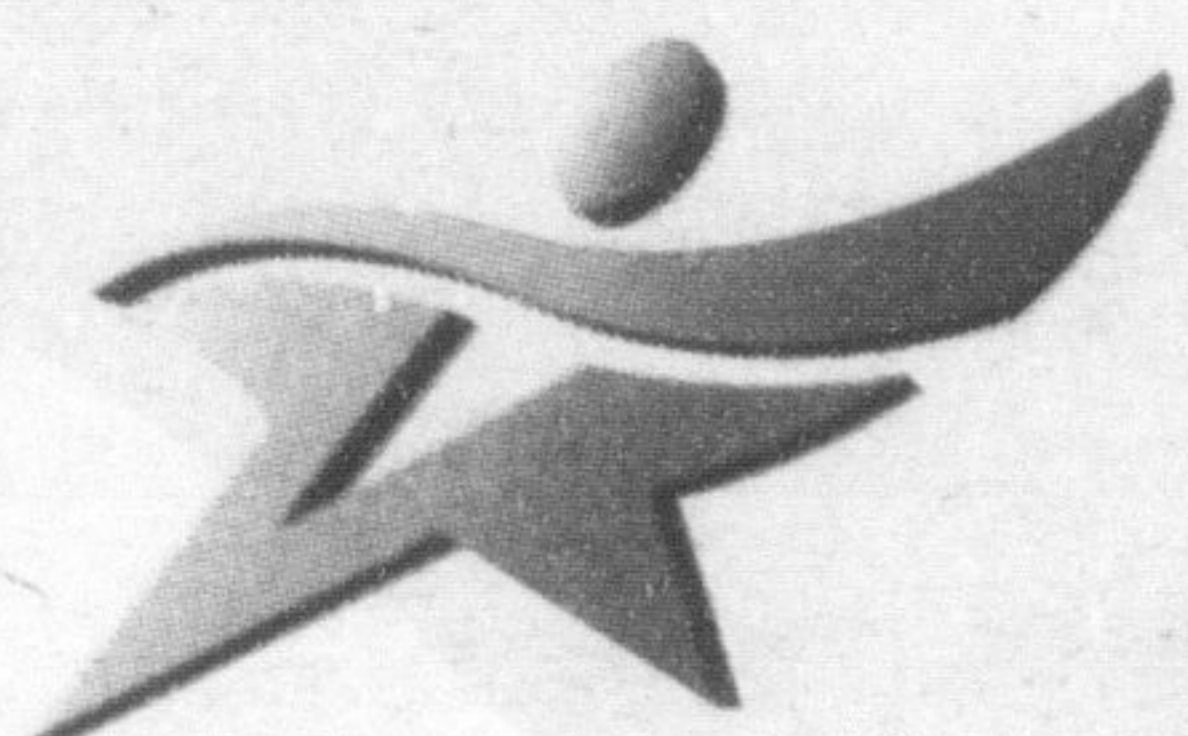


Photo by GRAHAM PAINE

## Quittin' time

A cold Jean Woods warms her hands with a coffee as she collects safety vests and gloves from participants at the conclusion of Saturday's Nassagaweya Roadside Clean-Up. Cold and wet weather didn't deter volunteers from their community clean-up.

Mother's Day Special: \$0 Initiation Fee  
Thursday May 5<sup>th</sup> to Saturday May 7<sup>th</sup>



**Truestar for Women™**  
Nutrition & Fitness Centers

- guaranteed weight loss or your money back†
- free daily personal coaching
- cardio equipment and exercise classes
- one month free for all-new members†
- total health with 30-minute exercise
- professional grade exercise equipment
- weight loss and nutritional counseling
- professional supplements and vitamins

**CALL 310·TRUE**

AND SPEAK TO YOUR PERSONAL COACH TODAY



NUTRITION | EXERCISE | VITAMINS | ATTITUDE | SLEEP\*

WWW.TRUESTAR.COM

† based on following the Truestar for Women program. ‡ based on a 12-month term membership

Milton - 575 Ontario Street (At Derry and Ontario)

mc\_mday\_s1\_v1

## Twiss Lubricants Ltd.

Family owned and operated since 1977.

Shell Hydraulic 32, 46, 68 \$28.00 /per 20L pail!

Cobra or Shell Rimula 15w40 \$39.80 /per 20L pail!

Plus many more  
In store specials!

Shell • Irving • Cobra

32 Steeles Ave., Unit 15, Milton, Ontario L9T 5A1

**905-878-5987**

PROUDLY CANADIAN | Fax: 905-878-6198

**Ceas Bua Fighting Arts Centre**  
761 Main St. E Unit #3 - MILTON

**KUNG FU**  
**IRISH STICK FIGHTING**

**ONE WEEK FREE!**  **905 864-7185**



# Culligan

Switch your rental...  
to the Culligan man.

18L R.O. \$5.50  
Water

623 Main St. East, Milton **(905) 878-2474**

