drop off unwanted, reusable items and help the community at the same time. Acceptable items: clothing, linens, paired shoes, kitchenware, toys and undamaged furniture.



### Blue Boxes & Composters

Blue boxes and composters are available at the scalehouse. Blue boxes: first one is free of charge, \$5 per additional box (3 max.). Composters: \$15 each (2 max.).



### HWMS

5400 Regional Rd. 25, Milton  
Open: Monday - Saturday  
8:00 a.m. - 4:30 p.m.

Closed every Sunday and the following Holidays:  
New Year's Day  
Good Friday  
Easter  
Victoria Day  
Canada Day  
Civic Holiday  
Labour Day  
Thanksgiving  
Christmas Day