

## Water rates going up

### More money needed to meet demands

BY SUSAN O'NEILL  
Staff Writer

Costs associated with the Province's new drinking water regulations and upgrades to the Region's infrastructure are two of the primary reasons the Region's water and sewer budgets are increasing this year, works committee members heard Wednesday.

The proposed 2001 budget for water supply is about \$50 million for 2001 while the budget for sanitary sewerage is approximately \$39 million.

The budgets reflect a five-per cent increase in user rates for water and a 2.5-per cent increase in sewer rates. Regional council approved those rate increases Dec. 20.

Durham staff had recommend-

See DURHAM page 3



RON PIETRONIRO/ News Advertiser photo

## A bra-zen birthday surprise!

Pat Wood (right) woke up to see her front yard festooned with brassieres Thursday morning as part of a birthday prank perpetrated by her sisters and husband, Wayne (left). It was all in

good fun as Ms. Wood turned 50 on March 7. The good-natured Pickering resident is already plotting humorous ways to get back at the pranksters.

## Jesse Watkins agrees to stay away from ex-girlfriend

### Former Pickering man was found not guilty in 1999 of murdering Laurie White



JESSE WATKINS

BY STEPHEN SHAW  
Staff Writer

A former Pickering resident found not guilty two years ago of strangling his ex-girlfriend has had criminal harassment charges withdrawn in a separate case in Halton Region.

Jesse Watkins, acquitted of first-degree murder in the death of former girlfriend Laurie White, was charged by Halton Regional Police Nov. 12 with criminal harassment following a complaint by a former girlfriend.

Mr. Watkins spent the last two months in jail, but the charge was withdrawn Wednesday after he agreed to a 12-month peace bond with conditions to not communicate directly or indirectly with the mother of two.

The Ontario Court of Justice document states "due to repeated communications" the woman "did fear for her safety and was harassed".

Halton police said Friday they arrested Mr. Watkins after a woman claimed she received repeated phone calls and unwanted visits to her Oakville residence.

Mr. Watkins was originally released on bail following his arrest, but after police investigated further and consulted with the Halton Crown's office, a bail review hearing was held in January, Detective Constable Chris Lawson said. Mr. Watkins was subsequently ordered detained in custody, the officer said.

Now living in Milton, Mr. Watkins is required under the

terms of the peace bond to stay away from the woman's residence and workplace and any day care or school attended by her two sons.

On May 5, 1999 a devastated Brent and Shirley White, now of Whitby, burst into tears as a Superior Court of Justice jury found Mr. Watkins not guilty of murdering their daughter Laurie. Jurors deliberated four days.

The 26-year-old delivery man was charged with first-degree murder six months after Ms. White, a 20-year-old Pickering dental assistant, was found by her mother on her bedroom floor with an electrical cord wrapped tightly around her neck Oct. 8, 1996.

See CHARGES page 3

## At A Glance Durham officials react to literacy test results

DURHAM — There was a mixed reaction in Durham Region this week to the results of the first literacy test for Grade 10 students across Ontario.

In today's News Advertiser, education reporter Mike Ruta gauges the feeling among board officials here at home and lists overall results for the public and separate boards in Durham Region.

The provincial Education Quality and Accountability Office noted provincewide results released Thursday are "cause for concern", but the reaction was more muted among educators here.

See the story on page 7.

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# Durham wants York to make case for Pickering pipeline

BY SUSAN O'NEILL  
Staff Writer

Durham works committee members want to meet with York Region officials to hear more about their proposal to build a water pipeline through Pickering before deciding whether they'll support the City in opposing the project.

The committee voted Wednesday to invite York officials to make a presentation to a joint meeting of Durham's works, planning and finance committees.

"You may want to meet with the folks from York," works commissioner Jack McCorkell suggested Wednesday, telling the committee he's concerned if the Region supports Pickering it could lose the ability to comment on the environmental assessment (EA) process that's under way.

But, Pickering Councillor Maurice Brenner told the committee, "Even if you adopt the Pickering resolution, you do not lose the ability to be at that table."

York Region is currently conducting an EA on a proposal to build a water pipeline through Pickering from Lake Ontario. The project, which is intended to meet York's long-term water supply needs, would be tunnelled north along Whites Road. Committee members heard the EA report is expected to be submitted to the Ministry of the Environment within the next week. There will then be 17 weeks for public input, followed by a government review. The Province

is expected to make a decision on the pipeline by October.

The City of Pickering, which is on record against the proposal, has asked the Region to support the municipality in fighting the plan.

"There is no possibility, short-term or long-term, for any water use (by Durham Region)," Coun. Brenner told the committee. "There is no net benefit (to the Region). There is a net loss to the City of Pickering. The Region of York is looking after the Region of York."



MAURICE BRENNER

## Durham to hike water, sewer costs

DURHAM from page 1

ed a 2.5-per cent increase for both the 2001 water and sewer rates, but members of a joint committee voted to increase water rates by five per cent in an effort to enable the Region to continue to maintain its infrastructure.

The additional 2.5 per cent in user rate funding will be used to address existing deficiencies within the water supply system, including improvements to a water treatment plant in Scugog.

"The program, as proposed, is balanced to address needs related to the operation, maintenance and repair of existing infrastructure and the design and construction of new capital works to meet growth-related requirements," states works commissioner Jack McCorkell in a staff report. He noted the proposed budgets "meet the works department revenue and expenditure goals" which were determined by council last December.

The water and sewer budgets are funded through user rates. No taxes are directed to either budget.

"We want to provide the safest water in our community. We want to be leaders," said Pickering Councillor and works committee chairman Rick Johnson, who maintains Durham needs to be "proactive" when it comes to the maintenance and operation of the Region's water supply systems.

## Charges withdrawn

CHARGES from page 1

During the 10-week trial Crown witnesses portrayed Mr. Watkins as a jealous and obsessive boyfriend who constantly phoned Ms. White and showed up at her workplace after their relationship ended. Mr. Watkins testified in his own defence, maintained his innocence and defence lawyer James Lockyer contended Ms. White committed suicide.

The murder acquittal is currently under appeal by the Crown.

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# Community mourns loss of longtime Pickering resident

Jim McKean was war veteran, owned Port Pickering Marina for many years

**PICKERING** — A longtime Pickering resident and “proud” Second World War veteran who welcomed community members to the Port Pickering Marina for many years, died in hospital Tuesday.

Jim McKean, former owner of the Port Pickering Marina and Keen-Craft Marina located on the shores of Frenchman’s Bay, died at the Centenary Health Centre in Scarborough after a long battle with cancer. He was 77.

“He was an individual

who was certainly larger than life,” said Tom Mohr of the Pickering Historical Society, who is married to Mr. McKean’s stepdaughter Deirdre. Mr. McKean, who was born near Glasgow, moved to Canada with his family at the age of two. He fought with the Canadian Armed Forces in Italy and Holland during the Second World War and travelled back to the



JIM McKEAN

Netherlands in 1995 for the 50th anniversary of the country’s liberation. “It really meant a lot to him,” Mr. Mohr said of that event. “He was a proud veteran.”

Mr. McKean settled in

Pickering in 1958 when he bought the Port Pickering Marina, Mr. Mohr reports.

Mr. McKean is survived by his wife Helen Johnson, son Gregory and his wife Trudy, Stephen and Carol. He

was a stepfather to Deirdre and her husband Mr. Mohr, Erik Johnson and his wife Joan, Scott Johnson and Bruce Johnson and his wife

Kathy. He had 13 grandchildren. A memorial service was to be held in the chapel at the McEachnie Funeral Home at 11 a.m. Saturday.

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# Editorial & OPINIONS

NEWS ADVERTISER MARCH 11, 2001

## EDITORIAL

### Are Grade 10s jest don't rite or rede so goode?

Massive effort needed at lower grade levels to improve literacy

One of the questions on the recent Grade 10 literacy test asked students to write a short news story from a picture that shows fireworks going off.

What follows is a possible short story, built from lingo that appears in several teenage journals on the Web site, [www.teen.com](http://www.teen.com)

'Yo dude, check out those honkin' fireworks. They're the bomb, just sick. We should be grateful people wanna lite up at the boarder.

It's just yums and we can't be re-greting it cuz it's an undieing, playin' thing. Yay. After the fireworks I saw these chicks at McD's, they had mouse in their hair. Ha ha, whatever. Chao.'

Yes, we are making a point, but all these references did appear in just a few recent journals. And they point out the gap between the way teens speak and write, matched against the expectations they're required to meet in order to graduate from high school.

Here in Durham, the numbers were close to the provincial average with 71 per cent of those who wrote both tests receiving a pass at the public board and 74 per cent reaching that mark in the separate board. The numbers were similar, though lower in Clarington and Northumberland, where 68 (separate) and 67 per cent (public) of the students passed both tests.

It's obvious that with between 26 and 33 per cent of students failing at

least one of the tests, we don't have a high enough standard of literacy in our schools.

Plenty of excuses are being bandied about: the standards have been raised recently with the new curriculum, which begs the question, why weren't they high before?; students didn't take the test seriously because they knew they wouldn't have to pass it to graduate; and the marks really aren't all that bad.

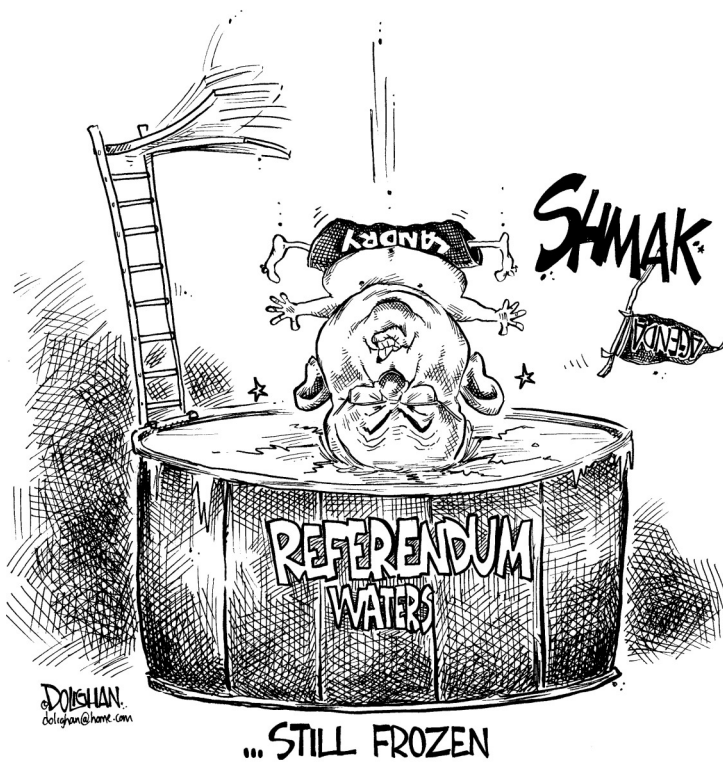
We beg to differ on every count. We know teachers have a tremendous challenge in trying to increase literacy. But clearly, the ability to read and write at a high level is the No. 1 skill students must master during their elementary and secondary school years.

We can't take the results lightly, we must ensure students take the test seriously, and sorry, but a failure rate nearing one-third of students who write a test is miserable.

When students start reading and writing for pleasure — Harry Potter books and the like are a very good start — they can't help but improve. For that to happen, teachers and parents must work together.

It's our children's future that's at stake.

**E-mail your comments on this opinion to [steve.houston@durhamnews.net](mailto: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

### How many lives have to be lost?

**To the editor:**

Re: 'Drunk driver jailed in cyclist's death,' Feb. 28.

I read of the 30-month impaired driving sentence handed down to James Lever and can only shake my head in sadness and disbelief.

Sadness, because this tragedy should never have happened. At the time of the accident Mr. Lever was already disqualified from driving after a 1998 drinking and driving conviction. He had already shown blatant disregard for the law and the safety of others. I believe a driving disqualification is meaningless unless it is also accompanied by a ban on owning a

vehicle. How many times do we hear a drunk driver was already disqualified when he kills someone?

The grief of the victim's family is beyond imagination. Michael Carlson, an innocent man out for a Sunday morning bike ride, received a death sentence. His family have been condemned to a lifetime of sorrow. Rhona Carlson and her two young boys have been forever scarred, robbed of the love of a husband and father. It could just as easily have happened to you or me.

James Lever gets 30 months, and a five-year driving suspension. He is eligible for early release in 10 months, and must be released after 20.

The maximum penalty for impaired driving causing death is 14 years. How did the judge come up with a puny 30 months? Why will this man ever be allowed to drive again?

How many people must an impaired driver kill before he receives a meaningful sentence? I sympathize with the police officers who risk their own lives to deal with drunk drivers, only to see them handed a sentence that is measured in mere months.

The laws are in place to deal with these terrible crimes. It seems our judges lack the courage to use them to their full extent.

**Jacky Bramma**

The News Advertiser accepts letters to the editor. All letters should be typed or neatly hand-written, 150 words. Each letter must be signed with a first and last name or two initials and a last name. Please include a phone number for verification. The editor reserves the right to edit copy for style, length and content. Opinions expressed in letters are those of the writer and not necessarily those of the News Advertiser. We regret that due to the volume of letters, not all will be printed.

## What a great place to call home

A tip list for newcomers to Pickering

An old friend made the fortunate decision to purchase a home in Pickering and officially became a citizen of the 'Millennium City' on the last day of February.

I thought it would be appropriate to welcome him and give him a crash course on Pickering, to wit:

- Do all you can to recycle. Do not put at the curb more than four bags of trash per week and never, ever try to slip an extra bag in with your neighbour's garbage. Such discretions are punishable by death;

- You live in an area known as the 'East Shore' community, which is never to be confused with the 'West Shore' community. We share that jewel known as Frenchman's Bay, but you are not allowed to use our side. I don't know why, but it is so;

- Pay your taxes on time, every time. Failure to do so is punishable



**Steve Houston**

*Managing Editor*

by death;

- If you have a question regarding snowplowing, call your local councillor, Bill McLean, at City Hall. If you have a question about recycling your model planes, call Mark Holland, who represents you at Durham Region. If you need confirmation about how great Pickering really is, call Ajax Mayor Steve Parish. If he is unavailable, keep trying;

- Make an effort to meet your neighbours. You'll find Pickering people are friendly to a fault, as

long as you don't add an extra bag of trash to their weekly curb side pile;

- If you find the time, take a tour of the Pickering Nuclear Generating Station. They've spent millions in recent years trying to improve performance and accountability at the local plants and are now seeking relicensing for the so-called 'A'-side reactors. Bring someone from Durham Nuclear Awareness with you and see how it goes!; and

- Visit the waterfront the first chance you get. There's a neat fence that's been constructed at the foot of Liverpool Road and it has quite a story behind it. Go down there and ask around, but don't mention the word 'townhouses'.

Welcome to Pickering!

**E-mail your comments on this opinion to [steve.houston@durhamnews.net](mailto:steve.houston@durhamnews.net).**

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# Mixed reaction to Grade 10 test results

## EQAO says scores 'cause for concern', but Durham boards not surprised

BY MIKE RUTA  
Staff Writer

Two out of three ain't good as far as the Grade 10 provincial literacy test is concerned.

That's the general reaction from education stakeholders after the Education Quality and Accountability Office released the test results Thursday.

But it's not what Durham officials are saying. They are neither shocked nor dismayed by the provincial results and the pass rate of local students.

Sixty-one per cent of the Province's roughly 140,000 Grade 10s passed the test. A little over 13 per cent failed both the test's reading and writing portions, 10.7 per cent passed only the reading section, and five per cent passed the writing component alone (these are Method 1 figures for all students in Grade 10, including those who didn't write the test. The Method 2 pass rate, which marked only students who wrote the test, was 68 per cent).

The five-hour test was administered by the EQAO last October. Beginning in the 2001/2002 school year, high school students must pass the test as one of the requirements of the Ontario Secondary School Diploma.

"I don't think it is a surprise," said Bev Freedman, the Durham District School Board's programs superintendent. "I'm actually surprised people are surprised."

At the Durham District School Board, the score was 67 per cent in Method 1 and 71 per cent for Method 2.

Grant Andrews, education director at the Durham Catholic District School Board, in a press release said, "the results should not be too surprising."

In fact, he argued if the pass rate had been a lot higher the validity of the test would be in question.

At the Catholic board, the scores were 71 and 74 respectively.

A total of 4,387 Durham public school students wrote the test. Of those, 240 (5.5 per cent) passed the



**BEV FREEDMAN**  
*'I'm actually surprised people are surprised.'*

writing but failed the reading section, 540 (12.3 per cent) only failed the writing portion, and 495 pupils (11.3 per cent) failed both sections.

"Part of the problem for the failure rate is if you didn't follow instructions, if you did two paragraphs and they asked for three paragraphs, and you did the two paragraphs really well, you didn't get part marks," said Ms. Freedman. "You were considered to have failed. That, I think, was a complication."

The board will be analysing individual school results and will pre-



**GRANT ANDREWS**  
*'Expectations for students performance are now higher.'*

sent a literacy action plan at the April 3 standing committee meeting.

Until individual student scores are dissected, Ms. Freedman said she doesn't know if any changes in the test format should be considered. She noted that Toronto daily newspapers are written at a level ranging from grades 7 to 10.

"Grade 9 is a fairly high degree of literacy, and not everyone is going to reach it," she said. "That will become the issue when (the test) counts and people realize it's a gatekeeper."

## How GTA boards scored

Here is how the Grade 10 literacy test pass rate in the Durham school boards compares to other Greater Toronto Area boards. The first figure is the pass rate percentage of all Grade 10 students in a board (including those who didn't write the test), while the second is only for the students who wrote the test.

Board	Method 1	Method 2
Durham public	67	71
Durham Catholic	71	74
York public	70	79
York Catholic	69	71
Toronto public	55	65
Toronto Catholic	56	62
Halton public	66	72
Halton Catholic	76	79

## New, old education ideas worth a look: Durham officials

BY MIKE RUTA  
Staff Writer

Liberal leader Dalton McGuinty's vision for education has received mixed reviews from local residents.

In an interview last week, Mr. McGuinty outlined the Ontario Liberal Party's plan to cut class sizes to 20 students in the early school years, allow for more creative programming at the school level, create "turnaround teams" to go into schools that consistently fail, and introduce other measures. The changes are needed to make Ontario students more successful and, when they get older, competitive in the global marketplace, Mr. McGuinty said.

Ruth Ann Schedlich, former chairman of the Durham District School Board, noted there used to be a cap on class sizes in the younger grades and added programming at the school level also occurred in the past.

"What he's proposing is not something new," said Ms. Schedlich. "What goes around comes around in education, it seems."

She likes the idea of a class size cap as proposed by Mr. McGuinty because "you want to attract learners at a young age."

However Ms. Schedlich has heard what the Province has to say about the proposal's cost: it's actually close to \$2 billion, not the \$350 million per year Mr. McGuinty claims (plus \$100 million in one-time costs).

The two sets off numbers make her uneasy. She agreed emphatically that it's much easier to make such proposals in opposition than when a leader or party is in power. Still, Ms. Schedlich saw merit in Mr. McGuinty putting ideas on the table.

"Anything to improve education, if he's able to create an awareness and have the government relook at

things, it's a benefit," she said.

Pat Fowler, chairman of the Durham Regional Catholic School Council, agreed Mr. McGuinty's ideas are not new and she shared Ms. Schedlich's concern over the cost of initiating the "hard cap".

Ms. Fowler noted the cap would also require a lot more teachers, in pretty short supply these days as a serious shortage looms.

"How do you get extra teachers out there?" she asked. "We don't have enough that have the vocation to teach. If you don't have enough people to (introduce a cap), you're back to square one."

Ms. Fowler said she hears mixed reviews of the government's education record from stakeholders who, she believes, don't or can't see the whole picture to make a truly informed evaluation.

A new curriculum and student testing were positive changes to the system, said Ms. Fowler. But she levelled a criticism heard before

She predicts fewer kids will graduate with a diploma in the future because they won't be able to pass the test.

A total of 1,622 Catholic school students wrote the test. Of those pupils, 155 (9.5 per cent) failed both sections, 175 (10.8 per cent) failed only the writing portion, and 84 (5.2 per cent) passed the writing section.

Mr. Andrews, in the release, pointed out an extensive reform of provincial curriculum is under way, undertaken because it was felt school was too easy and students weren't performing well enough. The curriculum changes, though introduced quickly, have been welcomed by teachers and parents, he noted.

"Students who took the literacy test last fall would not have had the advantage of full exposure to the new curriculum during their elementary school years," Mr. Andrews stated. "Expectations for student performance are now higher. The bar has been raised."

He said students have to be given more opportunities to improve their literacy skills.

Pauline Laing, co-moderator of the test for the EQAO, doesn't accept the argument the results aren't poor in the context of a tougher curriculum.

"The test is based on generic skills, reading and writing, that are applicable across the whole curriculum," said the former education director of the Durham public school board, noting these are "fundamental skills" which have always been taught in school.

The provincial results are "cause for concern" she believes.

"Everyone I've talked to has said we have to learn from these results, we have to analyse them," said Ms. Laing.

While the test did not count the first time, she said schools took it seriously and it remains to be seen if "kids can notch it up a bit when it counts".

The EQAO will release school-by-school results at the end of April.

where the present government is concerned: too many initiatives, too fast.

What's missing in the education debate is an emphasis on the student, she believes.

However, Education Minister Janet Ecker was not impressed with the plan.

"Not since (Prime Minister Jean) Chretien embraced the GST have we seen a Liberal reversal like this one," said Ms. Ecker. "Whenever the government put forward quality reforms for education, he said they were not needed."

Referring to the testing of schools and teachers, which Mr. McGuinty advocates, she said she was "pleased to see he's supporting many initiatives we already have under way".

The province has a "step-by-step" plan to improve schools which is under way, said Ms. Ecker.

"Part of that plan is making sure you can pay for it," she said.

## Centre offers March break fun for kids

Local kids can do more than just hang out at the mall this March break.

The Pickering Town Centre (PTC) on March 12 launches 'Springfest Cyber Café 2001', an event designed to entertain kids, teens and adults during the school holiday.

Partly sponsored by TD Bank, Cyber Café is an innovative learning centre that promotes Internet education and training in an interactive environment.

"This event is a great opportunity for kids, teens and adults to learn about the Internet and how it can enhance their lives," Lorna Murphy, PTC marketing director, said in a press release.

"We hope to help provide an exciting, educational and entertaining experience for our shoppers."

Springfest Cyber Café runs Monday through Friday during normal mall hours on the upper level near Carlton cards.

Additional events for students will take place at the mall all week.

The Mastermind store hosts 'Crafts 4 Kids' Monday to Friday from 1 to 3 p.m. Grand & Toy hosts 'The Kid Office Event' across from their store location Monday to Friday between 10 a.m. and 3 p.m. Both events provide free arts and crafts for kids.

To end the week, customers wearing green can win CDs and PTC mall-wide gift certificates.

## Upcoming seminar looks to get business better results

Getting the results you want in business is the focus of a three-part seminar that kicks off in Whitby this month.

The Durham Homepreneur Group is presenting the series, which is being led by Rory Sheehan.

"Rory is committed to helping people succeed in all aspects of their business and personal lives through unique and inspiring methods," states a news release.

The first session takes place Wednesday, March 21 from 9 a.m. to 5 p.m. at the Sports Garden Café, 500 Victoria St. in Whitby.

Registration is \$99 for members and \$125 for non-members. Lunch and training materials are included in the fee. For more information visit the group's Web site at [www.dhg.on.ca](http://www.dhg.on.ca).

## Clothing donations needed for spring church sale

**PICKERING** — St. Martin's Anglican Church is hosting a new to you sale Friday, March 30.

Good used clothing for the family, toys and books will be among the items available at the church, 1201 St. Martin's Dr., from 7 to 9 p.m. There will also be a white elephant sale.

Donations of children's clothing are needed.

For more information call 839-4257.

# Ajax students take on tobacco

## School displays, discussion help spread message

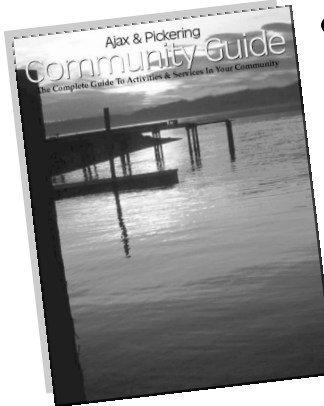
St. James Catholic Elementary School Grade 8 students took a bite out of smoking recently.

The students, in partnership

with the Durham Region Health Department, held a tobacco use prevention event Tuesday, March 6 at the Ajax school for the grades 7 and 8 classes. The

event included four interactive displays, and offered students a chance to discuss what they learned and how they will use the information.

## 2<sup>nd</sup> Annual -Ajax Pickering Community Guide



### COMING SOON!

If your community based organization or event wants to be listed in this years edition fax us your information.

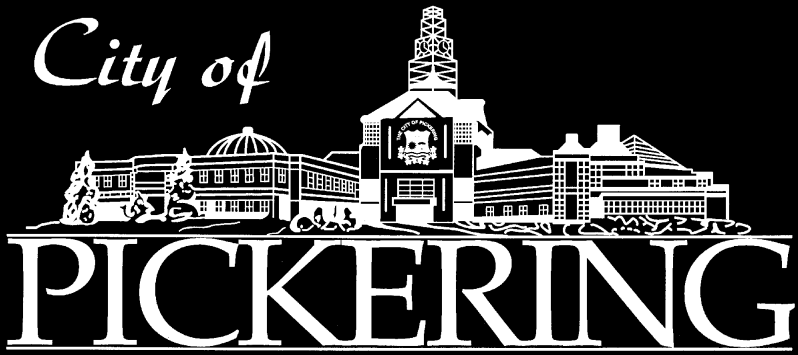
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ANDREW IWANOWSKI/ News Advertiser photo

Grade 8 students at St. James Catholic School in Ajax hosted an anti-smoking awareness event at the school Tuesday to make students aware of the dangers of tobacco use. Here, Haylie Duncan (left) shows Jessica Zuzarte a replica of a healthy human lung.



# Watch for the City of Pickering brochure of Spring/Summer Services

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# Wednesday March 14<sup>th</sup> Pickering News Advertiser.

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She has exhibited her work at many area shows and won "Best in Show" at the 2000 Oshawa Art Association juried show for her picture "Glory" which is displayed here.

**Your Pickering Information Centre, in cooperation with the Pine Ridge Arts Council, displays the work of a different local artist every three months.** Drop by and see the exhibit, and while you're here, check out what the Information Centre has to offer. Contact (905) 839-1151 ext. 3745.

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MONDAY, MAR. 12

**BREASTFEEDING:** All pregnant and breastfeeding moms are welcome to the monthly meeting of the Ajax-Pickering La Leche League. It takes place at 7:30 p.m. in the resource room of the Ajax YMCA, 230 Westney Rd. S., at Bayly Street. 683-7547, 427-8063.

**BABYSITTER TRAINING:** The YMCA Child and Family Development Centre, located at 230 Westney Rd. S. in Ajax, holds a five-day babysitter training certificate course starting today at 9 a.m. Cost is \$60, including the course manual. Call 619-4565, ext. 310.

TUESDAY, MARCH 13

**ADOPTION:** The Durham Adoption Disclosure Support Group meets from 7 to 9:30 p.m. in the boardroom of the Durham Region Children's Aid Society, 555 Rossland Rd. W. (southwest corner of Rossland and Stevenson roads), Oshawa. Call 433-1551, ext. 2334, 2261 or 2293.

**FRIENDSHIP CLUB:** The Tuesday Morning Discussion Club will celebrate St. Patrick's Day with the Pickering Perennials.

**YOGA:** Reduce stress and anxiety. 7 p.m. at the Ajax Central Library, 65

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MARCH 11, 2001

Harwood Ave. S. (near 401). Free. 416-759-4912 or visit their Website at www.sahajayoga.org.

**HORTICULTURE:** The Pickering Horticultural Society meets at 8 p.m. in meeting rooms 1 and 2 of the Pickering Recreation Complex, Valley Farm Rd. south of Hwy. 2. Ken Brown will speak on landscaping. 839-4604 (Sylvia), 839-7057 (Jill).

**WOMEN'S CENTRE:** The Ajax-Pickering Women's Centre holds a free stress reduction workshop for women, called Lighten Up!, from 6:30 to 8:30 p.m. in the community room of the Durham Regional Police station, corner of Harwood Ave. and Westney Rd., Ajax. Space is limited and prior registration is necessary. 426-1064.

WEDNESDAY, MARCH 14

**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. Phone

837-9670 for more information.

**ALZHEIMER:** Alzheimer Durham holds an Ajax Support Group meeting at 7:30 p.m. at 487 Westney Rd. S., Units 19 and 20 (at Clements Rd. W.), Ajax. 905-576-2567 (Megan).

**TOASTMASTERS:** The club holds an international speech and evaluation club contest tonight, beginning with a meet and greet at 7:15 p.m. in the Pickering Nuclear Information Centre. Call Mary-Anne Pietrusiak at 686-1443 or Mariska Thomas at 686-2195 or by e-mail at marisk1@sympatico.ca.

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# Hospice Durham offers training course

Hospice Durham is looking to train new palliative care volunteers.

An upcoming course will cover a number of topics, including communication skills, emotional support and family dynamics, transfer techniques, physical considerations and more. The course is held Thursdays between April 19 and May 17 from 9 a.m. to 4 p.m. at the Durham Hospice office, 209 Dundas St. E., lower level units 1 and 2 in Whitby.

To cover course material, there is a \$25 fee for those who plan to volunteer with Hospice Durham. The fee is \$50 for anyone taking the course for general information about palliative care.

The organization is also looking for volunteers to help with fund-raising projects. For more information about that course or Durham Hospice, call 905-430-4522 or 1-888-790-9414. Registration is required prior to Monday, April 16.

## Bereavement training offered too

Hospice Durham is offering a bereavement facilitator training program.

The 10-week course starts Tuesday, March 27 and runs from 1 to 4 p.m. at the Hospice Durham of-

ice at 209 Dundas St. E., LL Units 1 and 2 in Whitby. The cost is \$25.

For more information, or to register, call (905) 430-4522 or 1 888 790-9414.

## Blood donor clinics lined up in March

Locations available across Durham

The following blood donor clinics are planned for Durham during the month of March.

**Pickering:** Thursday, March 15, St. Isaac Jogues Church, 1148 Finch Ave., 4-8 p.m.

**Ajax:** Saturday, March 17, Ajax Community Centre, 75 Centennial Rd., noon to 4 p.m.

**Whitby:** Monday, March 26, Whitby Legion Hall No. 112, 117 Byron St., noon-7:30 p.m. (call 1-888-935-1666 for appt.)

**Oshawa:** Monday, March 19, St. Joseph the Worker Parish, 1100 Mary St. N., 3-8 p.m.

**Bowmanville:** Wednesday, March 21, Clarington Beech Centre, 26 Beech Ave., 1-7:30 p.m.

If you are healthy, between ages 17 and 71, you can give blood every 56 days although first-time donors must be 60 or younger.

All blood types are needed at the clinics, with a special need for donors with type O.

For more information on other blood donor clinics in the area call Canadian Blood Services at 1-888-935-1666 or visit their Web site at [www.bloodservices.ca](http://www.bloodservices.ca).

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Phone: 905-837-0104  
Email: [maccga@home.com](mailto:maccga@home.com)

PRIZE WINNINGS ARE NOT TAXABLE; NO TAX RECEIPTS WILL BE ISSUED. Please allow a minimum of two weeks for delivery of your official ticket(s). \*All inquiries, if any, on the odds of winning are to be made to the licensee prior to the purchase of ticket(s). All prize values stated are approximate and based on manufactured retail sale prices. Prizes awarded may not be exactly as illustrated. Lottery guidelines prohibit the following from purchasing a ticket: The Board Members and employees of the Oshawa General Hospital Foundation and their immediate families living in the same household, Madgett, Roberts, Marlowe, Jackson & Chappell Chartered Accountants partners, staff and their immediate families; members of licensed gaming suppliers providing services to this lottery and their immediate families. Only tickets that have been paid for, and have been verified by Madgett, Roberts, Marlowe & Jackson Chartered Accountants as paid for, are eligible to be entered for the respective draw(s). The liability of the licensee of this lottery shall be limited to the purchase price of the ticket(s). To be eligible for the Early Bird Grand Prize Draw, tickets must be purchased before midnight March 31, 2001. To be eligible for Final Draws, tickets must be purchased by April 30, 2001. After each draw, the winner is recorded by Madgett, Roberts, Marlowe & Jackson Chartered Accountants and the ticket then goes back into the drum for the next draw. Each ticket is eligible for ALL 11,429 draws. Tickets will be sold only in the Province of Ontario. \*\* All-inclusive African Safari vacation does not include alcoholic beverages. This lottery is operated under Lottery Licence No. P002259





ANDREW IWANOWSKI/ News Advertiser photo

## Authoritative author

Children's author Eric Wilson paid a visit to Grade 5 and 6 students at St. Marguerite Bourgeois Catholic School Tuesday to discuss his work. Mr. Wilson is a popular choice among students and he frequently talks to his young readers.

## Seminar examines drug-free treatment of ADD/ADHD


**PICKERING** — Anyone dealing with a child or adult labelled with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder can take advantage of a free upcoming seminar.

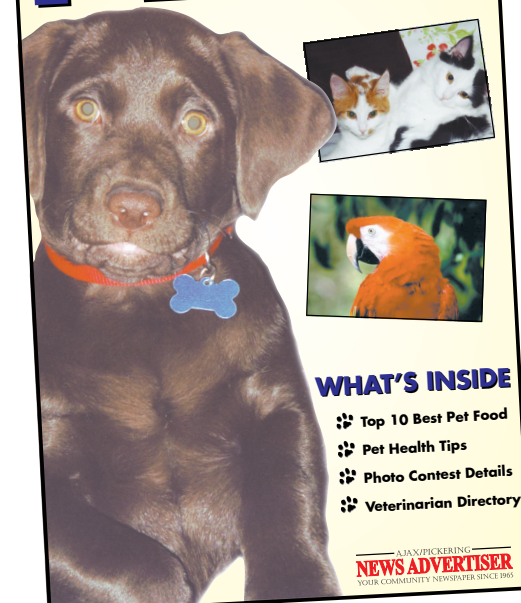
The meeting on Monday, March 19 from 6:45 to 8:45 p.m. will ad-

dress how ADD and ADHD symptoms can be managed without the use of drugs.





The session is at the Pickering Nuclear Information Centre, 1675 Montgomery Park Rd. For more information call Alan Woodhouse at 427-7002.

## Coming May 2001

**Durham's**  
**PET** Digest 



**WHAT'S INSIDE**

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-  Pet Health Tips
-  Photo Contest Details
-  Veterinarian Directory

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# Health & Lifestyles

ADVERTISING FEATURE

## Oral Hygiene for Children

### Should I clean my baby's teeth?

Try having your child lie down. Put your child on your lap or on the floor, keeping his/her head steady with your legs. If your child is standing, have his/her back to you with their head tilted slightly and resting against your body. Have your child hold a mirror while you brush and floss their teeth so your child can see what is being done.

Definitely. Even before the first tooth appears, use a soft, clean cloth to wipe your baby's gums and cheeks after feeding. As soon as the first tooth appears, begin using a small, soft bristled tooth brush to clean the tooth after eating. Don't cover the brush with toothpaste. Young children tend to swallow most of the toothpaste, and swallowing too much fluoridated toothpaste can cause permanent spots on their adult teeth called dental fluorosis.

I find brushing my child's teeth awkward. Any suggestions?

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# Ajax mayor on menu at business breakfast

**AJAX** — Business people will have the chance to quiz the mayor at an upcoming Ajax Business Network meeting.

An 'Open Dialogue with Mayor Steve Parish' is set for Tuesday, March 20 in the banquet room of the McLean Community Centre. There's a continental breakfast at 7:15 a.m., the meeting at 7:30 a.m. and a chance to network at 8:30 a.m.

The breakfast is free and is one of a series organized by the Town's Eco-

nomic Development Office. The network was established in 1998 to keep the business community aware of key economic issues.

Mayor Parish will review past successes of Ajax council and outline the goals for the new council term.

While free, registration is necessary.

For more information or to register, call Alison Sheppard in the Economic Development office at 619-2529, ext. 231.

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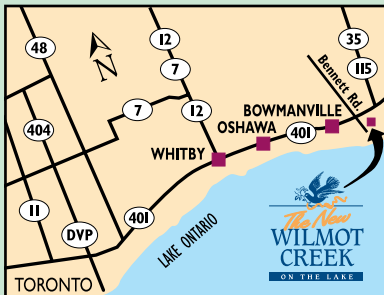
**ONE YEAR OLD LEXINGTON MODEL** w/some very nice custom touches. Sep. din. area w/Bay window. Features incl.: CAC, large sep. living room with bay window, modern kit., fridge, stove, dishwasher, stacked washer & dryer. Large master bdrm. w/walk-in closet & en suite bath. Sep. powder rm. adjacent to guest bdrm. or den. View of lake from back patio.



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2001

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# Today's Children are Victims of Poor Health

By Karen Tazar,  
R.N.C.P. C.N.P.

Today's children are victims of poor health, ADHD, Asthma, and Allergies. It is not surprising that if the immune system of the planet is failing, our health will fail too. Our health is not a separate problem! However, one of the most problematic conditions with children that can be dealt with effectively is CONSTIPATION! Many small children don't have bowel movements for days, and sometimes a week. I see many of these children and it is heartbreaking to see them in agony and worst of all knowing that their intestines are being compromised at such an early age. Dentists urge our kids to take care of their teeth and brush regularly. We are guaranteed a second set of teeth, but we're only given one set of intestines!

Often a mistake is made when children are viewed as small adults and allowed to make nutritional decisions for themselves. A child's digestive system is delicate and like adults has a complex function. It is not as simple as in one end and out the other! Digestion is a series of chemical breakdowns. Proteins break down into amino acids, carbohydrates break down into glucose and fats break down into fatty acids. When this process is interfered with, symptoms occur. Just the small intestine alone is approximately 20 feet long and the size of a garden hose.



**Karen Tazar**  
R.N.C.P. C.N.P.

Can you imagine feeding a slice of pizza into a garden hose and flushing it through with a soda pop? Today, kids want chips, crackers, bagels, pretzels, cakes, granola bars, candies and pop. Whole foods such as fruit, vegetables, nuts, seeds and free range roasted chicken, legumes and beans just can't compete with the taste of refined foods that are laden with salt & sugar. Parents have so much on their agendas these days, that they often give in to the taste battle and kids get what pleases them. A diet high in refined

foods provide no fiber and too much sugar. This is what begins the vicious circle.

1. Constipation or sluggish digestion occurs.
2. Nutrients don't get absorbed.
3. Immune system plummets.
4. Bacterial infections manifest.
5. Antibiotics are prescribed.
6. Good & bad bacteria are wiped out.
7. Bad bacteria multiply.
8. New infections sets in & more antibiotics are required.

Bad bacteria in the body thrive on refined foods and sugar (that don't have fiber) - which causes constipation or sluggish bowel...and here we go again! It shouldn't be a mystery why kids often refuse to eat anything except carbohydrates; their system craves it like mad. As a parent, it can be frustrating trying to get out of the vicious circle described above, and onto the path of well being. A Child's diet, although important is not the only task we have to manage in a day, but awareness is needed that a diet high in refined foods can impair a child's early stages of development by creating allergies and digestive disorders and robbing the system of nutrients. This situation can sometimes call for med-

ical intervention, which can involve prescriptions for stool softeners; parents administering mineral oil enemas to miserable children, and in some cases taking them to emerge to have impacted stools removed by a doctor. If this sounds all too familiar, Electro-dermal Allergy/Sensitivity testing can help to alleviate such symptoms by providing an individualized sensitivity report. The report indicates foods to be avoided, foods that need to be consumed in moderation, foods that are satisfactory, and foods that are

beneficial. If further assistance is needed for more problematic health challenges, a Nutritional Consultation on intestinal and digestive health is highly recommended and affordable! If you or your child experience unwanted symptoms, begin by understanding your sensitivities and believe that wellness is within your reach! Karen Tazar offers Allergy testing and Nutritional Consulting at BN Natural Foods in Pickering, for appointments call (905)837-6627.

## Allergy Testing

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Karen Tazar  
R.N.C.P., C.N.P.

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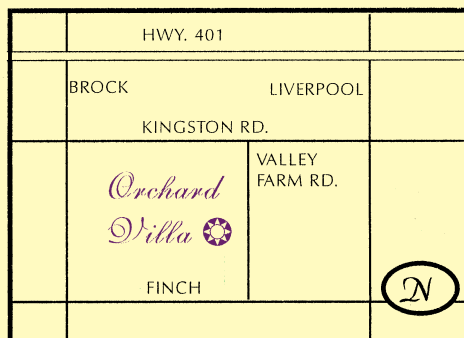
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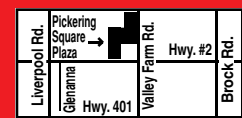
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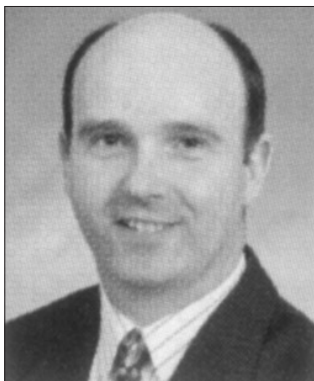
1450 Kingston Rd.

# Releasing the Past Embracing the Future

Sometimes we call it "emotional baggage", sometimes "Suppressed emotions", and sometimes simply "stuff". Regardless what we call it, holding onto negative emotions from the past does not help us in any way.

Even worse, all that negativity seems to build up and tends to release itself when it is least appropriate. It often hurts people we care about, negatively impacts our careers, reduces our confidence, and damages developing relationships. Releasing these negative emotions from the past is critical to embracing a positive and productive future.

There are many approaches to releasing these negative emotions, some more successful than others. We can choose to spend decades in therapy and release only part of the emotions. We can choose to associate only with people who are experiencing similar negativity, or we can choose to accept the ongoing problems as part of your destiny in life. If none of these traditional



**Rory Sheehan**  
Certified Practitioner  
of Time Line  
Therapy™

choices are acceptable to you, and you are serious about releasing these negative emotions and moving on with your life immediately, consider the benefits of Time Line Therapy™.

Time Line Therapy™ was developed by practitioners of Hypnosis and Neuro Linguistic Programming (NLP) for people to release the negative emotions of the past quickly and easily. Time Line Therapy™ has been proven successful by hun-

dreds of thousands of people over many years. The personal benefits to using Time Line Therapy™ include:

- Easy to release negative emotions
- Immediate results
- Freedom from the past
- No need to tell any one about any suppressed experiences
- No need to re-experience any negative

emotions

A one day session will be held in Pickering on September 30th to allow people to experience the benefits of Time Line Therapy™, and allow all participants to embrace a new and exciting future by releasing all the negativity from the past.

The session will be lead by Rory Sheehan, a certified practitioner of Time Line Therapy™, Certified practi-

tioner of Neuro Linguistic Programming (NLP), and a certified instructor of Hypnotherapy. The session promises to be informative and enlightening.

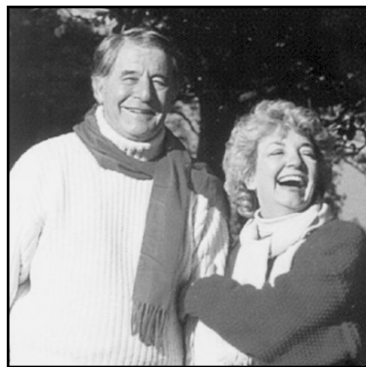
Space is limited, so be sure to reserve your seats early by calling Positive Strategies today at (905) 683-9133.

For information on other programs offered by Rory Sheehan and Positive

Strategies, visit Positive Strategies on the web at [www.positivestrategies.com](http://www.positivestrategies.com)

Rory Sheehan is a certified instructor of hypnosis, a master Practitioner of Neuro Linguistic programming (NLP), a master Practitioner of Time Line Therapy™, and a Reiki master. Rory is committed to helping people succeed in all aspects of their business and personal lives.

## Read the Facts, And Hear the Difference!



• Audiologists are University trained and hold a Master's Degree in Audiology.

• Audiologists like Doctors have a College to ensure consumer protection.

• Audiologists are licensed to prescribe hearing aids in Ontario.

• Audiologists can certify an individual's eligibility for the Disability Tax Credit.

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**Fact** The first and only audiology practice in Durham to bring you Video Otoscopy Technology that lets you see the inside of your ears.

**Fact** Our certifications let patients know that our Audiologists have mastered all the necessary training to be considered experts in the fields of hearing impairments. And, adds John McIntyre, M.S., Reg. CASLPO

"Our services were founded on the age-old principle that the patient always comes first. We are focused on you by bringing you state-of-the-art instrument technology, a nearly endless selection of hearing aids to fit all budgets. We also offer a 30 day trial period in your own environment, and we listen to what you have to say."

**Fact** OtoAcoustic emission. New revolutionary technology to diagnose hearing loss in newborns and babies for Durham. Even most major Canadian hospitals are not equipped. Welcome to our new staff: Jill Taylor, Hospital for Sick Children who joins forces with Stella Maschas Wong, also an Audiologist from Sick Kids Hospital.

**Fact** The first audiology practice in Durham to bring you real-ear probe microphone measurements. This advanced system allows precise fine tuning of hearing aids.

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1885 Glenanna Rd., Suite 104  
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Ajax Audiology Services  
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(Located in the Baywood Plaza)



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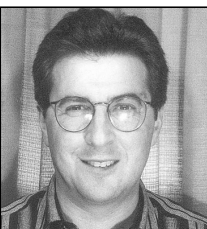
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2001

# Better Health

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

## Let's Ask The Podiatrist Diabetes and Your Feet

Ask the Podiatrist: I was recently diagnosed with adult onset diabetes. Although I have seen numerous professionals including an internist, a dietician, and a podiatrist, I need some clarification why my legs and feet are so adversely affected. How can I take care of my feet to ensure many more trouble free miles?

Diabetes is a metabolic disorder that can only be controlled but not cured. It is very important that the diabetic patient always maintain a strict regime of medication, diet, exercise and weight control as the disease is always present.

Diabetes which affects the lower extremities has two major components. One is circularity, affecting the small and sometimes large arteries, and the other is neuropathy, affecting the peripheral nerves and therefore, sensation.

The small artery disease results from a thickening of the capillary basement membrane. This affects the lower extremity as it is farthest from the heart, and its diameter is already narrower than the smaller arteries elsewhere in the body. Exercise improves circulation by increasing both cardiac out-

put and peripheral blood flow. It is also important for diabetics to give up smoking cigarettes, as nicotine is a vaso-constrictor (narrows blood vessel diameters).

Peripheral neuropathy involves the inability of the diabetic patient to sense pain and other discomforts as well as an inability to sense between hot and cold temperatures. Pain is nature's signal that something is wrong and must be tended to. Without this signal the diabetic often remains unaware that a problem exists.

Combining the poorer circulation with a loss of sensation puts the diabetic patient at a much higher risk for foot problems. Pressure of the most minor type or small cuts can go unnoticed until these become full-blown problems that take much longer to resolve in the diabetic patient.

Calluses and pressure sores are also more prevalent in the diabetic patient because the protective fat pad across the metatarsals (ball of the foot) thins out. Skin changes involves diminished sweating which leads to dry, scaly, cracked, and fissured skin.

To accommodate the foot for changes in those pressure areas, orthotics insoles or accommodative footwear may also be need-

ed. Diabetic patients must be proactive (not reactive) and identify problems before they occur. If you follow this simple list of dos and don'ts, the diabetic patient is less likely to have serious foot problems.

### DO'S FOR THE DIABETIC

- Examine feet daily.
- Soak feet, but never longer than 10 minutes, to avoid excessive dryness.
- Pat, don't rub feet dry, drying especially between the toes.
- Cut nails straight across
- Diabetic skin is dry, so use lanolin cream.
- When bathing, test the bath water with your elbow.
- Sleep with a pillow between your legs to prevent crossing.
- Wear wool or cotton socks.
- Always exercise and dress properly for the weather.
- Orthotics to decrease pressure points.
- Seek professional care for a proper treatment plan.

### DON'TS FOR THE DIABETIC

- Don't smoke.
- Don't cream between your toes.
- Don't wear tight socks or garters.

- Don't wear shoes without socks.

- Don't wear rigid or mended socks.

- Don't wear tight fitting or fashion shoes.

- Don't cross your legs, it cuts off circulation.

- Don't walk bare foot, especially on hot surfaces such as pool decks or sandy beaches.

- Don't wear plastic or vinyl shoes, leather breathes.

- Don't use hot water bottles or heating pads.

- Never cut your corns or calluses, and never use acid creams or medication corn plas-

ters.

It cannot be stressed strongly enough that patient education is most important in the successful treatment of a diabetic patient. The well informed, well treated diabetic will have healthier feet and therefore, will live a longer, healthier, and more productive life.

IF YOU HAVE ANY QUESTIONS YOU WOULD LIKE ANSWERED OR A TOPIC YOU WOULD LIKE ADDRESSED, SEND IT TO ASK THE PODIATRIST C/O THE NEWS ADVERTISER

## Good Digestion - The Key to Good Health!

Health experts state that digestive and colon disorders cause more absenteeism from work than any other disorders. Symptoms such as gas, bloating, burping, and cramping vary in severity from person to person, but these are all signs that there are imbalances in the digestive system. Many people who suffer these symptoms resign to living with them, but they shouldn't have to. These symptoms are your body's way of telling you to address the problem.

Irritable bowel syndrome, colitis, diverticulitis, crohn's disease and celiac disease all stem from a poorly functioning digestive system. Nutritionally, there are five main things you can do to help your digestive system function more optimally:

A) Most importantly, eat a diet free of your food intolerances/allergens - dairy, wheat, sugar, beef, citrus and nuts are often irritants to the bowel if imbalanced. Choose lean meats (chicken, fish, turkey), rice, vegetables, and fruit. Beans are good fiber, but only if you digest them properly. i.e. they don't cause bloating and extreme gas. If you are just beginning to add beans to your diet, do so slowly.

B) Cleanse the colon. Seek the help of a professional before embarking on any herbal cleansing program. Colon Irrigation ("a professional enema") is another way to

clean the colon of toxic debris. There are professional practitioners who do this.

C) Supply beneficial bacteria (acidophilus and bifidus) to the gut by eating yogurt and by supplementation. Antibiotics, birth control pills, cortisone, and diets containing highly refined flour and sugar contribute to an imbalance of good and bad bacteria in the colon. An overgrowth of yeast in the body can ensue. Note: If you have taken an antibiotic you should definitely be taking a beneficial bacteria product for at least six weeks to help you get your gut back into proper balance.

D) Support your digestive system with a digestive enzyme supplement. This is especially needed if you feel excessively heavy and/or bloated after meals. Eating a heavy processed food diet diminishes your body's own supply of digestive enzymes thus needing to supplement. Enzymes are the spark plug in your body and many people over the age of thirty are in short supply.

E) If you have had your gallbladder removed then you are a candidate for needing digestive enzymes that contain bile. Your gallbladder stores bile, but because

you no longer have one it can make the digestion of fats a lot more difficult. Also after a few years mineral deficiencies can creep in such as calcium, magnesium, iron, etc.

Keeping the digestive system healthy is the most important thing you could do for your health. Many diseases and disorders (i.e. arthritis, fibromyalgia, chronic fatigue syndrome, lupus, chronic headaches, sinusitis and skin problems) can stem from colon imbalances, so do your self a favor - keep it balanced and supported.

For a complete Nutritional Assessment please contact Mary-Jo McCarthy, Registered Nutrition Consulting Practitioner, at The Pickering Chiropractic Health Centre at 420 - 1443

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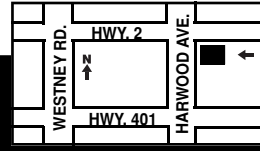
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# March break fun generated at nuclear station

A host of activities are lined up this coming week for vacationing students

**PICKERING** — The Pickering nuclear station will radiate with activity next week during the school March break.

'Reactivity week' events are being held each day and all are free. It's for children of all ages and youngsters must be accompanied by an adult.

March 12 is 'Mesozoic Monday', with movies being shown. At 10:30 a.m. it's 'The Land Before Time VII' and at 1 p.m. 'Dinosaur' will be screened. Popcorn will be served.

Aboriginal awareness day is

Tuesday, with activities running from 10:30 a.m. to noon and from 1 to 3 p.m. Life stories and ceremonies of the past 500 years will be presented by Chief Top Leaf and the Native Cultural Centre of Durham Region. Participants will also have the chance to make their own spirit stone with representatives of the Frenchman's Bay Watershed Rehabilitation Project.

Life in the 1800s is the theme for Wednesday and there will be a trip to an 1800s-era classroom, a chance to make a bookplate, butter-churning, candle-making,

rope-making and a laundry display. All the activities run from 10 a.m. to 3 p.m. and will be demonstrated by staff from the Pickering Museum Village.

There will also be horse-drawn wagon rides from 10 a.m. to 1 p.m.

Also on March 14, from 1 to 3 p.m., an organized game of 'Instincts for Survival' will be held at Alex Robertson Park, at the bottom of Sandy Beach Road. It's organized by the Toronto and Region Conservation Authority and those interested should meet in

the parking lot at the park.

Techno Thursday runs from 10 a.m. to 3 p.m., with the day filled with technological fun. Events include an emergency response, with firefighting equipment and a demonstration; Blizzard, a robot designed and operated by students from Woburn Collegiate's computer studies program; computerized Lego; Rad suits; and Bill Nye videos.

Monster Friday on March 16 is a movie day, with 'Pokemon 2000' at 10:30 a.m. and 'Digimon' at 1 p.m. Popcorn will again

be served.

For the Monday, Tuesday and Friday activities, space is limited and tickets will be available 30 minutes before the events.

Also, there are no activities between noon and 1 p.m. on these days.

The activities are being held in the Information Centre at the station, on Montgomery Park Road.

For more information, call 839-1151, ext. 3917 between 10 a.m. and 4 p.m. or visit the Web site at [www.ontariopowergeneration.com](http://www.ontariopowergeneration.com).

## Ajax-Pickering Toastmasters host speech contest

The Ajax-Pickering Toastmasters club is getting set for two special meetings.

First, the club hosts an international speech and evaluation club contest Wednesday, March 14, while a week later on March 21, the local group welcomes other Durham clubs for an area contest.

The meetings are at the Pickering Nuclear Information Centre on Montgomery Park Road and begin at 7:15 p.m. with a meet and greet.

Anyone interested in developing or improving public speaking, leadership and communication skills are invited out to the club's regular meetings.

For more information about the club or its weekly meeting schedule, call Mary-Anne Pietrusiak at 686-

1443 or Mariska Thomas at 686-2195 or by sending e-mail at [marisk1@sympatico.ca](mailto:marisk1@sympatico.ca).

## Rally fans hit the road for CNIB

The Canadian National Institute for the Blind is getting set for its sixth annual car rally.

The Saturday, May 26 rally will raise funds for the services the organization provides to more than 1,300 clients in Durham Region. Families and friends can enter with a minimum pledge of \$100 or \$250 for corporate teams. For more information, call the CNIB (905) 436-7732.

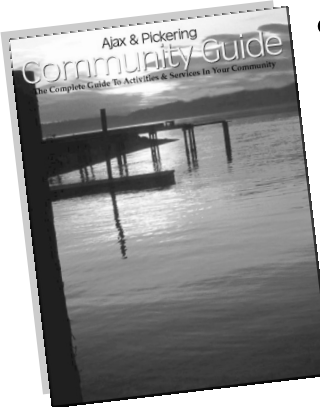
## 2<sup>nd</sup> Annual -Ajax Pickering Community Guide

**COMING SOON!**

If your community based organization or event wants to be listed in this years edition fax us your Information.

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 Type of Club or Service: \_\_\_\_\_  
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**Keynote Speakers:**

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Saturday, March 31, 11:00am  
**Peter Keeping**  
 International Clematis Society  
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Sunday, April 1<sup>st</sup>, 12:15pm  
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Owner Paul Downey has more than 15 years experience solving his clients computer problems and needs.

some, but most people try it themselves with little success. For an affordable fee, Paul will do it right the first time,

He has more than 15 years experience and will give you a free initial consultation.

"One service that saves money is simply cleaning up files and properly deleting unnecessary ones to free up hard drive

space," Paul explains. "Many people buy larger hard drives for their computer when it just isn't necessary."

Foresight Computer Services also offers software training in MS Office and other programs. This in-home training will give you a higher level of understanding and confidence when using new programs or the ones that come with your computer.

"We also offer internet solutions helping clients create their own websites," says Paul. "Today websites are becoming an important way of doing business and many companies don't have the staff to create them."

With the growth of home-based businesses Paul's services are in demand more than ever.

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## GOOD NEWS BAD NEWS

Recent drops in the Bank of Canada lending rates should have been good news for borrowers, however, as usual these added benefits either do not flow downward to us or have a tendency to move like "molasses going up hill". There has been a 3/4% drop in prime over the past short time with only a 1/4% drop in mortgage rates. This as usual is a joke. As a Canadian, I am accustomed to getting the shaft, but with some of the major lending institutions reporting a first quarter profit increase of 25% over last year, this has become a joke. The scary part is, the mergers are back in the works. (Although they were never really killed, just hidden from public view). At present we are getting shafted by what any business person would call a MONOPOLY, but just wait for these mergers to come into play. "YOU AIN'T SEEN NOTHING YET". The Bank of Canada reduced interest rates to stem the possibility of a recession, and stimulate consumer spending. Good luck if this is not passed on to the consumers. It will be interesting to see how fast rates go up when prime increases. (Probably faster than a speeding bullet).

Despite all this garbage, property values should increase 6% to 8% over the next year as demand still exceeds supply.

Spend a little more cautiously over the next year, to see if things stabilize. If your debt load is starting to become unmanageable, act now before it becomes a major problem, because then it is probably too late to fix.

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## Can junior hockey clubs afford to win?

Early playoff exit of Durham Region teams exposes interesting dilemma

BY BRAD KELLY  
Staff Editor

It's only March, but if you want to watch some junior hockey action of any kind, the Oshawa Generals are the only game in town.

From the end of the Durham Region to the other and beyond, junior hockey teams have fallen by the wayside early in the playoff season.

At the provincial junior league level, Pickering, Ajax, Oshawa and Bowmanville were all casualties of the first round. Even a little further to the east, Cobourg was eliminated in the opening round and Port Hope didn't manage to make the playoffs — as hard as that is to do.

In Jr. C, Port Perry also made a hasty exit, getting swept in four straight games in the first round. The only team around that has had any measure of success in the playoffs is Uxbridge, which made it out of the first round and are in the Central League finals.

Is it a coincidence that just about every team in Durham Region failed to go deep into the playoffs?

Mike Laing, director of hockey operations for the Bowmanville Eagles, doesn't think so. He says the growing number of junior hockey teams operating in Ontario



*Junior hockey teams in Durham have all been sidelined early this year in the playoffs. Some critics say the sheer numbers of clubs make it difficult for championship teams to be assembled. The Pickering Panthers and Ajax Axemen, seen here in a game during the regular season, exited the playoffs in the first round.*

is making it difficult to ice a championship-calibre team each year.

"Look at how many players are needed to fill all of the hockey clubs," he said, pointing to the 37 teams in the Provincial Junior League, as well as Jr. C teams and

other Jr. B leagues in the province.

"Just the number of leagues tells you there are too many teams in Ontario."

Murray Parliament, the coach and general manager of the Port Perry MoJacks, concurs with that

reasoning. "For our club, we are surrounded by Jr. C and Jr. A teams so we have a restricted drawing area. The competition for players is extremely difficult."

The philosophy of some of the local junior teams also may help to explain the lack of playoff success. In Oshawa, the general manager of the Legionaires, Pete Vipond, says his hockey club makes a priority of giving local players a chance to make the team.

"We're staying local," vows Vipond, who has been with Oshawa for 15 years. "You have good years and bad, but overall we've been very fortunate. We are going to give the Oshawa and Whitby kids a place to play."

Parliament adds that his team also caters to local players. But even that is getting harder to do.

"We still have 10 or 12 really good hockey players in our own system or area, but the balance of the players who make up the team aren't as strong as they used to be."

Most agree teams that get into the second round of playoffs and beyond have either an expanded budget, or carry a roster of 18 to 20 year olds. In the case of some teams, they do both.

"Most of the successful teams have to import quite a few players,"

claims Vipond. That's with the exception of the Toronto clubs, he adds. While using imports to build a hockey club is common at the Jr. A level, it's difficult to do for Jr. C teams.

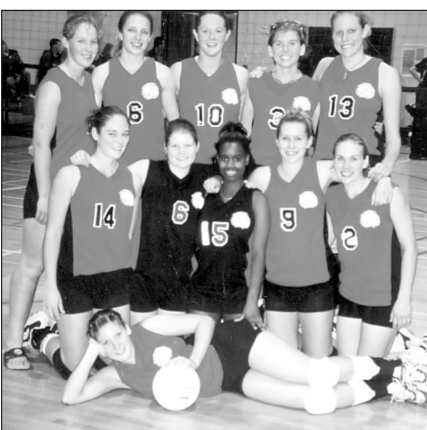
"We are restricted to the number of imports," that can be used says Parliament, noting each team can only have four. "Very few Jr. C teams in Ontario," bring in imports, he adds.

Though the season seems to be ending earlier each year, because of financial restrictions and too many teams in a concentrated area, it may be a long time before a local team celebrates a championship.

"We want to stay local and put a good product on the ice," says Laing, adding, "To go to the finals you have to room and board about 10 to 15 players and I'm not sure many teams are prepared to do that."

"If you carry 15 to 17 year olds, you will never compete for a championship in our league. To make a serious run you need older players, but they come with a price tag."

Indeed, aside from assessing the talent on the ice, in today's marketplace, the dilemma facing junior hockey executives is can they afford to win, and on the flipside, can they afford to lose?



Members of the GANARASKA WOLVES junior girls' volleyball team are, back row, from left: Sara Hartmann, Julia Hall, Stacey Gordon, Lindsay Richmond, Michelle Kopka; front row: Melonie Allin, Laura Pearson, Natalie Coley, Krista Klawitter, Judith Thompson, and April DeCoste (laying down). The coaches are Tom DeJong and Craig Matthie.

## Junior Wolves win gold

The GANARASKA WOLVES junior girls' volleyball team placed first overall at the Ontario/Quebec Series Challenge held at U of T Scarborough College recently.

The Division I competition is made up of athletes who have played at the national or university/college varsity levels. The Wolves, comprised of players throughout Durham Region, includes girls still in high school (ages 17-19).

After finishing first in the round robin, the Wolves squeaked by Road Kill (Toronto) 21-25, 25-16, and 15-12 in the quarter-finals. In the semis, the Wolves advanced with a 25-16, 25-19 win over Solars-Polaris (Toronto). In the championship game, the Wolves had to battle from behind after dropping the first game 25-17 to Spank It (Toronto), rallying in the final two games to win by scores of 30-28 and 16-14.

"We entered the Ontario/Quebec Division I series because we felt the girls were able to compete at a higher level

and they needed the challenge of better teams. This is one of the most promising teams in the province," said head coach Tom DeJong, who has been a coach with the Wolves' organization since 1992. The junior girls' team has also won the gold medal at the Tier I Provincial Cup, Challenge Cup and the Ontario Open this season. The GANARASKA WOLVES volleyball teams are broken down into four girls' and boys' age levels: bantam (12-14), midget (15-16), juvenile (17-18) and junior (19-20).

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## Panthers star in quarter-final playoff series

**PICKERING** — The Pickering Panthers major peewee select hockey team brought the Richmond Hill Stars down to earth after eliminating them from further playoff action.

The Panthers won the best-of-three quarter-final series two games to one to advance to the semifinal.

In the crucial third game, the Pan-

thers fired on all cylinders to pile up a 6-0 victory to end the series. Pickering dominated Richmond Hill from the opening whistle.

The Panthers won Game 2 5-4 in an exciting, well-played contest. The major peewee selects came out flat in the series opener and, as a consequence, suffered a 6-2 defeat to Richmond Hill.

## EAST END SAINTS ROLLER HOCKEY Registration Dates

**AJAX COMMUNITY CENTRE**  
**Saturday, March 17**  
**8:00 a.m. to 2:00 p.m.**

**PICKERING - DON BEER ARENA**  
**Sunday, March 18**  
**1:00 p.m. to 6:00 p.m.**

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# Area hockey players hit the ice with rugby on their minds

**PICKERING** — The 12th annual Bay Ridges Hockey Tournament will take to the ice again this year for some fun and to raise funds for a community project.

This year's event for players ages 30 and over is slated for the Don Beer Arena April 27 and 28. And, as in past years, a number of events will surround the actual tournament.

A clown will entertain children and adults alike, starting at 2 p.m. on April 28. A family skate is also planned for Saturday afternoon from 1 to 2 p.m.

Once again, eight teams will play in the tournament.

Teams will be chosen at a special draft night at Papps Restaurant, Pickering Home and Design Centre, Brock Road and Hwy. 401, on Thursday, April 12 at 7:30 p.m.

The entry fee is \$45 per player. All

teams will be guaranteed two games and all players will receive a team sweater. Player applications can be

picked up at Papps or at the Don Beer Arena on Dillingham Road. This year, funds from the proceeds

go to the Wanderers Rugby Club to continue the organization's junior rugby program.

For more information, call Kevin Morgan at 426-8989 (days) or 837-1883 (evenings).

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in the  
**CREASE**

SENIOR WRITER FOR THE HOCKEY NEWS

MIKE BROPHY

How would you like to be a hockey fan in the New York area?

The laughable Islanders are a joke and the Rangers, who spend money more foolishly than any team in the NHL, are playing so poorly, it's not funny.

And people in Canada think our small market teams are in trouble.

The Islanders are one of the NHL's last great dynasties, but since Mike Milbury has been in charge as the team's general manager, they have been on a downward spiral. Milbury fired coach Butch Goring March 3, replacing him with Lorne Henning. Milbury has fired five coaches in the past five and a half years including himself twice. It's the second time Goring has coached the Islanders; the first was in 1994-96, the lockout year. The change came hot on the heels of a 6-0 loss to the Tampa Bay Lightning, another sorry franchise.

You would think new owner Charles Wang would gas Milbury before he wreaks more havoc, but Wang has given his GM a vote of confidence saying he'll be back next season. If you're an Islanders' fan, this has to be the worst news of all time.

There was a time, not long ago in fact, when the Islanders seemed to be moving in the right direction. The team had a solid young defence with Kenny

Jonsson, Bryan McCade, Scott Lachance and Darius Kasparaitis. Then along came Bryan Berard, who was named NHL rookie of the year. Up front there was Ziggy Palffy, Travis Green and Todd Bertuzzi and Tommy Salo was the goalie.

But Milbury has torn apart the Islanders. His dumbest move came at last year's draft when he traded goalie Roberto Luongo to Florida to get the first pick in the draft to take 18 year old goalie Rick DiPietro. Now DiPietro might turn out to be a great goalie, but so might Luongo. And Milbury passed on the opportunity to add a young gun like Dany Heatley or Marian Gaborik or a defenceman like Rostislav Klesla to get DiPietro. Dumb, dumb, dumb.

The Islanders, who will miss the playoffs for a seventh straight year, won't begin to get better until Milbury is fired.

It'll be four straight years for the Rangers. And with goalie Mike Richter out for the season with a knee injury and top scorer Theoren Fleury in rehab, the future does not look good. Glen Sather has done nothing in his first year as Ranges' GM.

Oh well New Yorkers, there's always the New Jersey Devils.

(Mike Brophy is senior writer for The Hockey News).

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Local 10-digit dialing in the 905 communities starts April 7, 2001. And here's a big tip: Start dialing 10 digits now and reprogram equipment with speed and auto dialers. Like fax machines, phones and dial-up Internet connections. For more information, get the works by visiting us at [www.addthecode.com](http://www.addthecode.com)





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Minacs Worldwide Inc. is searching for Delivery Specialists and Design Specialists for our Oshawa location.

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Full time or Contract positions are available. Both positions will consult with department heads. Candidates must have 2 years of relevant instructional delivery or design experience, preferably in a call centre environment and with experience in leadership and technical training. This opportunity will allow you to work with a variety of industries including Government, Manufacturing, Automotive, and Food. Bilingualism (English/French, or English/Spanish) and knowledge of Microsoft Office would be an asset. Some travel required.

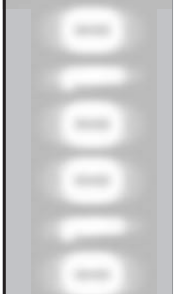
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### Candidates must demonstrate:

- previous experience in dealing with the public;
- ability to complete field duties as required, follow written instructions, and read maps.

### Requirements:

- pass a written test designed to measure arithmetical skills and ability to follow written instructions and read maps;
- full time access to a car and a valid driver's licence in Ontario;
- be 18 years of age or over;
- work from April 27, 2001 to mid-June including evenings, weekends and holidays as required (this is not an office job - extensive outdoor work required);
- English essential.

Pay: Approximately \$1000.00 for 6 weeks of work

Please use the following reference number when applying for this position: 3117000-3

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Global Human Resources 777 Warden

Ave., #217, Scarborough (below Eglinton)

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Interested applicants are encouraged to send a covering letter and detailed resume to:

Sharon E. Jones, Employee Relations Officer/Hiring  
Durham District School Board, 400 Taunton Rd., E., Whitby, ON

L1R 2K6

Fax: 905-666-6339

Email: [EmployeeRelations\\_Hiring@durham.edu.on.ca](mailto:EmployeeRelations_Hiring@durham.edu.on.ca)

Deadline for applications is Tuesday, March 20, 2001 @ 4:30 P.M.

While we appreciate all applications we receive, only those to be interviewed will be contacted.

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**SUPERINTENDENT COUPLE** required for luxury condominium building in North Whitby. Salary plus apartment, 90% cleaning, good attitude. Fax resume to Att: Property Manager: 905-430-6265.  
**LOSE WEIGHT LIKE** crazy & earn extra income. Guaranteed all natural. 1-877-418-2110 [www.4everslim.com](http://www.4everslim.com) access code 87874.  
**MAID SERVICE** Requires reliable cleaners for residential, daytime only, part-time positions to start immediately. Experience preferred, but not necessary. Own transportation required. Serious inquiries only (905) 686-9160.  
**MATURE PART TIME** bookkeeper required for small office in Oshawa, own car needed, telephone (905) 433-4671  
**NATIONAL WASTE SERVICES** seeking DZ DRIVER/PITCHER. Must be a team player, 4 days a week. Northumberland residential contact. Please fax resume with drivers abstract to 1-905-831-3258.  
**NEW UPSCALE SALON** opening in Whitby requires full & part-time stylists with experience and clientele. Fax resume to (905)665-6982.

**510** General Help

**PART-TIME EXPERIENCED**  
Esthetician and make-up artist wanted by well established beauty salon, downtown Oshawa. Private room. For interview please call Mrs. Weiss 905-436-6333

**510** General Help

**PART TIME Floral Merchandisers**  
Base hourly wage plus commission.  
Fax resumes to  
**416-249-5182**

**510** General Help

**THE NEWS ADVERTISER**  
is looking for prospects to deliver newspapers and flyers to the following areas  
☆☆☆☆☆☆  
**PICKERING**  
Sandcherry Crt.  
Thicket Cres.  
Copley Dr.  
Fawndale Rd.  
Riverview Cres.  
Valley Gate  
Rougevalley Dr.  
Petunia Crt.  
Hoover Dr.  
Littleford St.  
Howell Cres.  
Second St.  
White Pine Cres.  
Dyson Rd.  
Rosebank Rd. S.  
Rougemount Dr.  
McLeod Cres.  
Oakwood Dr.  
Toynevale Rd.  
Marksbury Rd.  
Victory Dr.  
Westshore Blvd.  
1331 Glenanna  
Svan Place  
Erin Gate Blvd.  
☆☆☆☆☆☆  
**FOR FURTHER INFORMATION**  
905-683-5117

**510** General Help

**TRUCK DRIVER** for small sheet metal company, knowledge of GTA, and valid G license required. Some heavy lifting. \$11.00 per hr. Call 905-428-9881.  
**VALENTINO'S** requires hair stylists interested in being trained to become colour specialists. Full training provided. Call (905)666-3805  
**WANTED: DANCERS,** Short Order cook, wait staff, and door person for exotic dance club. Apply in person 947 Dillingham Rd. or for more information call (905)420-2595.  
**WORK AT HOME** Health Industry \$1000 P/T - \$5000 F/T per month. Training available. Call for free information **BOOKLET** 416-631-7156.  
**LICENSED STYLIST** to assist in managing Ajax salon, profit sharing, guaranteed salary/ commission, hiring bonus from \$100 - \$350, dept. store discounts. Call Cheryl (905) 723-7323.

**510** General Help

**RELIABLE HOUSECLEANERS** needed Monday to Friday. Must have own vehicle, bondable, reliable and customer friendly. Call for appt. 905-426-2254 or fax resume to: 905-426-9531.  
**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  
**TELEMARKETERS NEEDED** \$11/hr + commission. 9-5pm Monday - Friday, Markham/Steeles location. Full training provided in a computerized environment. Call Liz 1-888-268-5120.  
**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.  
**JIFFY LUBE** now hiring Lubrication Technicians with excellent customer relations skills and a strong desire for advancement. Accepting resumes Thursday, March 15 between 10:00am-1:00 pm at Jiffy Lube, 516 Brock St. N. Whitby. A brief on-site interview will be conducted.

**510** General Help

**NOW HIRING**  
Full Time & Part Time  
Opportunity to Earn  
\$300-\$500 per Week!  
Car required.  
Fax resume to: 905-723-3411

**510** General Help

**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

**515** Skilled & Technical Help

**EXPERIENCED AUTOMOTIVE CAR PAINTER**  
For busy flat rate auto body shop in Whitby. Dupont experience an asset.  
Call Don  
(905)668-3331

**515** Skilled & Technical Help

**Mother PARKERS TEA & COFFEE INC.**  
is seeking a **PACKAGING MECHANIC**  
Must have Ontario Industrial Millwrights license, experience with high speed PLC controlled packaging equipment. Shift work required. Start rate \$23.21.  
Send resume to:  
**144 Mills Road, Ajax, Ont. L1S 2H1**  
Fax 905-683-5087  
[careers@mother-parkers.com](mailto:careers@mother-parkers.com)

**510** General Help

Machine manufacturing company in the Bowmanville area is accepting resumes for 3 weeks for positions  
• CNC Apprentice Machinist  
• CNC Set-up person  
• Manual Machinist  
Qualified applicants will send resumes to:  
Mr. Burton, HR Dept.  
1B-701 Rossland Rd. E. Unit 370,  
Whitby, Ontario L1N 9K3  
Fax to (905) 434-6409  
Email to [xpandu3@yahoo.com](mailto:xpandu3@yahoo.com)

**510** General Help

**\$20 - \$25 / HR**  
National company with lots of work for **Independent Contractors, Remodellers, Carpenters, Plumbers, Electricians** needs tools & vehicle.  
4 positions open. Call Mr. Woods, Monday morning. (905)686-7236

**510** General Help

**FIXTURE MAKER** required for Automotive Manufacturing plant in Oshawa. Must be able to work independently throughout the complete build process. apply to: THIS WEEK, File #663, P.O. Box 481, 865 Farewell St. Oshawa, ON, L1H 7L5.  
**Q.A./INSPECTOR** Machine shop and precision sheet metal mfg. Requires min. 3 yrs. exp. CMM exp. an asset. Scarb. location. Top Wages & Benefits. Day shift. Fax resume in confidence to: (416)291-3233.

**510** General Help

**RECEPTIONIST REQUIRED**  
full-time for fast-paced company. Must be experienced, and have references. Fax resume to (905)837-1673 or call (905)831-2333.  
**ADMINISTRATION Assistant** is required by Classic Cellular-authorized Rogers AT&T wireless dealer in Ajax. The candidate must have experience in Microsoft Word/Excel. Basic accounting knowledge and good sense in mathematics, well organized with excellent telephone manners and typing skills are required. Please fax resume with salary expectations to 905-686-8021.

**510** General Help

**EXPERIENCED REAL ESTATE**  
Secretary required for busy Pickering office. Must be available to work evenings and weekends. Fax resumes to: Ron Gordon 905-831-8147

**514** Salon & Spa Help

**EXPERIENCED HAIRSTYLIST & APPRENTICE**  
Required full time for trendy salon in Pickering.  
426-2005

**515** Skilled & Technical Help

**SANDING PERSON** required for local wood finishing shop. Full time days plus benefits. Fax resume to 905-983-1051

**525** Office Help

**Insurance Broker**  
Markham requires **RIBO Personal Lines CSR**  
Salary and benefits according to experience.  
Please fax resume to:  
**905-479-7911**, Attn: Paul at Dermody Insurance Brokers

**525** Office Help

**For temporary positions in:**  
**ACCOUNTING SPECIALIST WITH PEOPLESFT SKILLS**  
**COLLECTIONS SPECIALIST**  
**ACCOUNTS PAYABLE**  
**ACCOUNTS RECEIVABLE**

**525** Office Help

**accountemps**  
Specialized Financial Staffing  
Tel: (905) 709-8009  
Fax: (905) 709-3664  
For more information visit our website at [www.accountemps.com](http://www.accountemps.com)

**525** Office Help

**ARCHITECTURAL TECHNOLOGIST**  
Halminen Homes requires Architectural Technologist to work in our construction department. Responsibilities include preparation of contract documents and architectural design. Good drafting methods and techniques are required. Must have knowledge and experience with Softplan Architectural Design Software. Knowledge of building materials, construction and Part 9 Building Code is required.  
Please FAX your resume to  
(905)436-9605 or  
E-mail to [john@halminenhomes.com](mailto:john@halminenhomes.com)  
No phone calls please.

**525** Office Help

**ACCOUNTS RECEIVABLE**  
Pickering Area  
 Part time days  
 Experience necessary  
 Automotive background an asset  
Fax resume:  
Att'n. Pat: 905-421-9521

**530** Sales Help & Agents

**OSHAWA PART TIME BOOK-KEEPER** required by Golf course with restaurant and banquet hall experience. Also experience in Microsoft Word/Excel, AccPac Plus and Simply Accounting preferred. Send resume with references and hourly rate/salary expectations to File #664 Oshawa This Week, P.O. Box 481, Oshawa, Ontario. L1H 7L5  
**OSHAWA** - full time assistant required for office and business operations of Golf Course with catering hall/restaurant. Computer, receptionist and customer service skills essential. 40-60 hr. work week including certain weekends. University students welcome to apply. Send resume with references to File #664 Oshawa This Week, P.O. Box 481, Oshawa, Ontario. L1H 7L5

**530** Sales Help & Agents

**AVON**  
Ajax - Pickering **SALES DEALER NEEDED**  
**EARN CASH NO QUOTAS AND THINK SPRING**  
CALL PAULINE  
(905) 655-8898  
For Long Distance Or  
1-866-888-5288  
[PaulineAvon@Hotmail.com](mailto:PaulineAvon@Hotmail.com)

**530** Sales Help & Agents

**PURCHASING**  
Entry level position, typing & computer skills essential. Inventory experience. Full or part-time. Scarborough East Manufacturer consumer products.  
Fax resume to:  
(416) 282-8150

**530** Sales Help & Agents

**RECEPTIONIST REQUIRED**  
full-time for fast-paced company. Must be experienced, and have references. Fax resume to (905)837-1673 or call (905)831-2333.  
**ADMINISTRATION Assistant** is required by Classic Cellular-authorized Rogers AT&T wireless dealer in Ajax. The candidate must have experience in Microsoft Word/Excel. Basic accounting knowledge and good sense in mathematics, well organized with excellent telephone manners and typing skills are required. Please fax resume with salary expectations to 905-686-8021.

**530** Sales Help & Agents

**PERY HOUSE CHILD** care is now hiring ECES, Assistants, Van Drivers, Staff and an Experienced Cook. Please submit your resume to 129 Perry St. Whitby, Ont. L1N 4B7

**535** Hospital/Medical Dept.

**CHIROPRACTIC ASSISTANT** needed part-time leading full-time. Drop resume 3000 Garden St., Suite Monday & Thursday 9am-7pm. (905)430-1341  
**DENTAL ASSISTANT/RECEPTIONIST** for dental office in Ajax. 2 yrs. recent exp., gtech experience, HARP committed and depend. Part time with full time potential. Fax resume to: 416-1391.  
**DENTAL ASSISTANT/RECEPTIONIST** required full time large Pickering practice. Evening and Saturday hrs required. Fax resume to (905) 831-7094 or call Tracy (905) 831-6666.  
**DENTAL HYGIENIST** needed part time for friendly practice. Please fax resume 905-435-0863.  
**DENTAL RECEPTIONIST** needed for busy Pickering practice. Fax resumes (905) 839-3322.

**530** Sales Help & Agents **530** Sales Help & Agents **530** Sales Help & Agents

**535** Hospital/Medical/Dental **535** Hospital/Medical/Dental

**100** Houses For Sale

**100** Houses For Sale

**100** Houses For Sale

**170** Apartments & Flats For Rent

## MYRON MANUFACTURING

*Myron is a Team Working Together for Success for over 51 years. We are a leader around the world as a provider of imprinted advertising and promotional products to our clients.*

Our unique Call Centre is located in North East Scarborough, on the TTC Line and easily accessible to the 407, 404, 401 & 48. Due to our continued growth we have the following positions available:

### INSIDE SALES ACCOUNT REPRESENTATIVES

to sell to our existing corporate client base across North America and Australia. These highly motivated individuals must have at least 2 yrs. recent inside sales experience.

**Compensation:** Base + Commission with a guaranteed min. of \$12/hr. **No ceiling on earnings. No Cold Calling.** Work Schedule: Mon.-Fri. 9AM-5PM or Mon.-Thu. 5:30PM-10PM.

### CLIENT CARE ASSOCIATE

This position requires 5 yrs. recent continuous experience in customer service including A/R & inside or retail sales.

**Compensation:** Sal. of \$30-\$35K Work Schedule: Mon.-Fri. 10AM to 6PM.

**Other Qualifications:** Both positions require highly motivated individuals with previous call centre experience, correct grammar and English language enunciation, min. High School Graduation, competent computer skills, the ability to work independently.

Myron is an equal opportunity employer and encourages all qualified candidates to apply to:

**Tanya**  
**Phone: (416)291-1834 ext. 599**  
**Fax: (416) 291-8985 or 291-2034**  
**email: Juliana.Sukraj@Sympatico.ca**

*We thank all applicants for their interest. However, only those candidates being considered for an interview will be contacted.*

## Looking for a job in the Health Care Field ?

Join us on  
**Tuesday May 1, 1-8pm**  
 at the  
**Oshawa Holiday Inn**  
 for our  
**Nursing and Health Care Job Expo.**

Offering job opportunities in all fields of Health Care  
**Watch our classified section for more details.**

## EXTENDICARE

*Extendicare (Canada) Inc., a leading health care organization, is accepting applications for:*

### Director of Care (DOC) (Extendicare Oshawa)

A 175-bed accredited long-term care facility in Oshawa, Ontario, invites applicants for a full time DOC position. The successful candidate must be a registered nurse with excellent communication skills, have comprehensive knowledge of nursing and health care practices and techniques including education and previous managerial experience in long-term care. B.Sc. Nursing is preferred. Please submit resumes no later than March 16, 2001, to:

**Administrator, Extendicare/Oshawa,  
82 Park Road North, Oshawa, ON L1J 4L1,  
Fax: (905) 579-1733**

**150** Office & Business Space

**AJAX** - Professional company has large office space available to share. \$300/month, inclusive. 1-private office, share reception services. Call for details 905-619-2298

**OSHAWA** - Office space for rent. Approx. 1000 sq. ft. Ideal for small business \$1000 per month inclusive. Call Ellen 905-436-3517

**PRIME, BRIGHT VISIBLE** Pickering location, accessible, parking, choose 120 to 1600 square feet, \$400. minimum, utilities included. Richard Briscoe, Century 21 Briscoe Estates Ltd. (905) 428-2121

**PROFESSIONAL OFFICE** - Give your business the image it deserves for \$500 per month. Furnished office, receptionist, boardroom, voice mail, Fax, Photocopier. Call 905-576-6548

**UXBRIDGE** small professional office space available on Toronto Street. \$1000 inclusive. Available immediately. Call 905-683-5117 ask for Abe Fakhourie.

**RN FULL TIME/part-time** oral surgery, good hours. HARPS helpful. Mail/drop resume to Dr. S. Fenwick, 40 King St. W., Suite 502, Oshawa, Ontario. L1H 1A4.

**RN NEEDED -REGULARLY** scheduled part-time (days, evenings) for very busy family practice office. Fax resume to (905)420-0863

**555** Domestic Help Available

**AAMAZING CLEANING INC.** Too busy? Too tired? Or just don't like cleaning? Bonded & Insured. Call Teresa (905) 666-0727 to arrange a cleaning by one of our experienced staff.

**100** Houses For Sale

**NORTHEAST OSHAWA** 2-bedroom brick bungalow, diningroom, large lot backing onto park. Quiet neighbourhood, near all amenities. Hardwood floors, paved drive, new roof. \$143,900. (905)720-2307

**SOUTH AJAX** 2 bedroom bungalow with 2 bedroom basement apartment. Loads of upgrades, 40ft solarium, in-ground pool, gourmet kitchen w/skylight. 905-683-2939 or 905-683-6191.

**100** Houses For Sale

**LITTLE OR NO DOWN!** \$189,900. Desirable Ajax location on large court. 3 bedrooms, 3 baths, garage, fin. basement, large yard. Call (905) 426-3434

**IMMACULATE** 2 storey home for sale by owner. Thousands spent in upgrades. Located in N/E Whitby, 62 Sandford Crescent. Phone (905)433-9146.

**145** Indust./Comm. Space

**FOR RENT** in the Kendall area 2 storage barns, excellent for boat/snowmobile storage. No hydro. Call 905-623-4172

**150** Office & Business Space

**2,200 SQUARE FEET** of office space available immediately in Bobcaygeon, \$800 per month plus utilities. Call Anne Houston (705)749-3383

## HEALTH PROMOTER

The Youth Centre, a community health centre for youth and their families living in Ajax and Pickering, is accepting applications for a full time 6 month contract Health Promoter position.

**This individual, as a member of a multi-disciplinary team, will have:**

- Excellent communication and group facilitation skills
- Knowledge and 3 - 5 years experience with health promotion and community development
- Post graduate degree in health, social science or a related discipline or a combination of under graduate degree and significant relevant experience with youth

Please send your resume to:  
**Executive Director  
 The Youth Centre  
 360 Bayly St. W., #5 Ajax, Ontario. LIS 1P1**  
 The deadline for applications is Tuesday, March 20, 2001. Only those selected for an interview will be contacted.

**102** Open Houses

### OPEN HOUSE SUNDAY 1-4

**"Stunning" 4Bed, 3Bath, 2Car Garage,  
Main Floor Family room, Huge eat-in Kitchen  
104 Large Crescent, Ajax**

**Slyvia Huizinga & Louie Saradin**  
 Sale Representative, Prudential First Choice Realty [www.TheHomeTeam.to](http://www.TheHomeTeam.to)  
 416-461-9900.

**110** Apartments/Condos For Sale

### >REQUIRED IMMEDIATELY< \*\*CONCIERGE STAFF & SECURITY OFFICERS\*\*

**Full Training provided!!**  
 Retirees welcome, as are  
**Law & Security students/graduates**

**Positions available for:**  
 Well-groomed, mature individuals, with good communications skills, able to work various shifts. **Must have own transportation to sites.**

**Full benefit plan provided**  
**Apply ASAP 9-4 weekdays**



**199 Wentworth St. E.  
2nd floor, Oshawa**

**165** Mortgages Loans

**MORTGAGES** - Good, bad and ugly. Financing for any purpose. All applications accepted. Call Community Mortgage Services Corp. (905) 668-6805.

**170** Apts. & Flats For Rent

**\$775 PER MO.** 1st. last, 2 bedroom, no pets. Adelaide/Park Oshawa. Available immediately. Please respond to this number (905) 728-4792

**BUSINESS LOANS** - \$10K to \$50K approvals 48 hrs. Government secured loans to \$250K. 1-877-643-0130 or (905)420-3960.cnp

**CENTRAL FUNDING GROUP.** first & second mortgages to 95%. From 6.75% for 5 years. Best available rates. Private funds available. Refinancing debt consolidation a specialty. For fast professional service call 905-666-4986/ 905-686-2557.

**MONEY PROBLEMS.** Get out of debt quick without going bankrupt or being garnished. Everyone accepted regardless of credit rating. Call for free information. 905-576-3505. Student loans included.

**STOP 'N' CASH**  
 Approved by phone

### EVERY DAY IS PAYDAY WHEN YOU NEED CASH!

We hold your personal cheque 'til payday  
**NO CREDIT CHECKS!**  
**310-CASH**  
**AJAX, PICKERING & OSHAWA CALL NOW!**

**2 BEDROOM APARTMENT** for rent available immediately. Nice, clean, laundry facilities and parking available. Please call 576-8642 between 8 am and 5 pm Monday-Friday.

**2 BEDROOM APT.** in adult building near Oshawa Centre. Fridge, stove, parking, laundry fac. \$760/mo. inclusive. First/last, references. Avail. April 1st. (905)404-9167 or (905)579-6291.

**WHITBY GARDENS UNDER NEW MANAGEMENT** - One and two bedroom apartments available in quiet modern, mature building. Utilities included. Laundry facilities and parking available. No pets. Call (905)430-5420.

**AJAX - ONE BEDROOM** basement., clean, separate entrance, walkout, laundry, cable, parking, no pets/smoking. 1st. last required. Available May 1st. \$675 per mo. (905) 683-8448

**102** Open Houses

**AJAX.** 1-bedroom newly renovated basement apartment, separate entrance, all inclusive. Avail. April 1st. Laundry, cable, parking. No smoking/pets \$650. First/last. 905-426-7676.

**ALEXANDER PARK,** 2 bedroom. New apartment. "Old charm building." Totally renovated, new kitchens, baths, hardwood floors. In-house laundry, intercom. Park view. Near Hospital. Available immediately. (905)579-9439.

**AVAILABLE APRIL 1** - clean, bachelor apt. No pets. \$525 inclusive. Close to Hospital. Parking and laundry. Call 576-7540 leave message.

**AVAILABLE, GLASSY interior / clean open concept furnished** bachelor, Whitby, designer's main residence studio. C/A, cable, first/last \$720. Quiet responsible business person without pets. 905-424-7666.

**BEAUTIFULLY DECORATED** 2 bed., separate walkout entrance, sauna Jacuzzi, showers, close to all amenities \$1,000 per mo. all inclusive. Av. April 1st/May 1st. (905) 686-5782

**BROCK RD., #401 area,** 1 bedroom apt., available - 4 appliances. call 416-444-7391.

**CENTRAL OSHAWA,** large 1-bedroom \$747, April 1st. 2-bedroom \$825, May 1st, in well-maintained building, close to all amenities. Please call (905)723-0977 9a.m. - 6p.m.

**NEW EXECUTIVE** basement, Pickering Village, spacious 1-bedroom, jacuzzi, fireplace, huge kitchen, exclusive neighborhood, separate entrance, 1-parking, laundry, cable, no pets, non-smoking professional. \$1,050 inclusive. 905-427-6237

**TWO BEDROOM** apts. for April 1st and May 1st. Conveniently located in Uxbridge in adult occupied building. Appt. to view call 905-852-2534.

**ONE & TWO BEDROOM** apartments, in most beautiful adult building. Avail. immediately. Stevenson & Rossland, Oshawa. Call (905)579-3700.

**PORT PERRY** - one bedroom basement apt. No pets/smoking. Utilities, parking, laundry included. \$580/mo. Reference, credit and police check required. Available April 1st. Call 905-985-0059.

**1 BEDROOM** in sixplex, main floor, excellent neighborhood, north Bowmanville. Newly renovated. Large backyard, laundry and parking. Available immediately. \$595/month inclusive. Call 571-6658.

**OSHAWA - 2 BEDROOM,** living room, dining room, balcony, monthly rent \$825. No dogs. Simcoe/Mill. call 905-721-2232.

**WHITBY,** 1-bdrm legal basement apt., includes appliances & laundry, suites single working adult, no pets, private entrance. Please call Larry 655-3047 or 666-4338.

**170** Apartments & Flats For Rent

**OSHAWA** - Courtyce bldg. Spotless 1100 sq. ft. 2 bdr modern triplex. Big kitchen, no pets, avail now. \$925. delyn Management(905) 9766.

**OSHAWA** - Large 1-bd basement apt. Close to amenities in nice location. Suitable for professional or single person. No smoking. First, last, utilities. (905)743-0476.

**OSHAWA** - Spotless spacious 2 bedroom semi-basement apt. in new very quiet area. Freshly painted, semi-retired professional working people, couple or single (discount for seniors) no pets, no smokers. \$600/month. Hydro extra. Includes heat water, 1-parking, and last. References. Available April 1st or May 1st. Vine Rd. 905-728-3634.

**OSHAWA APTS.** Bachelor & 2 bedroom. Includes ties, parking. Satellite avail. Laundry on site. Building #1 (905)432-8914, Building #2, #3 & #4 (905)571-0425. Or for all 1-558-2622.

**OSHAWA BY THE LAKE.** Spacious and spacious 1 room apartment. Top floor house. New fridge & stove, utilities included. Parking use of yard. \$750/month/1st/last, no smoking/References & credit check. Avail. immediately. For view, please call 905-571-4600.

**PICKERING** - 1 bdrm basement. Separate entrance, smoker, no pets. Single working person preferred. \$85 inclusive. First/last required. Avail. April 1st. (905) 8887.

**PICKERING** basement apartment 2 bedrooms, available immediately. Very spacious, bright, no pets, non-smoker. A/C, separate entrance, convenient area, 1st/last, \$500 per month. (905)427-2154

**PICKERING** beautiful floor of 3 bedroom bungalow, hardwood, cable, spacious kitchen, 4 month lease, washer/dryer. Available April \$1200/monthly inclusive. (416)275-2476. ianmckeekey@sympatico.ca

**PICKERING VILLAGE.** Located 1-bedroom basement apartment, available April includes all utilities and parking for 1 vehicle. No smoking pets. \$700/month, first/last. Call (905)683-2427

**170** Apartments & Flats For Rent

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**OSHAWA** - Spotless spacious 2 bedroom semi-basement apt. in new very quiet area. Freshly painted, semi-retired professional working people, couple or single (discount for seniors) no pets, no smokers. \$600/month. Hydro extra. Includes heat water, 1-parking, and last. References. Available April 1st or May 1st. Vine Rd. 905-728-3634.

**OSHAWA APTS.** Bachelor & 2 bedroom. Includes ties, parking. Satellite avail. Laundry on site. Building #1 (905)432-8914, Building #2, #3 & #4 (905)571-0425. Or for all 1-558-2622.

**OSHAWA BY THE LAKE.** Spacious and spacious 1 room apartment. Top floor house. New fridge & stove, utilities included. Parking use of yard. \$750/month/1st/last, no smoking/References & credit check. Avail. immediately. For view, please call 905-571-4600.

**PICKERING** - 1 bdrm basement. Separate entrance, smoker, no pets. Single working person preferred. \$85 inclusive. First/last required. Avail. April 1st. (905) 8887.

**PICKERING** basement apartment 2 bedrooms, available immediately. Very spacious, bright, no pets, non-smoker. A/C, separate entrance, convenient area, 1st/last, \$500 per month. (905)427-2154

**PICKERING** beautiful floor of 3 bedroom bungalow, hardwood, cable, spacious kitchen, 4 month lease, washer/dryer. Available April \$1200/monthly inclusive. (416)275-2476. ianmckeekey@sympatico.ca

**PICKERING VILLAGE.** Located 1-bedroom basement apartment, available April includes all utilities and parking for 1 vehicle. No smoking pets. \$700/month, first/last. Call (905)683-2427

**170** Apartments & Flats For Rent

**OSHAWA** - Courtyce bldg. Spotless 1100 sq. ft. 2 bdr modern triplex. Big kitchen, no pets, avail now. \$925. delyn Management(905) 9766.

**OSHAWA** - Large 1-bd basement apt. Close to amenities in nice location. Suitable for professional or single person. No smoking. First, last, utilities. (905)743-0476.

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185 Houses For Rent

Sick of RENTING? 1st Time Buyer? Professional Renter? Honest Answers...! Professional Advice...! To "Own" Your Next Home!

3-BEDROOM House for rent in newer subdivision in Whitby. Fenced yard, paved 4 car driveway, garage, no appliances. Central air. April 1st. \$1250/monthly plus utilities. (416)532-0893

3-BEDROOM SEMI in South Oshawa. Finished basement, freshly painted, large fenced backyard. \$1050 monthly plus utilities. Available April 1st. Call (905)576-8782

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.

HOUSE FOR RENT main floor of bungalow, 3-bedrooms, heated garage, central air, fenced yard, \$900 plus utilities. Harmony/King area. Available June 1st. (905)725-7965

VILLAGE OF CLAREMONT bright & sunny rear portion of house. 3 bedrooms, 3pc+2pc bath, kitchen, 2 appliances, separate entrance. Immediate \$1195/mo plus utilities. 905-649-6611.

IMMACULATE 3 BEDROOM home - Ajax (Westney & Hwy2) Professional non-smoker. 21/2 bath, deck, 5 appliances, central air, central vac, hardwood floors, gas fireplace. \$1300/monthly + utilities. References, 1st/last, no pets. Avail. May 1st. Call 905-509-7876.

MAINFLOOR of house, 2 bedroom (1 very large), utilities included, house spotless, excellent Courthouse location with garage. First/last, references required. Avail. April 1st. \$1000/month. 905-435-1032

PICKERING 3 bedroom house, 4 appliances, 2 washrooms, eat-in kitchen, walkout to deck from livingroom, garage, driveway, no smoking/pets. \$1050/month +util. April 1st. 905-683-9629

190 Townhouses For Rent

3 BEDROOM TOWNHOUSE available March 15th and April 1st. Co-operative housing, small community. \$849 & \$870. plus utilities. Please call 905-666-2008. Applications may be picked up 10-4 p.m. at Unit 85 or Unit 25. 95 Crawford St. Whitby. Pringle Creek Co-Op. SORRY, NO SUBSIDY AVAILABLE

192 Rooms For Rent & Wanted

FURNISHED ROOM for rent, Brock Rd./401. No smoking, no pets, working female preferred. Telephone 427-7288 eve. and weekends.

ROOM FOR RENT - Perfect for College Student. Shared amenities. \$400/month. Call 905-579-1053.

ROOM FOR RENT available immediately. Altona/Sheppard area. \$450 per month. On bus route. Parking included. Laundry facilities. Phone/cable hook-up. Call 905-509-2656

SMALL ROOM for rent, share house, utilities, parking, storage and cable included. Call (905) 924-4412. Leave message.

194 Shared Accommodation

OSHAWA, 1-bedroom apartment upper floor. Share bathroom w/1 other. Own kitchen, separate entrance. \$550/mo. inclusive. April 1st. No smokers/pets. Good credit references. Aurelia (905)728-1069, ext. 201.

GAY OR GAY POSITIVE person preferred, South Whitby, near go, to share house with 3 others, \$350 inclusive. Immediate. Laundry and parking. (905) 665-7627

NORTH OSHAWA - Clean furnished home to share. Female non-smoker. Utilities, cable, laundry, central air. Avail immediately. \$475/month. 1st/last required. Call 728-6845

200 Vacation Properties

DEVILS HILLS - 3 km to Devils Elbow ski hill. Cross-country trails in front of chalet. 3 bedrooms, whirlpool, wood-stove. Available March Break - \$600/wk. Weekly/monthly or yearly. Call 905-433-8830

233 Snowmobiles

1992 YAMAHA V MAX 4750, mint condition, very well maintained, comes with 2001 trail, pass, cover, some spare parts. \$3,200. (905)852-7219. snp.

235 Resorts Camps

BEAUTIFUL SETTING, Lake Seymour 2, 3 & 4 bedroom cottages, fully-equipped. Pool, fishing, store. Affordable weekly rates. Campbellford, 2 hours N/E of Toronto. 1-888-813-2212 www.woodlandestate.com

237 Hobbies & Crafts

CRAFTERS WANTED at "The Gift & Craft Showplace" located in the Courthouse Flea Market, 4 km. east of Oshawa (approx. 6000 people attending each weekend). Let us show & sell your crafts directly to the public. You do not have to be there. Rent starts at \$24/month. Call 905-436-1024.

FOLK ART - learn an enjoyable craft. classes starting soon. All levels, welcome. Beginners our speciality. Seminars available. Shift workers accommodated. Call (905) 576-3947 for information

310 Articles For Sale

4 -15" ALUMINUM RIMS, Pontiac, with 4 excellent tires. \$575 OBO. Call 905-579-9964

LEATHER JACKETS, up to 1/2 price, leather purses from \$9.99, luggage from \$29.99, leather wallets from \$9.99. Entire Stock Clearance Sale! Family Leather, 5 Points Mall Oshawa. 905-728-9830 or (416)439-1177 Scarborough

10PC. MEDIUM SOLID oak diningroom set, good condition \$1500. (905)725-1061 (snp)

3 PC. BURGUNDY couch set, 1 year old, good condition, paid \$2,200. Will sell \$1,000. Telephone (905) 420-0789

ATTENTION: THIS IS A PUBLIC NOTICE - Year End Liquidation Sale. All JVC home theatre systems 2 channel stereo 5.1 surround system must go. Only \$100. per unit in packages. Single unit \$150. Receiver must include sufficient speakers. Super digifine high end JVC tuners, amplifiers, CD players, cassette decks, turntables, signal processors, VCRs, DVD players, televisions. 90 day layaway. Oshawa Stereo 579-0893

ACCOUNTING TEXT BOOK, Volume 1 with workbook. Phone 905-721-0601

AIR COMPRESSOR - Brunner A 212, upright 110/220 Voltage, 2 horsepower motor, \$800 OBO. Call 579-2479.

ALL DSS SATELLITE Systems H-Card fix Boot loaders \$125. HU Programming \$100. Best prices in Durham. Call (905)427-1416 leave message.

ANTIQUA LAMPS, two cherub style fixtures about 24 inches high, mint condition, on pedestal base. Pair \$500. Call 721-1703 (snp)

ANTIQUA PEDESTAL sinks, Brass faucets, shower ring, good condition. Call 721-1703 (snp)

APPLIANCE CENTRE - Washer, dryer, fridge, stove, dishwasher, all fully guaranteed. Come make a deal! 33 Station St., Ajax. (905)426-2682.

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 Frigide, stove, washer dryer, dishwasher 8months old, reasonable. 905-767-6598.

BLACK SUNDAY FIX - Boot-loaders for Black Sunday Cards \$174.99. Program your HU Card \$139.99. Complete systems with HU Program \$599.99; 486 Computers for your Emulators \$69.99. Will buy Black Sunday Cards. Call (905)431-1515

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.

CARPETS! CARPETS! CARPETS! 3 ROOMS COMPLETELY CARPETED \$299. (30 yds.) NO HIDDEN COSTS!!! Commercial carpet at \$4.95 yd. Berber carpet at \$7.50 yd. 40 oz. Saxony carpet at \$11.50 yd. Free shop at home services. Guaranteed best prices. SAILLIAN CARPETS, 905-373-2260.

261 Legal Notices

NOTICE TO CREDITORS AND OTHERS All claims against the Estate of EVELYN BAIGRIE (also known as Evelyn May Baigrie), late of the 78 Pittman Crescent, Ajax, Ontario, L1S 3G5, who died on or about the 4th day of September, 2000, must be filed with the undersigned personal representative on or before the 31st day of March, 2001, after which date the Estate will be distributed having regard only to the claim of which the Estate Trustee shall then have notice. DATED this 26th day of February, 2001.

EVELYN BOYD (commonly known as Lynn Boyd) Estate Trustee by

JENKINS & NEWMAN, Barristers and Solicitors, 106 Colborne St. E. Whitby, Ontario. LIN 1V8

310 Articles for Sale

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

BRAND NEW 27" RCA stereo tv, \$350., 4 person fiberglass hot tub \$1,600., Kenmore washer \$250., new built in dishwasher, electronic controls \$300., Pentium 166 computer, loaded \$350. (905) 439-4789

DIRECT TV, DSS Satellite boot loaders, will work with all H Cards. HU card loaders/programmer \$2400. 905-626-6092.

DIRECT TV, get H-card running again, boot loader \$120. HU programming \$110. HU card programmed \$350. Complete systems available. Call (905)767-8571, Whitby.

DIRECT TV - March Break Madness Sale! RCA satellite systems, all channels open, \$499. Boot loaders for H card \$130. HU Programming \$150. Telephone (905)426-9394.

DSS H CARD Brought back to life with the new bootstrap circuit board. Call 905-728-9670

DIRECT TV RCA Satellite system complete 300 plus channels \$550. Bring old H-Card to life with a boot strap \$125. Call (416)312-9500.

ESTATE SALE: Full-length cream pastel. Excellent condition. Size 10-12. Was \$4000 / Asking \$900 - 905-571-0668

FOR SALE - 11 piece sectional couch, beige and wood, 9 pc. couch, 2 matching coffee tables with glass tops. \$350., corner computer desk, like new \$75., Port Hope (905) 885-4735.

FURNITURE IN EXCELLENT condition, 6 pc. bedroom set, sofa/matching chair, recliner, white stove, tv, broadloom, wood kitchen table and chairs. Call (905)509-5064

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

INDOOR YARD SALE! Selling contents of home. Appliances, pictures, dishes, furniture, and more. area rugs, 10 pc. oak diningroom suite, \$1795; everything must go! 87 Doreen Crs., Bowmanville Call for viewing 905-697-3532

LUGI'S FURNITURE - over stocked! all inventory priced to clear! Futons from \$165, mattresses \$89. Still #1 for furniture sales - over ten different styles, always in stock. Paliser leather - floor models, priced to quick clearance. Simmons mattresses - our prices can't be beat. We've slashed all prices on our futons, mattresses, leather and upholstery sofas and love-seats, wing chairs, recliners, etc. For the best deals in Durham - check us out first. Luigi's furniture, 488 King St. W. Oshawa (905) 436-0860. The best quality at our lowest price ever!!

MTX AMP - Blue Thunder Pro. Amplifier & MTX Thunder 6000, 10", 4 OHM, Sub w/box with 2yrs. 100% warranty. For more info. please call 438-4131.snp

N'SYNC & U2 TICKETS FOR SALE - also Toronto Maple Leafs, Toronto Raptors. Also will buy Leafs, Raptors & other concerts. Telephone (905) 626-5568

TRISHA ROMANCE "The Ice Castle", Collectors item and beautifully framed in Mahogany and matted. Asking \$700 or best offer. Call 905-404-0850 Please ask for Mary.

TRUCK TOOL BOX for S10, Mazda or Ranger. \$50; 1980-1987 F150 sunvisor \$50; Call 1-705-786-0550

NEED A HOME PHONE? NO CREDIT? BAD CREDIT? NO PROBLEM! No deposit Required Activated Immediately Freedom Phone Lines 1-866-687-0863

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310 Articles for Sale

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. March Break Special on now. Check out the web at www.barbhall.com or call Barb at 905-427-7631. Visa, MC, Amex.

PIANOS/CLOCKS. Sale starts March 12 - Sale on all Roland digital pianos and Samick 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!

6X12 ANTIQUE mahogany snooker table \$9,500; 4 antique chairs \$150; couch & loveseat \$800; 6pc oak dining room set \$1,600. Call (905)723-3174

MOD CHIPS PS1 - \$35. PS2 from \$95. dream cast. Install while you wait. Have your games backed up. All work guaranteed. Beatrice/Wilson area (905) 721-2365

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

REC ROOM wall units (2), cream finish with gold accents. 1 Unit houses up to a 27" tv on a sliding base, the other is a display case \$200. Call 665-1435 (snp)

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

SATELLITE SYSTEMS brand new DirectTV 5th generation RCA with HU card programmed for 300 channels \$450.00. HU card programming \$80.00 Boot Loaders \$120.00. 905-655-7730 Brooklin.

KENMORE WASHER and gas dryer, like new \$600 pair. Telephone (905) 263-9965

SHOP \$MITH - complete with tools, \$2,000. Telephone (905) 435-5877

SPRING CLEANING SALE Chrome & aluminum rims, tires, car stereo speakers & amp, filing cabinet, skates, S10 truck accessories, wall unit, bike rack & more! 905-438-0465

OAK/PINE FURNITURE...Our Mission Furniture is or on the floor...Come and see the Style that has turned the Furniture World upside down...We are also now carrying a full line of HANDCRAFTED Mennonite FURNITURE in addition to our own lines...Traditional Woodworking is the leading manufacturer of SOLID WOOD FURNITURE in the Durham Region...Bring your ideas/plans and let us turn them into reality...Drop in and see our State of the Art Woodworking facility and let us show you how fine furniture is made...Remember...There is no Substitute for Quality...Traditional Woodworking...115 North Port Road (South off Reach Road), Port Perry...905-985-8774...www.traditionalwoodworking.on.ca

N'SYNC & U2 TICKETS FOR SALE - also Toronto Maple Leafs, Toronto Raptors. Also will buy Leafs, Raptors & other concerts. Telephone (905) 626-5568

TRISHA ROMANCE "The Ice Castle", Collectors item and beautifully framed in Mahogany and matted. Asking \$700 or best offer. Call 905-404-0850 Please ask for Mary.

TRUCK TOOL BOX for S10, Mazda or Ranger. \$50; 1980-1987 F150 sunvisor \$50; Call 1-705-786-0550

320 Garage/Yard Sales

DURHAM FLEA MARKET WE BUY AND SELL NEW STORE RETURNS OPEN PACKAGES ETC., END OF LINES Crafts, ceramics, ladies clothes, pet supplies, collectibles, dolls, plates, bankers pens, calculators, sunglasses, binoculars, jollier, designer greeting cards, cds, electronics, housewares and much much more. LOWEST PRICES IN CANADA WINTER SALE NOW ON Taunton Rd. (500 metres east of Thickson Whitby) Every Sat. and Sun. 666-5100

310 Articles for Sale

WEDDING DRESS, size 10, fits height 5'5" - 5'8", recently dry cleaned, \$350. Call 705-878-7066

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.

315 Antiques Wanted

ANTIQUES/Absolutely! Advertise always valuable, usually free! Purchasing outright, estates w/some antique furniture, (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- Brooklin, Ontario. (905)655-8049 or (905)242-0890.

400 Cars For Sale

4 -15" ALUMINUM RIMS, Pontiac, with 4 excellent tires. \$575 OBO. Call 905-579-9964

1973 OLDS. CUTLASS, 350, runs great, 92,000 miles. New rad, battery, \$2000 obo. Call 905-985-8615.

1989 3/4 TON FORD VAN propane 6 automatic \$2000 OBO. 1961 FORD 1/2 Ton 352 4speed. Excellent original condition \$6500 OBO. Call 721-1861.

1989 NISSAN SENTRA 4-cylinder, auto, good shape, runs good, reliable, very economical, starts no problem in freezing snowy weather. \$1650. Certified, emissions pass 905-922-3165.

1989 PONTIAC 6000, white, 4 dr, fully loaded, new tires and brakes, call 571-3785 (snp)

1990 TEMPO 171k \$1995; 1990 Cavalier 200K \$2995; 1992 Pontiac Grand Prix, \$3295; 1992 Caravan 168k \$3995. All emission tested, certified, 683-7301 or 428-1879 after 6pm

1991 CAVALIER 4 door, 4 cyl., Ajax, no rust, good running condition, automatic, AM/FM cassette, A/C, 230,000kms, \$1495. Call 416-895-5403

1992 GEO METRO, 4 dr., auto, new tires, emission and safety, 130,000 kl., great for 2nd car or student. \$2,800 (905) 665-1917

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 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)

1997 BUICK LASABRE, loaded, mint condition, only 42,000km, certified and emission tested. Asking \$22,500 OBO 905-579-6103

1997 CAVALIER, 2 door, auto, 21,000km \$8,500; 1996 CAVALIER 2 door, auto, 220,000km \$5,500. Both cars in excellent condition. 12 month or 12,000km limited powertrain warranty. Call Doug days 905-985-0074 or evenings 705-277-3250.

1997 PONTIAC GRAND PRIX GT, 4 door, 53,000kms, black ext., charcoal int., extended warranty-160,000kms / 7 yrs, asking \$17,500. 905-668-7767 days; 905-438-1056 evenings

330 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.

340 Antiques and Art

WANTED - MOTOR- 3.1 for Pontiac or Oldsmobile, low kms. preferred. Call 905-434-0392. (snp)

320 Garage/Yard Sales

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400 Cars For Sale

4 -15" ALUMINUM RIMS, Pontiac, with 4 excellent tires. \$575 OBO. Call 905-579-9964

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We wish to acknowledge all our volunteers for their contributions: the Board of Trustees, the Volunteer Committee, and the Tour Guides.  
Giving time is a remarkable gift. We sincerely thank you for your gift of time.  
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**Don't be disappointed. Reserve your lane and time with us today.**  
Rouge Hill Bowl 416-282-5941 (near Port Union Road and Hwy 401)

# National Volunteer Week

**APRIL 22 TO 28, 2001**

Would our hospitals have funds for youth, arts or other not-for-profit group. And here's a heads-up: Even though volunteering is said to be it's own reward, during Volunteer Week, active volunteers can expect a pat on the back. So enjoy—you deserve the thanks.

Would our kids enjoy a hockey league without volunteer coaches? Are we grateful enough to our neighbours for what they put into our community? Probably not.

Volunteer Week is held annually to thank all the people who donate time to make life better for others. This year Volunteer Week is from April 22 to 28 and the theme is Youth and Volunteering.

Kicking off the celebration, on April 21, is Global Youth Service Day. It is a day when youth shows what it can do to serve the community. Young people get involved in a variety of community improvement activities, such as cleaning up parks or working at food banks.

Worldwide, volunteering is a big part of everyday life. In recognition, the General Assembly of the United Nations has proclaimed 2001 the International Year of Volunteers. Throughout this year the achievements of millions of volunteers will be recognized and others will be encouraged to contribute their time and effort to volunteer work.

Locally, we know that when our communities work well, things go better for everyone. So if you are interested in improving community life, contact your Volunteer Centre, or any health, education,

**The Robert McLaughlin Gallery**  
We wish to acknowledge all our volunteers for their contributions: the Board of Trustees, the Volunteer Committee, and the Tour Guides.  
Giving time is a remarkable gift. We sincerely thank you for your gift of time.  
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**Thank you for all your hard work!**

**Jim Flaherty**  
M.P.P., Whitby-Ajax

You enrich our community by volunteering your time and we want you to know how much we appreciate your efforts!

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Tel: (905) 430-1141 • Fax: (905) 430-1840  
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A Must See to appreciate. Value priced and ready to Go! Fully equipped including air conditioning, power windows, power locks tilt with speed control AM/FM cd player. Hurry. Stock #5360A

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Ideal work truck. Finished in two tone, green & silver, auto trans. air, 4x4, bed liner, only 68 kms. Stock #5210A.

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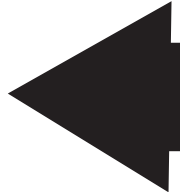
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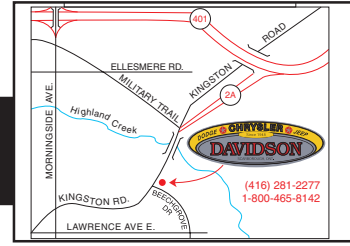
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