

At A Glance

Pair sought in armed holdup in Pickering

PICKERING — Two young men armed with a handgun got away with cash after a holdup at a Pickering gas bar Wednesday. Durham Regional Police said the robbery occurred at the Cango at 478 Kingston Rd. around 9:40 p.m. when the bandits, described as about 17-years-old, burst into the kiosk and demanded cash. They received an undisclosed amount and fled on foot. Police searched the area but the pair got away. The suspects were both described as white, one with brown hair and wearing a black jacket, another wearing a green jacket and ski mask.

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Farmers take protest on the road

Durham convoy visits MP, MPP offices in fight for financial aid

BY MIKE RUTA
Staff Writer

A convoy of Durham farmers protesting a lack of federal and provincial government support for the industry rolled through the region Friday, stopping at local MP and MPP offices to drive home their message.

Durham police cruisers escorted roughly 30 vehicles, including tractors and combines, several of which displayed a sign reading, 'Equity With U.S. Grain Farmers - Please!'

Sunderland farmer Bruce Pearse, who grows corn, wheat and soybeans, said government money is needed now to offset U.S. subsidies to grain and oilseed farmers, which have put Ontario farmers behind the 8-ball.

"Our marketplace is not a market-driven economy now," he said. "It's being supported in the U.S. by significant payments."

Mr. Pearse, who spoke at a brief stop at Pickering-Ajax-Uxbridge MP Dan McTeague's office, said in recent years U.S. government subsidies to its farmers have tripled. Yet in Canada "there is no national food policy" for the country's \$95 billion agricultural sector.

See DURHAM page 2



RON PIETRONIRO/ News Advertiser photo

Farmers from across Durham took their rolling protest to the offices of provincial and federal politicians in the region in a bid to get federal and

provincial aid. Farmers say the U.S. agricultural industry is being unfairly subsidized and are seeking action from governments here at home.

Pickering school chosen in technology initiative

Westcreek P.S. one of 30 schools in country to have student tech leaders

Pickering's Westcreek Public School is one of only 30 Canadian schools selected for the SchoolNet Network of Innovative Schools.

Principal Kevin Lowe explains that the network is part of the larger Canada's SchoolNet, a technology initiative supported by the Canadian, provincial and territorial governments, education groups and the private sector.

Westcreek, the only Durham school named to the list, will receive a \$10,000 grant to support a unique school program in which students become technology teachers.

"Kids adapt to the technology

much better than adults do," says Mr. Lowe.

Technologically-capable students in Grades 6 to 8, The Tech Team, will become trainers in the use of presentation software and other tools. These students will be assigned to teachers to work with them and students in using technology in the classroom.

"Our goal is to gather a significant amount of kids, 30 or 40, who have these skills," says Mr. Lowe, noting strong academic students are selected to take part in what becomes a leadership role.

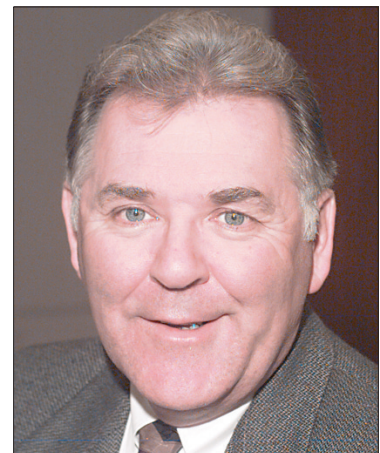
Eventually, the students can take their skills to secondary

schools where they will continue to be an asset.

Westcreek, which opened during the last school year, is known within the Durham District School Board as a technology leader. Mr. Lowe notes staff members have previously received grant money for Web-based research, which will be published.

"We've had technology as a focus of instruction since we opened," he said.

Education director Grant Yeo recognized Westcreek's achievement at Monday's school board meeting. "The school will be looked at as a model," he said.



GRANT YEO
'Looked at as a model.'

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Durham farmers stage rolling protest with tractors, combines

McTeague, Longfield, Flaherty offices get drive-by visit Friday morning

DURHAM from page 1

"We need a cash injection in the next 60 to 70 days, since that's when we need to go back to the fields," he said.

Agriculture, the Region's second largest industry, is "crucial to Durham and the country," said Mr. Pearse.

Nestleton farmer David Frew said farmers need \$300 million to remain competitive with U.S. producers in the global marketplace.

"During the (federal) election we were told there would be money in some shape or form; it hasn't happened," he said. "A lot of farmers are in desperate need of cash infusions."

Federal government support for farmers is presently less than \$1 billion, compared to almost \$4 billion in 1992, said Mr. Frew.

He pointed out that grain and oilseed crops, which include corn, wheat, canola, oats and rye, are converted into thousands of consumer foods and an increasing number of non-food, industrial products like automotive fuels, paper products and plastic



BRUCE PEARSE
Agriculture 'crucial to Durham and the country.'

replacements. By assisting its farmers, U.S. government support amounts to "subsidizing

the whole U.S. economy". On the other hand, local farmers "have been subsidizing the consumer for 20 years," said Mr. Frew.

The problem has been an acute one for several years but has "come to a head" with escalating costs faced by farmers, he said.

Mr. McTeague couldn't be reached at press time Friday, but said at a November all-candidates meeting in Uxbridge subsidies aren't the answer because Canada cannot compete in that regard with the massive level of support the U.S. and Europe are doling out. Instead, he said, the global market forces at work need to be addressed.

Mr. Pearse said farmers don't have a specific beef with Mr. McTeague, who has been "extremely sup-

portive" of their plight.

Farmers delivered an Ontario Corn Producers news release to Durham politicians' offices that stresses the urgency of the problem.

And, while it states that world trade negotiations are required to arrive at a long-term solution to the inequity, farmers can't wait until the end of the decade for results.

"Ontario farmers need immediate and intermediate support to avoid being forced out of business, or reduced to the role of casual farmers who farm when they are not working full-time elsewhere," states the press release.

The convoy travelled down Altona Road from Green River, headed east along Kingston Road to

Whites Road, then turned south to Mr. McTeague's Brock Road office. After a brief stop they circled the block and proceeded east on Bayly Street then north on Church Street and back

to Kingston Road.

The farmers were on their way to Whitby-Ajax MPP Jim Flaherty's office and that of his federal counterpart, Whitby-Ajax MP Judi Longfield.

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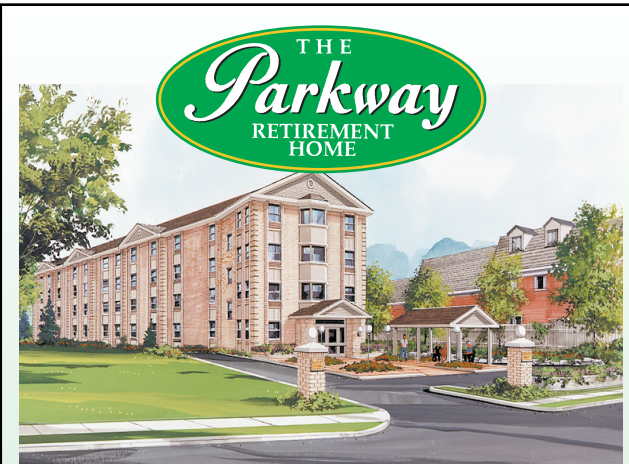
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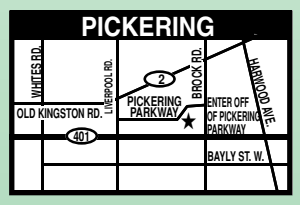
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'Vital' Durham roads projects may be delayed, committee told

BY SUSAN O'NEILL
Staff Writer

A number of "vital" projects to upgrade roads across Durham are in danger of being delayed due to a funding shortfall, members of the works committee heard Wednesday.

According to Durham staff, the Region is facing a shortage of Development Charge (DC) financing and will have to drop several key projects from its five-year capital forecast.

Works Commissioner Jack McCorkell told the committee the DCs available to the Region for road works will be tied up in the three 401 interchange projects planned for Carruthers Creek, Lakeridge and Stevenson roads.

"The big hits on the DC side are the 401 interchanges over the next three years," he said, noting the Region's share of the cost for those projects, which are also being financed by the Province, is \$21.4 million, with \$9 million coming from DCs. That means Durham can't use DCs to help finance other projects that were included in the five-year plan.

The projects staff say could be delayed include improvements to Taunton Road between Brock Road in Pickering and Brock Street in Whitby; widening Brock Road from Dellbrook Avenue to Taunton Road and from Taunton Road to Hwy. 407; improvements to Lakeridge Road between Bayly Street and Hwy. 2; improvements to Stevenson Road between Hwy. 401 and Hwy. 2; the realignment of Champlain Avenue; the Manning Road/Adelaide Avenue interconnection and improvements to Thicksen Road between Rossland and Taunton roads.

"The new interchanges and the 407 mean nothing to us if we can't move the traffic north and south," said Regional Chairman Roger Anderson, who argued delaying those projects will create "major problems" for Durham.

"We cannot stop the projects...you can't just strike out the roads budget. If you do that (you might as well) put up a sign at the borders (saying) 'Don't visit us because you can't get the hell out'."

He added if those projects, which he maintained are "vital", don't go ahead, then the Region is simply wasting its time urging the Province to move ahead with the 401 and 407 highways.

But, Mr. McCorkell said, "There isn't enough money to do all of the things everybody wants done. The rate of growth is overwhelming our ability to respond to the transportation needs."

However, Pickering Councillor and works committee chairman Rick Johnson said if the improvements to Brock Road in Pickering don't go ahead as planned, it will be "bottleneck city" in north Pickering when the Hwy. 407 opens and development gets under way in the East Duffins community.

"We're supposed to be the ones planning for the future," he

said, telling the committee approximately 20,000 homes are planned for Pickering's East Duffins community within the next few years.

In an interview, Coun. Johnson said news of the expected delays is a "devastating blow...especially (the widening of) Brock Road (being dropped from the capital forecast)...when the 407 opens (in August) we will feel the effects."

That's why he believes the Region needs to find alternate financing options to ensure the projects can proceed.

"It's evident today we have to do some type of different financing formula," Coun. Johnson said. "We've got to get Brock Road to four lanes as soon as possible...Taunton Road from Brock Road to Brock Street should be widened to four lanes as well...it should be done within the five-year forecast."

Mr. Anderson reported possible financing options will be discussed at the council retreat being held in early February.

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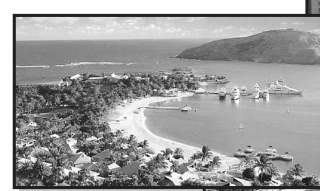
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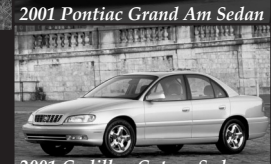
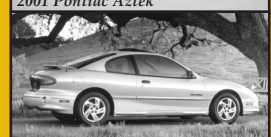


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Durham expands recycling, opens depots for electronics

The Region is expanding its Electronic Recycling Program to include two new depots today, Friday.

Residents wishing to dispose of unwanted electronics equipment can now drop items off at the Region's waste disposal sites in Port Perry and Brock Township as well as the existing facility in Oshawa.

Durham has been offering the Electronic Recycling Program at the Oshawa site, at 1640 Ritson Rd. N., since Janu-

ary, 2000.

And, Durham's Waste Manager Peter Watson told the works committee Wednesday more than 74 tonnes of equipment has been processed in the first year.

The equipment received by the Region is shredded at an approved industrial recycling site and the materials are recovered for re-use.

Acceptable items include radios, stereos, VCRs, personal computers, attachments and monitors, telephones,

fax machines, photocopiers, electronic cash registers and calculators.

Waste disposal fees are charged for the service.

The two new locations being included in the program are at 1623 Reach St. in Port Perry and on Brock Sideroad 17 in Brock Township.

For more information call the Region's works department at 579-5264 or 1-800-667-5671.

Fashion show aids push for Durham cancer centre

A hair design and fashion show on Feb. 11 will raise money for the Durham Region Cancer Centre.

Freestyle 2001 will feature hair design by L'Attitudes International Image Centre, clothing by Urban Behaviour, shoes by Aldo, jewellery by Bellagio Jewellers and purses and handbags by K. Jamson.

The fund-raising

event will be held at 6:30 p.m. at the Bald Monkey, 394 Simcoe St. S in Oshawa. Tickets are \$10 and are on sale now at show participants, located in the Oshawa Centre and the Bald Monkey. Only 250 tickets will be sold. There will also be door prizes and a raffle.

This is an event for people 19 years and older. Identification will be requested at the door.

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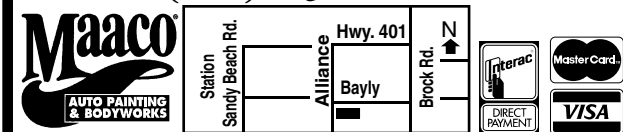
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Editorial & OPINIONS

NEWS ADVERTISER JAN. 28, 2001

EDITORIAL

Does child porn ruling protect rights of children?

Manufacture, distribution illegal, but not possession

The Supreme Court of Canada, forced to make the call between freedom of expression and the rights of children not to be exploited, made a judgement worthy of King Solomon Friday.

The Court upheld lower courts which have said it is illegal to produce and distribute child pornography. Forced to decide on possession of child porn, it drew the line at those who produce photographic or written porn strictly for their own uses. Those personal pictures or videos cannot depict children taking part in illegal sex acts.

While it's never been in question that a person can draw pictures or write stories for his own amusement, most citizens will have difficulty accepting that pictures or videos of naked children don't contravene the spirit of the law.

We're all aware of pictures of babies in bathtubs. Most of us who have children probably have pictures (which our kids are acutely embarrassed at) in photo albums. That's not what we're referring to here.

We're talking about shots of naked children (anybody 17 and under) which clearly show private parts. Surely those pictures are an invasion of privacy and could be construed as a violation of Section 7 of the Charter which states, 'Everyone has the right to life, liberty and 'security of the person' and the right not to be deprived thereof.' Naked pictures of young people deprive them

of their right to security of the person.

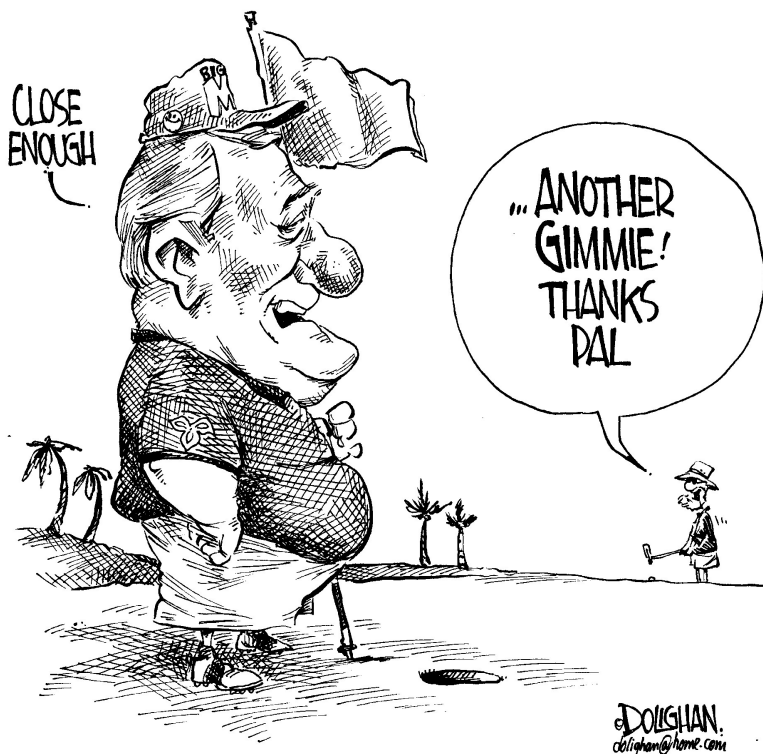
Ultimately, any situation that puts naked children in front of a camera and an adult behind a camera (video or otherwise) is a situation rife with possible abuse. Who speaks for the exploited child? Why shouldn't the law be applicable?

Photographic or written porn for its own use clearly opens up avenues for abuse. Does the ruling mean if one other person sees the pictures or stories, the porn is no longer for the person's own use?

Now that the Supreme Court has made a ruling, it's time for the federal government to step in and amend this law. It must be clearly spelled out that photographs or videos of naked children, who are in no position to judge how those images will be used by the person behind the camera, is unlawful.

When it comes to freedom of expression for Canadian adults judged against protection of the rights of Canadian children, there should be no confusion or ambiguity. Children must be protected and it's the place of the Parliament of Canada to enact legislation that does this.

E-mail your comments on this opinion to steve.houston@durhamnews.net. Submissions that include a first and last name, or first and middle initials and last name, as well as the city of residence, will be considered for publication.



LETTERS TO THE EDITOR

Latimer sentence 'outrageous'

To the editor:

I think Robert Latimer's conviction is outrageous. We live in a world where the law doesn't always protect and serve the people as it should; unfortunately the world is not black and white and the law often fails the people. How does the Supreme Court of Canada rule over the love of a parent? What Mr. Latimer did was out of pure love for his daughter to end her suffering and send her to a better place.

We have criminals out on the streets, our jails are packed and still the law finds it acceptable to send a

man to jail who we all know is no threat to society.

I watched a report from a couple who raised two children with the same severe disability; one is now dead and the other is suffering in a hospital bed. I listened to the parents describe their love for their daughters and how they thought Tracy had a right to live.

The father commented that life sometimes throws you challenges for a reason; it brings people closer together. It is a test of love. Perhaps this is one way to look at it.

However, have you ever considered that the biggest test of love comes from one's actions? Mr. Latimer willingly and knowingly put his own life and freedom on the line to end his daughter's suffering. He knew what his actions might lead to and still he sacrificed for his daughter.

I once made a pact with my brother that if anything happened to me that left me severely disabled and unable to make decisions, he would make sure I would not be left this way. We both agreed that as hard as it would be, we would do this for each other at the risk of any consequences.

It would be best for our families to honour our wish not to continue a life of suffering or unawareness. Should we be punished for not wanting to live this way or loving each other enough that we would terminate each other's life for a better one?

Unfortunately, Tracy never had the opportunity to make that decision. She couldn't; her father had to. After 12 years, he could not stand to see her suffering anymore and he knew there was no hope for a better life for her. Why is it so unfair that, out of love, he sacrificed everything and did what was most likely the most painful thing in his life?

Power play facing electricity users

Once deregulation is in full swing, expect to pay more

Timing is everything, as the producers of the late 1970s nuclear-disaster movie *The China Syndrome* can attest. Right around the time the movie hit the silver screen the Three Mile Island nuclear station nearly suffered a melt-down.

Now, the provincial government can attest to this timing thing. It put a hold on deregulation of the electricity market just before California unplugged and plunged much of the northern part of the state into the dark.

Parts of the Golden State have been left in without power, partially because of deregulation.

Should we be concerned about the lights going out when deregulation gets here? Make no mistake, an open market is coming; it's just the timing that's not certain.

During a presentation to Ajax council last week, Brian MacTavish, the site vice-president of Pickering Nuclear, said "One problem in California is they opened the market



Keith Gilligan
Staff Writer

when demand exceeded supply. Prices rose rapidly. They had to pay more to purchase power and what they could charge was capped."

Right now, there is no problem foreseen in terms of supply being able to meet demand here. And, Ontario Power Generation figures it can keep the lights on for a few more years; longer if the company gets approval to restart the older four laid-up reactors on the 'A' side.

California power companies had the amount they could charge customers capped, but what they had to pay for the juice wasn't. We all know what's happened to fuel costs in the last six months.

OPG isn't in a position to argue against an open market, given the \$20 billion in debt it incurred while running a monopoly known as Ontario Hydro. And, that debt is being paid off by power users — that's you and me.

In fairness, I've never heard an OPG official calling deregulation a pox on humanity.

One thing is certain: Once the market opens up, you can expect to pay more for electricity. In November, a consultant hired by OPG told the Community Advisory Committee that in other jurisdictions, rates always went up with deregulation. It's already happening and deregulation isn't actually official yet.

Veridian Corporation, under rules laid out by the Province, has had to raise rates in order to earn a return on investment for its shareholders. Once again, that's you and me.

E-mail your comments on this opinion to steve.houston@durhamnews.net.

Jo-Ann Lavery,
Pickering

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Durham officials look ahead 20 years

Catholic board OKs strategic plan

As expected, Durham Catholic District School Board trustees approved in principle a 20-year Capital Strategic Plan at Monday's board meeting.

The plan will direct the board's provincial grant money for new schools and additions to where pupil places are most required in the region.

Drafted by consultants C.N. Watson and Associates

Ltd., the plan forecasts where most of Durham's housing growth is slated to occur to determine where the board's future students will come from. According to C.N. Watson, over the next 20 years the board's student population will increase by about 11,600 students, with roughly three-quarters of them living in Whitby, Ajax and Pickering.

The board will have to

borrow \$76 million to build new facilities, the consultant estimates, not including about \$70.3 million the board borrowed to finance recent capital projects such as the new high schools under construction in Ajax and Whitby.

As part of the strategic plan, trustees Monday also approved additions to St.

Monica, St. Elizabeth Seton and St. Isaac Jogues Catholic elementary schools in Pickering. That work is called for in the board's building schedule to 2004.

Two new elementary schools in Ajax and one in Whitby are also called for in the 2001-2004 School Accommodation Plan.

Lecture sheds light on Alzheimer Disease

The month of January is almost at an end but for many Durham residents, the illness they live with every day and every month is anything but over.

January is Alzheimer Awareness Month and with an estimated 4,000 people with the disease (or a related dementia disorder) living in Durham Region, information is vital. It is also estimated 110,000 Canadians will develop Alzheimer Disease or dementia this year.

That's why the Alzheimer Society of Durham Region is present-

ing a lecture Jan. 30 on the 'Importance of Early Diagnosis.'

Geriatrician Dr. Jennifer Ingram will provide participants information for family caregivers about health care, social service supports and community volunteers.

The lecture will begin in the auditorium of the Oshawa Public Library's McLaughlin Branch, 65 Bagot St., at 9:30 a.m. and is scheduled to last about two hours.

For more information, contact Leonie Smith at (905) 576-2567.

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OAC students should apply by March 1st. Students wishing to transfer from other universities should apply by April 1st. Transfer students may apply on-line through the Ontario University Application Center www.ouac.on.ca

Summer Session

UTSC summer sessions start: May 14th and July 3rd. A tentative list of summer courses can be found at: www.scar.utoronto.ca/courses/timetable/

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Name Dropping

NEWS ADVERTISER JAN. 28, 2001

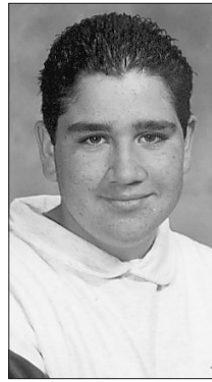
Birthday

Happy birthday to "our precious little girl," **Nicole Lexi**, turning one on Feb. 1. "It took awhile for your not-so-big brother to get used to you, but now he looks after you and loves to make you laugh. You both make our hearts fill up with love and happiness to know that we've created two beautiful and healthy children. Happy birthday my little love, with many more to come. Love forever big brother **Corey**, Mommy, Daddy, Grandma, both Grandpas, godmother **Jennifer**, godfather **Eric**, Joe, Sue, Jesse and Justin."



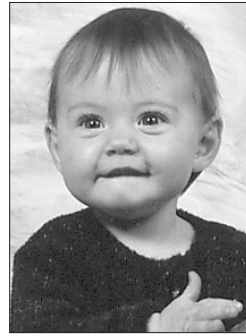
Birthday

Happy birthday wishes went out to **Jedidah Subratee**, who turned 14 on Jan. 22. It came with love from **Grandma, Auntie Shireen, Shadida, Twila** and **Uncles John and Jeff**.



Birthday

"We can't believe our little angel, **Skylla Maryann**, turned one on Jan. 21. We love you! Hugs and kisses from **Mommy, Nana and Granddad, Aunties Cora, Sinead, Rebecca and Rosemary, Uncles Gavin and David, Great-Nana** and all her relatives in England."



Birthday

"Here we go again. Another birthday for **Ben Piemontese**, who turned 14 on Jan. 16. Happy birthday Ben. We're proud of you. Lots of love from **Mom, Dad**, sister **Sara** and brother **Alex**. Have fun on your special day!"



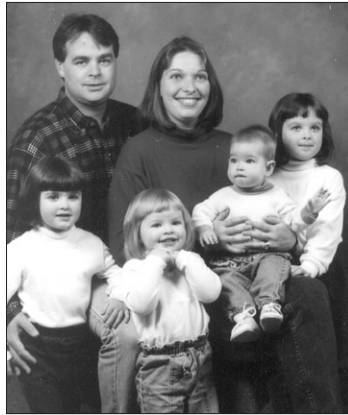
Birthday



A big girl celebrated her fifth birthday on Jan. 26. Happy birthday wishes to "our beautiful doll" **Stephanie Perez** came with lots of hugs and kisses from **Mom and Dad**. "Love you always."

Birthday

One of the big girls in the **Gilligan** family celebrated her first birthday on Jan. 19. **Kaitlyn** is a chubby-cheeked, fun-loving beauty. Wishing her a happy birthday with lots of love are sisters **Sydney, Amy and Melissa**, Mommy, Poppa, Grandma and Granddad Gilligan, Grandma and Grandpa Martin, cousins **Matt, Mike and Geoff**, Aunt **Lynne**, Uncles **Sean, Keith and Alan**, feline fans **Muffin, Buddy and Wolf**, and **Grady** the dog.

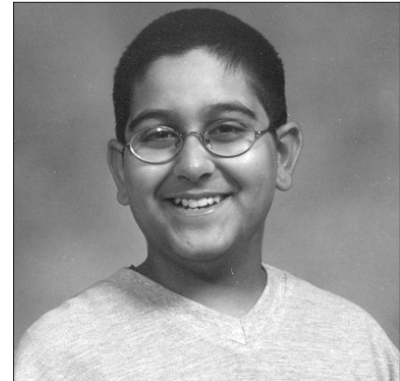


Birthday

Feb. 2 is a big day for **Tori Child**, as she'll turn 11. Wishing Tori a happy birthday are **Mommy, Daddy, Erin, Jewel, Grandma, Papa, Nana, Uncle Ron, Aunt Marilyn, Catherine and Andrew**. "Hugs and kisses."



Birthday



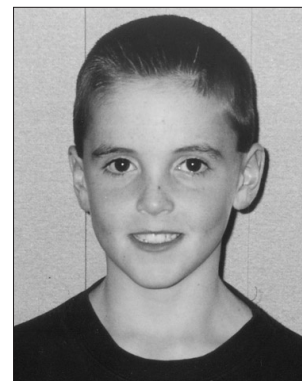
Jan. 22 was a big day for a special guy. **Jamil** turned 12 and celebrated with his family at Jack Astor's. "Hope you had another amazing party at Airzone and Phaserzone. Happy birthday **Blondie**," says big sister **Nooreen**.

Birthday

Jan. 23 was special for **Paulysa Meikle**, as she turned seven. "Happy birthday with lots of hugs and kisses. We love you very much, forever and always, from sisters **Shaniqua and Chauntae**, Mom and Dad."



Birthdays



"It's birthday season in the **Stuart** home. Happy birthday wishes went out to **Christopher**, who turned nine on Jan. 22, and to **Cassandra**, who's 11 on Feb. 5. Lots of love, hugs and kisses from **Mom, Dad and Crystal**."

Birthday



There were happy first birthday wishes to "our sweet little angel" **Sara Marie Elmi** on Jan. 11. You've filled our hearts with so much happiness. Lots of love, hugs and kisses from **Mama and Dada**."

30th Birthday



"Here's **Dan McKenna**, jamming his way to his 30th birthday on Jan. 28. Happy birthday from all of your friends and family."

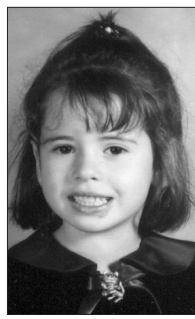
25th Birthday

"Congratulations to **Melanie**, who recently turned a quarter-century! You wear it well. Love from your **Mom**, family and friends."



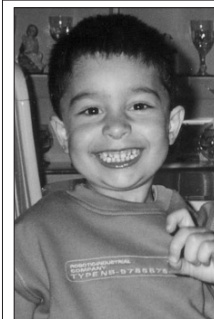
Birthday

Rachel Murrison turns six on Jan. 28. Happy birthday to "our sweet Rachel Elise. Love from your **Mommy and Daddy**. You're the best sister a little brother could have! Hugs and kisses from **Wesley**."



Birthday

"It's hard to believe that **Robert** is four on Jan. 30. You are truly a lovable, caring and cheerful boy to be around. Mu-chos Besos y Abrazos. From **Mom, Dad, Lobo and Nevada**."



Birthday

A happy third birthday goes out to **Bradley Dunne** on Jan. 28. "We want to wish you a fun day and year! Love from **Mommy and Daddy**, who love you very much!"



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Funding grant aids fight against poverty here in Durham

Much-needed funds are on their way to help the Durham Task Force assist poor kids throughout the region.

Spread out over two years, \$94,500 from the Trillium Foundation (a charity made up from the proceeds of Ontario Government-run gambling initiatives) will go to hire a community co-ordinator and to fund three programs.

"We want to set up a reading bank with programs like reading circles, peer-reading programs and volunteers coming in and reading to children," says Tammy Rogers, community co-ordinator.

"The funding will also cover a back-to-school pack and annual community fundraisers held in Oshawa and Pickering." The task force is made up of agencies and individual volunteers working to eliminate child poverty through public education and awareness.

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FOCUS ON BUSINESS... Pickering
 Advertising Feature

TIME FOR A WINTER CLEANUP

Yes it's that time to clean out those closets, and clean up those winter debts. Most people at this time of year are just starting to see the results of the extravagance that most of us do for the holiday season. We look at the new balances and can't believe that we spent that much, even though we swore that this year would be different. Well don't despair, there is a solution. Consolidate those high payment, and high rate cards into one monthly payment. At Central Funding Group, we have always specialized in consolidation loans and mortgages.



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such as corns, callouses, ingrown nails, hammertoes, warts, bunions and heel spurs.

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In the area of orthotics, Sheldon points out that they take a comprehensive approach to designing the proper orthotic. It's not something you just buy off of a shelf or have fitted after a limited diagnosis.

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You can also read a call for help when the elderly person tells stories that contradict each other, when his or her emotions get more intense, and when he or she behaves defensively or aggressively. You should also look out for someone who finds excuses for his failures or holds someone else responsible for her own faults.

On their own, none of these symptoms indicate mistreatment, negligence or abuse. But if one of these symptoms seems to be getting more and more serious, there may in fact be a problem.



ADVERTISING FEATURE

The Triple-S Diet Spells Success

(HSFC)-If your in the weight-loss mood, just remember the Triple-S Diet-for slow, steady and sure. But remember, how you go about losing those extra pounds is a vital consideration.

Irresponsible dieting can lead to a host of complications, some of them potentially so serious as to be life-threatening. Many people just can't get the weight off fast enough to suit them. So they practically starve themselves, or they resort to over-the-counter, liquid meal replacement plans. Ultimately, these "get thin quick" schemes are doomed to failure.

"The major problem with going on diets that are very low in calories," according to Dr. Alison Stephen of the University of Saskatchewan's Division of Nutrition and Dietetics, "is that people don't lose fat: they lose lean body mass."

By reducing lean body mass instead of fat, they're actually instructing their bodies to burn calories more economically. In other words, by dieting they actually slow down their metabolism and reduce their bodies' need for food.

But when they go off the diet and resume more normal eating habits, their bodies are still metabolizing at a slower rate. As a result, they put on weight more easily, often regaining even more than they've lost.

Not only is the process self-defeating, but prolonged crash dieting can have serious side effects. They range from digestive disorders such as diarrhea or constipation, to dehydration and the loss of potassium, which can bring on irregular heartbeats.

In the end, a gradual weight loss of one to two pounds a week is the safest way to go. Think long-term. Your ultimate goal shouldn't be to squeeze into that new outfit in

time for your grandchild's wedding next month. Rather, you should be looking to make a lifelong commitment to maintaining a healthy weight. Such a commitment definitely does not include what most people call dieting, which usually implies deprivation. What it means is eating sensibly and keeping active.

The importance of regular activity is often overlooked. But not only does exercise help keep your heart and your circulatory system healthy, it also speeds up your metabolism so that your body, even at rest, burns more calories. And contrary to popular belief, physical activity doesn't make you hungrier. In fact,

it seems to help regulate appetite.

Before starting any new regimen, a visit to your doctor may be in order. If you suffer from any medical problems, such as high blood pressure or diabetes, talking to your physician is a must.

Once your doctor gives you the go-ahead, modify your habits gradu-

ally. You're far less likely to fall off the health wagon if you don't make radical changes to your eating and exercise patterns. It may take a little longer to lose that excess baggage, but once you do, you'll be fit for life.

The HeartHealth Newsletter, Heart & Stroke Foundation of Canada

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JAN. 28, 2001

TUESDAY, JAN. 30

PARENTAL SUPPORT: A support group meets locally every Tuesday at 7:15 p.m. for parents of kids involved in drugs, alcohol, running away, dropping out of school, crimes and parental abuse. Call (416) 223-7444 or 1-800-488-5666 for location or more information.

FRIENDSHIP CLUB: The Tuesday Morning Discussion Group meets at 9:30 a.m. at the St. Andrew's Seniors Centre, 46 Exeter Rd., Ajax. Bill Parish will speak on regional political divisions in Canada from 1940 to 2000. Everyone welcome. Call 619-0315 (Betty).

ALZHEIMER'S LECTURE: The Durham Region Alzheimer Society holds a free lecture from 9:30 a.m. to 12:30 p.m. in the McLaughlin Branch auditorium of the Oshawa Public Library, 65 Bagot St. Geriatrician Dr. Jenny Ingram will speak on Alzheimer's disease and the importance of getting an early diagnosis. Preregistration necessary. Call (905) 576-2567 or 1-888-301-1106 for more information.

YOGA: The Sahaja Yoga Meditation group holds free classes every Tuesday at 7 p.m. at the main branch of the Ajax Public Library, Harwood Avenue and Kings Crescent, next to Town Hall. Help reduce stress and anxiety. Call 416-759-4912 or www.SahajaYoga.org.

WEDNESDAY, JAN. 31

SINGLE PARENT SUPPORT: The One Parent Families Association, Ajax/Pickering Chapter, meets at 8 p.m. at the Ajax Cricket Club on

Monarch Avenue, south of Bayly Street, for both custodial and non-custodial parents, whether your children are two or 42. All are welcome. Call 837-9670 for more information on the group and its activities.

TOASTMASTERS: Anyone interested in developing stronger public speaking, leadership and communication skills is welcome to attend the group's regular meetings at the Pickering Nuclear Visitor's Centre. A meet and greet is held at 7:15 p.m., and the meeting runs from 7:30 to 9:30 p.m. Call 686-2195 (Mariska Thomas) for more information.

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Ronald J. Klein,
B.Sc., D.P.M.
Podiatrist-
Foot
Specialist

Let's Ask The Podiatrist When it comes to Orthotics, First Impressions count

Ask the Podiatrist

I've been an orthotic wearer for the past ten years and I need to replace them as they have lost their stiffness. My last two pair of orthotics were fabricated from a plaster cast impression of my feet. I now see some offices using other impression techniques such as carbon imprints, semi weight-bearing foam box impressions and full weight-bearing computer gait analysis. Is there really a difference?

Dear Reader:

Thanks for your letter. We have not addressed orthotics yet in any of our articles. The term orthotics comes from the Greek word 'ortho' which means 'straighten'. Thus, an orthotic will straighten or align a foot deformity.

Orthotics are fitted to the patient's foot and, when worn in shoes, will redistribute the patient's weight on the foot so that their gait is more balanced and abnormal motions are controlled. This will allow the patient to function more comfortably.

Orthotics are made out of many different types of materials of varying flexibility (soft, semi-soft or rigid) thicknesses and shock absorbing abilities. We, as podiatrists, take in to account the age and weight of the patient, the activity the orthotic is to be used for and the shoe type it is worn in. It is not uncommon for a patient to have two pairs of orthotics, one pair for athletic shoes and the other for fashionable shoes. The athletic orthotic is bulkier, broader and more cushioned. It is better suited for wearing when exercising. The thinner orthotic, usually the newer graphite material, is better suited for inserting into tighter fitting dress shoes.

The type of medical problems that can be eased by the use of orthotics are numerous, but must occur as a result of a foot that has a weaker arch (flatter foot) causing the foot to pronate or roll in onto the arch. This type of motion can lead to arch pain, shin splints, planter fasciitis, knee, hip and lower back pain, to name a few.

The impression taking technique, like the foundation of a house, is most important to achieving a positive orthotic result. The preferred method and the one that I use in my office is to take a plaster NON WEIGHT-BEARING cast of the patient's feet. This will give the exact position before it has collapsed. Avoid foam box impressions as they collapse the arch somewhat and it is more difficult to achieve the neutral position. Don't be fooled by the high tech illusion of the computerized gait analysis. This looks state-of-the-art but again the arch is collapsed on weight-bearing.

No one in the health profession sees more feet than a podiatrist and therefore no one is better trained to treat them. Many other professionals, as well as retailers, are 'selling' orthotics. Know to ask the right questions, including what impression technique is used. The practitioner prescribing orthotics must possess the following qualities:

1. The practitioner must have a detailed understanding of the fabrication of foot orthotics from start to finish and

must understand how errors in the cast can affect the shape and function of the orthotic.

2. The practitioner must be able to treat the patient as an entirety, not just the feet.

3. Finally, and most importantly, the practitioner must understand the biomechanics of the lower extremity and how to adjust or modify the orthotic after it is dispensed.

Orthotics, although not covered by OHIP, are usually covered by most extended health care plans. Know the restrictions

of your plan. Some may only pay when a plaster cast is taken. Other plans may only cover the cost of the treatment if it is provided by a podiatrist. If you are unsure about the quality of care, make some phone calls. Most podiatry offices will be more than helpful in explaining their office policy with regards to orthotics.

If you have a specific question you would like answered or a topic you want addressed, send it to ASK THE PODIATRIST c/o The News Advertiser.

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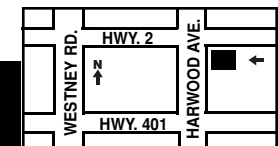
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To a Child, 'Love' is Everything

By Heather Campbell

Have you ever observed a teenager in love with his new car? He spends time admiring it, polishing it, repairing it, tuning it and enjoying it. He is proud of his car and he shows that pride by devoting his love and attention to it. A person who loves their flower garden spends time fertilizing, pruning, mulching and observing its splendor. **When we love something, it is of value to us and when something is of value to us we spend time with it, time enjoying it, time taking care of it and loving it.**

When we love our children we spend time admiring them, caring for them and observing them. Taking the time to notice their needs and life challenges and offering a shoulder to lean and a listening ear is a more loving gesture than to ignore them or trying to solve their problems for them.

The quality of time that parents devote to their children indicates to that child the degree to which they are valued by their parents. **Some parents attempt to cover up the stress in their life by making statements of love to their children.** While they tell them how much that they are valued, these parents do not devote significant time of high quality to them. Instead, these parents place their own busy life before of the child's "longing to feel special and to have attention."

To a child, abandonment by its parents is the equivalent of death. A child that has experienced feelings of abandonment feels empty and very lonely. **Children do not have to go through a family separation, such as divorce, to feel abandoned and lonely.** They feel it when they sit alone for hours in front of the television, day after day; when a parent arrives home from work and decides to look after his or her own needs while continually ignoring the child. When a parent continuously makes sarcastic remarks towards the child the child learns not to trust people. The child could become introverted and very quiet,



Heather Campbell Psychotherapist and Life Strategist

inwardly give you the strength to want to support your child will be quite enhancing if you practice it daily:

I love and value (child's name). I love to spend time with (child's name). We read books together. We go on long walks together while I listen to his or her stories. We giggle while reading a book of jokes. I enjoy helping my child with her homework. **(Child's name) feels loved by his mom and dad. I have a great relationship with my child. I offer direction, structure, love and teach her self-discipline. I praise my child often. I give thanks, for our Life is good.**

Repeating your affirmation on a daily basis, believe it or not, will begin to strengthen your relationship with your child and will enable you to naturally feel more confident and supportive as a parent. Your outer world will begin to reflect your affirmation. You begin to feel almost as if you have someone inside of you

with intense feelings of loneliness and a poor self-image. They could grow up to become the kind of person that hurt them as a child, very sarcastic. They could learn to hide their poor self-esteem behind the sarcasm, while hurting others in the same manner that their parents used to hurt them.

If your child has poor self-esteem, the easiest method for helping them to heal is by reassuring your child on a daily basis that Mommy (Mom) and Daddy (Dad) love them very much and will always be there for them. Begin to walk the walk, not just talk.

Stating a daily affirmation to

showing you what to do, giving you strength and encouragement. Your child will begin to grow more independent, confident and motivated, all because YOU took the time to learn how to believe in the power of your subconscious mind.

When the great Muhammad Ali first proclaimed "I am the greatest," he was a relatively unknown boxer named Cassius Clay. Ten years and thousands of repetitions later he was hailed as the greatest fighter of all time. Ali had tapped into the power of affirmation. Try changing your life for the better from the inside out. Learn how to tap into the power of your own affirmation.

In addition to one-on-

one therapy, Heather's clients have the opportunity to join a Self-Empowerment group, where group members meet on a weekly basis. A Girls Friendship/ Self-Esteem Group for girls ages, 11 through 13, begins on February 2nd 2001. Evening or morning Adult Group begins on March 7th, 2001.

Whether you are comfortable in a group or not, these group sessions will enable you to grow stronger and more abundant in ways that are beyond your imagination. Call now to join, as spaces are limited. Call (905) 509-5000 or see Heather Campbell's advertisement in this page for more information.

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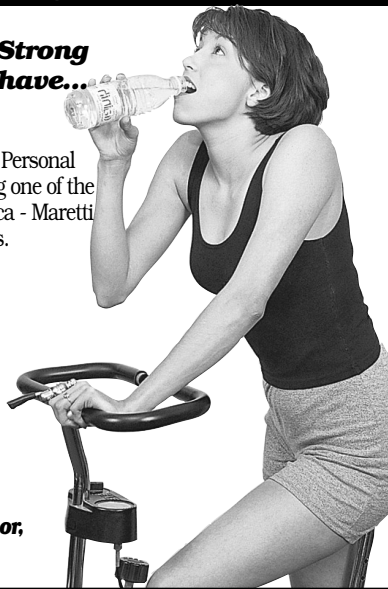
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The New Year's Resolution.....Why Yoga?



**Billie von Roeder,
Yoga Teacher,
Psychotherapist**

Often we approach the New Year's resolution with zest, trying to re-invent ourselves, a make-over is required... but is it really??

We live in a time of necessary healing of relationships we share with each other, the earth and all living things. Yoga contributes to this evolution of higher thought and practice. Think about healing relationships, the first one we need to heal is the relationship with ourselves. Learning to value our own expression of life, our own thoughts and our own opinions is an important part of ever getting over the New Year's resolution discouragement.

In Yoga there is enough time to start listening to your mind, your body and that soulful piece of undefined energy that makes you human. Yoga prompts you to spend time working independently with yourself, taking the initiative and assuming greater responsibility for improving your life and your growth as a yogi and as a person.

As you get involved with Yoga and you feel more at ease with your body; you become more flexible, stronger and leaner. The postures teach you how to relate to yourself, how to balance your life, how to stay calm and take another breath. As you find the cold judgement of conformity melting away in the warmth and comfort of your new self-esteem you will start to respect the life changing of Yoga.

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Sports & LEISURE

NEWS ADVERTISER JAN. 28, 2001

Durham West 'The Rock' lacrosse holding sign-ups this weekend

The Durham West 'The Rock' Lacrosse Association is hosting sign-ups for its inaugural season in minor lacrosse this weekend.

Registration sessions started Saturday, Jan. 27 and will continue today, Sunday, Jan. 28, at the Pickering Recreation Complex's second floor from noon until 4 p.m.

Age groups consist of peanut (ages four to six years), tyke (seven and eight year olds), novice (nine and 10 year olds), peewees (11 and 12 year olds), bantam (13 and 14 year olds) and midget (15 and 16 year olds).

House league runs from the end of April until the last week of school. Players are taught skills, rules and strategies of box lacrosse at the house-league level, and then players have a chance to further their skills at the rep level.

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Coaches and sponsors are still needed.

For more information, call Bill Fox at (905) 831-6717.

St. Mary basketball boys on a roll

Monarchs win Trinity College tournament, boast 10-1 record in Durham league play

PICKERING — The St. Mary Catholic Secondary School Monarchs varsity boys' basketball team is on a roll; one they hope will sustain the squad through to the playoffs this season.

The defending Lake Ontario Secondary School Athletics champs are playing their best basketball heading into the post-season. The Monarchs are in first place in the Durham league with a 10-1 mark. Their only loss came against the cross-city Spartans from Dunbarton High School in a close

game early in the season.

St. Mary recently won a tournament at Trinity College School in Port Hope, easily beating Clarke and Earl Haig high schools before meeting a strong Nicholson team from Belleville in the final. In a close game, the Monarchs won 57-54 in overtime.

The Monarchs will travel to Oshawa for a competitive 32-team tournament Feb. 1 to 3. St. Mary finished third in

this tournament last year and is looking to improve on that result this year.

St. Mary has two important upcoming league games following exams. The Monarchs host the Dunbarton Spartans on Feb. 5 and travel to McLaughlin for a game against the Trojans on Feb. 7.

The team is currently planning a trip to either California or Hawaii next season. In order to make this happen, the

team is planning some fund-raising activities to help defray costs. The players will host a March Break Sports Camp from Monday, March 12 to Friday, March 16 for boys and girls ages six to 12. Registration nights for the camps are on Tuesday, Feb. 6 from 5 p.m. to 9 p.m. and Wednesday, Feb. 7 from 6 to 8 p.m.

For more information, call 420-7166, ext. 5040.

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Ajax-Pickering atoms in second place in standings

Raiders win five in a row

The Ajax-Pickering Raiders major atom 'AAA' rep hockey team won its last five league games to stake the team solidly to second place in the Eastern Ontario 'AAA' standings.

With the victories, the Raiders' atoms improve their league record to 17-4-3, good enough for second place in the league's Western Division. Ajax-Pickering is closing in on the first-place Barrie Icemen who they meet again later this month.

The Raiders skated to a well-deserved 5-2 victory over a strong North

with a strong offensive performance.

Eric Nottbeck and Sean Morris, who has been filling in for regular netminder Jeremy Eckford who's currently out of action with a broken arm, have provided stellar goaltending.

The Ajax-Pickering Raiders are headed east later this month to compete in the annual atom tournament in Levi, Que.

The team is coached by Jim Gatens, assisted by Ian Fletcher. The trainer is Tom Koufis and the manager is Sabine Jarvis.

Central Predators team in their most recent league tilt. Nicholas Mainelli netted two goals and added two assists. Marcus Carroll and Brendan Hann chipped in with a goal and an assist apiece. Shaun Adams notched the other goal. Drew Stark, James Jarvis and David Johnson drew assists.

The Ajax-Pickering atoms scored a decisive 8-2 win over the Oshawa Generals. Carroll led the way with two goals and an assist. Steven Shanks and Jarvis scored two goals apiece. Mainelli and Adams chipped in with one apiece. Michael Carey earned three assists, Jonathan Simone two. Single helpers went to Cameron Bursey, Andrew McCleod, Mainelli, Shanks and Hann.

The Raiders travelled to Peterborough and defeated the Petes 4-1. Kevin Watts and Michael Flynn didn't show up on the score sheet, but nonetheless were tireless workers in the winning cause. Mainelli scored twice, Shanks and Stark netted one apiece. Jarvis earned two assists.

The Ajax-Pickering atoms started their impressive run with a 5-2 victory over the York-Simcoe Express. Stark led the way with a two-goal effort. Mainelli, Jarvis and Hann each added single markers. Assists went to Johnson, Johnny Paterson, Hann and Mainelli. Steven Koufis supplied the team

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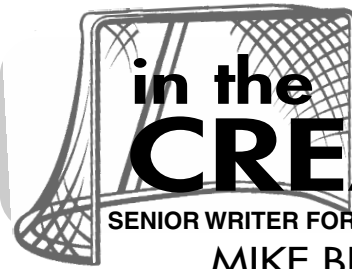
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in the CREASE

SENIOR WRITER FOR THE HOCKEY NEWS
MIKE BROPHY



Hey Bob Nicholson, why stop at banning Europeans from playing junior hockey in Canada? Why not push to allow no foreigners into the country at all?

That way our students wouldn't have competition in the schools that our hockey players have on the ice.

I am as Canadian as the next guy - and that includes Don Cherry - but the notion of not allowing Europeans to develop in Canada at the major junior level is not only as politically incorrect a notion as you could suggest, in the year 2001, it is just plain wrong. Having our best players skate shoulder to shoulder with the best from other countries is a good thing.

What is Nicholson worried about, keeping a fourth line slug out of the Canadian Hockey League? The fact is our best players rise through the system and benefit from playing against visitors from other nations. Our best skating with their best, what's the big deal?

Members of the Brampton Battalion have benefited from skating along side defenceman Rostislav Klesla; same with players on the Calgary Hitmen who play with Pavel Brendl. If they weren't there, who would be, some kid who playing Junior

C or Junior D?

I understand Nicholson's frustration at Canada's third place finish at the World Junior Championship in Russia. There is no better feeling than when Canada enjoys international success. It justifies the misguided notion we cling to, that hockey is our game and our game alone. But the fact of the matter is, it's not our game. Hockey is now a global sport and we, as fans, are better served for it.

Who would you rather watch play goal, Dominik Hasek or Steve Shields? Who would you rather watch on a breakaway, Pavel Bure or Gary Valk? Be honest.

If Canada is serious about improving its performance on the international stage, then we have to attack the problem at the grassroots level. We seem to do a lot of talking about it, but there's very little action. I coach an atom team in Oshawa and we practice once every two weeks. We play once a week.

We need to make sure our players get more practice time, like young European players do. Maybe then we wouldn't have to be so worried about teenage Europeans stealing jobs from our kids. Maybe then they wouldn't make our teams.

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Pickering figure skaters deliver smooth routines at recent test day

PICKERING — Pickering Figure Skating Club members fared well on the ice in their first test day of the New Year at the Pickering Recreation Complex's Delaney rink Jan. 23.

The test day featured more than 70 tests being performed within five-and-a-half hours on the ice. And, many of the skaters were successful at their various tests.

The results were:
 Preliminary dance: Dutch waltz - Calandra Carkner, Rachel Ho, Arianne Ratelle, Taylor Russell, Celine Yeung, Nikki Yorgiadis; Canasta - Alexandra Huebner, Natalie Huebner,

er, Arianne Ratelle, Taylor Russell, Celine Yeung, Nikki Yorgiadis; Baby blues - Amanda Chiu, Myles Chiu, Marina Gargoura, Arianne Ratelle, Meghan Tulk, Celine Yeung, Nikki Yorgiadis.

Junior bronze dance: Swing - Kristen Battistone, Erika Pfaff, Heather Wowk; Fiesta - Kristen Battistone, Kyle Hinan.

Senior bronze dance: Ten fox - Cristen Neville, Pat Dasilva; 14 Step - Amanda Davenport, Cristen Neville; Ten fox variation - Katie Ellis.

Junior silver dance: Cha cha - Breanne Allen. Gold dance: Viennese - Danielle Demerino;

Quickstep - Erin Silcock.

Senior bronze freeskate: Jennifer Powell (part 1 and 2), Julia Blandisi (part 1).

Skating skill class 6: Sara Bostic, Jeanne Kim, Nadia Mohammed.

Skating skills class 5: Kristine Arbuckle, Emma Cosgrove, Kaitlyn Smith.

Skating skills class 2: Matthew Smith, Angie Vyfschaft.

...

Some of the results in the PFSC's annual Home Club Competition were published in-

correctly recently.

Here are the corrected results:

Pre-juvenile ladies' 'B' freeskate: 1. Krystyna Byers, 2. Cristin Neville.

Senior bronze freeskate: 1. Lenna Koichopoulos; 2. Cynthia Paulus.

Pre-preliminary ladies' solo dance: 1. Jordan Pagnello, 1. Nikki Yorgiadis (tie).

Preliminary ladies' solo dance: 1. Paige Heathcote.

Senior bronze solo dance: 1. Kelly Seifried, 1. Emma Cosgrove (tie).

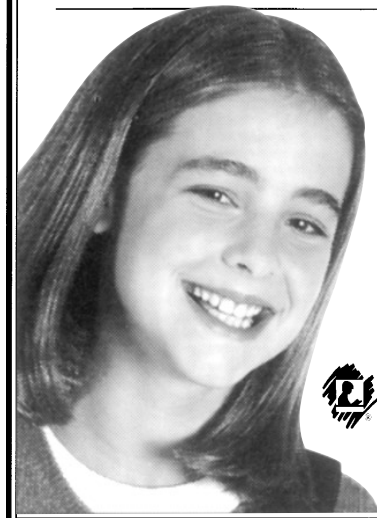


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Is looking for reliable people to insert and deliver papers and flyers door to door every Wednesday, Friday and Saturday in the Pickering area. Deliveries must be completed by 6:00 pm. Must have a vehicle. For more information call 905-683-5117

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We need people immediately. No exp. nec. No layoffs or strikes, rapid advancement. Local well established company of consumer products needs 10 people to work in dist. dept. in Durham area. Individuals must possess positive attitude to work in entry level positions up to management. Car required. Call Mon - Tues 10 a.m. - 5 p.m. (905) 720-1507

DISPATCHER

Whitby based Trucking Company is looking for an experienced dispatcher to work our night shift 10 pm - 10am. This a progressive shift 4 days on and 4 days off. You must be a team player and computer literate. We offer and excellent benefit and competitive compensation package. Fax resume to (905)666-1668

110 General Help

AZ DRIVERS full and part dedicated runs, Oshawa USA. Must pass all medical etc. phone Joe 3859 or 1-888-866-1544

THE AD'S SMALL THE JOB'S NOT

If you believe in giving customers "WOW" service, there's room for you.

DRIVERS NEEDED CASH PAID NIGHT MUST HAVE OWN CAR

Exp. a definite asset
Drop Resumes In Person
75 CONSUMERS DRIVE WHITBY

No phone calls please
Boston Pizzeria

BUSY PICKERING Jew store needs sales help immediately. Call Julie at (905) 2552. Willing to train. F/T/P/T available. Nights weekends.

CIRCLE ME!!! If you are ing for permanent full work, Call Brenda (905) 2442

CLARICA IS seeking individuals with an interest or experience in the areas of Marketing or Business Management. Call Mary at (905)668-201.

CLASSIFIED CUSTOMER SERVICE

News Advertiser seeks that advertisers check their ad up publication as News Advertiser will not be responsible for more than one incorrect insert and there shall be no ability for non-insert of any advertisement. Liability for errors in is limited to the amount paid for the space occupying the error. All is subject to the approval of management. News Advertiser.

COURIER DRIVERS require Own Car, 70% commission. Car receives \$600/wk. Mini vans = \$750. Full van = \$900 weekly. Call 686-3506.

DISPATCHER for major ing company in the Ajax required part-time week. Suitable for mature students. Call 427-0903

SELL IT NOW CALL AJAX 683-0707

Ajax Pickering News Advertiser

130 Commercial Ave., Ajax
Hours: Mon.-Fri 8:00-5 p.m.
Closed Saturday



Our phone lines are open Mon. to Fri. until 8 p.m. Sat. 9:30 a.m. to 3 p.m.

Classified Online: Now when you advertise, your word ad also appears on the internet at <http://www.durhamnews.net>

Email: compose@durhamnews.net

Toronto Line: (416) 798-7259
24-Hour Fax: (905) 579-4218

110 General Help **110** General Help **110** General Help



SETTING TOMORROW'S STANDARDS TODAY!

In all things, the only constant is change. Market and profession leaders seek change and thrive because of it.

CHANGE IS OPPORTUNITY.

The Pet industry in Canada continues to undergo dramatic growth. Canadian Petcetera currently operates 20 Pet Super-Stores and is opening a minimum of 14 more stores throughout Canada in the year 2001.

Seize the opportunity and become part of the future.

We are currently seeking individuals to fill store Management positions in The Greater Toronto Area and many other Canadian destinations.

- Store Managers**
- Assistant Manager, Merchandise**
- Assistant Manager, Aquatics, Small Animals and Supplies**
- Assistant Manager, Stockroom & Replenishment**
- Grooming Salon Manager**

Previous retail Management experience a must. Experience at the multi-store level as well as in the pet industry is a definite asset. Sense of urgency and the desire to be part of one of the largest retail starts Canada has ever seen.

Canadian Petcetera is where specialty pet goods and services are coupled with innovative and progressive retail and business philosophies. This creates exciting destinations where pet owners and pets alike can go find all that their hearts desire and all that their minds have yet to imagine.

We offer a competitive Compensation and Benefits program. Petcetera is an equal opportunity employer.

If you believe you possess the proven track record we are looking for.

Please forward your resume in confidence to:

Director Human Resources
1565 Cliveden Ave, Delta, BC V3M 6P7
Fax: (604) 526-4181 • Email: careers@petcetera.ca

Join the Journey!

Are you a stay-at-home parent or "too young to retire"? Do you enjoy driving and working with children? Can you park a bus at home? **Then driving a school bus may be for you!**

Training Provided
Call now to apply:
Stock Transportation Ltd. Live in Oshawa, Ajax, Whitby or Pickering
1-800-889-9491

WE ARE SEEKING GOAL ORIENTED INDIVIDUALS TO SELL FOR OUR COMPANY

We are Canada's largest Lawncare Company & we are expanding. Our company has a 30 year proven track record & an unique atmosphere that rewards achievers both intellectually & financially.

- Guaranteed \$10 per hour plus commission
- Average earnings of \$15-\$20 per hour with commission
- Additional sales incentives add up to \$1,000 per season
- Afternoon & evening shifts available total 34 hours per week
- Automated dialing system
- Good verbal communication skills essential
- Basic computer skills and/or previous sales experience an asset
- Starts January 22 to mid-May with opportunity for permanent work

AJAX LOCATION: 62 Harwood S. (Harwood & 401)
For interview please call: **416-269-8333**



Topcuts

One of Metro's larger Unisex Hairstyling chains has openings in Pickering/Oshawa areas for recent hair school graduates and experienced stylists.

- Your own styling station immediately
- Guaranteed basic and commission
- Convenient hours in clean, modern salon
- Equipment supplied
- Advanced technique and management training
- Progressive promotion opportunities
- Benefit plans

Check out your prospects
Call **(905) 831-3800**
or **(416) 223-1700**

EARN \$200., \$300., \$500., or more per week, assembling products in the comfort of your own home. Send a self-addressed stamped envelope to: O.P.H. 6-2400 Dundas St. W., Suite 541, Ref 636, Mississauga, Ont. L5K 2R8.

ESTHETICIAN, professional, great attitude, fully qualified for busy day spa. Thurs-Sat. Drop off resume to The Skin & Body Clinic, 77 Ontario St. Oshawa or fax to: (905)576-9176.

EXOTIC DANCE CLUB Accepting applications for wait staff. Positions are full-time and part-time. Apply in person 947 Dillingham Rd. or call (905)420-2595

EXPERIENCED LEAD ECE required for an established childcare centre. Reply to File#639, c/o Oshawa This Week, PO Box 481, 865 Farewell St., Oshawa, L1H 7L5

110 General Help **110** General Help

Ajax office requires a **F/T RECEPTIONIST/ ADMINISTRATIVE ASSISTANT** Applicants must possess excellent phone manner and clerical skills with experience using MS Word, Excel, Access and Accpac for Windows, an asset. **Please fax resumes to (905) 686-0713 By February 2nd, 2001.**

CONFIDENTIAL TO BOX REPLIES If there are firms or individuals to whom you do not wish your reply sent, simply place your application in an envelope addressed to the box number in the advertisement and attach a list of such names. Place your application and list in an envelope and address to: Box Replies. If the advertiser is one of the names on your list your application will be destroyed.

PLEASE NOTE, resumes that are faxed directly to Oshawa This Week, will not be forwarded to the file number. Originals must be sent directly as indicated by the instructions in the ad.

RURAL DELIVERY PERSON NEEDED FOR THE GREENWOOD AREA

You would be required to insert flyers into papers and deliver them house to house every Wednesday, Friday and Saturday before 6:00 pm. Must have a car. For more information, call Michelle at **The News Advertiser at 905-683-5117**

Telemarketers Required No experience necessary, work from your own home. Flexible hours. No selling required. Perfect job for student, or anyone looking for some additional income. Job is seasonal, will run until April or May. **Top Growth Lawn Care 686-1436**

MUSIC TEACHERS Required with car. Minimum Grade 8 practical, Grade 2 Theory (or equivalent) Piano or vocal. Flexible hours. Please email resume to: **learnmusic@home.com** or call (905) 721-9799

THE NEWS ADVERTISER is looking for carriers to deliver papers and flyers door to door Wed. Fri. & Sat. by 6:00 PM. in their neighborhoods. **call 905-683-5117**

ATTENTION YOUTH! Job Connect Program (16-24 yrs.) **Durham Employers are looking to hire NOW!**
492 Simcoe S. Oshawa 905-579-8482
132 Church St. Bowmanville 905-623-6814
136 Commercial Ave. Ajax 905-427-8165

120 Office Help **120** Office Help

LAW FIRM EXPANDING

- LITIGATION SECRETARY
 - RECEPTIONIST/SECRETARY
- Positive Attitude
 - Excellent communication skills
 - Strong computer knowledge
 - 1-2 Years experience

Please telefax resume and references to:
Gillian Vanular
(905) 427-5542

110 General Help **110** General Help

EXPERIENCED STYLIST with some clientele. Comfortable doing lots of colours. Please call Wed -Sat. Also chair rentals available. Debbie or Wendy 728-6800.

FLORAL DESIGNER minimum 5 years current verifiable experience. Must have excellent customer service skills, flexible hours including weekends. Send resume to The Wall flower 1330 Ritson Rd. N. Oshawa. L1G 6Z6 Fax(905) 436-6827.

FRESH AIR, exercise and more. Call for a carrier route in your area today. 905-683-5117.

Experienced FULL-TIME HAIR Stylist, salary plus commission, And Full or part-time Assistant for L'Attitudes at the Pickering Town Centre. Call Rosa at 905-420-1440 or fax resume to (905)947-8143.

120 Office Help

ONTARIO PROPERTY ASSESSMENT CORPORATION

Experience and technology you can trust



ACCOUNTS COORDINATOR

The Ontario Property Assessment Corporation is offering a challenging opportunity within the area of Finance and Administration. You will provide accounting and financial services for OPAC's accounts receivable and accounts payable activities. This will include verifying and processing all A/P and A/R transactions, maintaining the master A/P and A/R module, ensuring sub-ledgers are updated, reconciling A/P and A/R to the corporation's general ledger and preparing monthly reports. You will also ensure that payments are timely and in compliance

with regulations. As an ideal candidate, your knowledge of standard accounting principles and practices is combined with a solid understanding of financial and administrative policies and procedures. In addition, you possess solid communication and interpersonal skills, the ability to prioritize, a detail and deadline-oriented mentality and proficiency in the use of microcomputers and software applications (WordPerfect, GroupWise and Lotus) in a Windows environment. PeopleSoft experience would be an asset.

LOCATION: Pickering, Ontario

Applications will be accepted up to February 9, 2001. Please submit your resume, quoting File No. **OPAC-030-01**, to: The Ontario Property Assessment Corporation, Attn.: Human Resources Department, Suite 701, 1305 Pickering Parkway, Pickering, Ontario L1V 3P2.

www.opac.on.ca

While OPAC thanks all applicants for their interest, only those under consideration will be contacted for interviews.

OPAC is responsible for the assessment of all properties in Ontario. We have more than 1,700 employees who work at our head office in Pickering, or in one of our many field offices located throughout the province. We are a results-driven organization, continuously seeking better ways to serve our customers. We pride ourselves on being a great place to work and a great place to do business.

110 General Help

MOTIVATED Sales associate needed for jewelry stores in Oshawa, Newmarket, Scarborough. Experience in jewelry sales an asset. F/T/P.T. Fax resume to 416-862-7277

KITCHEN ASSISTANT required, experience not necessary but an asset. Please call (905)576-2392 to arrange an appointment.

NEW YEAR - NEW YOU! LOSE UP TO 20 lbs per month. 100% all natural doctor formulated. Check out website: www.4everslim.com Access code 91560

MACHINE OPERATOR with Tajima exp. needed for busy embroidery plant in Ajax. Must have reliable transport and able to work shifts. Fax resume: 905-428-3527

NEED OVERWEIGHT PEOPLE to lose 20 lbs & up. Earn excellent income **(905)426-2113**

NIGHT CLEANERS, Whitty, full-time, Monday-Friday 4pm-12 midnight, experienced with floor work, some heavy lifting. Call Joseph (416)391-5609 ext. 300 or fax resume to (416)441-0591

OSHAWA MANUFACTURING company has opening for full time assistant. Weekdays 8:00am-5:00pm Must be familiar with Accpac, Microsoft Word & Microsoft Excel. Fax resume to: 905-432-2493.

FULL-TIME RECEPTIONIST required for L'Attitudes at the Oshawa Centre. Call Janet (905)723-5937 or fax resume to (905)947-8143.

PENTAGON SECURITY is now accepting applications for the following position: Mobile Canine Unit, own canine. Applicants must have Grade 10 and reliable transportation. Experience preferred. Apply in person to: 201 White Oaks Cr., Whitty Ont. Monday-Thursday 9a.m-12 Noon or Fax to: (905)665-0102.

SHANDEX TRUCK INC. AZ Driver needed immediately. Excellent pay package, benefits. US Experience. 70' hi-rise sleepers. Please contact. Bill (905)420-7407 800-219-6225

SHIPPER/RECEIVER - must have driver's license, clean driving record. Entry level. Willing to advance & grow with company. Strong personal skills. Please drop off or mail resume with salary expectations to: Hazmasters, 1915 Clements Rd., Pickering, On L1W 3V1 or fax to: (905)427-9901.

WORK AT HOME Health Industry \$1000 P/T - \$5000 F/T per month. Training available. Call for free information BOOKLET. 416-631-7156.

130 Sales Help/Agents

DURHAM DIVISION

Real Estate Advertising Sales Representative / Sales Supervisor

Metroland - Durham Region Division, is launching an exciting new "New Homes" magazine. We are seeking a dynamic sales representative to spearhead the launch and supervise ongoing sales in this very lucrative segment.

- Responsibilities**
 - Effectively presenting advertising opportunities to an already well-established client group
 - Driving sales and profits
- Assuming an ongoing supervisory role in addition to sales
- Competencies**
 - Ability to make effective sales presentations to big budget accounts
 - Ability to plan and execute a sales strategy
 - Excellent interpersonal and communication skills
 - Demonstrated leadership in a sales capacity

Interested candidates are invited to submit their resume, and compensation expectations prior to February 9, 2001. Fax: (905)432-1635 Email: re-auto@durhamnews.net

110 General Help

STRONG VOICES NEEDED. Telephone sales, no experience necessary. 10:00am-4:00pm and/or ideal for students 4:45-8:00pm Dundas/Thickson area Salary plus commission. 905-579-6222

SUPERINTENDENT COUPLE Oshawa condominium/rental building. Experience an asset. Call **(905)728-4993** or fax **(416)485-7859**

TELEMARKETERS WANTED part-time evenings, \$7.00/hour plus bonus. Will train, no experience necessary. Call for an appointment (905)831-2333 ask for Ben.

LOOKING FOR RELIABLE adult carriers with vehicle to deliver door to door in Ajax and Pickering, every Wed., Fri., Sat., by 6 pm. Call 905-683-5117 and ask for Alka.

WE ARE LOOKING for mature people to expand our Financial Services business in this area. Experience not necessary, we will train. Please call Tracy (905) 436-8499.

115 Retail Bus. Opport.

BUSINESS FOR SALE Downtown Oshawa dressmaking & alteration business 21 years steady clientele. Call for further information **433-8700 or 579-8771**

120 Office Help

ACCOUNTING ASSISTANT to assist Controller with most accounting functions. Must be proficient with "Windows 98" and software package "Simply Accounting" Part time position approximately 15-20 hours weekly. Fax resume to: 905-623-4156 Tel: 905-623-2303 Ext. 23.

JR. LAW CLERK/LEGAL Secretary to join our Real Estate Law Service Team in our Whitty office. The position carries Registry and office responsibilities with a client service career path. Competitive pay and benefits. Fax/ email resume to: Diana or Lynn at 905-985-3758 or reachus@hometimeservice.com

JR. LEGAL, Secretary /Receptionist required. Must have experience in all aspects of law. Mail your resume to File # Oshawa This Week, P.O. Box 481, Oshawa, Ontario. L1H 7L5

OFFICE MANAGER/Receptionist for young dynamic company in Pickering, PC Fluent, ability to multi-task with exceptional organizational skills. Phone for interview (905)837-6751 or fax resume to (905)837-6753.

PART TIME RECEPTIONIST needed for Busy Real Estate Office, experience a must. Highland Creek (Kingston Rd./Meadowdale) area. Fax resume to 416-281-9950.

130 Sales Help/Agents

NEW HOME Salesperson. Needed for a NEW site opening in the Ajax area. Must have experience. I offer above market Commissions & Bonuses. Fax resume to Gail at 905-509-6112.

AVON SALES DEALER NEEDED. Earn Cash No Quota's Sell at home or work Karen 905-837-0666

AVON FREE WEEK Jan. 29 - Feb. 3 include **SALES DEALER NEEDED** • FREE KIT • FREE SAMPLES And no sign up fee Call now to reserve your kit. Pauline: 416-398-9339 Pauline_Avon@Hotmail.com

MERCHANDISING POSITION Mature person required part time merchandising in confectionery industry. Flexible hours, \$10/hr. car allowance. Forward resume: Gwenda Greenwood@greenwood@triple-c-candy.com or fax 1-360-318-1358

SALES ASSOCIATE for equipment company. Experience preferred. Training provided on product. Strong computer skills an asset. Salary, Commission Car allowance. Reply to: Office Manager, Box 193, 1 Bayly St., W., Ajax, Ontario.

135 Skilled Help 135 Skilled Help 135 Skilled Help



CHEVROLET • OLDSMOBILE CADILLAC • CHEVY TRUCKS

A family owned & operated business, serving Oshawa for 78 Years.

After major renovations and an increase in business we are in need of a few good people to continue to serve our valued customers.

We have openings for the following positions:

Class A General Mechanics

for evening shift. (Minimum 3 years General Motors experience and basic General Motors training would be an asset)

Automotive Trimmer

(glass and electrical experience preferred)

Control Tower Operator

(Reynolds & Reynolds experience an asset)

We can offer you above average compensation, a comprehensive benefit package, and ongoing professional training, in a friendly, team atmosphere. In exchange we ask for quality work and professionalism.

Please send your resume and a hand written cover letter to:

Mr. Jim Heffering or Mr. Tony Budkowski
140 Bond St. W. Oshawa, ON. L1H 7L8

We thank you for your interest. Only those selected for an interview will be contacted. Ontario Motor Sales Limited is an equal opportunity employer.

ELECTRICAL FIELD TECHNICIAN

Local manufacturer of induction equipment is seeking a Field Technician to commission & troubleshoot electrical power equipment. Applicant must be a community college graduate and have a minimum of 3 years experience of working with industrial equipment. Position requires travel within Canada. Applicant must have own vehicle.

Fax resume to Service Manager: 905-683-6550

JUNIOR ELECTRICAL DESIGNER

Required to create electrical designs, documented using AutoCAD, for a medium-sized manufacturing company. Duties will also include PLC programming using A-B, Modicom, Siemens, or G.E. hardware.

The successful candidate will have Two years of related industrial experience, and a college diploma in Electrical Engineering Technology.

This position is located in Ajax, Ontario, and occasional business travel may be required.

Please reply in confidence, to the Engineering Manager, via facsimile at (905)427-2361

INSTALLATION CO-ORDINATOR OF SYSTEMS FURNITURE

Duties include daily scheduling of installations, manpower, truck assignments, job costing and quotes. Experience in Systems furniture Call Mrs. Lyon 905-839-2057 or fax 905-839-5724 Pickering area

\$20 - \$25 / HR

National company with lots of work for Remodellers, Carpenters, Plumbers, Electricians & Ceramics needs tools & vehicle. Call Mr. Woods, Monday, 9-2 (905)686-7236

130 Sales Help/Agents

SUITE DREAMS - Durham's leading bedroom specialty store is looking for a Managing Sales Person for an established location in Durham. An excellent opportunity to join a stable growing company. Fax resume to Human Resources 1-905-624-3054

135 Skilled Help

AJAX PRINTER requires experienced part-time/full-time Pre-Press Operator, knowledge of PC and stripping is an asset. Call 905-619-1297

Fax us your ad at 683-0707

ELECTRICIANS required for well established company in Oshawa. Residential experience an asset. Will look at 5th year apprentice. Apply in person to: Townsend Electric, 767 Simcoe St. S., or fax to (905)571-4768.

MECHANIC/LABOURER: Used car lot in Ajax requires full time employee with good mechanical knowledge and own tools. Knowledge of Safety Standards an asset. Valid Drivers License with clean abstract a must. Salary + commission. ALSO: F/Time Labourer for car cleaning and detailing shop. No exp. required. Will train right, reliable person. Serious inquiries only. Call (905) 619-2899 (Ajax)

RN REQUIRED part-time, days (24 hours/week) for Pickering Oral Surgery office. Experience in Airway Management preferred. Fax resume to (905)688-7295.

RECEPTIONIST REQUIRED for Optometrist office required computer and or optometric assistant experience an asset. 24 - 32 hr. per week. No weekend, no evenings. Fax resumes to (905) 579-8504.

150 Hospital Medical Dental

Kinark Child and Family Services is an accredited children's mental health centre providing services to children and their families throughout Ontario.



RN's, RPN's, PSW's, HCA's & HSW's JOB FAIR

For Staff relief work at hospitals, private duty.
• New Pay Rates
• New benefit package including Rx and Dental!
• Referral bonus
• Free PSW Upgrading
WE WANT TO BE YOUR AGENCY!
See us at: **The Annandale Golf Club, off Church St., N. of Bayly, Lower Lounge Monday, January 29, 10am-4pm**
For details call Human Resources 416-964-0322 or fax resume to 416-964-0912

Spectrum Health Care A Commitment to Excellence

RNs/LPNs needed for busy Whitby clinic. Fax resume to 905-668-4023

EXPERIENCED MEDICAL SECRETARIES NEEDED for a growing Temp. agency. Fax resume to: (905) 831-4200 or call Debi (905) 831-3324

FULL TIME DENTAL RECEPTIONIST, evenings and Saturdays, flexible hours, ABE exp. preferred. Call for appt. 905-839-4486

PHARMACIST required part time (8 hours/week) for Health Centre Pharmacy, 1450 Hwy#2 Courtice. Call Louise 905-721-0011

PHARMACY Technician (Full time or part-time) needed at Medical Pharmacies Group Inc. in Pickering. Attractive hours, wages, and benefits. Experience in long-term care and Zadal an asset. Fax resume to Manager (905)831-8751 or 1-800-275-2143.

PREVENTIVE DENTAL Assistant for Orthodontic office. Computer and Orthodontic experience preferred. Send or drop-off resume: Dr. E. Pong, 1050 Simcoe St. N. Suite#112, Oshawa, L1G 4W5

WHITBY BASED Dictating firm needs transcriptionist. Must have own equipment and run office 98. Call Toronto 416-579-6974 leave message

160 Daycare Wanted

CAREGIVER REQUIRED in our home, Pickering Beach/Dryer area, Monday-Friday 6:45am-1pm, 3 children, ages 10, 8 & 5. References required. Call Nancy after 6pm (905)427-0215

EXPERIENCED LIVE-OUT NANNY required for delightful 1 year old Mon-Fri. References required. ECE and CPR preferred. Non-smoker, driver's license. Child related household duties. Good compensation. West Pickering area. Call after 7pm (905)509-4941

165 Daycare Available

"JUST LIKE HOME CHILD-CARE" - two mothers-ECE 10 years & an assistant providing care for infant - school age children in a nurturing, home-away-from-home environment. Outings, activities, games, meals provided. Located at Rossland & Brock Rd. Reasonable rates. Transportation to St. Wilfred & St. Anthony Daniel. Please call Carm 8a.m.-5p.m.(905) 426-8849.

BROCK / MAJOR OAKS Tender loving home daycare for your child on quiet court, fenced yard, playground. 11 years exp. nursing background, references. 683-8934

150 Hospital Medical Dental

As part of the Ontario Government's new initiative of intensive early behavioural intervention services for young children with autism, Kinark is administering the program for the Central East Region of the Province - through local service providers in Simcoe, York, Haliburton, Peterborough, Durham, Victoria and Northumberland counties.

Senior Therapists - Durham Region

Challenge your expertise by clinically supervising Instructor Therapists, conducting functional and behavioural assessments, and participating in the treatment planning process. As well, you will work with parents, design and ensure the delivery of program content, and perform administrative services.

To meet these challenges, you must have a master's degree in Psychology or a related field, plus three to five years of experience, including one to three years of direct clinical experience with applied behavioural analysis with children. Your proven skills in clinical and program supervision, assessment and direct service are key. This position requires a valid driver's licence and access to a reliable vehicle.

Interested applicants should submit their résumés, quoting **COR007**, by **February 9, 2001**, to: **Margo Wilson, Senior HR Co-ordinator, Kinark Child and Family Services, 240 Duncan Mill Road, Suite 402, Don Mills, ON M3B 3B2. Fax: 416-444-8896. E-mail: margo.wilson@kinark.on.ca** (MS Word format only)

Kinark Child and Family Services supports diversity in the workplace. Only those candidates selected for an interview will be contacted.

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Kinark Child and Family Services supports diversity in the workplace. Only those candidates selected for an interview will be contacted.

230 Articles Wanted

WANTED Leaf Tickets Will pay up to face value. Call Bruce 905-579-440 Ext. 2207

280 Lost For

FOUND - January 11 in Finch and Altona area. Collier-Shepherd, brown in colour. Call Jim (905) 831-1222

LOST - CUSTOM design hand made, 14kt yellow white gold, diamond to bracelet. Very high sentimental value. REWARD. (905) 9600

290 Pets/Suppl Board

GORGEOUS PERSIAN for sale, 9 wk. old black female, excellent health, shots. \$250. 905-263-4149

CANE CORSO MASTIFF pies, 8 weeks, with par blue & brindle, crop, reach go. Call (905) 985-9137

FREE To good home - A 8 month kitten, vaccinated, neutered, all necessities, paper work, allergies. phone 426-2308

PIT BULL PUPPIES - 3 males, 1 male, Red. Ready to go Feb. 1st. Pa on site. Call (905) 432-2222 after 7 p.m.

MINI DACHSHUND pups, wks. old, 2 males black tan, short hair, parents on Vet checked. 1st shots. 623-2559 (snp)

YORKIE (shih - poo, sch die and shih-poo puppies sale, small non shed house raised, 1st needles, wormed. Telephone (905) 338-2270.

AMERICAN COCKER SPANIELS, adorable bundles of love, tenderly home-raised, purebred, declaws and docked, first shots and checked. 905-985-8021.

BEAUTIFUL PUPPIES - 12 purebred POODLES, CKC, 3 year guarantee, MICRO CHIPPED, (705)324-4444 GOLDEN RETRIEVERS, registered, 3 year guarantee micro chipped, (905) 5845. Ready to go!

LOVING HOMES NEEDED adult cats. Many young mature cats (sprayed or tered, fully vaccinated) ing for homes. Kittens with booster sometimes avail. Many medium to large breeds of dogs also for adoption. Pets supplies (especially cat food and litter) and donations always welcome. Please call Durham Area Adoption and 438-8411

BACKSTREET BOYS TICKETS FOR SALE - also Toronto Maple Leafs, Toronto Raptors. Also will buy Leafs, Raptors & other concerts. Telephone (905) 626-5568

WEDDING DRESS - Alfred D'Angelo Size 9. Best offer. 705-745-5860.snp

SCRATCH AND DENT - Variety of new appliances, 5 cu. ft freezers, \$199. Full manufacturers warranty. Reconditioned fridges \$195 / up, reconditioned dryers \$125 / up, reconditioned washers \$199 / up, new and reconditioned coin operated washers and dryers at low prices. New brand name fridges \$480 and up, new 30" ranges with clock and window \$430. Reconditioned 24" ranges and 24" frost free fridges now available. Wide selection of other new and reconditioned appliances. Call us today, Stephenson's Appliances, Sales, Service, Parts. 154 Bruce St. Oshawa. (905)576-7448.

ANTIQUE? Absolutely! Advice always valuable, usually free! Purchasing outright, estates w/some antique contents, (no limit to value considered), collections of any sort, quantities or single antique items. Special interest in Moorcroft pottery. I'll try to respond to all queries. Robert Bowen Antiques - Brookline, Ontario. (905)655-8049 or (905)242-0890.

1988 TEMPEST, red, 4 sedan, 4 cyl., 2.0L runs on CD player w/remission, Certified & emission, in & drive. \$1850 or (905)683-9088

1988 CAVALIER, 4 cy., good condition needs no work \$1,800 as is. 1988 bird, 4 cy. 4 dr., good condition \$2,000 cert. 438-8856

1988 OLDS 88, runs good \$1000 as is. Call (905) 5793

1989 CHRYSLER Le Bar fully loaded, 2 door, good condition, 141,000km, brakes, exhaust & body Maroon colour. \$2,000. 430-7507

1989 FLEETWOOD CADILLAC 125kms, 4.5 motor, clean, will certify. Call 905-623-4887 or nights 987-3637

1983 Buick Regal from Exc. condition, painted, \$1500 firm, certified emission tested! 905-0392 (snp)

1989 CHRYSLER Le Bar fully loaded, 2 door, good condition, 141,000km, brakes, exhaust & body Maroon colour. \$2,000. 430-7507

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220 Articles for Sale

BRAND NEW, never used JVC car stereo. KS-ES200 graphic equalizer with sub woofer output. KD-LX1 CD receiver with power output of 160 watts. \$450. or best offer. (905) 436-9823.

CARPETS SALE & HARDWOOD FLOORING: carpet 3 rooms from \$339. (30 sq. yd.) Includes: carpet, premium pad and installation. Free estimates, carpet repairs. Serving Durham and surrounding area. Credit Cards Accepted Call Sam 905-686-1772.

CARPET AND VINYL SALE: Carpet three rooms, 30 square yards from \$339 installed. I will discount your best quote up to 10%. New colors and designs. Customer satisfaction guaranteed. Call Mike for your free estimate, 905-431-4040

COMPUTER-PENTIUM 166 32Mb ram, 2GB-HDD, 3-1/2 floppy, 24X CD-Rom, 56k modem, sound/video card, keyboard, speakers, mouse, free internet, colour monitor, \$350. Can deliver & set up. 60" big screen TV, Magnavox 3 years old, great shape \$1800. 3-man hot-tub, brand new, blue marble fibreglass, \$1800. 905-439-4789.

CONTENTS SALE - Moving Soon! Cherrywood 9pc dining-room suite \$3,000; Oak china cabinet w/3 glass panes; Cherry/marble credenza; living-room suite, freezer. All good condition. (905)668-0328. (leave msg)

DSS SYSTEMS - HU test cards with/without systems. Also DISH network systems. Get all the local channels with your dish for \$175. Website caridbss.com or email: caridbss@yahoo.com or Call (905)426-9578.

HARDWOOD FLOORING FOR BETTER HEALTH. Unfinished from \$1.99/sq.ft.; prefinished from \$2.99/sq.ft. Also, refinishing old floors & sanding needs. Showroom: Kendalwood Plaza 1801 Dundas St. E., Whitby 905-433-9218 OSHAWA HARDWOOD FLOORS LTD.

KNITTING MACHINE, Passap electronic 6000, motor driven, includes Passap U100E, Passap tricofil, wool winder, 4 colour changer, video guide and books, 6ft. steel shelf stand, approx \$900 worth of wool, asking \$3000. (905)839-9814.

MOVING SALE bar stools, dinette 7 pc., crystal chandelier, queen sofa bed, coffee tables, patio set, answering machine, surge, suitcase, turntable stereo, baby bath, baby gate. 839-9229

PIANO TECHNICIAN available for tuning, repairs, & pre-purchase consultation on all makes & models of acoustic pianos. Reconditioned Heintzman, Yamaha, Mason & Risch, & other grand or upright pianos for sale, starting at \$695. Boxing Day prices! Check out the web at www.barbhall.com or call Barb at 905-427-7631. Visa, MC, Amex.

PIANOS & GRANDFATHER CLOCKS. Take advantage of our Warehouse pricing on all Roland digital pianos and Sannick acoustic pianos and all Howard Miller clocks... Large selection of used pianos (Yamaha, Kawai etc.) Not sure if your kids will stick with lessons, try our rent to own. 100% of all rental payments apply. Call TELEP PIANO (905) 433-1491. www.TelepPiano.com WE WILL NOT BE UNDER-SOLD!

ANTIQUE BATH TUB, cast iron, excellent condition. Call 721-1703 (snp)

ANTIQUE 4 COLLECTIBLES - 76 Elgin Street Bowmanville, Ontario. Open Fri. Sa. Sun. 11-5 p.m. or by appointment. 697-3164. eg. China, Plates, Furniture, Candles, Old bottles, milk cans etc.

APPLIANCES: refrigerator 2-door frost free, deluxe stove, matching heavy duty washer/dryer \$675/all-will separate. Also Kenmore washer used 2 years \$250 +Dryer. Also Dryer, stove, washer dryer, dishwasher 8months old, reasonable. 905-767-6598.

ARCADE GAMES - Mortal Combat II, Golden T99, Pac Man, 4x8' pool table and pin ball games. Call (905) 720-4506, leave message.

KENMORE FROST-FREE fridge and electric stove, \$450; complete stainless steel chimney for wood stove, \$475. 905-432-2058.

165 Daycare Available

AFFORDABLE LOVING Daycare. House backs on to Glenrover P.S., a few steps away. Also on St. Anthony Daniels bus route. Large fenced backyard & playground. Outings/crafts. Snacks/lunch. Ages two years and up. Experienced mother of 2-call Debbie 905-839-7237

ARE YOU IN NEED OF A NANNY? We have experienced Phillipino nannies from overseas. Reliable/hardworking, patient, live-in nannies. Seeking employer to sponsor. Call-Mother's Helper 416-496-0562

AVAILABLE EXPERIENCED RELIABLE DAYCARE safe happy environment, smoke free, fenced yard. Any age welcome. Major Oaks/ Brock area. Near Valley Farm P.S. Telephone 905-686-8127.

EXPERIENCED, LOVING mother wants to care for your children, full/part time. Harwood/401 Near Lord Elgin P.S. flexible hours, references. Call Donna 619-2344

MATURE LOVING & reliable caregiver would like to provide care for your child/children. Brook/Hwy#2-Pickering Parkway. Full/part-time, flexible hours, night shifts available. references available. For information contact 619-2922.

PICKERING Beach / Rollo: Loving daycare; 18 months to 12 years. Daily outings (fenced backyard and park). Crafts, story time, music, nutritious meals & snacks. First Aid, C.P.R. certified. Non-smoking, receipts. 905-428-1244.

SHEPHERD & MEADOWVALE \$150 full time; \$80 1/2 days; hourly available, hot meals. Call (416) 287-6947

WESTNEY/ROSSLAND - reliable babysitter available. 15 years experience. Hot lunches and snacks, fenced yard, close to Lester B. Pearson School. References. Receipts, reasonable rates. Babies welcomed. Call 427-4937

205 Firewood

KOZY HEAT FIREWOOD, excellent very best quality hardwood, guaranteed extra long time fully seasoned, (ready to burn) cut & split. Honest measurement, free delivery, 905-753-2246.

ABSOLUTELY THE BEST - top quality seasoned hardwood. Serving Pickering, Ajax, Whitby and Oshawa. Call DURHAM FIREWOOD 427-5278

ROKA FIREWOOD - 4x8x12", \$69 - 4x8x16" \$75. Locally owned & operated since 1961. Days 705-277-3381 toll free from Oshawa or Evenings 434-6665.

Fax us your ad at 683-0707

220 Articles for Sale

POOL TABLES. 8' and 9' slate billiard tables for sale. Call 905-420-6113.

RENT TO OWN new and re-conditioned appliances, and new T.V.s. Full warranty. Paddy's Market, 905-263-8369 or 1-800-798-5502.

300 Automobiles For Sale

1989 PONTIAC FIREBIRD, 2.8 litre v-6 engine, p.w., p.l., mirrors, tilt steering, cruise, 1-roofs. Needs some work but worth fixing up. Only 155,000 km. \$3,000 as is or best offer. Call (905) 436-9823.

1990 FORD Tempo, 169,000kms, \$1995. 1990 Cavalier 200,000kms \$2995. 1990 Sable 113,000kms \$3295. 1992 Pontiac Grand Prix \$3295. Above vehicles certified, emission tested. (905)683-7301 or (905)706-2018.

1991 LUMINA Z34, black with rare 5-speed, air con, good condition, certified \$4800. Call 434-2802

1992 PONTIAC LEMANS - 2 door hatchback, 4 cyl. auto, certified/emission tested. Good condition 105,000km. \$1,950. (905)420-0756.

1993 CHEV. CAVALIER, 4 dr. auto, am/fm cass, ps, pb, 228,000 km, runs great - very little rust, easily certifiable, will pass emission. \$2500 obo. **MUST SELL!** (WOULD CONSIDER SNOWMOBILE AS TRADE). 905-434-0392 (snp)

1993 CORSICA, ps, pb, am/fm cass, air con, very clean, 4 dr, certified and emission tested, \$3500 obo. Must sell!! 905-434-0392 (snp)

1993 EAGLE VISION TSI, 3.5 litre engine, 128,000 km, power windows, power locks, leather interior, alloy wheels, excellent condition. Certified, \$8,700. Telephone Markham (905) 471-8875

1994 CHRYSLER INTREPID, white, leather interior, AM/FM cassette, new brakes & battery. Good condition, well maintained. Will certify & emissions test. Asking \$5500-obo. 905-831-7150

1994 MAZDA MX3 Exc. Cond. 4 cyl. 5 speed 90,000 kms. certified & e-tested. 571-5138 \$6495.

1995 HONDA CIVIC LX, 61,000km, auto, air, am/fm cassette, 4 dr, new tires, new muffler, certified/emission tested. Lady driven. Blue/grey. Excellent condition. \$11,500. (905)983-5712.

1996 CHEV CAVALIER 2 door, 5 sp, air cond, AM/FM cassette, colour purple, 180,000 kms, \$4800 as is. Call 905-404-1435

400 Apartments for Rent

RENT-WORRY FREE
1, 2 & 3 Bed. Apts.
Refurbished & New Appliances. All Util. included.
In-house Supt. & Maint.
On site Security.
Rental Office: Mon - Fri. 12 noon - 8pm
Sat & Sun 1pm-5pm

VALIANT PROPERTY MANAGEMENT
905-579-1626

400 Apartments for Rent

PICKERING - Large 1 bedroom basement apartment, separate entrance, laundry in unit. Near 401/GO. Non-smoker, no pets. \$725, utilities included. Available March 1st. Call 905-831-3570

PICKERING - large 2 bedroom basement apt. Liverpool/Bayly, walk to GO, separate entrance, parking, \$800 including utilities. Call 905-420-9457 after 6p.m.

PICKERING, commuters delight, 1-bedroom basement apartment, walk to GO, 401, PTC, available March 1st. \$675 includes utilities and parking. Non-smoker, no pets. Call (905)831-3663

PICKERING 1-bedroom basement apartment, suitable for 1, close to GO & 401. Non-smoker, no pets. Available March 1st. Appliances, utilities, cable \$700 inclusive. Call after 5:00pm. 905-839-1333.

PICKERING, Liverpool/Bayly. Newly renovated. 2 bedroom basement apartment. Separate entrance. 4 pc-bath. Share laundry. No-smoking/pets. 1st/last. \$825 inclusive. Available March 1st. Call (905) 831-8867

PRESTIGIOUS Rougemount-South of 401 (Pickering). Spacious 1-bedroom apt. C/V, c/a, separate entrance, fridge, stove, laundry. No smoking/pets. \$800/month inclusive. First/last, references. Available March 1. 905-509-5090

OSHAWA Quiet building near shopping, transportation. Utilities included. Simcoe/Mill 2 bedroom avail immediately \$779; 1 bedroom Feb. 1st. \$679. (905) 436-7686 until 7:30pm.

SOUTH AJAX - one bedroom unfinished basement apt., parking, cable, air con. included. Clean adult home. Suitable for one person. First/last, \$700/mo. Available immediately. 905-428-0329

SPACIOUS well-maintained 2 bedroom apts. Avail. at 900 and 888 Glen St. Some with walk-in closets, paint provided. Close to schools, shopping centre, GO Station, Utilities included. Call (905)728-4993.

410 Houses for Rent

BEAUTIFUL 3-bedroom bungalow, quiet mature neighbourhood, near all amenities, newly renovated, no pets, no smokers. References/adit check required. \$1100/month +utilities. Call 905-665-8294

COURTICE - spacious 4 bedroom home. Appliances, parking, \$1300 includes utilities and cable. First/last. Available immediately. Call 905-427-2883

OSHAWA- 3-BEDROOM, rent /rent to own. New kitchen, bathrooms, carpet, ceramic/hardwood floors, fireplace, jacuzzi, large yard, double-garage, excellent neighbourhood, \$1245/mo.plus. Available Feb.1, 905-571-6658.

PORT PERRY spacious country home 4-bedrooms, 2-bathrooms, large eat-in kitchen. Credit check, for responsible tenants \$1200+utilities. Also, bachelor basement apt. same location \$550. Showing Sunday. Call 905-576-3830

TOWNLINE/HWY 2, Courtice. 3-bedroom raised bungalow in family neighbourhood. Spotless, 5 appliances incl. laundry, parking, garage, walk to shopping/transit. No dogs/smoking, references. Feb. 1 - April 1 \$845 plus 2/3 utilities. Mark 905-665-0123 or 905-706-8500.

470 Cottages for Rent

BETHANY HILLS -3 km to Devils Elbow ski hill. Cross-country trails in front of chalet. 3 bedrooms, whirlpool, wood-stove. Weekly/monthly or yearly. Call 905-433-8830

BLUE MOON RETREAT, 1-800-659-9448. Ready for winter get-away? Secluded, luxury chalet, Jacuzzi, sauna, 54 in color t.v./satellite, vor, stereo, skiing near by, snowmobiling, or just relax. Call Joanne.

485 Resorts

BUTTERMILK FALLS RESORT Need a weekend away from it all? Enjoy Winter Wonderland In Beautiful Haliburton Highlands Cosy House-keeping Cottages Electric Heat Wood stove and barbecue Skiing - snowmobiling Ice Fishing Packages Available 1-888-368-3147 www.buttermilk-fallsresort.com

590 Business Opportunities

BAR/NIGHT CLUB, for sale downtown Oshawa, large roof top patio, established over 6 years. Call (905)728-2813.

BUSINESS FOR SALE - Hair Salon, great plaza location. 4 chairs and leaseholds, 2 chairs leased, new owner required. Call Barrie Lennox, Remax First, 668-3800.

CLOTHING COMPANY MOBILE - Nursing homes & retirement villas etc. Areas available. Must have vehicle and \$5,000 investment. Secured by stock. Couple ideal, retired ok. 1-888-715-3902.

FOR SALE Automotive Body Shop in Oshawa. Fully equipped. A turn key operation. For more information, call Mario at 720-3666 or 665-9150 after 6p.m.

650 Auctions

ATTENTION AUCTIONEERS!!
Our "Auction Package" consists of your ad running weekly in these publications:
• Oshawa Whitby This Week
• Ajax Pickering News Advertiser
• Port Perry This Week
• Northumberland News
• Uxbridge Tribune/Times Journal
• Canadian Statesman/Clarington
One call does it all!!
Phone 576-9335
Fax 579-4218

300 Automobiles For Sale

1994 OLDSMOBILE CUTLASS SUPREME, 4 door. Good condition. Black and rust coated yearly. \$7,500 or best offer. Call 720-4809 or 433-8104

FIND YOUR NEXT used vehicle at: durhamwheels.com

Need a Car? And Your Credit Repaired? No Credit, Bad Credit or even Bankrupt Phone Mel today @ BROCK AUTO (905) 619-8763 Down Payment or Trade May Be Required

WANTED - Side by side refrigerator/freezer, large size, with ice-maker and water dispenser, in good running condition reasonably priced. Call 434-0392

400 Apartments For Rent

ONE BEDROOM apartment, large kitchen/living-room w/ ceramics, large bathroom, fridge & stove, washing machine & dryer, \$850/mth. Cable included. 905-619-8085.

OSHAWA, 2 - BEDROOM APT available from Feb 1st. Electric heat, washer/dryer each floor. Very quiet, exclusive, adult building. No pets. 905-579-9016.

2 BEDROOM basement apartment. Harwood/401 separate entrance. Shared laundry. No-smoking. \$750/month inclusive 1st/last. One parking space. Call 426 7696

NORTH OSHAWA Detached 3-bedroom bungalow, avail Feb. 1st. Includes 5 appliances, gas fireplace large lot, garage (basement rented). No pets. \$1100/month inclusive. Call (905)430-5437

AJAX, 2-BEDROOM basement apartment, available February 1st. Non-smoker, no pets. \$775 monthly, first/last required. Near school & hospital. No laundry. Separate entrance, 1 car parking. (905)426-1381

AVAILABLE IMMEDIATELY, Basement apartment Brock/Hwy#2, unfurnished, heat, hydro, air conditioning included. Working, non-smoking, single. Near mall, buses, 401. First/last. Call 905-619-2603

AVAILABLE NOW, very quiet, private apartment in century home, downtown Oshawa. Skylights, fireplace, private garden, cable, parking, furnished. \$750 all inclusive. Suits 1 person. Leave message (905)430-7012.

BASEMENT APARTMENT, 1-bedroom, your own laundry, no smoking, adult preferred. Close to Go train, \$700/month. Available immediately. Call (905)420-0069

BROCK & FINCH, large 2 bedroom basement apt, includes private laundry, separate entrance, parking. Avail. Feb. 15, \$875/mo all inclusive, call to view 905-619-2495, after 6pm.

CLEAN ONE bedroom \$720/month utilities included. Simcoe and Mill area, small quiet apartment building. Call for appointment (905)579-9890.

COURTICE - exceptional main floor 2 bedroom, country setting, prefer working couple, non-smoking/no pets, air, 2-car parking, own yard, \$750 inclusive. March 1st. (905) 697-8904

COZY, bright newly reno. 1-bedroom bsmt apt, separate entrance, laundry, parking and storage, 1/3 utilities, West Shore, Pickering. Available March 1, 2001, 1st. & last, \$800/mo., Milt 905-831-2273

OSHAWA NEWLY decorated 2 bedroom apartment, close to 401, upper of house, \$600/month, all inclusive except cable. References +first/last required. Avail. Feb. 1st/01. Call 905-987-3043 for appt

AVAILABLE FEBRUARY 1ST, bachelor apartment, cable, fireplace, \$595/month all inclusive, first/last, references required. No pets. Call (905)435-7305 or 519-570-2021, leave message.

OSHAWA - near GM, spotless spacious 2 bedroom basement apt. in new very quiet adult 5-plex. Freshly painted. Adults preferred. No pets, no smokers. \$620/month. Hydro extra. Includes heat, water, 1-parking. First and last. References. Available March 1st or April 1st. Ravine Rd. 905-728-3634.

OSHAWA 1-bdrm bright clean apt in owner occupancy house. Utilities, heat, parking included, a/c, suits single mature person. No pets please. Avail. immediately. First & last. (905) 435-0544.

OSHAWA, bachelor, attic of house, private entrance, parking, stove, fridge, microwave, Adelaide/Mary area. Asking \$475 inclusive. 1st/last. Call (905)728-3481 or (905)436-6085

305 Automobiles Wanted

CASH FOR CARS! We buy used vehicles. Vehicles must be in running condition. Call 427-2415 or come to 479 Bayly St. East, Ajax at MURAD AUTO SALES.

IS THERE A TAX deduction in your driveway? The Kidney Car Program accepts all vehicles in any condition. Tax deductible. Free towing. Call 1-800-565-5511.fwp

WANTED dead or alive! Big bucks for cars & trucks, one hour pick-up, free towing. Motors, transmissions, parts and insulation available. Call Ed's (416)281-3499

MUST SELL!!
1997 Chrysler Intrepid ES, 3.3 Litre, teal blue, 94,000 kms, fully loaded, keyless entry, immaculate, safety & emission tested. One female owner. Asking \$10,500 obo. 728-9815

1997 Chrysler Intrepid ES, 3.3 Litre, teal blue, 94,000 kms, fully loaded, keyless entry, immaculate, safety and emission tested. One female owner. Asking \$10,500 obo. Must sell!!! Call 728-9815. (snp)

1997 GRAND AM (GT), white, automatic, air, power windows, locks & doors, tint, lady driven, nonsmoker, 60,000kms, \$13,900 o.b.o. Call Dave (905)430-3154

1997 TOYOTA COROLLA - a/c, beige colour, 4 door, am/fm cassette, mint condition, lady driven, 60,000km. Asking \$10,800. Call (905)429-1311.

1998 BLACK DODGE AVENTURER mint condition, accident free, 5 speed, under 80,000km. \$15,000 o.b.o. (905)666-0981.

1998 BLACK SUNFIRE GT Coupe, auto, loaded, rust checked, 2.4L, twin cam. P.W. P-door locks, cruise, air, keyless entry, am/fm stereo CD, 6 speakers, highway driven. \$14,000. (905)668-3995, leave mess.

310 Trucks for Sale

1986 CHEV S-10, V6, extended cab, auto, safety, emission tested, lots of new parts, excellent condition. \$3200. Call (905)576-5476

1998 MAZDA PICKUP, extended cab, V-6 auto, air, new snows, 60,000 k., tonneau cover, \$14,000 firm. Certified. Telephone (905) 579-3711

A STEAL!!! 1999 FORD F150 XL, 4-wheel drive, silver/black colour. Take over lease \$566/mo. or purchase for \$23,500. No down payment. 905-666-2173, 905-706-8606.

410 Houses for Rent

A-ABA-DABA-DO, I have a home for you! 6 months free! From \$550/month OAC, up to \$6,000 cash back to you, \$29,500+ family income. Short of down payment? For spectacular results Ken Colis, Associate Broker, Coldwell Banker RMR Real Estate (905)728-9414 or 1-877-663-1054 email:kcolis@trebnet.com

3 BEDROOM FARM HOUSE, Country setting, \$900/month + utilities. 2 bedroom apt in farm for rent \$700/month + utilities. References required. No pets. Call 263-2861

A UNBEATABLE DEAL! From \$500. down, own your own home starting at \$69,900 carries for less than rent. OAC. 24 hrs free recorded message 905-728-1069 ext 277. Coldwell Banker RMR Real Estate. Aurelia Rasanu.

AJAX AREA - 3 bedroom, 5 appliances, close to schools, shopping, transit. Available March 1st. 1st/last, references. For more info call 427-3456

AJAX SOUTH - 2+1 bdrms, newly renovated bungalow, large lot, 4 appliances, avail. immediately. \$1,100/month plus utilities. First, last & references. Call (905)427-9594

ASHBURN (Brooklin) exquisitely finished bottom-floor of estate house. Huge kitchen, living room, family room, 5pc bath, sep. laundry, 5/appliances. Non-smoker, no/pets. \$950/inclusive March 1. 905-655-5992

415 Housing Wanted

CHRISTIAN FAMILY looking to rent XXXL house for helping kids & raising our own. Good price, Oshawa location preferred but flexible. Flexible possession. Call 905-436-9793

420 Townhouses For Rent

KING AND TOWNLINE area Courtice. Large 4 bedroom townhouse, Garage, 4 appliances, \$1075 + hydro. Available immediately. Call (905)721-8213.

430 Rooms For Rent

\$400 PER MONTH, Whiby - Rossland and Bassett, furnished bedroom, central air, bus at door. Cable. Non-smoking, prefer mature working person or pensioner. (905)-665-8504.

SOUTH AJAX, furnished room in clean home. Shared facilities. Includes cable, parking, bar fridge, microwave. Suits working non-smoker. \$400/mo. First/last. (905)427-3519.

AJAX, QUIET working female non-smoker preferred. Available immediately. Share bathroom, kitchen, laundry, close to bus, \$550/month. Call (905)428-6449

AJAX: large comfortable well-furnished 2nd. floor bed/sitting room in new home with central air/cable/full kitchen/washer/dryer. 905-686-8569.

PICKERING - ALTONA/TWYN RIVERS bedroom available in large home with pool, shared bathroom with jacuzzi tub. Use of kitchen and laundry. Working female preferred. Avail. immed. \$450/mo. 905-509-0323

NICE CLEAN room for rent, for mature, employed responsible person, \$290/month, first/last required. South Oshawa near Lake. Days 416-888-4905; Eve. 905-723-2692

SHARE FULLY FURNISHED house. Simcoe/Beatrice, no smoking/pets. C/A, laundry, cable, utilities included. Call (905) 404-0350 leave message.

514 Commercial Property

2500 SQ.FT. OF COM/IND space for lease. Bond St. downtown Oshawa. Lrg overhead doors 571-5138.

690 Worship Services

COME & WORSHIP
Is a regular Friday Feature for the Churches in the Ajax Pickering area.
To advertise your Church Services or Special Church events please call Janice at (905)-683-0707, Ext. 2218 or Fax# 905-579-4218 (Deadline for Copy is Wednesday noon for Friday)

320 Vans/4 Wheel Drive

1988 DODGE 8 passenger Caravan, emission & safety checked. Looks & runs good. Driven approx 20,000kms/year. Priced to sell at \$3495. KIMBALL SWINGER ORGAIN & bench \$395. Call (905)433-7548.

1993 EXPLORER 4x4, 2 door, 160,000kms, certified. Excellent condition. Asking \$10,500. Call (905)686-1880.

360 Snowmobiles

1993 POLARIS INDY RXL 650, low miles, \$4500 obo (includes trail pass). Excellent condition, electronic fuel injection, independent front suspension, 3 cylinder. Trailer sold separately. Contact Dave 905-985-9998 (snp)

1994 ARCTIC CAT 580 ZR, 2000 clutching, 144 new studs, h/t warmers, mint shape, \$3500. 623-9316 or 705-328-0402 (snp)

1994 ARCTIC CAT Jag Z. 440cc. Hand and thumb warmers, reverse and studded. Low kilometers. \$3200. 1997 Formula 3. 600cc. Hand warmers and studded. Very good shape. \$4,700. Call 263-8139

1995 POLARIS INDY 800 Storm, with double trailer, \$4,000. Call 905-579-3962, after 6 pm.

1998 POLARIS XCR600, high output triple, triple pipes, low routinely serviced miles. CRC front, extra 10, studded, Cobra windshield, aggressive track, felt and canvas cover, plastic skis, 2001 Trail Permit. No disappointments.....ready to ride!! Call 905-985-8811 days; 905-431-1145 eve.

410 Houses For Rent

OSHAWA - near GM, spotless spacious 2 bedroom basement apt. in new very quiet adult 5-plex. Freshly painted. Adults preferred. No pets, no smokers. \$620/month. Hydro extra. Includes heat, water, 1-parking. First and last. References. Available March 1st or April 1st. Ravine Rd. 905-728-3634.

OSHAWA 1-bdrm bright clean apt in owner occupancy house. Utilities, heat, parking included, a/c, suits single mature person. No pets please. Avail. immediately. First & last. (905) 435-0544.

OSHAWA, bachelor, attic of house, private entrance, parking, stove, fridge, microwave, Adelaide/Mary area. Asking \$475 inclusive. 1st/last. Call (905)728-3481 or (905)436-6085

450 Shared Accommodation

HOUSE TO SHARE fully equipped, near Pickering Town Centre and GO Station, 401 access, lots of room, \$375/month, cable, c/a, available now, female preferred. Call 416-871-8687

LARGE BEAUTIFUL 2-bdrm condo to share with reliable non-smoking working person. Indoor pool, a/c, 2 baths. Next to YMCA, Oshawa. Avail immediately or March 1st. \$400/monthly. (905)723-7213.

PICKERING CLOSE to PTC and GO. Share with working single female. Smoker okay \$480/month. Includes utilities cable parking, first/last, references. Feb 1. 905-420-6739

PICKERING, beautiful new home, close to all amenities, smokers welcome. A must see! Tel (905) 683-6877.

470 Cottages for Rent

BETHANY HILLS -3 km to Devils Elbow ski hill. Cross-country trails in front of chalet. 3 bedrooms, whirlpool, wood-stove. Weekly/monthly or yearly. Call 905-433-8830

BLUE MOON RETREAT, 1-800-659-9448. Ready for winter get-away? Secluded, luxury chalet, Jacuzzi, sauna, 54 in color t.v./satellite, vor, stereo, skiing near by, snowmobiling, or just relax. Call Joanne.

485 Resorts

BUTTERMILK FALLS RESORT Need a weekend away from it all? Enjoy Winter Wonderland In Beautiful Haliburton Highlands Cosy House-keeping Cottages Electric Heat Wood stove and barbecue Skiing - snowmobiling Ice Fishing Packages Available 1-888-368-3147 www.buttermilk-fallsresort.com

590 Business Opportunities

BAR/NIGHT CLUB, for sale downtown Oshawa, large roof top patio, established over 6 years. Call (905)728-2813.

BUSINESS FOR SALE - Hair Salon, great plaza location. 4 chairs and leaseholds, 2 chairs leased, new owner required. Call Barrie Lennox, Remax First, 668-3800.

CLOTHING COMPANY MOBILE - Nursing homes & retirement villas etc. Areas available. Must have vehicle and \$5,000 investment. Secured by stock. Couple ideal, retired ok. 1-888-715-3902.

FOR SALE Automotive Body Shop in Oshawa. Fully equipped. A turn key operation. For more information, call Mario at 720-3666 or 665-9150 after 6p.m.

650 Auctions

ATTENTION AUCTIONEERS!!
Our "Auction Package" consists of your ad running weekly in these publications:
• Oshawa Whitby This Week
• Ajax Pickering News Advertiser
• Port Perry This Week
• Northumberland News
• Uxbridge Tribune/Times Journal
• Canadian Statesman/Clarington
One call does it all!!
Phone 576-9335
Fax 579-4218

690 Worship Services

COME & WORSHIP
Is a regular Friday Feature for the Churches in the Ajax Pickering area.
To advertise your Church Services or Special Church events please call Janice at (905)-683-0707, Ext. 2218 or Fax# 905-579-4218 (Deadline for Copy is Wednesday noon for Friday)

WE FINANCE EVERYONE
First time buyers, bankrupt, bad credit, no credit. You work? You drive! Lots of choice. Down or Trade may be required. **SPECIAL FINANCE SHERIDAN CHEV 905-706-8498**

2000 NEON - 23,000km, auto, 4dr, air, am/fm cassette cd, balance of factory warranty \$11,900. (905)434-2775 or (416)898-8467

305 Automobiles Wanted

CASH FOR CARS! We buy used vehicles. Vehicles must be in running condition. Call 427-2415 or come to 479 Bayly St. East, Ajax at MURAD AUTO SALES.

IS THERE A TAX deduction in your driveway? The Kidney Car Program accepts all vehicles in any condition. Tax deductible. Free towing. Call 1-800-565-5511.fwp

WANTED dead or alive! Big bucks for cars & trucks, one hour pick-up, free towing. Motors, transmissions, parts and insulation available. Call Ed's (416)281-3499

410 Houses for Rent

A-ABA-DABA-DO, I have a home for you! 6 months free! From \$550/month OAC, up to \$6,000 cash back to you, \$29,500+ family income. Short of down payment? For spectacular results Ken Colis, Associate Broker, Coldwell Banker RMR Real Estate (905)728-9414 or 1-877-663-1054 email:kcolis@trebnet.com

3 BEDROOM FARM HOUSE, Country setting, \$900/month + utilities. 2 bedroom apt in farm for rent \$700/month + utilities. References required. No pets. Call 263-2861

A UNBEATABLE DEAL! From \$500. down, own your own home starting at \$69,900 carries for less than rent. OAC. 24 hrs free recorded message 905-728-1069 ext 277. Coldwell Banker RMR Real Estate. Aurelia Rasanu.

AJAX AREA - 3 bedroom, 5 appliances, close to schools, shopping, transit. Available March 1st. 1st/last, references. For more info call 427-3456

AJAX SOUTH - 2+1 bdrms, newly renovated bungalow, large lot, 4 appliances, avail. immediately. \$1,100/month plus utilities. First, last & references. Call (905)427-9594

ASHBURN (Brooklin) exquisitely finished bottom-floor of estate house. Huge kitchen, living room, family room, 5pc bath, sep. laundry, 5/appliances. Non-smoker, no/pets. \$950/inclusive March 1. 905-655-5992

415 Housing Wanted

CHRISTIAN FAMILY looking to rent XXXL house for helping kids & raising our own. Good price, Oshawa location preferred but flexible. Flexible possession. Call 905-436-9793

420 Townhouses For Rent

KING AND TOWNLINE area Courtice. Large 4 bedroom townhouse, Garage, 4 appliances, \$1075 + hydro. Available immediately. Call (905)721-8213.

430 Rooms For Rent

\$400 PER MONTH, Whiby - Rossland and Bassett, furnished bedroom, central air, bus at door. Cable. Non-smoking, prefer mature working person or pensioner. (905)-665-8504.

SOUTH AJAX, furnished room in clean home. Shared facilities. Includes cable, parking, bar fridge, microwave. Suits working non-smoker. \$400/mo. First/last. (905)427-3519.

AJAX, QUIET working female non-smoker preferred. Available immediately. Share bathroom, kitchen, laundry, close to bus, \$550/month. Call (905)428-6449

AJAX: large comfortable well-furnished 2nd. floor bed/sitting room in new home with central air/cable/full kitchen/washer/dryer. 905-686-8569.

PICKERING - ALTONA/TWYN RIVERS bedroom available in large home with pool, shared bathroom with jacuzzi tub. Use of kitchen and laundry. Working female preferred. Avail. immed. \$450/mo. 905-509-0323

NICE CLEAN room for rent, for mature, employed responsible person, \$290/month, first/last required. South Oshawa near Lake. Days 416-888-4905; Eve. 905-723-2692

SHARE FULLY FURNISHED house. Simcoe/Beatrice, no smoking/pets. C/A, laundry, cable, utilities included. Call (905) 404-0350 leave message.

514 Commercial Property

2500 SQ.FT. OF COM/IND space for lease. Bond St. downtown Oshawa. Lrg overhead doors 571-5138.

690 Worship Services

COME & WORSHIP
Is a regular Friday Feature for the Churches in the Ajax Pickering area.
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Workforce 2001 Attracts More than 2001 Visitors

There's no doubt that companies across Durham Region know where to be when it comes to recruiting employees. That's at Workforce 2001 Career Fair & Job Expo.

The show which attracted more than 2000 visitors was held on Wednesday, January 17th at the Holiday Inn in Oshawa and featured more than 20 companies looking to add staff in the year 2001.

Presented by This Week and co-sponsored by CDI College of Business and Technology, the show was the perfect opportunity for people looking for a career change

or to start a new one.

Every booth was accepting applications and resumes and the steady crowd came from as far away as Peterborough and Toronto.

Those who filled out a ballot had a chance to win one of five \$100 gift certificates from Sears and the Grand prize of an internet ready, Pentium Computer System.

If you missed this show...don't worry, there will be another Workforce 2001 at the Holiday Inn on June 6th.



At left, Cathy Cochrane, Shawn Manary and Raffaella Thickett of CDI College are joined by Terri George of Oshawa Whitby This Week. Above, Terri awards Mike Williamson of Peterborough with the Grand Prize of a computer system.



This Week Staffers Tanya Bredin and Kelly Bays were encouraging visitors to fill out ballots for the door prizes.



PRESENTED BY THIS WEEK
 OSHAWA • WHITBY • CLARINGTON • PORT PERRY

FOR OVER 53 YEARS, WE HAVE BEEN SCARBOROUGH'S CHOICE! FOR USED VEHICLES!



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TO CELEBRATE, WE HAVE OVER 120 USED VEHICLES ON SALE! EASY PAYMENTS • TOP TRADE IN VALUE COME SEE WHAT MAKES US THE PRICE & SELECTION LEADER!

2000 CHRYSLER CIRRUS LX

HURRY DON'T MISS OUT!

\$14,898 +tax
or **\$249⁰⁰** incl. tax**

• Incredible value!
• Fully equipped including auto transmission,
• Air conditioning,
• Power windows,
• Power door locks,
• Tilt wheel,
• Speed control,
• AM/FM cassette
• 4 door,
• Former daily rental,
• 5 to choose from.

1997 CHRYSLER SEBRING JXI CONVERTIBLE

\$20,888
or **\$464⁰⁰** incl. tax**

Spoil yourself rotten. Fully equipped including leather interior, AM/FM CD player, alloy wheels. Only 57km. Green, black convertible top.

2000 CHRYSLER INTREPID

10 TO CHOOSE FROM

From **\$16,988** +tax
or **\$299⁰⁰** incl. tax**

• 2.7 V6 engine
• 4-speed auto transmission
• Power windows
• Power door locks
• Tilt wheels
• Speed control
• AM/FM cassette
• Tint windows

1997 DODGE NEON

Inexpensive 4 door Transportation. Air conditioning, auto transmission, finished in neon blue, AM/FM, cassette stereo. Priced to sell!

\$8,888 +tax or **\$175⁰⁰** tax incl.*

1996 DODGE NEON SPORT

Looking for an affordable late model sporty sedan? Stop! Only 64 kms, auto, air, anti-lock brakes, 4 dr, black, stk#5332A. Hurry!

\$9,488 +tax or **\$188⁰⁰** tax incl.*

1997 FORD CONTOUR

Looking for a late model, affordable sedan stop! Finished in blue, auto air, alloy wheels, 75km.

\$9,998 +tax or **\$199⁹⁹** tax incl.*

1995 PONTIAC GRAND AM

One of Pontiac's most respected auto. Finished in deep mauve. Cloth interior, V6, air conditioning. Fully equipped local trade in. Stk#5077B

\$9,988 +tax or **\$199⁹⁹** tax incl.*

1994 FORD F150 PICK UP

Outstanding value. A must drive! Local trade. 6 cylinder engine. Finished in black. Enforcer package.

\$9,988 +tax or **\$199⁰⁰** tax incl.*

1999 CHRYSLER NEON

Dare to compare high-line model, 4 doors, auto transmission, air conditioning, AM/FM cassette, former rental. Shop & compare!

\$10,988 +tax or **\$225⁰⁰** tax incl.*

1995 DODGE AVENGER ES

Fun and affordable. Fully appointed including leather interior. Finished in white with grey interior

\$11,488 +tax or **\$236⁰⁰** tax incl.*

1997 DODGE STRATUS

Rated as one of the best used cars to buy. Finished in white, 4 door, auto transmission, air conditioning, tilt wheel, speed control, low kms.

\$11,488 +tax or **\$236⁰⁰** tax incl.*

1997 CHRYSLER INTREPID

Ideal family luxury vehicle, fully equipped, finished in rosewood. Low kms.. Local trade. Stock #20812B

\$11,488 +tax or **\$236⁰⁰** tax incl.*

1996 DODGE GRAND CARAVAN

Hurry for this value priced unit. Family value package, V6, air, 7-passenger, luggage rack, white, fully serviced and ready to go!

\$11,888 +tax or **\$245⁰⁰** tax incl.*

1997 DODGE CARAVAN

Hurry for this value priced mini van. Equipped with V6 engine, 7 passenger, sun screen glass. Local trade. Stk#60074A

\$12,988 +tax or **\$275⁰⁰** tax incl.*

1998 DODGE STRATUS ES

V6 power, ES handling package, fully appointed, a must see, finished in slate, hurry! Stk#5145A.

\$13,988 +tax or **\$297⁰⁰** tax incl.*

1998 DODGE GRAND CARAVAN

Ideal, inexpensive family vehicle. Finished maroon. 7 passenger, A/C, higher km's. Local trade. Hurry for this one at only.

\$13,988 +tax or **\$297⁰⁰** tax incl.*

1996 DODGE RAM 1500 4X4 SPORT

Looking for a fully equipped 4x4 stop! Finished in black V8 4x4 local trade, higher km's. But priced right! Stk#4256A

\$16,988 +tax or **\$369⁰⁰** tax incl.*

1998 DODGE DAKOTA EXT. CAB SPORT

A must see! Finished in black, auto transmission, sport wheels, low kms. Hurry!

\$17,988 +tax or **\$393⁰⁰** tax incl.*

1998 FORD CROWN VICTORIA

Truly a full sized luxury car. Fully appointed, finished in grey. A must see!

\$17,988 +tax or **\$394⁰⁰** tax incl.*

2000 DODGE DAKOTA 4 DOOR QUAD CAB

A hard find, V6, auto air conditioning. Finished in blue. Save thousands. Buy slightly used. Stk#23106A

\$23,888 +tax or **\$444⁰⁰** tax incl.**

1999 DODGE RAM 2500 4X4 DIESEL

An extremely hard find. 4x4 Cummins diesel, auto, air conditioning. Black. Local trade. Low, low kms. Stock #4273A

\$25,888 +tax or **\$585⁰⁰** tax incl.*

1998 JEEP GRAND CHEROKEE LTD

The best jeep builds. Spoil yourself. Fully equipped including leather interior, V8, finished in green. Limited package. Best value in the city. Stk #4977A

\$25,988 +tax or **\$588⁰⁰** tax incl.*

1992 NISSAN PATHFINDER SE

Affordable, japanese quality. 4x4 fully equipped. Finished in white, auto transmission. Low km's. You certify and you save! Stk#5231B

\$9,888 +tax AS TRADED

1999 DODGE STRATUS

\$12,988 +tax
or **\$239⁰⁰** incl. tax**

Excellent value, finished in champagne, fully equipped. Stk #5176A

2000 DODGE GRAND CARAVAN

5 TO CHOOSE FROM

\$20,988 +tax
or **\$389⁷²** incl. tax**

V6, 4 Spd, pw, pd, tilt, speed control, tinted, A/C, 7 pass, AM/FM cass, low kms, 26i package, balance full warranty.

2000 DODGE GRAND CARAVAN SE

5 TO CHOOSE FROM

\$22,988 +tax
or **\$419⁰⁰** incl. tax**

The ultimate in luxury, 3.8L V6, quad captain chairs, full power equipment, alloy sport rims, low kms, balance of full warranty, former rental, 10 to choose from.



OUR COMMITMENT

- TO DELIVER THE BEST PRE-OWNED VEHICLE SHOPPING & OWNERSHIP EXPERIENCE POSSIBLE**
- Minimum 6 month Power Train Warranty from Davidson Chrysler
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 - 3 day/500km exchange policy
 - Quality reconditioning
 - Certified pre-owned warranty
 - Today's smart choice for premium quality, pre-owned vehicles



All vehicles are windshield priced to sell!
USED VEHICLE HOTLINE
(416) 287-7777



*Sale price plus GST, PST, Admin, & all applicable taxes. O.A.C. applies to 1995 & newer vehicles. **Payments based on 60 month Royal Buy Back, with \$2500 down, O.A.C. various end values. See Dealer for details. 9.65% interest. *60 month term O.A.C. with \$2500 down. †Sale prices are plus PST, GST admin. PDE fee & lic. with \$2500 down, O.A.C. †† Payments included PST & GST.

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