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28 PAGES

SUNDAY, JULY 7, 2002

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Go jump in the lake in Pickering

DURHAM — The majority of Durham beaches are still safe for swimming, says the Durham Region Health Department.

Water samples were taken the week of July 2 and tested at the Ontario Ministry Health lab in Peterborough. Each week throughout the summer the health department conducts water tests at designated beaches.

Two beaches, Rotary Park in Ajax and Thorah Centennial Park in Brock, are posted unsafe for swimming.

For those looking to beat the heat, beaches that are open include: Frenchman's Bay West and East, Pickering; Pickering Beach, Ajax; Whitby Beach East, Whitby; Lakeview Beaches East and West, Oshawa; Newcastle Beach Central, Clarington; Beaverton South and North Beach, Brock; Kinsmen Beach, Scugog and Bowmanville East and West Beaches.



JASON LIEBREGTS/ News Advertiser photo

Petticoat piggyback

PICKERING — A.J. Iacobelli and sister Alessia frolic in the wading pool at Petticoat Creek Conservation Area while spending an afternoon staying cool in the hot sun. Residents from around Durham Region make the park a popular summertime destination.

Firefighters sound the alarm

Pickering association claims safety risk with closure of Brougham hall

BY MARTIN DERBYSHIRE
Staff Writer

PICKERING — The Pickering Professional Firefighters Association (PPFA) has some serious concerns about the recent closing of a north Pickering fire hall.

"The residents' safety is at risk," said PPFA union president Bruce Kinsman. Pickering Fire Services officially closed the doors of Fire Hall No. 3 in Brougham in May due to a mould problem. Now, the firefighters association says the level of service to north Pickering residents has dangerously dropped.

"Should the Pickering residents be alarmed at this closing? You bet they should," reads a letter written by Mr. Kinsman and posted on the PPFA Web site. "We feel the public should know that the closest fire hall to their residence is at Dixie Road and Finch Avenue in the south end of Pickering. When they call 911, the response time from Dixie and Finch to Brougham is 15 minutes. The Pickering Professional Firefighters Association feels that this level of service should be unacceptable to the residents of north Pickering."

Mr. Kinsman said the ideal response time for Pickering firefighters is four minutes and the extra 11 minutes could be deadly.

"A house could be burnt down by that time; we can't do any rescue and at a car accident somebody could bleed to death in 15 minutes," he said.

But, Pickering Fire Chief Bill Douglas said the level of service up north is "not much different" than it was before the Brougham hall had to be shut down.

"Even though it's closed we still have the same number of firefighters," he said in an interview Wednesday. "We're doing the best we can."

Chief Douglas said once mould concerns forced the closing, north Pickering's volunteer firefighters, who had previously gone into the Brougham station to pick up trucks when they were called in, now head over to the part-time Clarendon station where the fire trucks are currently housed. He said, as has always been the case, the Dixie and Finch station also responds to fires in the north.

See **PICKERING** page 2

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Pickering firefighters fear the consequences over closure of rural Brougham station

PICKERING from page 1

"We always responded from Dixie and Finch so it's not much different. We've got to make do with what we've

got... the only difference is (our volunteer firefighters) have got to go to Claremont," he explained.

Mr. Kinsman also noted the need for a new station in

the north, but said the City has chosen not to build a new hall until the end of 2003 or

early 2004. "That leaves a gap of a year and a half with no coverage," he said.

In the 2002 budget, the City earmarked money for drawing up the plans for a

new fire hall, but no dollars were set aside for construction this year.

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- 7) Schedule a designated homework time.
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10) Highlight completed tasks.

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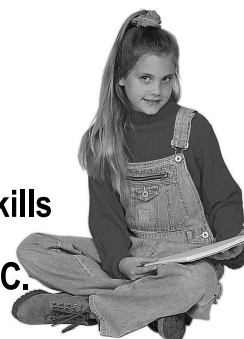


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Court TV on the air in Durham

BY **STEPHEN SHAW**
Staff Writer

DURHAM — Live from the Durham Regional Police central cell block in Oshawa, Court TV is on the air.

Local police last weekend launched WASH court — weekend and statutory holiday — holding court appearances for prisoners via live two-way video feed between holding cells and a Newmarket court.

Video appearances already take place in several Ontario jurisdictions, including London, York Region and Barrie.

Previously in Durham, people arrested on the weekend and detained for a bail hearing would appear in Oshawa provincial court Saturday or Sunday.

Now, accused people arrested on the weekend are taken to central cells at Oshawa headquar-

ters, where they appear in front of a camera carrying a direct feed to the Newmarket bail court.

A justice of the peace, Crown attorney and defence lawyer conduct the proceedings, which are transmitted live by camera back to the cells. Prisoners can hear and see what happens and communicate with their lawyer in court.

Only consent releases and remands take place during video appearances; and no contested bail hearings are heard, said Staff Sergeant Ian Brodie of police court services.

There were “a few kinks to work out” but otherwise last weekend’s launch went relatively smooth, he said.

For consent releases, proposed sureties — those guaranteeing an accused’s bail — must

attend the police station and answer any questions by the Crown and defence by three-way speakerphone heard in the court and the cells.

Newmarket is the closest court with a camera and television. However, the Oshawa court will be equipped later this year when the new super-jail in Lindsay is completed, Staff Sgt. Brodie said.

Last weekend, 43 video appearances were held, five of them consent releases. The remaining were remanded into custody and taken to Whitby Jail.

Not only does it spare the Province the cost of opening Oshawa court on the weekend, video remands mean “big time savings” for police by cutting out the court security and prisoner transportation, Staff Sgt. Brodie said.



JASON LIEBREGTS/ News Advertiser photo

A brand new Canadian

DURHAM — Pickering resident Felicia Chakravarti cheerfully accepts her certificate of Canadian citizenship from Judge Sigmund Reiser at a special Canada Day ceremony held last weekend in Whitby. Twenty-four Durham Region residents from 13 different countries took part in the citizenship ceremony.

No joint dispatch for fire services between Ajax and Pickering

New centre will cost Ajax an extra \$200,000 in reserves

AJAX — A decision by the Pickering firefighters’ association against a joint dispatch centre with Ajax means the Town has to shell out \$200,000 for the facility. The extra money is coming out of a reserve fund.

During budget deliberations earlier this year, Ajax approved spending \$1.2 million to join with Pickering, Whitby, Clarington and Oshawa to buy and install a new radio dispatch system. At the time, Ajax and Pickering were going to team up on a joint dispatch centre.

“The Pickering association isn’t interested in a partnership,” Ajax chief administrative officer Richard Parisotto said at a recent general government committee meeting.

Despite that, “we’ll keep the doors open. It’s not achievable today doesn’t mean we can’t do it tomorrow,” he

added.

The Ajax Professional Fire Fighters’ Association supports the new dispatch system, Mr. Parisotto stated.

In a report to council last week, Fire Chief Randy Wilson and Mr. Parisotto noted in a written report that a conflict with collective agreements was holding up a joint centre.

“I think it’s beyond political intervention,” Mr. Parisotto said. “The Pickering association is saying point blank no.”



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Local teacher loses licence over sex allegations

Teacher taught at Ajax, Pickering and Brock schools

BY MIKE RUTA
Staff Writer

DURHAM — A local educator had his teaching certificate revoked Thursday after he pleaded "no contest" to having a sexual relationship with a female student and sexually harassing a second female pupil at Brock High School in the 1980s.

Peter Kaiser, 50, who taught at Exeter High School in Ajax, Dunbarton High School in Pickering and Brock High School in Cannington, was also fined \$5,000 by the Ontario College of Teachers and will be privately reprimanded by the college.

The three-person college panel that heard the case ruled he cannot apply for reinstatement for a decade.

Mr. Giguere said Mr. Kaiser's case "lasted quite a while". At one point the panel was to have heard it in January 2001.

Mr. Kaiser declined comment in an interview Friday.

The statement of allegations to which Mr. Kaiser pleaded no contest said he had a sexual relationship with a student while he was a guidance counsellor at Brock High School, starting in the 1983/84 school year when she was 15 years old.

The relationship progressed from kissing, to petting, to oral sex and eventually sexual intercourse and lasted roughly three years, the document notes.

"Those activities took place at various locations in the school, in his vehicle and on school trips," the statement reads.

"The member asked (the student) not to wear a brassiere... and called her out of class so as to arrange liaisons with her. He told (the student) that he was falling in love with her, and gave her gifts and greeting cards."

The statement of allegations says Mr. Kaiser urged the student to become a student manager of the senior boys' basketball team he

coached so they could meet more often, and encouraged her to miss the school bus so he could drive her home and engage in sexual activities.

He told the student 'Hungry Like the Wolf' was their song since it described his feelings towards her.

When the student ended the

relationship in Grade 12, Mr. Kaiser "became frequently verbally abusive towards (the student) thus reducing her to tears", the document states.

The statement continued that between January 1982 and the fall of 1984 he kissed, French-kissed, sexually touched and made frequent sexual innuendoes

to a second Brock High School student, alleged to have started around the time of her 16th birthday.

"The member also engaged in unwanted physical contact, including pushing his body against (the student)...," reads the statement.

Mr. Giguere said the ruling

means Mr. Kaiser "will not be able to teach in any publicly-funded school in Ontario."

He noted Mr. Kaiser could teach in an Ontario private school that does not require its teachers to be college members.

A Durham District School Board spokesman was not available Friday.

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I have come to believe that work can be a lot more than that. Yes, the reality is that most of us do have to work for a living. I also believe that work can be an expression of life purpose and provide us with a deep sense of meaning. I am talking about work in the context of purpose, creativity, passion and reality.

A sense of purpose comes with the realization that we all are important and contribute to the well-being of others and our communities.

In Buddhist terms, work is called "right livelihood"; work that is linked to a higher purpose. Work that is an expression of the soul versus the need of the ego to succeed. Sound too "airy-fairy"? Religious even?

It is a fact that in most world religions, work is seen as a way to enlightenment; a way to serve and show love. Work as a calling.

What I want to focus on here though is the concept of finding work that is done with passion; work that gives a sense of purpose and meaning to the individual's life. Work that expresses the unique talents and abilities a person has; work that is creative; work that expresses who we are as human beings!

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Durham students camp out around the world

School board gives flight to summer plans of kids in need

BY MIKE RUTA
Staff Writer

DURHAM — Some local students are going on an imaginary trip this summer — and there are still seats left on the plane.

The information highway science and entrepreneurship camp (ISE) offered to students by the Durham District School Board has a flight-air theme this year. Pupils aged nine to 13 will have paper airplane competitions, make a pilot's licence using Corel software, and even plan a dream vacation around the world.

"Definitely, most kids leave with a greater knowledge of the computer, which is important today," said camp director Liz Byers in an interview. "Every day they're on the computer here."

But the ISE camp is not all work. The campers also spend part of the day playing games like basketball, dodge ball and soccer, and there are also opportunities to surf the Internet and win prizes. Ms. Byers said she and the four counsellors try to

keep the atmosphere "really fun".

She said students like the idea of travelling to a different school and noted busing is provided. Each day starts at 9 a.m. and ends at 3 p.m., except Fridays, when camp ends at 2 p.m.

The week-long, ISE camp is intended for kids who cannot afford the cost of regular day camps. So, while the price is \$25 per child, and an additional \$15 for siblings, many students are sponsored and in most years are Children's Aid Society referrals.

"A lot of them are one-parent families," said Ms. Byers. "They can't afford \$150 a week. A lot of the camps are really expensive."

If a family cannot afford the camp, arrangements

may be made so there is no cost whatsoever and no one is turned away. This year she said the Children's Aid Society has had trouble finding candidates, and as a result there's a shortage of campers.

Ms. Byers said two of the upcoming camps are especially light on campers and, if only five or six are signed up, may be cancelled. Camps usually average 20 to 25 kids. The week of July 15, when the camp comes to William Dunbar Public School in Pickering, and the Ajax camp the following week at Lord Durham Public School are especially in need of campers.

"William Dunbar is a week after next week, so we'd kind of like to know by next week," she said.

Camps are also scheduled for Mary Street Public School in Oshawa July 8 to 12, Kathleen Rowe Public School in Whitby July 29 to Aug. 2, and Gertrude Colpus Public School in Oshawa Aug. 5 to 9. There may be a few spots open at those camps as well.

Industry Canada covers the cost of hiring Ms. Byers and the four camp counsellors, and Ms. Byers fundraises and seeks donations from businesses and service clubs to provide food and prizes.

She said it's been a tough go this year as many business people are telling her they gave last fall following the charity drives in the wake of the Sept. 11 terrorist attacks.

"I get a lot of support from service clubs in the re-

gion," said Ms. Byers, citing a \$1,200 donation from the Rotary Club of Oshawa and a \$500 gift from the Rotary Club of Whitby Sunrise.

Businesses, clubs and individuals can still make do-

nations to the camp by calling Ms. Byers, and she said food items are a priority.

If you would like your child to attend the ISE camp or for more information, call Ms. Byers at 905-666-5500, ext. 5135.

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Editorial & OPINIONS

NEWS ADVERTISER JULY 7, 2002

Editorial

e-mail responses to shouston@durhamregion.com

Have fun out there, but play safe

A little common sense will make it a summer to remember – for all the right reasons

He can smile about it now, but three months ago Dr. Steven Russell may have come the width of a plastic bike helmet from death.

The good doctor was riding his bike in his driveway, watched by his young children, when he did a header onto the pavement.

The helmet cracked under the strain, as did his neck, but the headgear protected his skull. A broken neck, followed by a 'halo', bed rest and therapy were the result, but it could have been so much worse.

He likely would prefer not to be the poster boy for bike helmet safety, considering what it cost, but Dr. Russell is clear about the end result: "Without my bike helmet, I wouldn't be standing here today and I might not be alive."

The bottom line is helmets do save lives. If you're going to be on wheels, whether it's inline skates, roller skates, skateboard, bicycle or motorcycle, you owe it to yourself and your loved ones to wear a proper, Canadian Standards Association-approved helmet.

While all those who drive or ride motorcycles are legally bound to wear helmets, for all other modes of wheel-bound transport, those 18-and-over aren't required to wear head protection.

As it stands now, only minors must be helmet-clad. Perhaps that should change.

A catastrophic accident on a bike or inline skates or a skateboard can happen at any time as the example of Dr. Russell so clearly shows. Just one quick slip or collision can leave families devastated, individuals seriously wounded or even dead.

Summer is clearly the season for violent injuries. Some 200 people are killed annually in boating accidents, many of them found not wearing life-jackets. Speeding and drinking drivers push the road fatality levels to tragic numbers. The Canadian Blood Service pleads with citizens to donate blood, for good reason.

Most summer tragedies are caused by thoughtlessness, or carelessness. Adults, who should know better, take terrible chances with their lives.

All that's required is a little bit of consideration for all those who will be affected by that risky behaviour and, perhaps, the carnage on our roads and in our waters would be dramatically reduced.

Everybody has the right to a healthy, safe summer. It's simple really: take care out there, follow the rules of the road or water, and don't drink and drive.



Letters to the editor

e-mail responses to shouston@durhamregion.com

Customers will benefit from low energy rates

To the editor:

Re: 'Veridian customers pay old hydro rates for now,' June 30.

Martin Derbyshire correctly reports Veridian Connections is continuing to bill its residential customers based on pre-market opening rates until mid-July and that these rates do not reflect the prices set in the new wholesale electricity market.

However, we would like to emphasize that Veridian Connections' role is one of a local electricity delivery company. We do

not earn a mark-up on the cost of electricity itself. When there are differences between what we pay for electricity in the wholesale market and what we charge retail consumers, the difference is tracked and will be settled with customers.

The delay in introducing market-based prices on electricity bills is intended to simplify the transition to the new rates. It avoids the need for a confusing prorated electricity bill containing both pre-market opening and post-market opening rate structures. This delay will not deprive customers of the benefit of relatively low market prices during the months of May and June.

George Armstrong,
Manager of regulatory affairs,
Veridian Corporation

Michigan decision prolongs reliance on landfill

A recent News Advertiser story seemed to imply Durham's garbage problem is solved. But, I can't help but ask myself, "Is it really?"

Our regional politicians, in their infinite wisdom, have hitched their wagons to the City of Toronto and will send garbage — 100,000 tonnes per year for eight years, no less — down Hwy. 401 to Michigan after the Keele Valley dump in York Region closes early next year.

Handshakes and backslapping aplenty probably ensued following council's decision to shuffle Durham's garbage problem off to America. Perhaps it was viewed as an even bigger coup to have the garbage shipped outside of Canadian borders to a foreign country. Hey, just pay a bushel full of money and let the Americans have our garbage. Wow!



Al Rivett

Sports Editor

arivett@durhamregion.com

What could be simpler?

Suffice it to say, this was a lazy, visionless and, quite frankly, cowardly decision.

By sending the garbage stateside, Durham council essentially washed its hands of achieving a long-term, responsible, made-in-Durham solution to this crisis. It is, at best, a stopgap measure, one that clearly demonstrates the severe lack of creative thinking permeating our council

chambers.

To be fair, the responsibility for garbage collection is scattered across Durham municipalities, ensuring little cohesiveness in a Durhamwide waste policy. And, a number of waste diversion pilot projects may bear fruit in the future to keep a significant percentage of trash out of landfills. But, why have elected officials waited so long to do something, anything, to avert a garbage crisis?

Currently, the only concrete solution is limiting some towns, like Ajax and Pickering, to a four-bag limit (which is easily circumvented) and picking up recycled materials once every two weeks. That, in and of itself, tacitly encourages Durhamites to throw their recyclables out with the trash, as they tend to pile up in two weeks' time.

And, let's not forget the poor people of Michigan. I can't believe they're enthralled with taking not only Durham's garbage, but Toronto's as well. Give me a break. Those people must be mortified their civic leaders would allow such a thing to occur. On Web sites pertaining to this issue, there seems to be a real groundswell of support within Michigan to stop the importation of Canadian garbage.

Sending our garbage to Michigan is categorically wrong. It only prolongs our insistence on putting most of our garbage in landfills. It doesn't make us directly accountable for the garbage we create. Until there's some accountability built into the system, until our civic leaders find some creative, permanent solutions, nothing will change.

NEWS ADVERTISER
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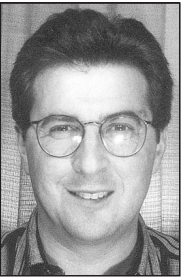
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Publications Mail Sales
Agreement Number
1332791

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**Ronald J. Klein,
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Let's Ask The Podiatrist Unable to get a Toe Hold

associated with this deformity can range from no pain to such severe pain that it is disabling.

The normal range of motion of the big toe is approximately 70 degrees because this is the amount of angulation needed to propel the foot as it toes-off to take the next step. With less than 70 degrees a structural (as yours is) or functional (tight tendons on weight bearing) hallux limitus exists. The amount of space between the two bones that make up the big toe joint narrows causing a "jamming" of the big toe. This causes pain on top of the joint due to inflammation created by excessive bone against bone compression forces. It is aggravated with the toe-off stage of each and every step. The analogous situation might be with a door having difficulty opening as it abuts against the door jam.

Pain and inflammation increases with exertion as you tend to have greater forces against the joint. The same can be said about wearing higher heeled shoes you put more weight and pressure on the front part of the foot.

Aside from the type of injury you have described, excessive pronation can lead to hallux limitus, as can an exceptionally long metatarsal bone. Both of these factors put greater amounts of force on the first metatarsal-phalangeal joint (the big toe joint).

As far as treatment goes, nothing can be done to reverse the damage you have done to the joint. The best treatment involves a gait adjusting orthotic that will try to balance the forefoot and decrease pressure on the joint by minimizing pronation. An extension should be used on the orthotic with a cut out for the big toe joint, thereby allowing it to "float". This will

decrease the ground forces on the joint. The orthotic should be stiff.

Untreated, the patient may experience pain in the middle of the foot, the ankle and even in the leg, as the other parts of the extremity try to make up for the less than 70 degrees of angulation. The best lesson to be learned here is that it is so very important to always wear something on your feet at all times. One missed step that could have been so easily prevented by wearing shoes or slippers can leave you with a chronic nagging injury.

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

ASK THE PODIATRIST: *Approximately three months ago I ran up a flight of stairs barefooted to answer the phone. I was about halfway up when I lost my footing, slipped and my big toe hit the rise of the step. The pain wasn't bad at the time so I really didn't think anything of it. I am now however, finding that I cannot move my injured big toe up or down, as much as my other big toe. With everyday activities it only hurts a little but when I wear a 2 inch heel or when I exercise the pain is much much worse. What have I done and can I treat or reverse it?*

It sounds as if your injury is a condition known as **hallux limitus**, which is a limited range of motion of the big toe where it attaches to the metatarsal bone. The amount of pain

Readers!

We would like to know what health topics and features you would like us to cover in upcoming Better Health sections. Please fax your ideas to Marilyn Brophy at (905) 619-9068 or drop off your requests at The News Advertiser, 150 Commercial Ave. in Ajax

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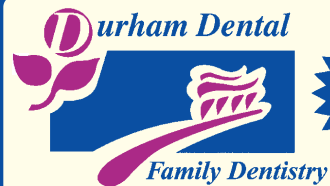
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Yoga Is Not All Smooth Sailing

Yoga isn't all smooth sailing. Challenges are inevitable.

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In intermediate yoga, the postures are typically more complex and they are held for longer periods of time. And this is where the challenge comes in.

From the outside, "holding the posture" may look like a bunch of people just sitting around and breathing. But simple being still becomes vastly challenging when you're not watching television, reading the newspaper, talk-

ing on the phone, or drinking a cup of coffee. To practice yoga in the deeper sense means encountering ourselves without distractions. In this way, we are coming face to face with the very things which we routinely block out: our physical limits, our feelings, our sensations.

Remaining steady and still while you're stretching to your personal level of tolerance brings up lots of feelings: you may feel energized, or you may feel like quitting. You may feel strong or weak, or pleased or disappointed, or frustrated. But it is the continued application of conscious effort despite these feelings that produces spontaneous relaxations.

Another problem that crops up

is that not everyone can do every posture. We all have our weak points and our strong points. The deeper practice of yoga invites us to investigate the very postures we loathe while respecting our limits. The more resistance to a particular posture, the more there is to be learned. The temptation is to say "I can't do that," and simply avoid it. But yoga teaches us to be present with our own limitations, neither forcing through them nor retreating from them. The challenge here is to be fearless despite our limitations.

Paradoxically, by encountering our resistance, we make room for more energy, rather than less, more vitality, and more ability to focus our energy rather than scatter it in our day to day activities.

Are you ready to take on this challenge? Take the path towards self discovery! Call Nicole at Greenwood Yoga Ltd to begin yoga classes. Summer classes are available. Call 905-619-1405 and visit the website at www.greenwoodholistic.com for schedules.

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Family Court Clinic Car Rally 2002 a driving force to help youth

DURHAM — Get behind the wheel and have a good time for a cause that benefits everyone. The Durham Family Court Clinic is 'saddling up' for its fourth annual Car Rally - with a definite western theme.

The 'Old Western Roundup' event will draw on automotive horsepower rather than the four-legged variety and when participants saddle up Oct. 5, it will be in a Cullen Gardens parking lot instead of a corral. There are a few spots left for the popular event but drivers and their teams of passengers need to register now while space is still available. By entering soon for one of the half-dozen spots left, those taking part also get the jump on signing up more sponsors. Not only will they be in the lead in the prize category, but they'll also know they've helped kids at risk and their own community.

Durham Family Court Clinic is a non-profit agency serving children, youth and families involved or in danger of becoming involved with the law. During the past 14 years of the organization's 22-year history in the Region, its Community Support Team has been able to help young people before escalating problems draw in police and the courts.

"Our annual Car Rally enables us to make accessible to the community what has traditionally been an exclusive probation service," says Sylvia Pivko, DFCC executive director. "This event reflects the energy and dedication of the organization in reaching out and rallying the community into becoming a driving force in helping our youth."

Proceeds from the Car Rally, the Family Court Clinic's signature fund-raising event, helps provide clinical intervention services for Durham Region kids and teens at high risk of breaking the law. This year's goal is to raise more than \$22,000 for the necessary assessments and counselling that can reduce and eliminate youth involvement in the legal system.

There can be valid reasons why a young person lashes out or chooses a destructive path. Many, if not all at-risk youth are forced to deal with serious problems like abuse, poor self-esteem and addictive behaviours. The Clinic's

Community Support Team teaches these kids new skills so they can learn to take positive risks, make decisions, communicate in healthy ways and experience good relationships.

Meanwhile, back at the ranch, er, Cullen Gardens, individuals and corporate teams have already booked 16 of the 25 available car spaces for the rally. Of course, the route and stops along the way remain top secret. But a couple of things are known:

"This is one of the best brain-teasers and scavenger hunts you'll ever be involved in," promises Merle Cole, DFCC board member and registration committee organizer.

"It's a hoot, a blast, it's fun," adds Natalie MacDonald, DFCC resource development consultant. "You're in and out of the car and have to find stuff, and stop at different establishments."

Beginning at 11 a.m., cars and participants complete the registration process with the last car leaving Cullen Garden's Miniature Village by noon or 12:30 p.m. Those taking part will be back at Cullen Gardens by 3:30 or 4 p.m. for a reception and awards ceremony in the Solarium.

The cut-off date for the 'Old Western Roundup' car rally registration is Sept. 20. For more information and to register, call Julie at the DFCC, 905-436-6754 or visit www.dfcc.org.



A.J. GROEN/ News Advertiser photo

Graduation day

PICKERING — Alexandra Delina has her mortarboard adjusted by Lisa McLean at graduation ceremonies Thursday at the Pickering Childcare Centre. The ceremony was held for students heading in Grade 1 this fall.

Weight Loss Made Easy!

Paula Owens Shares Her Story of "Effortless" 55 Lb. Weight Loss!



"I had lost all respect for myself." Paula Owens Before Positive Changes Hypnosis

My name is Paula Jo Owens. I live with my husband, Keith, and our two children, Kyla and Brianna. I am an office manager. I discovered an amazing weight loss breakthrough that helped me melt off 55 lbs. of unwanted fat. My dress size quickly plunged from a plump 18 to a slender 10 and it was effortless! I took off my weight without diets, pills, packaged foods or expensive herbs. I hope that my story will help other people who are overweight and miserable the way I once was...

When my husband looks at me, I can tell that he loves what he sees!
Paula Owens After Being Hypnotised to Shed 55 Lbs.

that hypnosis was the solution to my weight problem.

Instant Success!

Right after my first hypnosis session, I noticed a change in my eating habits. I immediately stopped drinking cola. I had no taste for it. Water and fruit juice are far more satisfying to me.

I lost about 4 pounds my first month. After that my weight melted off so quickly, I hardly knew it was happening. I would average three pounds a week. It took me 6 short months to shed my entire 55 lbs.!

Hypnosis made my weight loss easy and effortless. I didn't even have to think about it. Hypnosis has eliminated my food cravings and bad eating habits. There is no comparison to where I was before being hypnotized.

Candlelight & Romance!

The changes I've experienced with hypnosis are so powerful that it's hard to explain. Before hypnosis, I felt like an 'it'. Nobody paid attention to me. People notice me now.

I feel like a woman again. Before being hypnotized, I never dreamed I would get here.

My husband has always been a hopeless romantic. He loves to make candlelight dinners for me. Since losing my weight, our romance has rekindled. These days, when Keith looks at me, I can tell that he loves what he sees!

"Hypnosis Does It All!"

My success with hypnosis was fast, easy and effortless. I feel in control. It's comforting to know that I will never go out of control like that again.

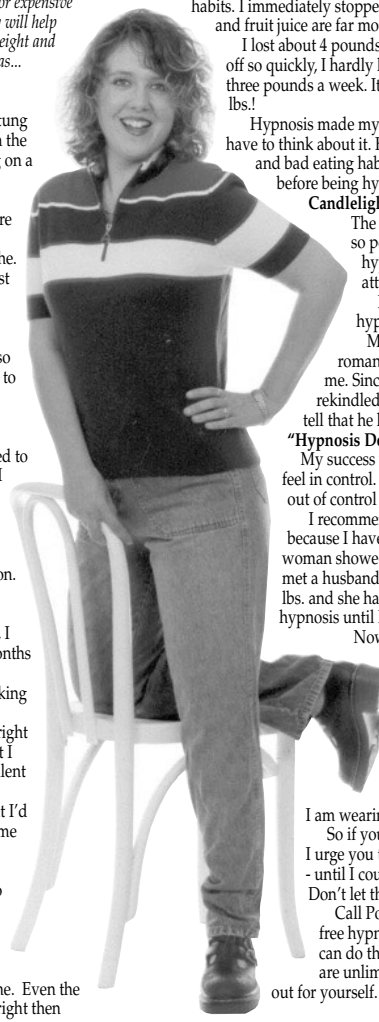
I recommend Positive Changes Hypnosis every day because I have experienced their success first hand. One woman showed me her before picture. She had lost 80 lbs. I met a husband and wife who were ecstatic! He had lost 105 lbs. and she had taken off 95 lbs! I was skeptical about hypnosis until I met these people. What a difference!

Now I have my own success story to tell!

Hypnosis came through for me when all else had failed. In fact, hypnosis does it all! I am calm and relaxed. My energy level is through the roof. My body feels strong and willowy. I did all this without ever feeling deprived and with no negative side effects! I owe 100% of my success to Positive Changes Hypnosis. Thanks to them, I am wearing my own jeans in a slim size 10.

So if you are considering Positive Changes Hypnosis, I urge you to do it now. I waited and suffered for months - until I couldn't even fit into my husband's blue jeans! Don't let that happen to you.

Call Positive Changes Hypnosis to schedule your free hypnosis screening. Hypnosis changed my life. It can do the same for you. In my opinion, the benefits are unlimited. But the only way you'll know is to find out for yourself. So pick up the phone and call now.



By: Paula Owens

Tears of frustration stung my eyes. I was sitting on the edge of my bed, tugging on a pair of blue jeans. I couldn't even get them

past my thighs! But that wasn't the worst of it. They were not my blue jeans, they were my husband's!

I remember feeling so desperate, I could barely breathe. I knew my weight had been steadily climbing for the past 3 years, but I'd had no idea how much.

Fast Food Frenzy

In truth, it was no wonder that I'd grown so fat. My eating habits had spun out of control. Most nights I felt so stuffed that I would have to change into sweatpants just to breathe! I couldn't stop it. My attempts at dieting were disastrous. It was as if I had no control over my hands. I just kept feeding myself.

I could sense that my husband was no longer attracted to me the way he used to be. I knew that he loved me, but I felt as if we were just going through the motions. I was suffering emotionally. I had lost all respect for myself.

My Amazing Discovery

By the time of the 'jeans incident', I had given up on dieting. I had tried everything from diet pills to starvation. Nothing worked. My weight would always shoot right back up plus more.

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HOME

& RENOVATIONS

Getting all decked out

BY JANE McDONALD
Staff Writer

DURHAM – All decked out with no place to go? For some homeowners, building a deck onto their house is the answer.

Fans of the popular exterior feature say it's like having an extra room. The increased square footage can be a mere 'Juliet' balcony or it can wrap around an entire house, include multiple levels, incorporate play areas for children, a hot tub for the big kids, an outdoor kitchen, dining room and living room. The sky's the limit (keeping in mind bylaw height restrictions) and no matter how practical or how grand in design, the fashionable addition is on the wish list of just about every Durham homeowner who doesn't already have one.

"Decks came into high play in the last 20 years," confirms Ray Holland, president and owner of Holland Lumber and Building Centre in Oshawa for almost 40 years. "Everyone has to have a deck now."

Like any home improvement, it's wise to have a plan. Mr. Holland and his staff will help if asked. "There are certain (building) codes that should be met and when you go to the computer you don't always get the complete picture," he says. "We will sit down with a customer and ask a few questions. We'll put a design on paper for them."

But before would-be deck builders contact a lumber supplier like Holland, it's a good idea to think about what the deck's intended uses will be. Flights of stairs might not be safe for small children or the elderly. It can also be difficult balancing serving trays up and down stairs if the barbecue is located too far from the eating area and the house.

"Always make it bigger," advises Mark Thirlwell, a Holland staff member for 18 years. "By the time you put a barbecue and picnic table on a deck, it takes up room. A barbecue alone takes up eight square feet. But you can choose any design including ones for installing a Jacuzzi and privacy lattice. For one deck, I remember a customer building, he had to dig 49 holes. Now that's a big deck."

A deck, if designed with scale and proportion in mind, can add both beauty and value to a home, but it should, above all, be safe and functional.

If the homeowner entertains frequently, he or she might want to calculate the number of guests they usually host and then include the necessary seating in the plan for their new deck. A variety of



RON PIETRONIRO/ News Advertiser photo

Mark Thirlwell (left) from Holland Lumber and Building Centre gives homeowner and deck builder Carm Sargent a hand. Mr. Sargent took the deck course at Holland and started building his own deck.

seating, like built-in benches, various sizes of chairs and chaise lounges should be placed so there is enough room to walk through the area. Just like inside the house, too many pieces of large furniture in a small space can be awkward.

Brian Savage is the owner of The Savage Touch, a home and office improvement business he started a couple of years ago after retiring from Bell Canada. He's built his fair share of decks.

"I've built quite a few," says the Whitby man, "about 20 to 25 decks. Small six-foot by eight-foot ones right up to 20-foot by 40-foot - decks on the ground and decks eight feet in the air, and two- and three-tiered decks."

Mr. Savage agrees having a plan before starting any construction is important.

"Ask (yourself) what are the short- and long-term purposes of the deck," says Mr. Savage. "Don't build too small and then realize it's not big enough. Or, if you're going to sell your house one day, you don't want to put on a monster deck that the new owner is going

to have to pull out."

And just like that important phrase homeowners learn before buying a house: "location, location, location" is everything. Think about where the deck should be built, the direction it faces so prevailing winds, sun, privacy and the view are considered.

By locating a deck where the house provides some protection, you can avoid prevailing winds and minimize traffic noise. When planning features like a hot tub or swimming pool, privacy may be another consideration. Also, remember to reinforce the deck if it will be holding the weight of water, let alone large numbers of people.

"Other factors that define what type of deck someone may want to build is the age of their children and if older people will be using it," says Mr. Savage. "And if you build a deck, will it be looking down on your neighbour? Privacy is a starting point."

Legally, deck builders must check their local bylaws. Some municipalities limit the overall

size of decks, and height restrictions should be checked, especially if awnings or privacy screens take the project over the top, so to speak. Any kind of building must respect property lines and it is not unusual for a deck builder to require a building permit. Of course, one of the most important things to think about before digging is to locate buried pipes, utility and gas lines.

The staff at Holland Lumber see a range of costs when it comes to building decks. Expenses for materials can start at \$700 and go as high as \$5,000. Size, and the type of wood, determine the cost.

"Cedar is twice the cost of pressure-treated wood," advises Mr. Thirlwell, whose employer carries everything needed to build a deck and railings, right down to stain and paint finishes.

Decks can be built in just about any shape. Angled corners or patterns put down on a 45-degree angle can add drama to the overall design. A deck can also be wrapped around a corner and have

built-in features like plant stands and benches.

One of the most artistic components of a deck is the railing. Wood, metal and even rope can be attractive.

"Railings are available in various heights and designs," adds Mr. Holland. They are not only visually pleasing to a completed design, but also serve an important safety feature.

Building codes govern how stairs are supported and attached, and whether or not a railing is required.

Once the plan leaves the drawing board, selecting quality tools to do the job is important. "If you buy cheap stuff, you'll wind up with the building taking longer to do and you could hurt yourself," warns Mr. Savage. Both he and the team at Holland Lumber also urge do-it-yourselfers to "have a second set of hands."

"It can take about three days to build a deck," says Mr. Thirlwell. "It depends on the number of people helping, their skills and how elaborate the design."

Forever YOUNG

A FEATURE FOR TODAY'S FIFTY-PLUS LIFESTYLE

Local volunteers honoured by Community Care

DURHAM — It was a time to celebrate a quarter-century of service to the community and more than 2,250 volunteers were thanked for their work at a recent meeting of the Durham Region Community Care.

Last year the organization served more than 8,000 adults with needs related to physical disability, aging and mental health in Durham Region.

Many of the agency's volunteers in communities throughout Durham were recognized for their efforts with some receiving lifetime membership awards for their outstanding service.

In Ajax/Pickering, Bessie and Earl Bell received the lifetime membership award for their work as friendly drivers. Mrs. Bell has been driving for 16 years while Mr. Bell has been a volunteer for 18 years.

Ada Veenstra received the Clarington lifetime

membership award for her work with the COPE mental health program since 1984. Ms. Veenstra was instrumental in identifying the need for and supporting the formation of a family support group that meets monthly in Bowmanville.

Whitby's Community Care recognized Larry and Trudy Ruest with a lifetime membership award for their work in that municipality. Mrs. Ruest volunteered with Meals on Wheels and the transportation service while Mr. Ruest drove clients to appointments and both assisted with fund-raising and special events.

In Uxbridge, Community Care recognized Neen Benson with a lifetime membership award for her commitment over the past 13 years. Ms. Benson has actively participated in fund-raising events for the program, worked on the luncheon date program and has been an active participant in craft bees

that produce items to sell at bazaars.

Oshawa Community Care recognized the efforts of Enzo Enzi who has been volunteering for Meals on Wheels for more than 10 years and pitching in to provide repairs where needed. The General Motors shift worker has shown exemplary care in his volunteer work.

Port Perry's Lifetime

Membership Award winners are Ross and Jeannie Muir and Anne Wanninkhof who were recognized for their commitment to Community Care. Ms. Wanninkhof has volunteered for more than 20 years, acting as a member of the advisory committee and serving as chairman and delivery person for Meals on Wheels. She has spearheaded fund-raising campaigns for more than a

decade and, through Operation Scugog, has arranged for Christmas Gifts for all the Meals on Wheels and Luncheon Date clients.

Mr. and Mrs. Muir have given countless hours to their clients as volunteer drivers and golf tournament volunteers over the past nine years.

Mrs. Muir first assisted Community Care in 1979 when she worked in the of-

fice for two years.

Anyone who would like to make a difference in the life of Durham Region residents can call the local Community Care office or check out volunteer opportunities at www.community-caresdurham.on.ca. During the summer the most pressing need is for drivers to medical appointments and for Meals on Wheels volunteers.

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Seniors can hit the jackpot on trip

DURHAM — Take a trip to Port Perry and environs with Oshawa Senior Citizens Centres Friday, July 12.

Visit the picturesque town on Lake Scugog, check out the Great Blue Heron Casino or Port Perry streetfest.

There's also a visit to White Feather Farms in north Oshawa.

Tickets are \$9 and must be purchased in advance. Call 906-576-6712, ext. 2846.

This is one of a variety of excursions throughout Durham Region.

Check out vision aids at seminar

DURHAM — Senior citizens with visual impairment can get information on eye conditions and vision aids at a Monday, July 29 seminar at the John

Street branch of the Oshawa Senior Citizens Centres.

The seminar runs from 11 a.m. to 1 p.m. Call 905-576-6712 for more information.



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Pharmaceutical advances reduce dosages for diabetics, arthritis sufferers

When an apple a day isn't enough, often a pill a day can keep the doctor at bay.

But, one of the conundrums facing today's physicians is that medicine only works if the patient takes it; and when patients have multiple medications or multiple daily dosages, they often forget or may not bother.

Patient compliance in taking medications is an important factor in maintaining health, particularly with chronic diseases. Two pharmaceutical companies have recently addressed this problem by developing once-daily dosages for drugs commonly recommended for diabetes and arthritis.

Amaryl, the brand name for glimepiride, a medication often given to treat Type 2 diabetes, has been approved by Health Canada in a one-a-day tablet that provides 24-hour control of blood-glucose levels.

The drug, a sulfonylurea from the Montreal-based pharmaceutical company Aventis Pharma, works by regulating the amount of insulin secreted and used by the body. It may be used on its own or in combination with insulin or metformin, a common first-line treatment for diabetics.

"As the newest sulfonylurea, Amaryl stands out from its predecessors by offering a variety of uses without typical side effects, such as weight gain," said Dr. Irene Hramiak, director of the Lawson Diabetes Centre in London, Ont. "And its once-daily dosing is a lifestyle advantage for patients."

This is a major advantage, Aventis maintains, since "it simplifies treatment for patients already receiving multiple drug therapy and whose rigid medication schedule may be difficult to comply to. As well, it can be taken with or without a meal, which further simplifies its administration."

"The Canadian Diabetes Association welcomes any new treatment option that can help a person with diabetes manage their disease and related complications," said Alexis Mantell, spokesman for the association. "The fact that Amaryl is offering a once-a-day dosage may help people who are taking multiple medications better remember their medications."

"That being said, we encourage people with diabetes who want to know more about a particular treatment to talk to their doctors and find out what's best for them."

Meanwhile, West Coast herbal-supplement manufacturer Nutravite Pharmaceuticals of Kelowna, B.C., has launched a controlled-delivery technology (CDT) glucosamine and chondroitin supplement that's also

taken once a day. These two natural products have proven beneficial to some people suffering from osteoarthritis.

This form of arthritis, which affects one in 10 Canadians, breaks down the cartilage in joints and bones causing inflammation and pain. Both glucosamine and chondroitin are key components in the structure of cartilage. Chondroitin helps attract and retain cushioning in the joint and glucosamine stimulates the building of cartilage.

Patients with osteoarthritis often cannot make enough glucosamine in their bodies to keep the joints healthy and supplementation has been shown to rebuild the lost cartilage.

However, the lack of direct blood supply to joints means repair of cartilage occurs slowly and glucosamine remains in the blood for a short time only. Nutravite uses controlled-delivery technology to extend the amount of time glucosamine and chondroitin stay in the blood, allow-

ing joint repair to occur over a longer period of time.

In the past this effect was achieved by taking the pills three times daily. The new once-daily dose "is a vast improvement", said Tracy Marsden, a pharmacist with expertise in natural medicines. "It's a significant advance that will improve the efficacy of glucosamine therapy."

Nutravite maintains CDT glucosamine has no interactions with other prescription medica-

tion and will not overload the patient's system with glucosamine, which is a concern for diabetics.



Trials measuring joint pain, mobility and usability scored significant gains within two weeks of treatment, compared with four to eight weeks for traditional glucosamine.

"It works faster, provides better results, forms more cartilage and it is simple to take," Marsden said.

— News Canada



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Recycle me!

More and more Durham seniors plugging in to computer age

BY JEREMY LE PAGE

Staff Writer

DURHAM — While Russia may be luring youngsters like the Backstreet Boys into outer space, senior citizens are blasting off into another realm — cyberspace.

More and more seniors are honing their computer skills, realizing the many practical and enjoyable applications of digital technology. Whether plugging in at home, in seniors' groups, or at the library, computer skills are becoming more accessible to people of all ages.

It is true, however, many seniors met the world of computers with reluctance. In fact, most people over 30 greeted it with resistance. But now, a large number of retirement homes are equipped with computer rooms, and home use of computers among seniors has grown dramatically.

Jamie Maunder, of Skyview Electronics in Brooklin, said he has seen a significant increase in the number of seniors interested in computers, especially in the past year.

"They were afraid of (the technology) before," he explained. Now, used equipment is much better quality, he added, and it offers a chance for individuals to find basic electronics at a lower price.

Since many senior citizens are on a limited budget, computers are more affordable now. The most popular use for the systems are Internet, e-mail, and genealogy research, explained Mr. Maunder.

Public computer access has also grown in the past few years. Most libraries have added free use. Many, including Port Perry's Scugog Memorial Library, have even introduced computer classes for seniors. Six terminals are available for the public at the branch, and both beginner and advanced classes are scheduled for seniors, Wednesdays and Thursdays. Librarian Susan Bodkin said summer courses are already booked up, and there is already a waiting list for autumn.

"(The courses) are fun for them. They often e-mail their kids in other countries," she said, suggesting once the individuals learn to use computers, new doors of interest open up.

Mary Ellen Johansen, a former nurse, lives in north Durham. She had her first computer lesson in June.

"Everyone's asking me what my e-mail address is," she explained. She wants to catch up online with her grandkids.

The Oshawa Senior Citizens Centre also offers a five-week beginner's course, teaching Microsoft Word, spreadsheets, and some Internet. Organizer Ellen Oliver said the students "love it". She said she advises senior citizens interested in buying a com-



Christina Benstead (left) and Mary Ellen Johansen (right) listen as instructor Wendy Lai gives them pointers on computer usage.

puter to look into lessons, to see what they like before purchasing. Otherwise they may end up with a \$1,500 paperweight on their desk.

"(The classes) are very popular," Ms. Oliver added. Most of the students are eager to communicate with friends and relatives over the Internet, she said.

Jack Syme, of the Ajax Seniors Friendship Club, said although computers are not used at their meetings, many of the members regularly use the termi-

nals at the local library. He said they don't have enough room for computers where the club currently meets.

Another sign of the substantial growth in computer use among seniors is a project designed by the federal government.

A Government of Canada Web site, seniors Canada online, www.seniors.gc.ca, provides a wide-range of information for elderly residents living in, and outside, Canada.

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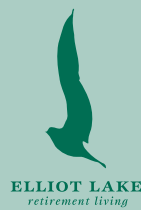
DURHAM — Representatives of the Ajax Seniors' Friendship Club had a bronze medal to show for their efforts in carpet bowling as part of the 2002 Durham Region Seniors' Games. Competitors June Curan (left) and Ros Brooke took third in the mixed doubles carpet bowling competition. Any community senior interested in joining the carpet bowling group is welcome to visit the club's facilities at 46 Exeter Dr. Monday and Thursday mornings before 9:30 a.m. For more information, contact Ed Jones at 905-428-8297.

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Snowbirds watch as health insurance providers jockey for market share

BY NICHOLAS WARD

Like everyone else, I love to read stories about exotic destinations or faraway places.

However, some of the most interesting stories happen closer to home, behind the scenes. One such soap opera is played out annually in the travel health insurance industry.

Since the early 1990s, when most provincial governments withdrew coverage for out-of-country medical expenses, the need for insurance has steadily grown. And what used to be a backwater of the travel industry is now a major player generating hundreds of millions of dollars of revenue annually.

Much of this revenue is generated over a fairly short period during the so-called snowbird season. Most snowbirds (long-term winter travellers) buy their insurance during two periods: September to November and January-February. This is why most rate changes are timed for September or January.

Every year at the same time, travel-insurance companies start jockeying for position.

The event that triggers it all is the annual general meeting of the Travel Health Insurance Association, which this year was held June 12.

The association has worthwhile goals, such as standardization of policy language, self-reg-

ulation and so on. They also present relevant (but rather dry) presentations on industry issues and trends.

What makes the meeting interesting is that it's the first opportunity of the season for these fierce competitors to meet in the same room and attempt to figure out "what the other guys are up to". What was their claims' experience last year? Did they increase market share? And the one everyone wants to know: what will their rates be?

To the outside observer, the casual conversations that take place or the offhand remarks that are made are simply talking shop. In fact, it's a game of cat and mouse that will continue until Labour Day, by which time most of the rates are out.

Some executives play the past year's experience down in order to disarm the competition.

"We had a steady year, but sales were down... We're pretty much going to do the same thing this year," might be the refrain, when in fact it was a banner year and they're planning a major initiative.

Others bluff that they have something big planned when they are actually repeating last year's program.

Each one plays the game differently, but the objective is the same: get good information; give bad information.

Later on in the season, press releases should be taken with a grain of salt. Granted, they contain information of use to the public — but there's occasionally a little something thrown in to mislead the competition.

The most critical game is played right up to the last minute: When will the new rates be out? Seasoned players know that it's not always on the date publicized, and the deadline for using the old rates is sometimes extended. Al-

though a few companies choose to publish their rates early, many others feel it's better to wait until the last possible moment before playing their hand. By delaying publication of the new rates, they can do last-minute tweaking based on competitive information.

This last point is particularly frustrating for buyers, but the nature of competition means it's unlikely to change. My best advice to consumers?

Reading between the lines can be fun, but an insurance policy has to be read at face value. Sit back and enjoy the show, but make your decisions based on today's facts, not tomorrow's speculation or rumours.

□ □ □

Nicholas Ward is a former insurance industry executive who maintains close tabs on the business as the proprietor of the Web site www.snowbird.net.

Happy Canada Day!



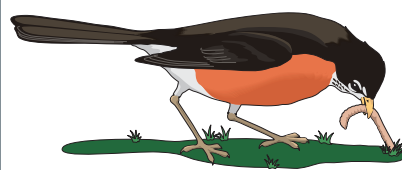
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The **Canadian Snowbird Association** takes great pleasure in giving our endorsement to this year's **Medipac Travel Insurance Program**. It provides caring worldwide assistance you can depend on, world-class benefits and

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As is true with all good things in life, this offer won't last. Please be sure to complete your application, as soon as you receive it, and post it before the August 12, 2002 expiry date.

If you are a member of the Canadian Snowbird Association, your Early Bird Insurance Package will be in your mailbox, shortly.

If you are NOT a member of the CSA simply call 1-800-563-5104 and an Early Bird package will be mailed to you promptly.

Thank you for your continuing support of the **Canadian Snowbird Association**.



Ellen White, President
Canadian Snowbird Association

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MEDITATION CLASSES: Sahaja Yoga Meditation holds free meditation

classes every Tuesday at 7 p.m. at the Ajax library's main branch, 65 Harwood Ave. S. Call 905-420-7252 or visit www.SahajaYoga.ca.

BLOOD PRESSURE: A free blood pressure clinic is being held from 11 a.m. to 2 p.m. at St. Paul's United Church, 65 Kings Cres., Ajax. Enter by the west door off the parking lot. 905-427-0007.

Notice of Special Public Meeting

A Special Meeting of the Town of Ajax General Government Committee will be held on:

Monday, July 8, 2002 at 6:00 p.m. in the Large Committee Room, 65 Harwood Avenue South (2nd floor)



The Special Meeting will be for consideration of a proposal to name the new 401 interchange and the resulting renaming of portions of Pickering Beach Road and Salem Road.

The meeting will be followed by Council and Special Community Affairs and Planning Committee meetings in the Council Chambers, beginning approximately 7 p.m.

Please note the schedule for remaining meetings of Ajax Council and Committees:

July 11 at 1 p.m.: Special General Government Committee
July 11 at approx. 3 p.m.: Special Council

The previously scheduled July 15 Council meeting is cancelled. There are no regular meetings in August.

Martin de Rond, Town Clerk

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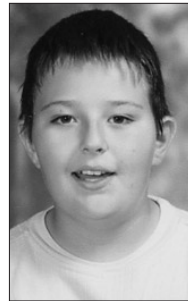
NEWS ADVERTISER JULY 7, 2002

16th Birthday



"Congrats Tiffany. Oh, sweet 16 finally arrived July 2 for **Tiffany Russell**. Every special wish is wished for you with lots of love from **Mom, Dad, Michael, Sandi, Gary, Carolyn, Dave** and **Chris**. Also, happy birthday to **Auntie Tee Tee (Tiffany)** comes from **Brandon, Amy** and **Crystal**, who turned two the same day. Now, off you go to get your licence. It's party time!"

Birthday



"What a guy! **Timothy Stoyanovski** turned 12 June 24 and celebrated by playing golf and bowling with family and friends. We love you Timothy, our special guy. From **Mom, Dad, Tiffany** and **Chloe**."

Birthday



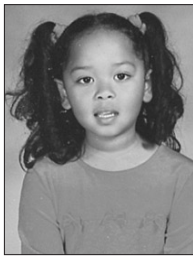
"It's a double celebration for **Lindsey**! Congratulations on your 18th birthday June 27 and your graduation. May all your dreams come true! Love always from **Mom, Dad, Ryan, Kelly** and **Cory**."

Wedding



Carolyn Knowles of Ashburn and **Brian Knowles** of Ajax are pleased to announce the marriage of their daughter, **Tricia Ann**, to **Daniel Ralph Russell Steward**, son of **Carol** and **Daniel Steward** of Blackstock, on May 25 at St. John's Anglican Church in Blackstock. The couple resides in the Port Perry area.

Birthday



"Our lively gift from heaven, on July 2, turned seven! **Amy Browett** had an early celebration with a super birthday party with 12 school and church friends. Lots of hugs, kisses and love are sent from **Mom Marian, Dad Paul**, 'teen' sister **Charlene**, grandparents **Lam** and **Browett** and **Tibbar** the rabbit. Keep on smiling because God loves you."

50th Birthday



Brenda Martin celebrated a milestone June 24, turning 50. "Congratulations sweetheart, with love from **Victor**. Also best wishes from 'Mom', brothers **Murray, Jim** and **Chris**, family and friends."

Birthday



Samantha Diandra Ulrich-Steacy celebrated her ninth birthday May 27. She had a cooking class party with her friends and a family dinner. Happy birthday to the "most beautiful little girl in the world. Hugs and kisses! Love from **Mommy** and **Noah**."

Birthday



"On June 25, **Christian Coronas** turned one. We can't believe a year has gone by already. Helping celebrate his birthday are **Mom, Dad**, brother **Bradley**, **Omi, Opa**, **Nonna Auda, Nonno Italo, Nonna Christina** and all his aunts, uncles and cousins. Lots of love and happy birthday to our little Zoom Zoom!"

Birthday



"It's hard to believe, but the baby in the **Kotsopoulos** house has turned a whole handful. Wishing our little beautiful princess **Victoria** a happy fifth birthday June 30 were **Mommy, Daddy, Alex, Tyler, Jordan** and **Joshua**."

Birthday



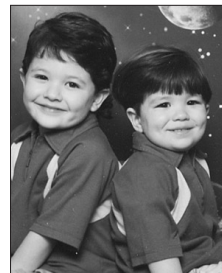
Birthday wishes went out to **Kalista Berry-Stavropoulos**, as she turned three June 29. "Happy birthday Angel. Love from **Gramma** and **Papa, Uncle Mike** and **Auntie Kerry**."

Birthday



Happy birthday to **Ashley Hayward**, who turned 11 June 20. Lots of love from **Daddy, Corinne**, sisters **Amanda** and **Maggie, Uncle Jimmy**, friends **Nancy, Louis, Lenny, Tricia, Erica, Alex, Megan, Alisia, Lauren** and **Junior**.

Birthdays



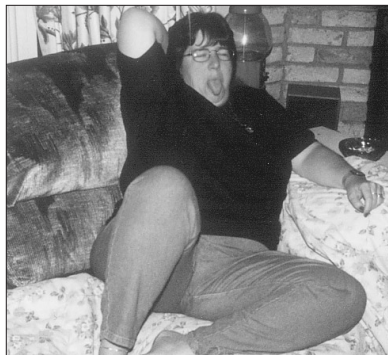
The **Bozanis** boys have been celebrating. **Jake** turned four in May and **Joey** was two in June. There's love from **Mom, Dad** and sister **Jenna**.

Birthday



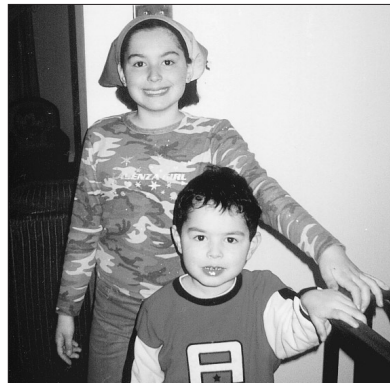
"Wishing our sweet **Keira Thompson** a happy sixth birthday July 2. Love from **Mommy, Daddy, Nanny, Papa, Aunt Lindsey, Aunt Taylor, Dante, Omah** and **Opa**. Keira would like to wish her Mommy a happy birthday July 1. Love Keira."

40th Birthday



"Payback is here! Special birthday wishes go out to 'The Old Buzard' **Kelly LePage**, who turns 40 July 10. Turning 40 isn't that bad Kelly. Hope you get everything you wish for on your birthday and more. Love always from your **Faylee** friends."

Birthdays



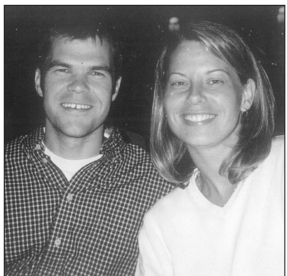
"Happy birthday to my big sister, **Jessica Lillian White**. Wow, you turned 10 June 26. Birthday wishes right back at ya bro, **Thomas Alexander John White**. You'll be turning four July 23. You're catching up to me, but you're not there yet. Love and best wishes also from **Mommy, Daddy** and **Gus**."

Birthday



July 6 was a special day for a little cutie. **Nilissa Reynolds** turned four and there were happy birthday wishes with love from **Mom** and **Dad**.

Engagement



Congratulations **Dr. Beth Bendle** and **Dr. Jeff Hodgins** on your engagement and graduation from chiropractic college. The wedding takes place in September. Love from your family.

Birthday



"Happy birthday **Cris!** **Mom, Dad** and **Alliza** hope you have a great day. Best wishes from **Lola, Papa**, your uncles, aunts, relatives and friends."

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Health & FITNESS

NEWS ADVERTISER JULY 7, 2002

'Botox' the newest craze in reducing wrinkles

What a paradox! Botulism toxin, historically one of the world's deadly killers, has now been approved by Health Canada and the U.S. Food and Drug Administration (FDA) for use as 'Botox,' a new cosmetic treatment. The result? Thousands of aging baby boomers, TV stars and others are lining up to have this well-known poison injected into their skin to bring back their youth. And in ditzy California, they're even organizing 'Botox parties!'

Botox is not a new drug. The FDA approved its use years ago to treat certain medical conditions such as facial spasms and crossed-eyes. Now it's being used to treat migraine headaches and chronic low back pain.

But the idea Botox had cosmet-

ic use started 15 years ago. A Canadian doctor using Botox to treat eye conditions noticed that its paralyzing effect also removed wrinkles.

But the idea remained dormant until recently. Now, in a society that does not want to grow older, the rush to restore youth with Botox injections has become a big-time money-maker for Allergan pharmaceutical company.

But how can you inject such a potent poison without causing harm? Botox is a refined strain of the toxin and only a diluted form is injected into facial muscles that control wrinkling. During the following four days the toxin paralyzes the muscles and pronto, wrinkles are gone. The injections are almost painless.



W. Gifford-Jones, M.D.

The Doctor Game
shouston@durhamregion.com

Patients must remain upright for four hours following the injection. The treated areas should not be touched and it's important not to have a facial massage.

A major problem is the Botox effect gradually wears off so repeat \$400-injections are needed in four months.

Some patients experience a slight headache which lasts a few hours after the injection. But a report in the Journal of the American

Medical Association claims about one per cent of patients suffer a debilitating headache that can last a week or two. An anti-frown injection in the wrong place can also cause troubles such as a droopy eyelid or a lopsided smile.

So, what do I think about this procedure for cosmetic reasons? I wouldn't touch Botox injections with a 10-foot pole. Why? Common sense tells me it's totally unnatural to inject a well-known poison, even in diluted amounts, into the body. We know a single gram of the undiluted form could kill more than a million people. And how many times in the past have we seen approved drugs eventually shown to have unforeseen complications?

Medical consumers should also

see a red flag when Botox injections are given in shopping malls. As one doctor remarked, "If Botox is downgraded to the level of a tupperware party, we're not handling it properly."

As in all cosmetic nips and tucks, the terrible downside is devastating.

Sooner or later the injections must cease. After all, you can't stop an aging face forever. And vanity exacts its price. The wrinkles not seen for many years then descend with a fury on your face and psyche.

Would I ever agree to Botox? You bet. I'd gladly pay \$400 or more when they find a Botox solution to eradicate the internal wrinkles that eventually kill us. Until then, I'll keep my money.

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Michel Saikali
Owner/Manager

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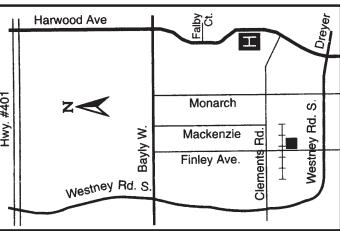
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NEWS ADVERTISER JULY 7, 2002

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A.J. GROEN/ News Advertiser photo

Ron Racicot reached the pinnacle of his career in the martial art of Goju Ryu karate recently. The 59-year-old Ajax resident received his eighth degree designation, the highest level in Canada and within his karate federation. Racicot has taught the martial art form for the Town of Ajax for the past 21 years.

Durham fishermen can catch big prizes at salmon derby

BY BRAD KELLY
Staff Writer

DURHAM — Fishermen who don't let the big one get away can cash in on their expertise to the tune of \$5,000.

That's the top prize being offered in the Gagnon Sports Salmon Derby that will be held on Sunday, July 14.

With a shotgun start from the Oshawa Harbour and Port Whitby Marina at 7 a.m., anglers will be out in full force until 3:30 p.m. looking to land the biggest Chinook and walk away with the top prize of \$5,000.

"It's a combination of things, but the prize of \$5,000 for one day of fishing has to be the prime attraction," says Nathalie Parody of the reason why the derby usually attracts about 180 people, with that number as high as 225 in previous years.

"It's a fun day all around."

The registration numbers for this year's event are expected to be high once again, as the derby took a hiatus last year because of scheduling problems, says Parody.

It was decided to organize the event again this year "due to the high demand", she adds. "People were very disappointed that we didn't hold it last year."

In 2000, the top catch weighed in at 31.18 pounds, while in 1999 the scales were tipped at just over 33 pounds for the top Chinook.

There are also prizes for the top coho salmon, rainbow trout and brown trout.

Tickets are \$60 each, which includes dinner, and are available at Gagnon Sports, 385 Bloor St. W., Oshawa.

The school of hard, and soft, blocks

Ajax student-teacher achieves highest possible rank in karate discipline

BY AL RIVETT
Sports Editor

AJAX — A longtime student and teacher of martial arts has arrived at the pinnacle of his craft.

Ron Racicot, 59, who has been a student of Goju Ryu karate for the past 32 years and a teacher of the martial art for the Town of Ajax for the past 21 years, has garnered an honour only a few in the sport ever achieve.

Earlier this year, Racicot received his eighth degree designation in Goju Ryu karate — the highest rank and title awarded in Canada as well as in the history of the YKKF (Yodansha Kobujitsu Karate Federation).

"It's an honour to be given such a high-ranking title," said Racicot, adding only his instructor, Ron Yamanaka, has garnered an eighth degree in the discipline.

Racicot recalled it was a bad back and being out of shape that prompted him to take up the sport originally. What has kept him in it over the years is learning more about his specialty in the karate discipline and, in turn, imparting his vast knowledge to his pupils.

His Goju Ryu karate club in Ajax has become like a second family to him, teaching literally

hundreds of local youths and adults over the past 21 years. The opportunity to teach in a supportive environment has also gone a long way to keeping him active in the sport.

"It's a close-knit club. It's more like a family since I've been teaching for the town," said Racicot. "I have no overhead, so I don't have to meet a budget. I just enjoy doing it."

The Ajax resident has been instructing for so long his original students have grown into adults.

"I was sitting in church one Sunday and I got a tap on the shoulder from a man who was one of my pupils. He was one of the kids who I had taught years ago. It made me think that I had been doing it for a long time," he said.

Racicot described Goju Ryu as a discipline that includes both hard and soft blocks and punches. This variation of karate is especially appealing to older adults

who don't have to impart the level of effort needed in more traditional karate.

Not only is Racicot an eighth degree in Goju Ryu, he has also achieved the seventh degree designation in the art of jujitsu. He noted jujitsu is a good balance between the two disciplines. Jujitsu uses throws and submission moves in its repertoire, which complements Goju Ryu.

"It more or less flows with karate," he said.

In addition to being a student and teacher, Racicot also serves as the international vice-president for the YKKF and, until recently, was the Canadian national president. In addition, he is the president of the Yodansha Jujitsu Canada Federation and is a member of the Canadian Olympic Association for jujitsu.

How long will he stay active within the martial arts community?

"As long as I can," he said.

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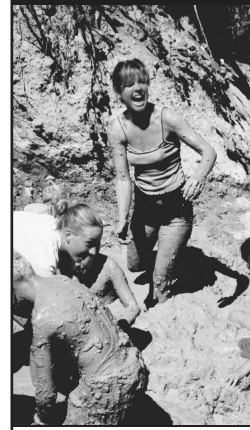
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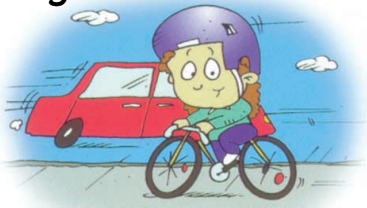
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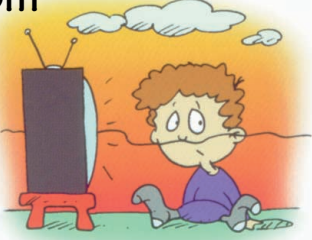
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You are watching television in the family room when you smell smoke. You immediately:



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6 HOME SAFETY

You are home at night with your older sister who is busy doing her hair. You notice a prowler outside the window. You:



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8 TRAFFIC SAFETY

You and your friend are playing in the driveway when your ball rolls into the street. You should:



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Fun

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- ___ Dry your hands first before unplugging the toaster.
- ___ You're riding on the wrong side of the road.
- ___ Alert all family members by yelling "fire" and get out of the house.
- ___ Walk on the side of the road facing oncoming traffic.
- ___ Stop, Drop & Roll
- ___ Stop and wait for the green light & walk signal and then cross carefully.
- ___ Wait for all the traffic to clear before rescuing your ball.
- ___ "Everyone who rides a bike needs to wear a helmet, mom - not just kids."
- ___ Tell her she should buckle up and if she doesn't then tell the driver immediately.
- ___ Call the police immediately. Dial 911.
- ___ Matches and lighters are dangerous. You can accidentally start a fire or burn yourself.
- ___ "My Mom is busy" or "My Dad is making dinner. Can I take a message?"
- ___ Stop your bike and look both ways to make sure it is clear to cross.
- ___ No one will be able to see you or your bike, so you should stay home. Also, I shouldn't go alone, so let's do it another time.



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 Ajax, Ont. L1S 2N5
 Random Draw Fri., July 12/02



Name: _____
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 905-697-7900 or Fax: 905-697-7882
 eMail: sales@naccs.com

16 BIKE SAFETY

You and your friend are riding or walking past a railroad crossing. You:



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 (905) 837-1433
 980 Brock Rd., Pickering

9 BIKE SAFETY

You and your Mom are going for a ride. She tells you to wear your bike helmet, but you notice that she isn't wearing one. You say:



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619-2229

11 BIKE SAFETY

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14 TRAFFIC SAFETY

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10 TRAFFIC SAFETY

While riding in the family car you notice your sister is not wearing her seatbelt. You should:



12 FIRE SAFETY

You find a lighter or matches on the kitchen table. You:



15 BIKE SAFETY

It's nighttime, and you and your brother are riding to the video rental store. Your brother's bike has no reflector and he is dressed in black. You say to him:



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JOB DRAFT 2002 - Oshawa based co. looking for key "players" to fill areas throughout organization. Each opening offers paid training and lucrative compensation. Area must be filled this week. Students welcome. Call Sarah for inter-view schedule @ (905) 576-4425

LABOURERS with experience preferred in concrete landscaping required. Full and part-time positions. Call 905-626-6696

LIGHT INDUSTRIAL, long-term temp. Staff Plus will be interviewing 9:30 a.m. to 2 p.m. Wed., July 10 and Wed. July 24th. McLeans Community Centre Library, 95 Magill Dr., Ajax.

LIGHT INDUSTRIAL, \$12 per hr. Must have experience with air tools such as: Air screwdrivers, air drills. Safety steel-toed boots and 6 months experience. Pickering area. Please fax Christine, Staff Plus at (416) 495-0941

LONGHAUL AZ DRIVERS required for US & Canada. Good mileage & benefits paid. Clean abstract required. Call 905-985-0811 or 905-439-2091 and leave msg.

LOOKING FOR AN individual with general construction knowledge to include drywall, taping & interior finishes. Own tools & vehicle required. Call Jim (416)688-9700

525 Office Help

For temporary positions in:

**PAYROLL SPECIALIST
COLLECTIONS SPECIALIST
ACCOUNTS PAYABLE/RECEIVABLE
BOOKKEEPER
NIGHT SHIFT/COLLECTIONS**

accountemps

Tel: (905) 709-8009 Fax: (905) 709-3664
Email: markham@accountemps.com
For more information visit our website at www.accountemps.com

525 Office Help

JOIN THE TEAM For temporary positions in:

**EXECUTIVE ASSISTANT
DATA ENTRY PROFESSIONAL
CUSTOMER SERVICE
ADMINISTRATIVE ASSISTANT
RECEPTION / SWITCHBOARD**

OFFICETEAM

Must be available to work past September.
Tel: 905-771-8272 • Fax: 905-709-3664
Email: markham@officeteam.com
For more information visit our website at www.officeteam.com

525 Office Help

LEGAL ASSISTANTS Pickering Firm

Are you travelling to Toronto?
Join our friendly Team!

CORPORATE/COMMERCIAL

- Min. 2-5 yrs. work exp. in Corporate/Commercial, Real Estate, Wills & Estates
- REAL ESTATE**
- Min. 2-5 yrs. work exp. in Residential Real Estate

Both positions require:

- Positive attitude
- Strong communications, organizational and computer skills
- Knowledge of Microsoft Word, Teraview and Conveyancer Software an asset

Fax resume and references to: Gillian (905) 427-5542

510 General Help

CULLEN GARDENS requires a Marketing Director with exceptional communication and budgeting skills. Highly organized and adaptable to new situations. Experience essential. Send resumes to: 300 Taunton Rd. W., Whitby, Ontario. L1N 5R5 or fax to (905) 668-0510.

510 General Help

MASSEY'S RESTAURANT experienced line cook evenings. Management responsibilities with very good compensation. Apply in person 774 Liverpool Rd. S.

MOBILE WASH looking for helper in Pickering area. Must be available to work weekends. Please call (905)831-3630

NAIL TECHNICIAN with own equipment required for Sun-Dial Tanning Salon, Ajax location. Separate room for rent \$500 monthly. Call (905) 686-5200 or (905) 434-7263.

510 General Help

OSHAWA COMMUNITY Health Centre - Co-facilitators needed for Positive Parenting Program. Experience and knowledge required in educating/counseling children, youth, and/or parents, group dynamics, child growth and development, relevant legislation. Afternoons/evening contract position. Please respond with resume to Positive Parenting Program at 777 Simcoe St. South, Oshawa. L1H 4K5 or fax to (905) 723-3391 by July 15th, 2002.

PART-TIME EVENINGS. Suitable for homemakers & students. Easy phone work. Call for interview 905-426-1322

PEOPLES TAXI. Ajax Taxi drivers, dispatchers, mechanic, needed immediately male or female part time or full 905-427-7770

PET GROOMER, experienced, for a veterinary clinic, Ajax & Oshawa locations. Call (905)427-0789 or (905)571-3009, Lesley or Ann.

510 General Help

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510 General Help

\$20.00/HOUR AVERAGE Registration Officers Required

We Train You Also spring and summer program for students

Call Kim 905-435-0280

510 General Help

SALES EXPERIENCE? Retired or semi retired? On maternity leave? Need strong, friendly voice to book appointments from home. Flexible hours. Fax (905) 985-5707. Call 1-877-867-8194.

SALESPERSON/DRIVER - Needed to start immediately. Own passenger van required. Call Sandra at 905-579-9791.

TITANIC RESTAURANT seeking Experienced Wait Staff. Apply at Ajax Go Train Station or Phone for apt. 905-428-9389 between 9a.m.-9p.m.

WORK FROM HOME! Full training and BBB approved. \$25 - \$75/hr f/t/b. 1-888-243-3414. www.10getwired.com

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530 Sales Help & Agents

PICKERING TOYOTA

requires an additional **SALES REPRESENTATIVE**

For our new and used vehicle dealership

Excellent opportunity for the right individual

Contact Wayne Turner (905) 420-9000

For more information

530 Sales Help & Agents

SALES POSITIONS

We have experienced tremendous growth within our company and as a result have openings for aggressive career oriented individuals with a desire to earn professional type incomes. Age is no barrier to success. If you have experience in selling Windows or roofing it is an asset. All new candidates will be teamed with proven professionals and will immediately start to earn professional type incomes.

For a confidential appointments call **Clyde Pangburn Bil-Den Home Improvements Whitby (905) 666-0018 1-800-263-2720**

510 General Help

WAREHOUSE POSITIONS Looking for hard working, conscientious people for a fast paced distribution center located in Markham. Must be able to lift 80 lbs. Experience in a warehouse environment is an asset. Shift hrs: 10:30a.m. - 7p.m. Please fax resume to Attn: Operations Manager- Fax: 905-946-8435

514 Salon & Spa Help

ELYSIAN FIELDS DAY SPA seeks both full time and part time esthetician. Please drop resume to 159 Brock St. N. Whitby.

515 Skilled & Technical Help

LICENSED HAIRSTYLISTS with minimum 2 yrs. experience required for full-time position. Please call Oshawa Centre Hair Stylists, Mary or Lina 905-728-4623

515 Skilled & Technical Help

APPRENTICE BODY PERSON Must be minimum 2nd year required. Fax resume and proof of apprenticeship to **(905)430-2208 NO PHONE CALLS**

515 Skilled & Technical Help

AUTO BODY SHOP seeks experienced Prep Person for busy Pickering shop. 905-420-3501.

AZ DRIVER REQUIRED full/part time, to operate dump trailer. New equipment, must be experienced, self motivated. Call for interview. 905-260-2427.

BODYPERSON - PREPPER needed full-time for busy collision shop. Call Brian 905-985-5595.

515 Skilled & Technical Help

ELECTRICIANS, APPRENTICES for low rise condo and residential electrical work. Please fax in a resume (905)434-1020.

EXPERIENCED PAINTERS & Decorators required must have own tools & transportation. Piece work. (905)428-9037, Durham area.

FRAMING CREWS needed immediately. Newcastle / Bowmanville area. 905-372-7176.

SERVICE PERSON and installer of Oil & Gas equipment and AC equipment. Hourly work, truck provided, need hand tools. Durham Region. Oil License, gas license, CFC License. L&H Heating (905)263-8154 or fax (905)263-2048

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525 Office Help

BOOKKEEPER/RECEPTIONIST wanted for small construction company. Full-time, experience in QuickBooks preferred. Call Pat at (905)655-7122 or fax resume to (905)655-7178

530 Sales Help & Agents

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AZ DRIVER REQUIRED full/part

170 Apartments & Flats For Rent

RENT-WORRY FREE
1, 2 & 3 Bed. Apts.
Well maintained, modern Appliances. All Util. included.
On site super, maintenance & security.
Rental Office: Mon - Fri. 12 noon - 8pm
Sat & Sun 1pm-5pm
VALIANT PROPERTY MANAGEMENT
905-579-1626
www.gsrentals.com
e-mail: valiant@speedline.ca

100 Houses For Sale

CUSTOM BUILT, 4 plus 1 bedroom, 2,700 sq. ft. home on 1.67 acre, deep lot with southern exposure, backing onto forest, located at end of cul-de-sac in the hamlet of Epsom, between Uxbridge and Port Perry, tree-lined driveway, beautiful landscaping, huge covered verandah, oversized 2-car garage, in-law apartment, 4 bathrooms, 3 fireplaces, energy efficient heat pump and R20 walls. Asking \$389,000. Purchaser agents welcome. (905) 985-9106.

BOWMANVILLE LEGAL apartment in raised semi-bungalow. 401/Waverly area. 3-bedrooms on main level/large 1-bedroom on lower level. Both vacant for quick closing. Great investment opportunity. Call (905)623-1658 for more information.

1800sq.ft. LAKEFRONT open concept bungalow. 2-bedrooms, 2 baths, adult lifestyle in Wilmet Creek, golf course, rec centre, swimming pool & more! Call (905)623-9773 or 1-905-689-6497

PICKERING - 401/Whites Rd. North, immaculate, 3 bedroom, 1 1/2 baths, finished basement, 2 fireplaces, many extras. Walking distance to schools, park, shopping. \$228,900. 416-272-0857.

103 Private Sales

OAKWOOD PRIVATE SALE Lrg. bungalow - att. garage elec/opener and dog run. Retirement home poss. W/C access no basement, new totally renovated 3 lrg. bdrms & liv. rm hd/wd flrs. Country kitchen 18x22, sep. laundry rm & much more. MOVE IN CONDITION for appt. call 1-705-953-9197

110 Apt./Condos For Sale

CONDO 3 BEDROOMS, 2 baths, pool, gym, underground parking, spotless condition, \$134 K. Sutton Group, (905) 723-6708

NEWLY RENOVATED 1-bdrm condo, 5th floor, security, pool, a/c, facing courtyard, balcony, McLaughlin Square Bldg., Oshawa, \$95,500. OPEN HOUSE Sunday July 7th 2-4pm. Call 905-576-3343. No agents.

145 Indust./Comm. Space

NEW INDUSTRIAL Units, for sale M1A Whitby 2,250 OR 4,500 SQ. FT. 20' clear, drive-in available now (905)436-9613.

SHOP FOR RENT in Ajax - 1800 sq.ft. with office and washroom. Available immediately. Call Steve at 905-655-8895 or 905-626-5655.

150 Office & Business space

NEWCASTLE VILLAGE, office/professional space available right downtown, perfect location, approx 1400sq.ft. A must See! Call (905)623-5522.

OFFICE / PROFESSIONAL SPACE. 400-2400 sq. ft. Prime downtown Whitby location. Ground floor. Private entrance and parking Call Joanna @ 905-579-6245.

Office/Store - Bond/Park Rd. Bright, spacious, washroom Avail. Immediately. Asking \$875 + hydro. Call 905-436-8133.

160 Business Opportunities

CAFETERIA \$169k, GOURMET CAFE \$95k, Alec Leung 416-505-7328 C21 Leading Edge Realty

GOOD OPPORTUNITY. Driveway Sealing business in Durham. Steady route and equipment, with good customers. Owner retiring. Asking \$69,900. Call cell-905-431-8338, or 1-705-277-3334.

LAWN MAINTENANCE Company in Clarington Durham. Established 9 yrs \$150,000 plus, yearly sales. Owner's yield \$50,000 plus. In excess of \$40,000 in assets. Serious inquiries fax name & phone number to (905)786-2122

TURN KEY operation - 1500 sq. ft. 2 bay garage to take over lease, full of equipment and stock for sale, Totaling \$30,000. Owner will hold financing with money down. Must sell August 14/02, moving out of province. Contact 905-377-1726.

170 Apartments & Flats For Rent

170 Apartments & Flats For Rent

AJAX - 3 BEDROOM bungalow, c/a, 2 parking, laundry, no pets, gleaming hardwood, huge kitchen. Avail. August 1st. (905)683-9213

AJAX SEMI 3-bedroom, main-floor, \$1300, available Aug 1. Ajax basement apts: \$850 & \$800 mid-July & August 25, all inclusive, first/last credit check, no pets, 905-683-5641

AJAX, 1-BEDROOM apartment in huge basement. A/C, use of laundry, 1 car parking. Available immediately. No smokers, no pets. Call (905)426-2719

AJAX, HWY 2/RITCHIE, 1-bedroom walkout basement apartment, fridge, stove, parking, laundry, central air, all other utilities included. No smoking/pets. \$780/month. First/last required. August 1st. (905)427-9626

BIG BASEMENT APARTMENT in gorgeous executive Ajax home, 1 person preferred. No pets/smoking, parking, laundry shared. Available August 1st. \$850 inclusive. Call after 4pm (905)686-1003.

ADELAIDE/GIBBONS, air conditioned one-bedroom basement. Brand new. Private entrance, parking, laundry, full kitchen, single-occupancy. Female preferred \$700/mo/first/last. Available Immediately Yearly-lease, references. Afternoons/evenings 905-725-8829 Margaret or Laura.

BROCK RD/401, new bachelor basement apartment in quiet home, separate entrance, parking, full bathroom, kitchen, air, first/last \$700/month. No smoking, no pets. Available immediately. (905)427-0886, evenings (416)818-8746.

CENTRAL OSHAWA, 1-bedroom main floor apartment in duplex, deck, backyard, tool shed, laundry, available August 1st. \$750/month inclusive. First/last required. No pets. Call (905)213-0769.

CENTRAL OSHAWA, 3-bedroom from \$950, Aug. 2-bedroom from \$799-\$825 for July/August, 1-bedroom \$750 for July. Well-maintained building, near all amenities. 905-723-0977 9am-5pm

COURTICE 2 bedroom, spotless, very bright, large, great neighbourhood. Private entrance, own laundry, parking, next to shopping/transit, no smoking/dogs. \$750+1/3 utilities. Aug/Sept. 1st. Mark 905-767-5583.

EXECUTIVE large 2 bedroom in quiet adult lifestyle building in Whitby. New carpet, insuite storage, onsite laundry, \$925+ per month. Available August 1st. 905-668-7758.

LARGE 1 bedroom basement apt, quiet residential area, Thornton/Rossland. Separate entrance, 2 appliances shared laundry, close to all amenities, no pets, quiet non smoking single or couple preferred, \$850 inclusive. Avail Aug 1. (416) 315-0858.

LARGE ONE-BEDROOM basement apt., all new appliances, carpeting, etc, gas fireplace, laundry included. Separate entrance \$750/month inclusive. Nice neighborhood, minutes to Whitby GO train. 905-665-4541

MAGILL AND WESTLEY - 4 bedroom house for rent, close to amenities, \$1,350. includes utilities. Available immediately. Telephone (905) 428-8656. (905) 427-6622.

N. AJAX-BASEMENT APT. 1 bedroom available immediately, no smoking, pets or laundry. Side door entrance, includes fridge, stove, cable, 1 parking. \$850. Leave name & number to J. Tanner, Sales Rep. Sutton Group-Heritage Inc. 905-263-8269 or 905-619-9500.

NEAR OSHAWA CENTRE sixplex, Spacious 2-bedroom apt. Available Aug 1st. extremely clean, very quiet building. Parking, laundry, walkout balcony, \$830 inclusive, first/last no pets, 905-723-9577.

OSHAWA - Beautiful large 2 bedroom apartment in very quiet and clean adult lifestyle building near Oshawa Centre. \$750. 1st/last. Avail. August 1st. (289)314-3651, local call.

OSHAWA - large well maintained one bedroom in duplex. Suitable for one person. Heat, hydro, water, parking, cable, \$700. Nice landlord, no pets please. Available Aug. 1st. 905-723-7228.

AAA OSHAWA 1-bdrm \$675/month inclusive. 2-bdrm townhouse apt. \$925 + utilities. Avail. July 15. 2-bdrm bungalow plus diningroom \$1050 inclusive. Whitby 2-bdrm \$850. Available August 1st. No pets. Super clean apts. Great locations. Call Emilio 905-424-2134

OSHAWA APTS - Bachelor, 1 and 2 bedrooms, newer building. Includes utilities, parking. Laundry on-site. No dogs. Building #1 905-432-8914, Building #2, #3, #4 905-571-0425 or for all 1-888-558-2622

OSHAWA KING/WILSON Quiet building near shopping, transportation. Utilities and parking included. 2-bdrm immediately /August 1st \$869. Telephone (905)571-4912 until 6:30p.m.

170 Apartments & Flats For Rent

OSHAWA SOUTH, large one bedroom raised basement apartment, laundry facilities, 2 car parking, private entrance, \$610 all inclusive. Mature working single or couple preferred. No pets. Avail. Sept 1 (905) 579-1869.

OSHAWA, 2+1 BEDROOM very large, hardwood floor, \$850 all inclusive, first/last, references. August 1st. (905)767-4099

PICKERING - Liverpool/Hwy. 2, large new basement apt. Sep. entrance, 4 pc. bath, new windows throughout, laundry, parking, A/C, all utilities plus cable. No pets/smoking, \$750/month. 905-426-4197

PICKERING - Altona and Shepherd. Bachelor basement apartment, private entrance, laundry, parking, immaculate. Quiet person, non smoker, no pets. \$700. (416) 258-9804.

PICKERING - Whites RD/401. Beautiful 3-bdrm home, 3-bathrooms, A/C, fireplace, patio, laundry, 1-bedroom available August 1st, share w/2 female, \$575 plus phone/cable. 1st. last. references. (416)577-1049

PICKERING - Whites Rd. large bright, 1 bedroom basement, sep. entrance, fireplace, parking, avail. immed. no-pets non-smoking. \$750 inclusive. first & last. call 905-831-3681.

PICKERING basement apt. immediately. Very spacious bright, no pets, non smoking A/C, separate entrance, convenient area, 1st/last, \$900/month inclusive. (905)427-2154.

PICKERING-Brock&Dellbrook. Available immediately, one large bedroom basement apartment, separate entrance, single working person preferred, \$700/month first and last. Includes utilities, cable, A/C, parking, fridge/stove. No pets, no smoking, references. 905-686-6231

PICKERING FINCH/HUNTSMILL 1-bedroom basement apartment (1-person) bright & clean quiet home, separate entrance, a/c, cable utilities laundry parking references checked no smoking/pets Aug. 1st \$750, 905-831-5324.

PICKERING VILLAGE, 1-bdrm upper floor in Victorian home. Separate entrance, eat-in kitchen. Suitable for retired single person. Non smoking, no pets. References. \$780 inclusive. (905)619-1847

PICKERING VILLAGE-(AJAX) 2 bedroom, 2 baths, living/dining, new kitchen, full balcony, air. \$1400 monthly all inclusive, available immediately, first/last, no pets/smoking, 905-723-0787 or 905-576-9844.

PICKERING WHITES & 401 1 bedroom basement apartment, separate entrance, \$660 +1/3 utilities, first/last. Avail. immediately. No pets, no smoking. Call 905-421-9968

QUIET FAMILY HOME - bright spacious 1 bdrm apt. Clean, a/c, separate entrance, eat-in kitchen, laundry, fridge/stove, cable incl. Newcastle. \$715/ mo. Call 905-987-4053

RITSON/KING two bedroom, 2-level apt. above dental office. Walk-out balcony, 3-pc bath, a/c & utilities included. \$1,100/mo. First/last. Avail. immediately. Please call Yung, 416-994-4548

OSHAWA - Quiet building near shopping, transportation. Utilities included. Simcoe/Mill 1-bdrm, avail. August 1st, \$729/mo. 2-bedroom immediately, Aug & Sept. 1st \$829/mo. 905-436-7686 until 7:30pm.

SPACIOUS well-maintained - 1, 2 & 3 bedroom apts. Avail. at 900 and 888 Glen St. Some with walk-in closets, paint provided. Close to schools, shopping centre, GO Station. Utilities included. Call (905)728-4993.

OSHAWA Family Bldg., Large 2 & 3 B/R units. \$765 & \$875 Utilities included. Easy access to schools, shopping. For appt. call (905) 721-8741

TWO BEDROOM apts. available September and October. Conveniently located in Uxbridge in adult occupied building. Appt. to view call 905-852-2534.

WHITBY - Large clean 2 bedroom, 1st floor, near 401/lake, parking, laundry on site \$800 per mo. includes utilities. Available Aug. 1st. (905) 438-2753.

WHITBY, ONE BEDROOM basement apartment on GO bus, private entrance, recently renovated with oak cupboards, laundry facilities, \$650/mo. Available August 1st. (905) 655-7277

170 Apartments & Flats For Rent

WHITBY 3-bedroom house, 2 cars, \$1075 plus oil & hydro, Large 1-bedroom apartment, 1 car \$775 plus hydro. Both Available August 1st. (905) 655-4623. (905)925-3945, (416)269-5449

WHITBY CLEAN and quiet 1-bedroom apartment, on third floor of historical downtown building. Suitable for single, working person. Non-smoking building. \$625 plus hydro. August 1st. 905-668-3011.

WHITBY LAKERIDGE/HWY#2 Large bright upper 2-bedroom apartment full size eat-in kitchen 4pc. bath large living-room separate large loft for smoking/pets. \$950+utilities 905-426-4197

WHITBY, BRIGHT clean 1 bedroom apt on second floor of house. Private entrance. \$800 mo. utilities included. Avail Aug 1. Prefer non smoking/no pets. (905) 666-6685

WHITBY, LARGE, bright, 1-bedroom basement apartment, central location, separate entrance, private patio, parking, laundry facilities. \$760/month all inclusive., Available august 1st. First/last, references. Call (905)668-5558

WHY rent when you can own your own home for less than you think?!! Call Dave Haylock Sales Rep. Re/Max Summit Realty (1991) Ltd. (905) 668-3800 or (905) 666-3211.

180 Condominiums For Rent

AJAX - LUXURIOUS, newly renovated, spacious 1 bedroom condo. Everything included: underground parking, cable package, indoor pool, sauna, tennis and sauna court. View of lake. Call David Beaton (905) 683-5000.

185 Houses For Rent

Sick of RENTING? 1st Time Buyer? Professional Renter? Honest Answers...! Professional Advice...! To 'Own' Your Next Home! RE/MAX Quality Real Estate Office 905-432-7200 Mark Stapley Sales Rep.

A-ABA-DABA-DO, OWN YOUR OWN HOME! 6 months free! From \$550/month OAC, up to \$6,000 cash back to you, \$30,000+ family income. Short of down payment? For spectacular results. Great Rates. Call Ken Collis, Associate Broker, Coldwell Banker RMR Real Estate (905)728-9414, or 1-877-663-1054, kencollis@sympatico.ca

3 BEDROOM home, Rossland & Ritson, appliances, laundry, 2-sheds, quiet area, all amenities, yard, parking, \$1200 plus utilities, first & last, call Tula Thomas 905-619-0663, 905-432-7200.

3-BDRM TOWNHOUSE with garage, north end Oshawa, \$1050/mo.+utilities. References required. Call 705-324-2006 daytime or leave message.

4 BEDROOM BUNGALOW 5 min from Oshawa or Brooklin. Fully finished w/double-garage, references/credit check, first/last, no pets, no appliances. Sept. 1, \$1,350 +heat/hydro. 905-655-3501.

AJAX, gorgeous 2400 sq/ft. 2 storey, 4 bedroom, central air, 5 appliances, non smoker/pets, \$1700 per month Sept. 1, Westney / Magill area. 905-428-2015.

AJAX Harwood/Bayly, 3-bedrooms, walkout to deck, all inclusive, \$1100, fist/last, references required. Available immediately, (905)-428-7380 (416)-822-8476 Cell.

AJAX, 3-BEDROOM, finished basement, 4 appliances, renovate house, suitable for professional couple, no smoking/pets. \$1350 plus utilities, August 1st. Evelyn (905)428-9101.

Bright, SPACIOUS, clean, 3-bedrooms, nice street, close to park, all amenities, \$1025/month plus hydro. Possible rent to own. First/last, references. No pets. Sept. 1st. (905)576-3497

BROCK AND FINCH - spacious 3 bedroom, 2 storey, on quiet court, 2 baths, close to all amenities, \$1,200 plus utilities. Available August 1st. (905)428-8930

FINCH/MIELSON, Scarborough 3-bedroom house, main floor, asking \$1300 plus utilities. ALSO 1-bedroom basement apartment asking \$750 plus utilities. Available August 1st. Call Pat Walcott (905)428-8787

1998 HORNET, 3/ft, 2-bdrm, 8 x13 sunroom, c/a, electric tv, hot water tank, microwave, located at Chemong Lake, \$27,500. Call 905-767-3358 or 905-576-2770

185 Houses For Rent

OSHAWA - Country Executive, 4000sq ft. 4 bdrms, 2 1/2 baths, 3-car garage, well appointed with \$1,000,000 view. Successful tenants will sign yearly rental agreement. Avail. Sept 1st. \$2,500 a month. For further details call Joe 905-434-2447

OSHAWA BEAUTIFUL HOUSE 3-bdrm + loft, 2 baths, finished basement, fenced yard, air, laundry, 3-car drive. References required, professionals preferred. Aug 1, \$1500+utilities. 905-404-0176

OSHAWA, SPACIOUS 3-bedroom house. Walking distance to hospital, parking. Available immediately/Aug. 1, \$950/mo. + 25% utilities, first/last required. Credit check, references. No smoking/pets. Please call 905-623-9242

PICKERING BROCK/HWY#2 large 4 bedroom w/main floor family room \$1350 +70% utilities. ALSO 2 bedroom basement apt. \$750 +30% utilities First/last. Avail. August 1. No smoking/pets. 905-686-1650

190 Townhouses For Rent

COURTICE - 3 bedroom, 2 1/2 bath, 5 appliances, 1 car garage, Trulls/Avondale. Reference required, credit/check no smoking/pets. First/last \$1300 + utilities. After July 15. 905-434-5327.

NORTH-EAST OSHAWA, 3 bedroom end unit, finished basement, fenced yard, great family neighbourhood, avail. July 15, \$1250+, 905-579-8001.

192 Rooms For Rent & Wanted

1 ROOM available in 3 bedroom house, shared kitchen, own bathroom, close to all amenities. Suitable for quiet, non-smoking individual, no pets. \$550 inclusive, available immediately, call (416) 315-0858

DOWNTOWN OSHAWA LOCATION - laundry facilities, quiet older male preferred. Available immediately. \$375/month. 905-438-9367

FURNISHED room for rent, private bath, private entrance, on bus route. \$450 per mo. 1st/last, Available immediately. Harwood/Hwy 2. Telephone (905) 427-9576

LIVERPOOL/FINCH - Use of kitchen, laundry, share bathroom. Cable in room. Suitable for mature single non-smoker. \$380/month. Available July 28th. Call (905)831-4983.

ROOM FOR RENT in North Oshawa townhouse, all inclusive \$400 per month. Available immediately. Laundry, parking, use of home & yard included. Call (905)721-8443

SIMCOE/TAUNTON 1 room, pool, \$400/month. Share kitchen, bathroom, laundry. No smoking/no pets. First/last/references. Immediate, near Durham College, bus-stop, shopping. 905-438-0071 or 905-666-6461.

194 Shared Accommodation

AJAX, NEAR LAKE newly renovated 2 room basement for rent, shared facilities, laundry, large yard/deck, parking, non-smoking, no pets, utilities included. Unfurnished \$540, furnished \$600, 905-428-9315

AVAIL. SEPT. 1, Oshawa, \$460/month, all inclusive. Close to 401, O.C. & downtown. Non-smoker, professional. 9005-728-1850

PICKERING - Overlooking Frenchman's Bay, 1 bedroom available August 1st., share rest of house with 2 females. \$500/month plus 1/3 utilities. 1st/last, references. (905)839-9302

200 Vacation Properties

COTTAGE: two bdrm, eat-in kitchen, hot water, shower, flush toilet, deck, BQ, 200-ft. Lake Dalrymple waterfront, sandy beach, dock, 140km n. Ajax \$450/week. 905-831-4709. 705-833-2002. (call after 10 am.)

GREAT FISHING and family holiday Rice Lake. One hour from Oshawa. Modern cottages. Playground, sandy beach, low prices. Available July & August weekly. (705)696-2601 Sunnymead Cottages

205 Rentals Outside Canada

CLEARWATER, FLORIDA, fully furnished, air conditioned, 2-3 bedroom manufactured homes. Pools & hot tub, near beaches & major attractions. Children welcome. Photos \$275 weekly (less than motel) (905)683-5503.

215 Campers, Trailers, Sites

28 FOOT FIFTH WHEEL trailer-completely redone inside/out, hitch included \$5000. Call David at (705) 786-2855.

APACHE FOLD DOWN TENT TRAILER, no canvas! sleeps six, new tires and stove, fridge, sink, excellent shape, lots of counter space. \$2500 905-430-0338

BONAIR 10FT. TENT TRAILER. Excellent condition; new tires 3 burner stove, sink, ice box. Hydro/propane \$2400. 1-(705)-277-1389.

FOR RENT 1996 Starcraft tent trailer. Loaded, including fridge & stove, awning, sleeps 8. \$375/weekly. Available July 21-August 5th. August 20th-Labour Day. (905)433-1247.

232 Boats & Supplies

FOR SALE - 2 SEA-DOO'S 95 & 96, both run super fast and clean, also comes with dual galvanized steel trailer, winterized yearly. Must see! \$8,000 O.B.O. 1-877-818-9606, 9 am - 5 pm ask for Jesse or Delon 905-619-1081 after 5 pm.

234 Pools & Supplies

EARLY BIRD SPECIAL - 16x30 O.D. Kayak Pools with decks and fence, limited quantity, from \$4,995.00, 25 year warranty. 1-800-668-7564, www.kayakpools.on.ca

279 Tutoring Service

PRIVATE SUMMER TUTORING K - Gr 6 DDSB Teacher offering tutoring in • Language • Math 905-426-3497

TUTORING AVAILABLE FOR HIGH SCHOOL MATH STUDENTS MANY YEARS OF EXPERIENCE \$25/HOUR (905)-837-9213

303 Horse Supplies & Boarding

DELARI STABLES, has box stalls available, lush pasture, group or individual turnout, trailering, English & Western lessons, beginners to advanced. Oshawa, 905-433-8795

309 Bargain Centre

SXS FRIDGE, STOVE, range hood, almond \$500/set will separate. Year old \$1,000-btu air conditioner \$350. 12-foot canoe, paddles, carter pads \$250. 905-721-8483

310 Articles For Sale

CARPETS - lots of carpets. I will carpet 3 rooms (30 sq. yd.) Commercial carpets for \$319.00. Residential or Berber carpets for \$389.00. Includes carpet, premium pad, expert installation. Free, no pressure estimate. Norman (905) 686-2314.

DANBY 10,000 BTU VERTICAL AIR CONDITIONERS \$625. New danby bar fridges. \$139 and up. Also variety of new appliances, scratch and dent. Full manufacturers warranty. Reconditioned fridges \$195 / up, reconditioned ranges \$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.

Direct TV HU FIX, \$25. 30 day warranty. Private script. Un-looping \$30. Also do H cards. Call 905-424-8615

GAME CUBE w/4 controllers, 6games +accessories \$600. PS1 w/2 controllers, 1 game + accessories \$120. Gameboy Advance w/18 games + accessories \$250. Call 905-837-0158

GIANT DRAPERY Clearance! Everything Must Go!! Fabric, drapes, blinds, etc.. At The Drapery Outlet. 109 Old Kingston Rd. Ajax. Hwy 2/Elizabet, Hours 9am-5pm. Call 905-428-0717.

GOLF CART, electric club car 1960's \$850; 88 Chev Van \$1425; Fridge \$125; Stove \$75; Electric Lawnmowers \$35-\$65; Self propelled lawnmower 6.5hp, rear bag \$200. 905-571-7207

MAPLE DINING ROOM SUITE with sideboard and china cabinet circa 1960. Gently used motorized scooter. Single bed & stereo console. 905-666-2075

M

400 Cars For Sale

NEED A CAR?
 Rebuild Your Credit With
newstartleasing.com
 As low as \$199 down, \$199 /mth.
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325 Auctions

ATTENTION AUCTIONEERS!!
 Our "Auction Package" consists of your ad running weekly in these publications:

- Oshawa Whitby This Week
- Ajax Pickering News Advertiser
- Port Perry This Week
- Northumberland News
- Uxbridge Tribune/Times Journal
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One call does it all!!!
 Phone 576-9335
 Fax 579-4218

310 Articles for Sale

APPLIANCES: refrigerator 2-door frost free, deluxe stove, matching heavy duty washer/dryer \$675/all will sell separate. Also washer used 2 years \$250 + Dryer \$225, 8 mo old dishwasher \$275, all top condition. (905) 767-6598

SHEPHERD - Quality wooden sheds 8' X 8' barn kit, only \$299. plus tax. Many other sizes and styles available. Also garages. 761 McKay Rd. Unit 1, Pickering. For more info. call 905-619-2093.

STORAGE TRAILERS AND storage containers, 24 ft. & 22 ft.. Call 905-430-7693.

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

VILAS DINING ROOM suite, buffet, hutch, sideboard, round table & 8 chairs. Call (905)420-0692.

315 Articles Wanted

WANTED - one or two good used basic KAYAKS with paddles and life jackets, plastic acceptable. Call 905-377-9983.

WANTED CAMERAS: Canon, Nikon, Pentax, Voigtlander, Zeiss, Robot, Grafax, Compiss, Leitz, Leica. 16mm movie cameras, old metal toys. Fair prices paid (905)432-1678 Most metal body cameras & miniature cameras & Super 8 cameras & projectors.

316 Vendors Wanted

VENDORS WANTED
 FOR 20TH ANNIVERSARY MARKHAM HOME SHOW
 OCTOBER 25-27
 Markham Fairgrounds.
 Prime Booth Space Still Available
 Call 1-888-211-7288 ext. 227

330 Firewood

FREE FIREWOOD - Broken woodskids and pallets. Delivery available Oshawa Whitby/Ajax Pickering area. 905-434-0392. (snp)

370 Pet Supplies

FREE TO GOOD HOME - 2 male kittens, 12 wks old. Call Michelle 905-743-6149.snp

400 Cars For Sale

1978 EL CAMINO, Maroon, with tonneau cover, 60k miles, \$6500 obo. (905-728-1959)

1978 MERCURY ZEPHYR, 6 cyl, auto, 2 door, 43,000kms., ps, pb, mint condition, mech A1. Give Away Price \$6,000. 905-987-3199

1990 CADILLAC SEDAN de-Ville 4-door, 4.5 V8 auto, fully loaded. Black with red leather interior, wire wheels, AM/FM Sony w/CD, no rust, mechanically A1. Must sell \$2150 905-436-6763

1997 VOLKSWAGEN JETTA GL, red, great condition, A/C, Power locks, AM/FM Stereo, 5-speed, certified & e-tested. Asking \$11,500. 90,000kms. non-smoker. Call Michelle 905-626-0365

1998 SATURN SL2, 4dr., plum, air, cruise, auto, leather, 55k, balance of warranty, keyless remote, colour matched bumpers. E-tested, certified, \$12,999 905-436-2843

400 Cars For Sale

1989 JAGUAR SOVEREIGN, V6, nicest one between Toronto & Montreal. Only 112,000kms., immaculate condition, stored winters. Full leather interior, sunroof, woodgrain dash/console, heated seats/mirrors, plenty of extra toys. Looks/drives like a dream! Only \$9,900. Take if for a driver at Vanderheyden's Garage, 671 Simcoe St. S., or call (905)623-1043 evenings or weekends for details.

1990 DODGE SHADOW, 4dr, brown, nice car, e-tested, as is \$1,200. 905-987-7268; 1993 CAVALIER, 4cyl., standard, one owner, highway mileage, best offer 905-623-5369.

1990 FORD TEMPO, black, certified mechanically, e-tested, excellent condition. Am-fm, air, auto, 140,000 kil., \$2,200. Not \$2,100 or \$2,000. Temporary plate for test drive. Call (905) 831-2229.

1990 NISSAN STANZA XE 4 door, automatic, power locks, windows, maintenance records, excellent condition. Must sell, \$2200. 905-426-1212

1992 EAGLE TALON TSI, awd turbo, 163 k., loaded, 5 speed, 4th gear needs work. As is \$5,700 firm. Telephone (905) 427-7059

1992 VOYAGER, 7 seater, \$3,299; 1990 Cougar, fully loaded \$2,999; 1991 Eagle Talon, all wheel drive \$3,499; 4 other cars under \$2,000. Canada Day Special - No GST. No PST. Kelly & Sons. 905-683-7301 or 905-424-9002 after 6 p.m.

1995 FORD EXPLORER LTD, 178,000 km, rebuilt engine \$10,500; 1995 BUICK PARK AVE. Ultra, rebuilt engine & transmission \$8995; 1992 ACURA INTEGRA GS, auto, 226,000km \$6695; 1990 BONNEVILLE SSE parts car \$300. KUBOTA L175 Compact Tractor 2 cyl. with scraper blade \$2,700; TROY BUILT Wood Chipper 8HP \$1000. Call Doug days 905-985-0074 days; Eve. 705-277-3250. Dealer.

1993 MERCEDES BENZ, 190E, black, fully loaded, air, 6 disc cd changer, sunroof, certified, e-tested, \$10,200. Immaculate. Phone (905) 831-0955

1994 4-DOOR Ford Taurus - Drk green, automatic, 200,000 km, \$4000 o.b.o. As is, Emission tested. Excellent condition. Call 905-721-8156.

1994 CAVALIER, 4dr., 4 cyl., air, auto, am/fm cassette, 128,000kms., teal, \$4,795 o.b.o. certified & e-tested. Call (905)579-3760. (snp)

1994 EAGLE TALON, 5 spd, 2L, needs engine work, parts incl. 150K, \$3,700. Also 1990 CHEV truck, for parts only. Call 905-718-9347

1997 CAVALIER, 4 dr., green, auto, air AM/FM cass., 148,000 kms., certified and E-tested, ONE OWNER, \$6,990 OBO. Call 905-377-1542.

1997 VOLKSWAGEN JETTA GL, red, great condition, A/C, Power locks, AM/FM Stereo, 5-speed, certified & e-tested. Asking \$11,500. 90,000kms. non-smoker. Call Michelle 905-626-0365

1998 SATURN SL2, 4dr., plum, air, cruise, auto, leather, 55k, balance of warranty, keyless remote, colour matched bumpers. E-tested, certified, \$12,999 905-436-2843

1998 TRACKER, 4X4, auto, soft top, only 62,000kms. One owner. Forced to sell. Excellent condition, regular maint. 905-668-2636.snp

249 Coming Events

Highlands of Durham Games
 Sat. July 20 & Sun. July 21
Sheepdog Trials 9-5 p.m. Uxbridge
1-888-253-5552
 www.highlandsofdurhamgames.com
 Co-sponsored by Port Perry This Week & Uxbridge Times Journal (Divisions of Metroland Newspapers)

400 Cars For Sale

1999 BLACK TOYOTA Tercel, 4dr., 5-spd, standard, 58kms, perfect condition, \$10,500. Call (905)655-5340.

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

1994 CAVALIER, 4dr, 4 cyl, auto, a/c, p/l, white w/blue interior, excellent condition in/out, no rust. 111,000km. Runs great. Asking \$3,425. Safety & e-tested. 905-404-8518.

86 FIERO 2M6 - Must See. New V6 engine, air, p/w, p/l, p/b, dual exhaust, automatic, spoiler, sunroof, silver w/black trim, never winter driven, can be certified/emission tested. \$4,500. 1-705-357-2358 Manila.snp

NEED A CAR?

- * Previous Bad Credit
- * Discharged Bankruptcy
- * New in Country

WE CAN HELP - FAST APPROVALS
 Ask for Mike Williams
 • Pickering - 905-839-6666
 • Oshawa - 905-427-2828
 • Toronto - 416-289-3673
 • Fax - 905-839-6008

1-800-BUY-FORD
Formula Ford

405 Cars Wanted

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

410 Trucks For Sale

1993 FORD RANGER 4 cylinder 5 speed box liner many new parts runs and looks great. \$3500 O.B.O. 905-839-2778

420 Vans/4-Wheel Drive

1987 NISSAN MULTI VAN 4-cyl auto, P/S, P/B, A/C, tilt, cruise, factory dual sliding doors, mechanically A1. Deluxe valour interior. Look & runs excellent. Must sell \$1350. 905-436-6763

93 GMC SAFARI, Touring Edition, seats 8 w/6 reclining captain's chairs, recent full tune-up, just passed emission test. \$3890. Phone (905)721-0601 (snp)

93 MERCURY Villager, AC, PW, PDL, seats 7, excellent condition, 151 kms, \$5500, call 905-434-7594

435 Motorcycles

1978 HARLEY SPORTSTER
 Excellent condition
 Custom paint
 Many extras
Asking \$6,500
905-668-0098

1981 SUZUKI 850CC, Faring bags & trunk, am/fm cassette shaft drive with 4 into 1 exhaust, case guards with foot pads. sold as is \$1500 o.b.o. Call (905)623-2773

ESTABLISHED SWM professional 40 seeks attractive fit educated SWF 32-38 non-smoker no children for long term relationship P.O. Box 62507 555 Rossland Rd. E. Oshawa L1K 1K0.

260 Tenders

INVITATION TO BID
 Bids for services listed below address to:
The Distribution Manager
News Advertiser
130 Commercial Avenue
Ajax, Ont. L1S 2H5
 Will be received until 5 p.m., Monday July 8, 2002. Contract commencing July 15, 2002. Work consists of counting or inserting, bundling and dropping off papers, flyers, catalogues and other products to specific drop locations in the Ajax area. Delivery to be completed within 2 hrs. after receiving final product.
 Information packages available at:
130 Commercial Ave.
 Ask for Pickering area - Bid Claremont
 Lowest or any bids not necessarily accepted.

262 Public Notices

LOOKING FOR CONTRACTOR
 Who built walls in Miller Heights sub-division in 1986/1987, location Adams Drive, Ajax, Lot 53. Need blueprints or drawings of retaining wall. This is not a dispute against the contractor, but dispute between neighbours. Contractor will be reimbursed for any costs.
905-683-8452

262 Public Notices

INFANTS - 12 YEARS OLD
 In caring, safe, fun home environment.
 Licensed by M.C.S.S.
 Reasonable rates
 Receipts, flexible hours. Call
DURHAM PROFESSIONAL HOME DAYCARE 905-509-1207

273 Daycare Available

ENERGY WORKER available (Reiki Master, Crystal Healer, Ear-coring Therapist) Maureen McBride's Healing/Energy Clearing media document, including Toronto Sun. Four years success treating leukemia, cancers; chronic pain management; dissolving child-adulthood traumas/issues. 905-683-1360 days, eves, weekends

273 Daycare Available

HEAVENLY PSYCHIC Answers. Find the oracle within. \$2.99/min. 18+*24 hrs. 1-900-451-3783.

275 Announcements

NO TIME TO TALK
 Why not Fax us your ad!
 You can use your fax machine to send us your advertisement. Please allow time for us to confirm your ad copy and price prior to deadline. One of our customer service representatives will call you. Please remember to leave your company name, address, phone number and contact name.
Fax News Advertiser 905-579-4218

268 Personals

SLIM DOWN FOR SUMMER! Wanted 12 people who are serious about losing weight. I lost 20lbs in 6 weeks! Free Samples. 416-324-0784. www.bestnutritionforyou.com

268 Personals

PIANO TEACHER Qualified Will brush up your child's music for summer \$10 per 1/2 hr
905-831-0264

268 Personals

SWIMMING LESSONS Our qualified Red Cross instructors are available to come to your pool to teach private and semi-private lessons
 Toddlers - Adult
905-683-2660

270 Nannies/Live-In/Out

NANNY REQUIRED, live in, Ajax. 2 children, light house-keeping. For more information call (905) 428-9969

270 Nannies/Live-In/Out

ABSOLUTELY LOVING child care. Dixie Rd/ Hwy 2. Ages 2 - 12. CPR, first aid, police-checked, receipts. Summer care or starting in September Huge playground. Walkout to backyard. Non-smoking, non-alcohol home. (905) 831-8742

273 Daycare Available

AFFORDABLE fun for all ages. Westney/Delaney, Ajax. 20 yrs. experience. Happy environment. Huge play area. Crafts, movies, meals. Receipts and references. All ages. 905-686-8719.

273 Daycare Available

LITTLE ANGELS DAYCARE full-time places available for children of all ages in my home. No smoking, no pets. Meals & snacks provided. Call (905)509-8813.

273 Daycare Available

MISSING CAT, black+white male. Very friendly, "patches". From 1230 Radom St. Call 905-831-7912 or Millennium City Veterinary Hospital 905-420-9555. Cash reward for safe return/information leading to recovery

265 Lost and Found

FOUND - MALE BUDGIE, very friendly on Mandrake St. Found Tues. July 2nd. Call (905)683-8859.cnp

265 Lost and Found

HOUSE CLEANER Are you looking for a reliable energetic, experienced house cleaner? I work alone. Excellent references Reasonable rates. Ajax, Pickering area (905)-428-8346 or (cell) (416)-809-9387

268 Personals

PERFECT MAID SERVICE
 No messing around
 • Excellent staff
 • Bonded
 • Friendly people
 • Supervised
 • Excellent prices
\$10.00 OFF FIRST CALL (905) 686-5424

268 Personals

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

700 Home Improvements

A & C ROOFING and WINDOWS

- Shingles of all types, flats of any size
- Soffit • Fascia • Eavestrough
- Spring Special - 25% off all vinyl products
- Int. free financing for up to 12 months
- Double warranty guaranteed, fully transferable

(905)509-8980 or (905)428-8704

274 Daycare Wanted

NANNY LIVE-OUT, Westney/Lakedriveway, South Ajax. October start for 8 yr girl & 10 month baby boy. Non smoker. Vehicle an asset. Call Michelle 905-686-3276

165 Mortgages Loans

\$\$\$ MONEY \$\$\$
 100% first, second & third mortgages, for any purpose, debt consolidation/ bad credit ok
ONTARIO WIDE FINANCIAL CORP.
(416) 913-7878

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

274 Daycare Available

CENTRAL FUNDING GROUP, first & second mortgages to 100%. From 6.15% for 5 years. Best available rates. Private funds available. Refinancing debt consolidation a specialty. For fast professional service call 905-666-4986.

MONEY PROBLEMS? STOP: judgements, garnishments, mortgage foreclosures & harassing creditor calls. GET: Debt Consolidations, & protection for your assets. Call now: 905-576-3505

168 Bus. Services/Personals

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 Freelance & Contract Logos, Web components Prepress & colour corrections, Illustrator & Photo Shop all current programs.
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 email: dwright@look.ca

280 Lessons

PIANO TEACHER Qualified Will brush up your child's music for summer \$10 per 1/2 hr
905-831-0264

280 Lessons

SWIMMING LESSONS Our qualified Red Cross instructors are available to come to your pool to teach private and semi-private lessons
 Toddlers - Adult
905-683-2660

556 House Cleaning

HOUSE CLEANER Are you looking for a reliable energetic, experienced house cleaner? I work alone. Excellent references Reasonable rates. Ajax, Pickering area (905)-428-8346 or (cell) (416)-809-9387

556 House Cleaning

REAL HANDYMAN For people with limited cash flow. Small job Specialist Plumbing, electrical, Garbage Removal, installations
 Call Joseph 905-428-7528 cell - (905)626-6247

556 House Cleaning

HOUSE CLEANER Are you looking for a reliable energetic, experienced house cleaner? I work alone. Excellent references Reasonable rates. Ajax, Pickering area (905)-428-8346 or (cell) (416)-809-9387

556 House Cleaning

PERFECT MAID SERVICE
 No messing around
 • Excellent staff
 • Bonded
 • Friendly people
 • Supervised
 • Excellent prices
\$10.00 OFF FIRST CALL (905) 686-5424

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 No messing around
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 • Friendly people
 • Supervised
 • Excellent prices
\$10.00 OFF FIRST CALL (905) 686-5424

556 House Cleaning

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North Tigers eat up Spartans ball mosquitoes

Ajax Spartans drop semifinal following three straight wins

AJAX — The Ajax Spartans mosquito rep baseball team fell short after driving all the way to the semifinals of the 13th annual Cambridge Toyota Baseball Tournament last weekend.

The mosquitoes were one of 32 teams to compete in the prestigious tournament that came complete with a parade of players at the park.

In the semifinal game, the Ajacians lost 7-4 to the Mississauga North Tigers, the defending provincial champs. Kristopher Barclay, Wayne Feltham and Kyle Lewis delivered key hits in the losing cause. Thomas Fearon and Colton Kennedy shared the pitching duties.

Ajax started the tourney with a 7-4 victory over the Mississauga Twins. Raihaan Patel and Feltham pitched superbly. Todd Blair, Kennedy and George Halim led the offensive attack.

A last-inning comeback lifted the mosquitoes past the host Cambridge squad 11-10. Brennan Conquer's opposite-field single brought in Fearon with the winning run in the bottom of the seventh. Feltham, Fearon and

Conquer all had multiple-hit games.

Ajax finished the round-robin portion of the tournament with a 21-3 lambasting of Bolton. Everyone on the Ajax roster contributed at the plate in the lop-

sided victory. Conquer and Lewis were on the mound. Andrew Ward and Barclay contributed strong defensive play to the game.

The Spartans finished first in their tournament division.

Pickering boys come oh so close to semis

PICKERING — The Pickering Power boys' under-10 rep soccer team made its debut at the Robbie International Soccer Tournament a successful one last weekend.

The Pickering squad finished in the top eight out of 28 teams competing in the prestigious annual event in Scarborough. The tournament routinely attracts top teams from Ontario as well as several international squads.

Pickering made it all the way to the quarter-final match against Waterloo where they were defeated. No score was submitted.

Power dropped its tournament opener 2-1 to the Oakville Extreme, with the winning goal coming on a controversial call. Oakville went on to finish second.

Pickering blitzed Aurora 7-0

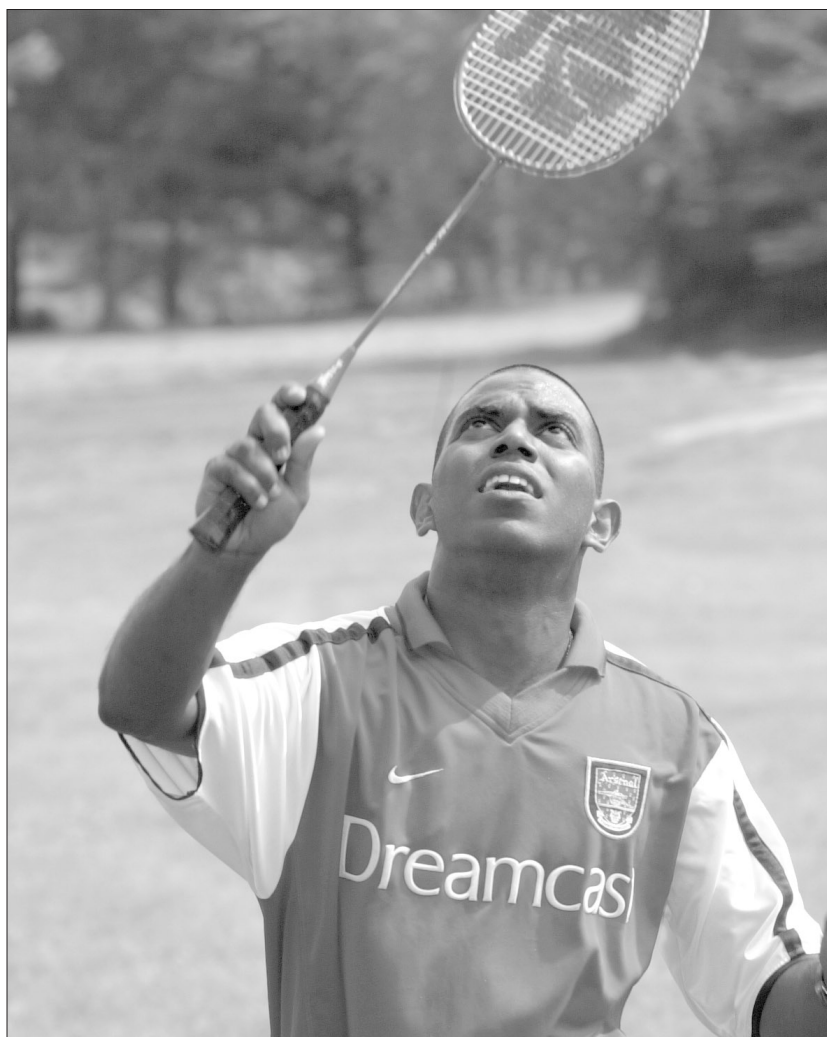
in the second game and also posting a convincing 6-1 victory over Clairlea in Game 3 to advance to the quarter-finals.

Dion Franklin led Pickering with nine goals. Maclin Crawford followed with four and Blake Cluff had one.

Pickering had the best goal for and against in its division going into the quarter-finals.

Goalkeeper Mckenzie Smith was solid in keeping opposing shooters at bay. He was helped out by the defensive play of Cameron Hasall, Anthony Schembri, Alex Casso, Jonathan Horlock, Andrew McPherson, Grey Fowler and Matthew Rayson.

Forwards Brandon-Graham Hurley, Anthony Guglietti, Brandon Hyde, Michael Libby and Alex Rayson performed well throughout the tournament.



JASON LIEBREGTS/ News Advertiser photo

Birdie bashing

PICKERING — Thomas Fernando bats the birdie around while playing a friendly game of badminton during a family outing to Petticoat Creek recently.

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