

# News Advertiser

PRESSRUN 45,600 ♦ 24 PAGES ♦ SUNDAY, MARCH 2, 2003 ♦ [durhamregion.com](http://durhamregion.com) ♦ OPTIONAL DELIVERY \$6/\$1 NEWSSTAND

## BIRTHDAY GIRL

Mya's big day  
Name Dropping, 10



## SKILLED TRADES

Program seeks apprentices  
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## CRUNCH!

Enough space?  
Feature series, 16



# Taxpayers may give \$3.5 million to hospital

**Durham committee recommends funding over five years for health centre**

By Jacquie McInnes  
Staff Writer

DURHAM — Durham property taxpayers could be making a precedent-setting \$3.5 million donation to the Rouge Valley Ajax and Pickering hospital over the next five years.

Wednesday, the Region's finance committee recommended a \$250,000 donation this year, to be followed by further contributions over the following four years to a total not to exceed the \$3.5 million requested by the Ajax hospital for its expansion campaign.

The committee's recommendation will come to regional council, Wednesday, March 5

for consideration.

"It will give the hospital the green light to go back to the Province and proceed with the project," committee member Pickering Councillor Mark Holland said following the meeting. The hospital is required to pick up 30 per cent of the project cost through community support while the Province pays the remaining 70 per cent.

The recommendation is to finance the \$3.5 million request through the increase in property tax revenue generated by additional growth as people move into the region, says Coun. Holland.

At an earlier finance meeting, the committee asked for a report from staff on creating a policy to fund a percentage of all Durham hospital projects that are 70 per cent funded through the Province.

Finance Commissioner Jim Clapp says the Region has never provided funding for a hospital capital project prior to

♦ See Funding page 2



Ron Pietroniro/News Advertiser photo

## Literally speaking...

PICKERING — Holy Redeemer Catholic School students Amanda Webster (left) and Paulina Nowakowski share a smile and a fun read during family literacy night at the school Thursday. Children were encouraged to come to the school dressed in their pyjamas to settle down for a comfortable night of reading and learning.

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**Pickering Town Centre**  
(lower level, Sears wing)



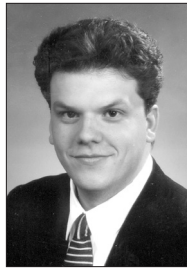
# Funding for Ajax hospital proposed

◆ Funding, from page 1

last year's council's approval of \$7.5 million for the Durham cancer centre to be built beside Lakeridge Health Oshawa.

In total the Rouge Valley Ajax and Pickering hospital must raise \$13.7 million of the total \$46.9 million for the hospital expansion.

The project will include a new ambulatory care centre, expanded emergency room, expanded diagnostic imaging room, more mental health services, a new complex care unit and will fund improved technology and infrastructure.



**MARK HOLLAND**  
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# 1 daysale

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- men's casual shirts & knits  
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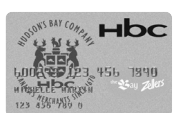
Saturday, March 22  
6:45 p.m.-9:30 p.m.  
Tickets available at The Bay, Pickering

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# New blood needed in skilled trades

## Program hopes to inject fresh recruits

By Jacquie McInnes  
Staff Writer

DURHAM — You wouldn't think it would be hard to attract people to a job where they can earn up to a six-figure salary, yet Durham's trade industry has just launched a program to address that very problem.

The region's manufacturing sector is trying to address a shortage of tradespeople through a new program funded by Human Resources Development Canada (HRDC) and the Ontario ministry of training, colleges and universities working in conjunction with local community partners including the two Durham school boards and various industry organizations. The goal is to address what is expected to be a major shortage of skilled trades professionals needed in the Durham area.

Ontario is the "undisputed world leader in manufacturing," says Kevin McLellan, spokesman for the new program. The government is predicting a shortage of one million skilled workers by 2020 "with serious shortfalls before that," he says.

It's hoped the new initiative 'Skilled Trades in Durham: Collaborative Action to Meet Market Demand' will help Durham companies recruit graduates in fields such as industry, construction and the automotive trades.

The program funding of \$600,000 was approved in late 2002, a committee has been formed and staff hired for the program. The goal is to centralize all resources and information pertaining to apprenticeship programs and opportunities in Durham, says Mr. McLellan.

A Web site will be created to provide a one-stop access point to apprenticeship opportunities and an awareness campaign will be created, he says. As well, the organizations are hoping to find ways their members can make more apprenticeship opportunities available to encourage young people to consider trades as a career option.

"We've always had apprentices but there are very few young people coming into the trades now that they're no longer promoted through the school system," says Del Bruce, chairman of the local apprenticeship committee for manufacturing and president of Canadian Progressive Tool and Transfer. There is one program, the Ontario Youth Apprenticeship Program (OYAP), which introduces Grade 11 and 12 students into apprentice-type situations. However, he says, the machine shops of the 1970s have, for the most part, been replaced by computer labs. As a result, fewer students are getting that hands-on experience with the trades at the high school level and less are considering this lucrative career option. Mr. Bruce suggests there are a lot of misconceptions about the trades, not only with students but with their parents as well.

"It's very interesting work. It's very high-tech," he says, noting his shop, which builds tooling for the automotive industry, probably has more computers than most other types of businesses. "The stereotype idea is they're working with their hands and it's a dirty business. That's not the case. It's very clean."

Students considering a trade need math and communication skills and a good basic understanding of science, particularly physics but mostly a good work ethic is required. Although a young apprentice may only start at a \$9 per hour wage, within four or five years he or she can expect to be earning \$50,000 annually and within a decade will be earning closer to \$90,000, he says. Although a Grade 12 education is technically all that is required to become an apprentice, Mr. Bruce says most companies like their workers to start out with some exposure to machinery because of safety requirements.

With about one-third of the tool and die makers expected to retire in the next decade, Mr. Bruce says he hopes programs like this one will help the industry meet the demand.

For more information, contact Kevin McLellan at 905-723-8034.




Adam Bray grinds his way through another day as a tool and die maker. Durham's manufacturing sector has launched a program to recruit new apprentices for skilled trades.

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Pickering (across from the P.T.C.)



# Horn drives gun-wielding carjack suspect away

## Woman foils attempt outside nursing home

PICKERING — A 54-year-old woman sounded her horn to scare away a car-jacker who pointed a gun at her in a Pickering parking lot Thursday.

Durham Regional Police said the victim was backing out of a parking spot at the rear of a nursing home on Valley Farm Road at about 7:50 p.m., when a white vehicle pulled up and blocked her from leaving.

A man got out of the passenger side of the vehicle and, with a gun pointed at the woman, tried to open her driver's door, which was locked, police said.

"The victim began sounding the horn, which appeared to startle the male, who quickly retreated to the vehicle and drove away," said Sergeant Paul Malik, police spokesman.

The woman ran into the nursing home and police were called. The suspect is described as black, 18 to 21, clean-shaven, 5-foot-4, wearing a dark brown or black leather hat with earflaps and brown three-quarter length coat. The vehicle was an off-white early 1990s domestic make.

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## People sought to join World Day of Prayer

AJAX — Local residents will have an opportunity to take part in World Day of Prayer 2003. This year's annual global event focuses on the plight of Lebanon.

Many events have been arranged to coincide with the day of prayer. A service at St. Paul's United Church on Kings Crescent, set for March 7 at 1 p.m., reflects on the theme 'Holy spirit: fill us'.

Everyone participating in the service will be welcomed by The Women of Lebanon with the greeting "Alan way Shan!" meaning, "Welcome!"

The Women of Lebanon is urging groups around the world to plant a tree in solidarity of the Lebanese people who are still trying to re-plant areas of Lebanon many years after Lebanon's 17-year civil war.

More than 170 countries and 2,000 communities across Canada are expected to take part event for the people of Lebanon.

For more information call Karen Strong at 905-686-0385.

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## NOTICE

The Ministry of Transportation has received an exemption to the Town's Noise By-law from the Council of the Corporation of the Town of Ajax to permit highway construction through the night should the need arise. This exemption permits the Ministry of Transportation to carry out various aspects of highway construction during a time least likely to interfere with normal traffic flows. Should there be any concerns, please contact Rinaldo Rossi, Ministry of Transportation at 416-235-4016. This exemption expires May 31, 2003.

### ...because education is important

For further information on Community Newspapers in Education email us at [newsroom@durhamregion.com](mailto:newsroom@durhamregion.com)

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DURHAM — A fun yet effective approach to weight management is offered by the

Durham Family YMCA. The program focuses on body composition with a 30-minute fat-burning workout each week. Approaches to weight management through diet and eating habits will also be explored.

The Durham Family YMCA is located at 99 Mary St. N., Oshawa. Participants are asked to register for the lunches in advance. Call Lee at 905-438-0822, ext. 451 for more information on the program.



**Our kids are our future and we want to help make it bright!**

☆ For more information on Community Newspapers in Education call:

This Week / Canadian Statesman Chris Bovie, managing editor 905-579-4400

News Advertiser Steve Houston, managing editor 905-683-5110

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Community Newspapers in Education



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My name is Mary Galer. I melted off 65 lbs. of fat after being hypnotized at Positive Changes Hypnosis Center. My dress size plunged from an embarrassing XXL to a sleek 10 in six amazing months!

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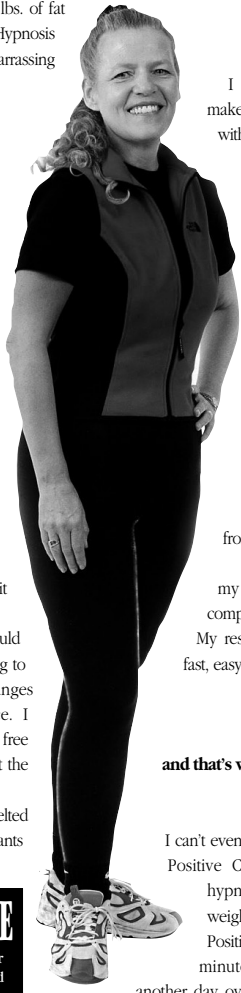
As a hairstylist, I am on my feet for up to 10 hours a day. I knew that I had put on weight, but up to that point, I was in denial about just how overweight I had become.

I used to beat myself up mentally. I could sit and eat an entire bag of chips while telling myself that I was fat, and ugly, and shouldn't be eating this disgusting junk food. Yet I'd just keep on eating.

I tried the national diet chains, the high protein and cabbage soup diets. In desperation, I even tried Phen-Fen. Sometimes I could lose weight, but it would always sneak back up on me. Each time it was a little bit more.

I realized how diets had failed me. I would need to change my habits if I was ever going to lose my weight for good. Positive Changes Hypnosis seemed like the logical choice. I decided to call right away to schedule my free 30-minute screening. When I discovered that the fee was reasonable, I decided to sign up.

That was the best decision of my life! I melted off 65 lbs. in six amazing months. I cut my pants size in half!



**Being hypnotized is a wonderfully relaxing experience!**

I simply lean back, relax, and let my mind make the changes. It's easy! I am 100% satisfied with my results.

Hypnosis eliminated my cravings and poor eating habits. I simply eat less and enjoy it more. I have developed a relaxed attitude around food. I can go to a party or buffet without that nagging fear that I will overeat. I enjoy myself even more because I am free from the guilt of the past. I'm so confident that I'll never gain my weight back, I've given away all my large sizes!

**My doctor was thrilled with my check-up!**

My legs and feet no longer hurt or swell from being on my feet with all that extra weight. Positive Changes was the best investment of my life. A friend that I bowl with recently complained about how hard it is for her to diet. My response was, why diet when hypnosis is so fast, easy and effortless?

**I've made positive changes that will last a lifetime and that's why I'm recommending Positive Changes to you.**

I can't even imagine what my life would be like without Positive Changes Hypnosis. So if you're thinking hypnosis may help you lose your unwanted weight, I say go for it. Pick up the phone and call Positive Changes Hypnosis. Ask for your free 30-minute screening appointment. Don't spend another day overweight and unhappy. Hypnosis will help you change the habits that caused you to gain weight in the first place. Call now.

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# SHOW GUIDE & EVENT DIRECTORY

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Pickering Recreation Complex  
March 22nd & 23rd  
10am - 4pm

The show targeting new and expectant parents, infants, toddlers and pre-schoolers.

For more information and free admission tickets please call 905-426-4676 ext 227

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# Editorials & Opinions

SUNDAY, MARCH 2, 2003 ♦ News Advertiser ♦ TONY DOYLE, NEWS EDITOR, 905-683-5110 EXT. 254

## Editorial

# Focus on apprenticeships badly needed

## Push to fill good jobs part of economic plan

What with the University of Ontario Institute of Technology and the International Thermonuclear Experimental Reactor and all manner of high-tech businesses and industries locating in Durham, you'd think there'd be little time or inclination for good, old-fashioned apprenticeships. But, you'd be wrong.

While Canada will clearly need its share of nuclear physicists, engineers and computer wizards we're also in dire need of tool and die makers, electricians and welders. In fact, we're facing a shortage of one million skilled workers by 2020. The need to attract and train workers begins with apprenticeships which can be acquired, in some cases, through college programs, in others with a high school diploma.

Apprenticeships are the target in joint federal-provincial programs funnelling money into businesses. Premier Ernie Eves announced a \$1-million infusion to school boards across the province to promote apprenticeships to students. In Durham in 2002, \$600,000 was committed by the feds, the Province working with community partners to centralize all resources and information pertaining to apprenticeship programs and opportunities in Durham.

The chief reason for the shortfall is a lack of awareness on the part of young people and their parents. Apprentices may start out at \$9 per hour but can make \$50,000 annually four or five years into the job and upwards of \$90,000 per year after a decade. Such wages go far beyond the average salary of a Canadian worker.

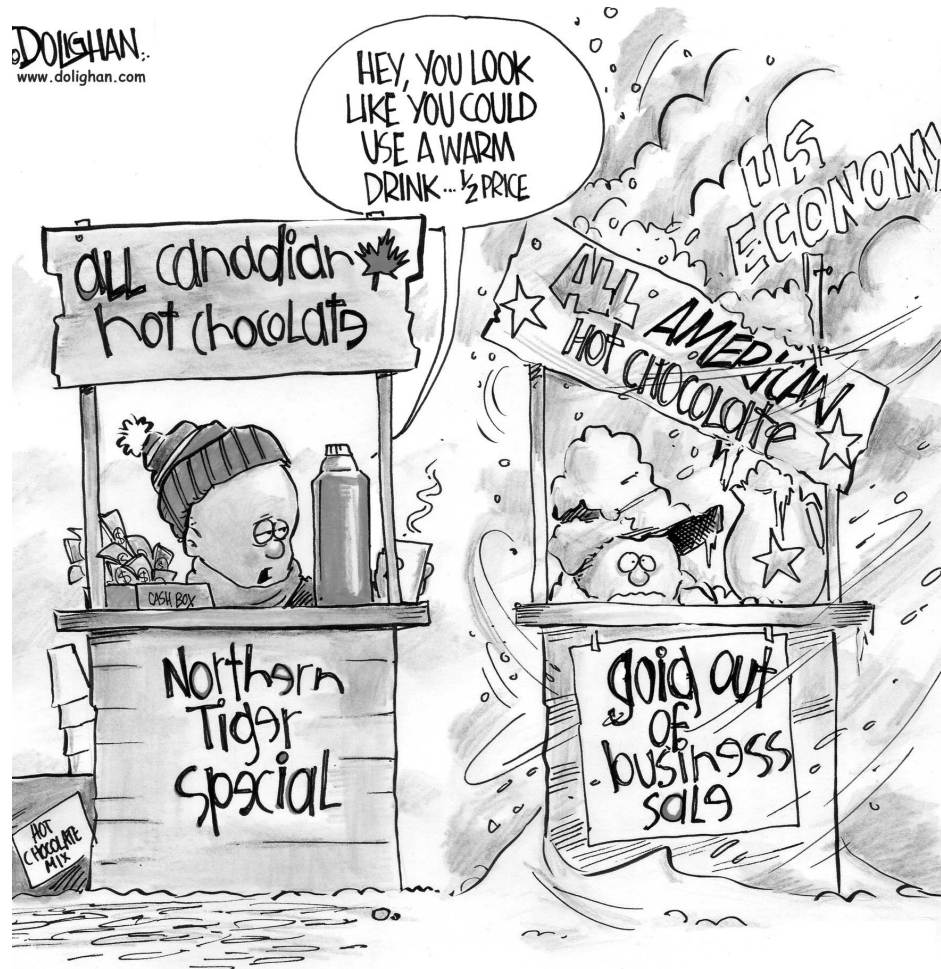
Skilled trades have a reputation at odds with the working conditions most employees find themselves in these days. Del Bruce, chairman of the local apprenticeship committee for manufacturing and president of Canadian Progressive Tool and Transfer, says skilled trades are, "very interesting work. It's very high-tech. The stereotype is they're working with their hands and it's a dirty business. That's not the case. It's very clean." He indicates the machine shops of the 1970s have been replaced by computer labs.

The jobs are clearly out there for the taking and will be filled one way or another. Clearly, qualified immigrants will be able to fill part of the gap in skilled trades. In addition, students, once they enter high school, have to know the option of skilled trades is there for them.

Governments at both the federal and provincial level and businesses must work closely together to make sure they promote the opportunities our young people can take advantage of.

The push needs to emphasize the skill in skilled trades and the high salaries and standard of living such tradespeople enjoy.

DOLIGHAN  
www.dolighan.com



## Letters to the Editor

### Education system needs to be overhauled

To the editor:

Re: 'Ten wishes for a bright future in Durham', opinion shaper column, Feb. 21.

Talks surrounding an upcoming school strike have made me disgusted with our education system. It is unfair to students, who've already had two strikes in the past, especially this year's graduating class that has encountered enough problems because of the double cohort.

The Grade 12 students in the new curriculum have been nothing but

Guinea pigs, while students in OAC have to deal with major cutbacks, as the school board refuses to spend money on the old curriculum. With double the amount of students hoping to attend university this fall, not only must they compete for a spot but again must fight for jobs upon graduation.

To Mike O'Neil: As an educator in Durham Region don't you think education improvements should be on your list of 'Ten wishes for a bright future in Durham' rather than a paved Rossland Road?

Thanks to the system, the road to success will be much bumpier. Maybe we should put the system under construction before Rossland Road.

Lisa Clement  
Pickering

# Ruby photographed the rich and famous

## Local senior snapped entertainment royalty

Ruby Goodall is a walking, talking historian.

Ruby is one of those people who has an indescribable ability to draw you in with a story and a great heartfelt laugh. A half-hour with her seems like 10 minutes, an hour barely seems to register.

This is a woman who spent more than half her life rubbing shoulders with the rich, famous, loud, strong and powerful, yet you'd never know it.

She downplays her time in that elite circle, a time from about 1946 to 1994 that saw her photograph hundreds of people as part of a partnership she had



Tony Doyle

news editor  
tdoyle@durhamregion.com

with the King Edward Hotel in Toronto.

It wasn't a big deal, she insists, pointing out her only concern was making sure she got the picture. There was a job to do and the rest was just details.

Sitting in her Ajax home not too long ago, Ruby shares photo after photo from a collection she estimates to be in the hun-

dreds.

She can't pick a favourite subject; she seems to have enjoyed so many. In fact, you get the distinct impression Ruby would be hard-pressed to find something wrong with anyone — Charles de Gaulle notwithstanding.

She tells of experiencing Beatlemania from the band's hotel room, discusses the spell a young Jack Palance cast over some young fans, and still seems impressed Pierre Trudeau removed his sunglasses for his photo.

As you sit and listen, you get an overwhelming sense it's not just a visit. It's a history lesson unfolding before your eyes.

Yet, when you ask Ruby what she plans to do with all her photos, the response is troubling. She's not really sure, saying she

may just throw them out. She's called archives in the past, but there's been no interest.

No interest? In the garbage? This work belongs in a museum, or gallery, or on prominent display somewhere else. And Ruby should be front and centre, reminding us that Trudeau may have had a redeeming quality or two despite his dreadful government policies, reminding us why Nathan Phillips Square is so named, and recounting the marriage of Elizabeth Taylor and Richard Burton in Montreal (a weekend away from their prolonged stay in Toronto). The last is big news by Canadian standards, she assures.

We can't let this treasure of history pass us by. Ruby has generations to educate.

## News Advertiser

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

# Health & Beauty

advertising feature

## Changing The Face Of Cosmetic Rejuvenation With Botox



Dr. Kara

Have you ever woke up one morning, looked into the mirror and realized your face has aged 10 years but you still feel the same on the inside?

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rejuvenated but a facelift at my age? Or have others made comments to you such as, "what's wrong, why are you frowning, are you in a bad mood today?" And your response would be, "I was fine until now." Stress, smiling, laughing, frowning and the sun all contribute to squint lines (crows feet) and frown lines on the forehead.

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Cindy Newman  
Cosmetic Patient Coordinator

## Learn About Massage From Head to Toe

Have you ever known someone to turn down a massage? Its hard to say no to something that loosens muscles, provides relaxation and reduces stress. Massage fans are not alone. No longer considered a luxury, many see it as a way to improve their health and well-being. Researchers agree. Studies show that massage has physical, mental and emotional benefits. Still, do you have trouble talking the massage "language?" Have you heard of words like "shiatsu" but have no clue what they mean? This guide will make you a massage expert from head to toe.

**CRANIO-SACRAL:** a technique for finding and correcting cerebral and spinal imbalances or blockages that may cause sensory, motor or intellectual dysfunction.

**DEEP TISSUE:** releases the chronic patterns of tension in the body with slow strokes and deep pressure-either by following or going across the muscles or tendons.

**EFFLEURAGE:** a smooth, gliding stroke generally used in Swedish massage treatments that is used to relax soft tissue and is applied using both hands.

**FRICTION:** the deepest of Swedish massage strokes. It applies deep, circular moves to soft tissue that causes them to rub against each other and increases blood flow to the massaged area.

**MYOFASCIAL RELEASE:** a form of bodywork that seeks to release tension with long, stretching strokes on-site massage (also known as chair or corporate massage) given while you are clothed and seated in a specially designed chair that usually slopes forward. It lasts 15 to 30 minutes and aims to relax and improve circulation.

**REFLEXOLOGY:** massage based around a system of points in the hands and feet thought to correspond or "reflex" to all areas of the body.

**SHIATSU AND ACUPRESSURE:** finger pressure systems which treat special points along acupuncture meridians, the invisible channels of energy flow in the body

**SPORTS MASSAGE:** massage therapy focusing on muscle systems relevant to a particular sport to prevent injuries during training and competition

**SWEDISH MASSAGE:** a system of long strokes, kneading and friction techniques on the more superficial layers of the muscles, combined with active and passive movement. It is used to enhance circulation and promote relaxation.

**TAPOTEMENT:** hort alternating taps made with cupped hands, fingers or the edge of the hand.

**TRIGGER POINT THERAPY:** applies concentrated finger pressure to "trigger points" (painful, irritated areas in muscles) to break cycles of spasm and pain.



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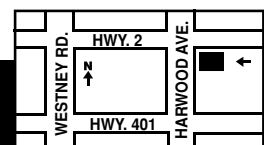
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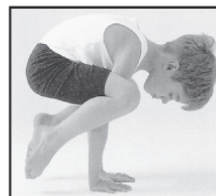
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# Health & Beauty

advertising feature

## Tissue Mineral Analysis

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

Tissue mineral analysis (TMA) is providing a definite blueprint for understanding symptoms that accompany nutritional imbalances, such as weight gain, pain, fatigue, irritable bowel, and ADHD, just to name a few. TMA is a laboratory-generated report derived from a lock of hair (a sample is taken from the nape of the neck). The report reveals a very concise breakdown of a person's elemental chemistry, which includes Nutritional Elements, Toxic Elements (heavy metals), and also the Significant Ratios. Nutritional Elements serve as co-factors and coenzymes making reactions



Karen Steward, R.N.C.P., C.N.P.

complete, and when imbalances occur, homeostasis (equilibrium of the internal systems of the body) is susceptible. When imbalances in any of these areas are exposed, specific recommendations are made providing a solution to correct troublesome symptoms at the root cause. For example, the thyroid gland may not function optimally without adequate iron, the pancreas may need a certain amount of calcium to release insulin, and high levels of tissue calcium may indicate that the body is not metabolizing calcium efficiently, as excess calcium shows up in the soft tissues (hair), rather than in the hard tissues (bone). Perhaps the body is too acidic from dietary intake, and calcium is being utilized to neutralize acid. Osteoporosis and many other diseases may be a result of nutritionally induced metabolic

difficulties. The TMA lab report will indicate the status of calcium, as well as iron, chromium, and zinc and many other elements. How do we get mineral imbalances? Culprits of mineral imbalance are poor diet or acidic diet, medications, poor digestion (absorption), and stress.

**Karen Steward interprets TMA lab reports in Pickering, for more information call (905) 837-6627.**



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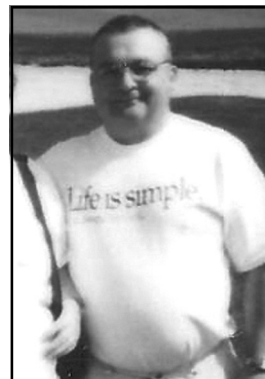
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# Health & Beauty

a d v e r t i s i n g f e a t u r e

## Ask The Podiatrist One, Two, Buckle My Boots!

Last week we spoke about the effects that poor biomechanics has on the lower extremities, and how it can affect your ability to ski and snowboard.

Keeping feet warm during any outdoor activity is dependent upon blood flow through the capillaries, the smallest of



blood vessels. Too tight a boot, or too many layers of socks, will cut off the blood flow, and as blood flow decreases, so does temperature. Once your feet are

in your ski boots, the buckles are used to equalize the fit, not just to secure your feet. Reducing pressure around your feet will allow the blood to flow unimpeded. This is best done by doing the buckles up in a specific order.

The first buckle to close is the one over the instep (the second buckle from the toes). This positions the foot evenly on the orthotic or inbed. The next buckle to close is the one above the instep, or the second from the top. This helps position the heel of the foot in the rear of the boot. The next buckle to close is the top one. At this point bend your knee and flex your ankle. This allows the foot to slide further back in the boot and frees up the toes. Now secure the top Velcro strap. The last buckle to close is the one over the toes. As the liner compresses, your boots may loosen. If you have to re-adjust your buckles, do so in the same order as above, paying special attention to the buckle over the instep. Never keep your boots in the trunk of the car. Cold boots will keep feet from ever warming up. These feet don't STAND a chance of skiing an entire day.

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



Thin, thin non-cotton socks are also important in keeping feet dry and warm. Body heat through a thin sock will help warm the inside of a boot, much like your body heat warms up the inside of a sleeping bag. Cotton socks absorb perspiration but as they saturate the socks then help to keep the feet cold and clammy. Wool and wool blends help remove moisture from the foot and displace it to the liners, keeping the foot dry and warm. Liner should be removed at the end of each day and allowed to dry for the next day.

Caffeine, in coffee, dark teas, and some soft drinks should be avoided to maintain warm feet.

Lastly foot beds are most important in stabilizing the foot. These, as we spoke

about last week, will improve steering and control and will ensure a better fit of the foot within the ski boot. A more exact fit will ensure the message from the leg is more accurately transferred to the skis by way of the foot. With less collapsing of the foot as it sits on an orthotic, the pressure from the ski buckles is more evenly distributed over the entire foot.

Finally, as the season comes to an end make sure the liners are dry. Keep the boots buckled over the summer to maintain its shape. It is also a good idea to stuff newspaper down the boot.

Remember, warm, mechanically sound feet will allow for many hours of trouble free skiing.

**IF YOU HAVE A QUESTION YOU WOULD LIKE ANSWERED OR A TOPIC YOU WOULD LIKE ADDRESSED, SENT IT TO ASK THE PODIATRIST, c/o THE NEWS ADVERTISER.**

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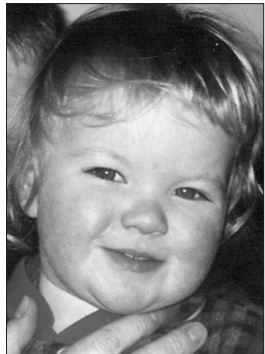
SUNDAY, MARCH 2, 2003 ♦ News Advertiser ♦ KEITH GILLIGAN, STAFF REPORTER, 905-683-5110 EXT. 251

## SECOND BIRTHDAY



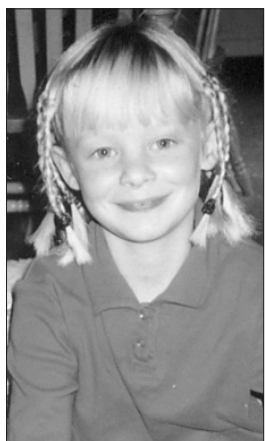
Happy second birthday Jan. 31 to Madison Sutton. Love from Mommy, Daddy, family and friends.

## SECOND BIRTHDAY



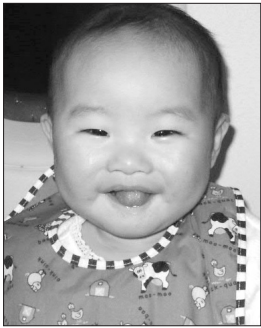
"Daddy's little girl turned two! On Feb. 1, Erin entered the terrible twos. Mommy, Daddy and big sister Sinéad want to wish you a happy birthday."

## EIGHTH BIRTHDAY



"Happy eighth birthday wishes Feb. 4 to our special princess Lauren Marie Ashley McCarthy. We're so proud of you! Megan is so lucky to have such a wonderful loving big sister. Hope you enjoyed your special birthday dinner with Grandma and Papa. You're loved more and more every day. Hugs and kisses from Mommy, Daddy, Megan, Drew, Zachary, Emily, all your aunts, uncles and family."

## FIRST BIRTHDAY



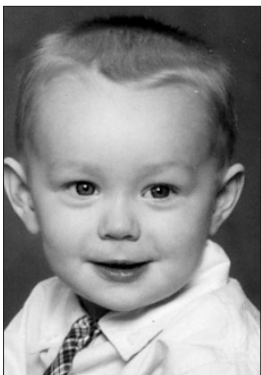
"Look who's turning one! Only in Canada a few short weeks and already celebrating her first birthday. It's Mya Chun Hua Meredith, born Feb. 15 in Fujian Province, the People's Republic of China. Forever Family Day is Jan. 5, 2003. A special birthday wish to our sweet angel. Love always Mom and Dad."

## 30TH BIRTHDAY



Happy 30th birthday to Jason Misseri Feb. 17. It's from his wife and boys, Abby, Tyler and Brandon.

## SECOND BIRTHDAY



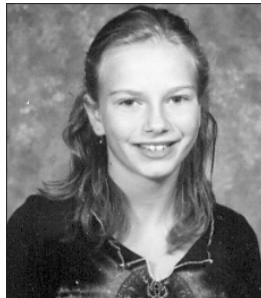
On Jan. 20, Dante Austin James Wright turned two. "Happy birthday you crazy critter. Wow, you're two already. Time really does fly by when you're having fun. This past year has been awesome and we're all looking forward to another one. Best wishes from Mommy, Daddy, Daniel, Andrew, Jason, Trudy, Shawntai, Brandon, Trey, YaYa and the rest of your extremely proud family."

## SIXTH BIRTHDAY



"It was my sixth birthday Feb. 6. Yeah! Happy birthday to our princess McKenzie. She's growing up way too fast. We love you lots. Love from Mom, Dad and a punch from brother Alex."

## 13TH BIRTHDAY



Tori Child turned 13 Feb. 2. "Happy birthday and all our love from Mom, Dad, sister Erin, family and friends."

## 10TH BIRTHDAY



"Haley Henderson is our Valentine sweetheart. She turned 10 Feb. 14. Have a great day."

## SEVENTH BIRTHDAY



"Happy seventh birthday Jan. 26 to our darling Emily. We love you, from Mom, Dad and Jenifer."

## 40TH BIRTHDAY



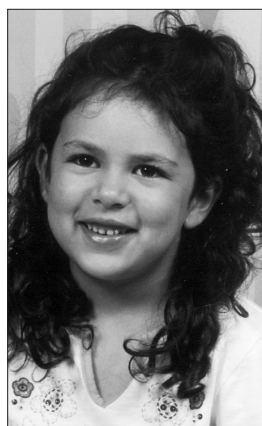
"Lordy, lordy, now he's 40! Happy birthday Bob, from Helen and Mike."

## FIRST BIRTHDAY



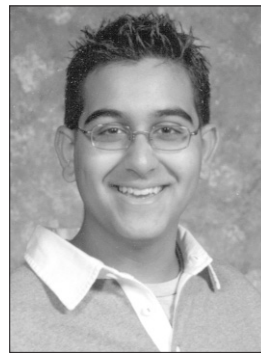
"Happy second birthday to our handsome little boy Brosnan. Mommy and Daddy are proud of you and everything you have accomplished. You are a good boy and a wonderful big brother. We love you very much, from Mommy, Daddy, sister Felicity, Oma and Opa Hinsche, and Oma and Opa Brenner."

## SIXTH BIRTHDAY



"It's elementary! Our darling Emma Faren Mahroo turned six Feb. 10. Emma joon, we all love you very much. Wishing Emma a happy birthday and a wonderful time at all her three birthday parties are Mommy, Daddy, Julia, Maman, Grammy, Khale Minoo, Khale Fedra, Daie, Arthur, Baba, aunts, uncles and cousins in Iran and the U.K."

## 14TH BIRTHDAY



"Watch out girls, Jamil Kanji turned 14 Jan. 22! Happy birthday wishes from Dad, Mum and sister Nooreen. Jamil celebrated his birthday with family, lots of his friends and maybe 'The Simpsons'. Jamil, you keep up the humour in our lives."

## 10TH BIRTHDAY



"Our sweet pea Jennifer Barr turned 10 Feb. 12. Mommy and Daddy are so proud of the young lady you have become. Your smile lights up our lives just by entering the room. We love you sweetie. Love from Mommy, Daddy and Stephen."

## SECOND BIRTHDAY



"Our precious daughter, Delaney Lord, turned two Feb. 17. Our cherished 'Ladybug' brings a special joy to our lives we could never have imagined. Laney, we love you to no end. Hugs and kisses from Mommy, Daddy and Dylan. Special wishes from Nana, Grandad, Gramma, Grampa, aunts, uncles and cousins."

## FOURTH BIRTHDAY



Rose Marie Lena celebrated her birthday Jan. 30. "To our little princess, we all love you. Happy fourth birthday from Mommy, Daddy, Rebecca and Robie Jr."

## 16TH BIRTHDAY



"Sweet 16. A special birthday wish goes out to Jessica Leigh Valleau. We wished you love and a happy 16th birthday Jan. 28. Love from Mom, Dad, Alysia, Krista, Oscar, family and friends."

## SEVENTH BIRTHDAY



"A great big happy birthday to Danielle Framer, who turned seven on Feb. 8. Love, hugs and kisses from Mom, Dad, Caroline, Jeffrey, Grandma, Papa, Grandma Nana, Grandpa Ed, Uncle James, Aunt, Zio and the cousins."

## 12TH BIRTHDAY



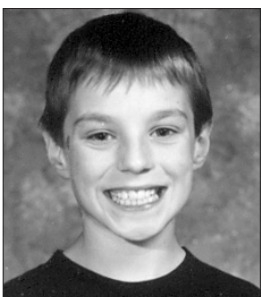
"Happy 12th birthday Mehboob on Feb. 1. We love you very much and want to wish you all the best in life. Birthday wishes from Mom, Dad, brother Adam, Nasir Chacha, Roza Aunty, Nuruddin Chacha, Nana, Nani, uncles, aunts and cousins."

## NINTH BIRTHDAY



Happy birthday to Kyle on his eighth birthday Feb. 16. "We are very proud of you, love Mommy, Daddy, Lisa and Hunter."

## 10TH BIRTHDAY



"Happy birthday Tyler. Our wonderful Valentine turned 10 Feb. 13. Lots of love from Mom, Dad, Mufasa, grandparents, aunt, uncle and cousins."

## THIRD BIRTHDAY



Happy birthday wishes to "our little angel" Alexandra Patterson, who turned three Jan. 20. Lots of love from Mommy, Daddy and Goliath.

**1794 Liverpool Road**  
**Pickering 905-831-5431**  
 THIS WEEK'S CAKE WINNERS ARE:  
 1. Jennifer Barr  
 2. Lauren McCarthy  
 3. Danielle Farmer

Winners may go directly to Baskin Robbins to receive their FREE cake. (Please provide identification)  
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Name Dropping is a complimentary service of the News Advertiser. Please note a new policy regarding Name Dropping events. We are now accepting submissions for these events only: **engagements, weddings, wedding anniversaries** and the following **birthdays**: 1st, 13th, 16th, 18th, 20th, 30th, 40th, 50th, 60th, 65th, 70th, 75th, 80th, and every birthday beyond 80. We ask that you limit your submissions to **50 words or less** and **one photograph only** per announcement. No poems. Items can take several weeks to appear and there's no guarantee they will run on or near the event date. Send your **typed** Name Dropping notices, including the **event date**, and photos to Name Dropping, c/o The News Advertiser, 130 Commercial Ave., Ajax, Ontario, L1S 2H5. For picture return, enclose a stamped self-addressed envelope. Name Dropping items can be sent by E-mail to [kgilligan@durhamregion.com](mailto:kgilligan@durhamregion.com). Pictures should be sent in jpeg format. **Please include a telephone number.**

# Forever YOUNG

A FEATURE FOR TODAY'S FIFTY-PLUS LIFESTYLE

## Seniors get a lesson in healthy lifestyles

### Nutrition tops agenda at Flaherty forum in Ajax

DURHAM — Improving your diet involves several steps and not changing just one aspect of what you eat.

Speaking at Whitby-Ajax MPP Jim Flaherty's annual seniors' forum, nutritionist Louise Crouch outlined a 12-step program that can be followed to help with hypertension and other health problems.

Following only one of the 12 steps "won't change much, because you didn't follow the other 11 steps," she told the audience of about 150 people.

The forum was held at Annandale Golf and Curling Club in Ajax and was sponsored by Pfizer Canada. In addition to

Ms. Crouch's presentation, other features of the forum included free cholesterol tests, a massage therapist and displays by several organizations, including the Durham police, Ajax fire department, the Royal Bank, and the Ontario Seniors' Secretariat.

Mr. Flaherty called the annual event a "wonderful opportunity" for him to meet seniors to discuss local issues.

He also praised the Province's Telehealth Ontario phone line, in which registered nurses are available 24 hours a day, seven days a week to answer any health-related question. "It's free and that means it's already been paid for with your taxes," Mr. Flaherty noted.

"When we had discussions in cabinet, several minister felt it wouldn't be that popular. But, it has been tremendously successful," he added. "There are immedi-

ate, reliable, solid health answers. It's been a great success. People across Canada are looking at what Ontario has done."

In her talk, Ms. Crouch said the "whole idea is preventive care" A registered nutritionist with Whitby Nutritional Consulting, Ms. Crouch presented a 12-step review plan for cardiac nutrition.

The first step, she said, is to get your weight under control and to quit smoking if applicable.

In reference to high-density lipoprotein (HDL), referred to as 'good' cholesterol, Ms. Crouch said it is "just like Ajax Transit. There are little shuttle buses. LDL (low-density lipoprotein) is sitting there

clogging up the arteries," she noted. "You're saying what can you do about it. You want more buses there now and not sitting around and waiting for it."

High cholesterol is called "the silent killer. People don't know they have a problem" until it strikes, she added.

Smoking causes rough edges to form in the arteries and these edges catch plaque and cause blockages.

"This is where the problem happens. LDL gets stuck there," Ms. Crouch stated. Smoking also destroys vitamin C, which the body needs to process food.

People should keep their saturated fat

♦ See Durham page 12

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# Durham seniors talk health and prosperity

◆ Durham from page 11

to one to two grams per serving and a maximum of 16 g daily. "Eat more chicken and fish. They have less saturated fat than beef and pork," she said.

The leanest beef cut is eye of the round, which has three grams a serving. Lean ground beef, in comparison, has 13 g of fat, she noted.

Ms. Crouch also suggested the audience increase soy products to raise their HDL cholesterol. For instance, she said they could use soymilk instead of regular milk.

"You want to increase your natural anti-oxidants. The more variety of fruits and vegetables, the more anti-oxidants you're getting," she said.

Anti-oxidants "repair those rough edges," she noted, adding seniors should consume a variety of fruits and vegetables. "Supplements have less than fruits and vegetables," she added.

Foods high in calcium should be eaten, and these include skim dairy products, produce and calcium-fortified foods.

Calcium has been shown to "lower cholesterol," she said.

In his address, Mr. Flaherty said, "In Ajax and Durham Region, we're lucky. We're among the most prosperous in the world. You see the struggles of others around the world."

The prosperity is "attractive to



**JIM FLAHERTY**  
'In Ajax and Durham Region, we're lucky.'

business," he added. "We have the best trained, most reliable workforce, with the highest education levels. It's a wonderful attribute.

"We have a great university and community college system," he added. "We have a university coming on line. I'm very proud of the role I played in that. We want it to stay strong and we want it to grow."

# Why do men over 40 go to the bathroom more frequently?

Advertorial

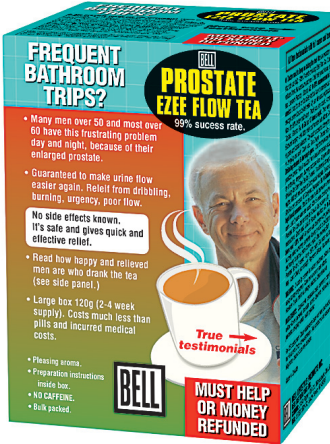
By Nick A. Jerch

Believe it or not, very few men ever figure out why they have to go to the bathroom more frequently as they age. If this article makes them aware that it is the unsuspected prostate that causes all the grief, they will be in a much better position to deal with the problem and to find relief.

Initially, having to urinate more frequently day and night may be a mild nuisance. Men tend to ignore it, or do nothing about it. However they should do something, before it gets worse. Some feel it is a "private matter" and are too embarrassed to discuss it. They suffer in silence. Unfortunately this is a "growing problem".

As men get older, the prostate enlarges. In their forties, men find it an annoyance. In their fifties, over sixty percent are affected and it becomes a real problem. The swollen prostate strangles the urethra and makes urinating difficult. Regardless of how hard they try, the bladder empties out only partially. Later they have a strong urge to go the bathroom again soon. They press their bladder muscles hard and urine may come only in a thin stream or in drops. By the time they are in their sixties, ninety percent will be affected. They may pretend that everything is all right, not knowing how to deal with it. They may not even tell their doctor, afraid that he will prescribe drugs that may cause side effects. Frequently drugs do.

There are a large variety of nonprescription pills available. They may help a little, however they do not stop the growth of the prostate. Eventually most men will have to face the consequences.



How do I know all of this? I lived through it! I tried everything including prescription drugs. As people get older they look at alternatives and prevention becomes a major issue for them. This is why health food stores have become so popular in the last ten years and why most pharmacies have added a large alternative medicine section. I searched for a solution and I never gave up. I heard from different sources, including a religious order that believed that teas work better than pills. After experimenting for a while I found a mixture of fourteen

different teas that brought me the longed-for relief in three days. Friends who were getting up many times during the night tried it also. Just as quickly, they found the same relief. (One in four days, another in five days and yet another started sleeping through the night without getting up after only nine days.) They were all delighted.

Sleep interruptions can be a big problem because you may not be able to fall asleep again. Many have to get up a dozen times each night. You are tired the next day and have a problem doing a full day's work. As a bonus everybody says the tea has a pleasing aroma and tastes good. It is now sold as Bell Prostate Ezee Flow Tea and is stocked by health food stores and pharmacies all over North America.

The tea brings another major benefit that is extremely important to all men. The swollen prostate not only strangles the urethra and urine flow, it also reduces blood flow to the penis. Without free and spontaneous blood flow, good erections are virtually impossible. The tea may also solve erection problems and restore a man's virility and self-esteem. All doctors tell us today that a good sexual life style is important for our mental and physical well being. There are no side effects known. It's safe and gives quick effective relief. ■

# Feeling Lucky?

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**Nick A. Jerch, Burlington, ON.**  
**Hundreds of letters:** ● **HAD HIP PAIN** so bad could hardly teach my aerobics class. Now I'm 90% pain free. Gradually improves more. Bell Shark Cartilage appears to repair worn joints. **Cindy Leonard, Boswell, PA** ● **TRIED ANOTHER BRAND** and my pain came back. 2 weeks on BELL brand and the pain is gone again. **Gert Dupuis, Hammer, ON** (Ours is processed to preserve the natural active ingredients.) ● **CANCELLED KNEE REPLACEMENT** I was in pain and limping. Have no more pain now. Can square dance for hours. **Anton Melnychuk, Porcupine Plain, SK** ● **Others say after suffering for 10, 20, 30 years:** Can walk again for



hours without cane ● Climb stairs without hanging on to railing ● Can do my housework again ● Can laugh and enjoy life again ● First time in 15 years can sleep all night ● Rheumatoid pain in joints down 90%, same for my sister ● Get FREE brochure from stores below.

● **Facts:** Dozens more letters on web site www.BellLifestyleProducts.com. Success rate 98%. Many are completely pain free.

Others have 70% or 90% pain relief and gain in mobility. Most have pain relief in 2-3 weeks. Severe cases in 4-6 weeks. Draw your own conclusions. No need to give advice. No known side effects. A natural remedy, not a drug. **Letters are proof:** Bell Shark Cartilage is 10 times more effective than glucosamine with or without bovine (cow) chondroitin.

**Must help or money refunded.**



**FREQUENT BATHROOM TRIPS?** Most mature men over 40 have this problem. Ask for Bell Prostate Ezee Flow Tea. 99% success rate. Guaranteed to make urine flow easier again. It really works. Available in same stores. Stop suffering. Helps within days. **MUST HELP OR MONEY REFUNDED.** www.BellLifestyleProducts.com



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# Fun and games for a good cause

## Street hockey tournament raises funds for Arthritis Society

DURHAM — The largest street hockey event of the year is gearing up for a lot of fun and to make a difference here at home. The Arthritis Society's

fund-raising event and third annual street hockey tournament takes place at Lakeview Park in Oshawa over two days: March 29-30.

The first day is for both girls and boys ages five-12 and the next day, Sunday March 30, for kids 13-17 years of age and adults aged 18 and over.

"The Score for Arthritis Street Hockey Tournament gives us the opportunity to

create an exiting community event, to raise awareness and research funding," said Jennifer White, Arthritis Society, Durham Region Chapter.

Each player is required to raise \$50 in pledges and will be eligible for prizes.

Teams will also compete for gold, silver and bronze medals.

Call 905-434-7221 for more information.

# Health is on the menu at the YMCA

DURHAM — Lunch and learn about nutrition, especially the kind that keeps hearts healthy, at the Durham Family YMCA.

Beginning March 5 from 11:45 a.m.-1:30 p.m., on the first Wednesday of each month, a nutritious lunch will be followed by a presenta-

tion on various health topics. The cost is \$6.50.

The Durham Family YMCA is located at 99 Mary St. N., Oshawa.

Register for the lunches in advance.

Call Lee at 905-438-0822, ext. 451 for more information.

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# Watch for it!



**2003 Seniors Directory & Activity Guide**

If you wish to Advertise in the Annual 50's Plus Directory and Activity Guide, call Laurie Thompson at **905-683-5110 ext.230**

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**MONDAY, MARCH 3**

**SENIORS' ACTIVITIES:** The Ajax Seniors' Friendship Club plays euchre every Monday and Friday at 8 p.m. and Wednesdays at 1:15 p.m. at the St. Andrew's Community Centre, 46 Exeter Dr. Ajax. In addition, there is rug hooking most Mondays at 7:30 p.m. For euchre, call Jack at 905-683-9696, and for rug hooking, confirm day and times with Marie at 905-683-4879.

**PARKINSON:** The Durham Region Chapter of the Parkinson Society meets at 7:30 p.m. at St. Mark's United Church, 201 Centre St. S., Whitby. Katie Tanious of Durham Region Community Care will speak. 416-410-6498.

**TUESDAY, MARCH 4**

**BID EUCHRE:** Play bid euchre with

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**MARCH 2, 2003**

the Ajax Seniors' Friendship Club every Tuesday and Friday at 1 p.m. or Thursday at 7:30 p.m. in the St. Andrew's Community Centre, 46 Exeter Dr., Ajax. Call Lois at 905-686-8040 for Tuesday games, Peter for Thursdays at 905-683-8023, or for Fridays, call Dave at 905-839-3471.

**HISTORY ROOM:** The Ontario Genealogical Society Region of Durham meets at 7:30 p.m. in the Arts Resource Centre, 45 Queen St. Oshawa. Guest speaker is Ajax librarian Jill Nicholson who discusses resources and materials

found in the library's history room. Meetings open to public. Call Bessie at 905-723-7460 or Marion 905-683-2476.

**SENIORS' DISCUSSION:** The Ajax Seniors' Friendship Club holds a Tuesday Morning Discussion Group at 9:30 a.m. at the St. Andrew's Community Centre, 46 Exeter Rd., Ajax. Call Louise at 905-683-7799.

**QUILT LOVERS:** the Durham Trillium Quilters' guild meets at 7:30 p.m. in the cafeteria of Central Collegiate, 155 Gibbs St., Oshawa. Susan Rodesky, a local fabric artist and expert of techniques of fabric texturing is the guest speaker. New member are welcome. Call Betty Hearn at 905-571-4246 or Delores Hopps at 905-720-1811.

# Humane society seeks volunteers

**DURHAM** — The humane society of Durham Region needs your help.

Applications are now being accepted from area residents interested in becoming volunteer agents.

Volunteers are trained to investi-

gate cruelty complaints against animals in Durham Region.

Reliability and dedication is a must.

For more information, call Inspector Betty Van Seters at 905-433-2022.

## ROADMAP TO SUCCESS III WEEKEND CONFERENCE

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#### Going Crazy Trying to Get Balance in Your Life?!

BPW Durham is again sponsoring **RoadMap to Success III**, a conference for women to network, learn and laugh with other business women. You can learn to bring more FUN into your life, while finding the BALANCE between career, home, and spiritual demands. Keynote Speaker **Lorraine Weygman's** workshop, *Change the Balance and Grow With Dignity and Delight*, will examine women's attitudes, values, priorities and how they practice this with their time management. Join us in creating your community!

Cost includes accommodation, meals and workshops.  
**DURHAM RESIDENTS ONLY** \$150.00  
**NON-DURHAM RESIDENTS** \$450.00  
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*The above fees are being subsidized through the BPW Durham Bursary Fund.*

#### For Information and Registration contact:

Joan Ann Evelyn

Tel.: 905-725-9179

Email: joanann@rogers.com

## BPW Durham

The Business and Professional Women's Club of Durham

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## 2003 Regional Business Plans And Budgets

FINANCE DEPARTMENT

PUBLIC NOTICE

This is to give notice that the Council of the Regional Municipality of Durham intends to review and adopt or amend and adopt the 2003 Regional Business Plans and Property Tax Budgets for:

- Regional Operations, the Police Services Board and Outside Agencies on Wednesday March 5, 2003
- Provincial Downloaded Pooled Service Costs, Solid Waste Management and related 2003 Regional Property Tax Rates on Wednesday, April 16, 2003.

The review and adoption or amendment and adoption of the 2003 Business Plans and Budgets will occur at regularly scheduled Regional Council meetings which commence at 10:00 a.m. in the Regional Council Chambers located at 605 Rossland Road East, Whitby, Ontario.

Comments from the public are welcome in writing or by attending the Council meetings and presenting oral comments.

For further information regarding attending the Regional Council meetings, please contact the Deputy Clerk at (905) 668-7711 ext. 4231.

For further information regarding the 2003 Business Plans and Budgets, please contact Budgets, Economic Studies and Risk Management Division of the Region's Finance Department at (905) 571-4111 ext. 6221.

P M. Madill  
Regional Clerk

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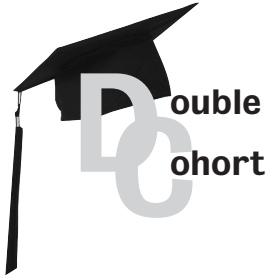
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The 96,000-square-foot South Wing, which opened in Oshawa last fall for use by Durham College and University of Ontario Institute of Technology students, was built with provincial, Super-Build funding. The state-of-the-art building houses a large learning commons, networked classrooms, health labs and other facilities.

# Double the stress for double cohort students

## Province, universities work to create space for newcomers



*This is the first in a series of stories exploring the double cohort dilemma facing students across Ontario. In the coming months, we'll meet four Durham students caught in the unprecedented crunch and learn more about their efforts in securing a post-secondary education. In this instalment, we look at what government, colleges and universities are doing to provide space for qualified students.*

By Mike Ruta  
Staff Writer

**DURHAM** — With this year's double cohort of high school graduates feeling the pressure, Dianne Cunningham has some advice for students who know full well that poor test results in the coming weeks could dash their chance to get in to university.

"They should be proud of themselves, first of all," says the Ontario minister of training, colleges and universities. "And they should work to keep their marks up for the next couple of months. And if they made informed choices, they will be rewarded with offers."

Both Grade 12 and OAC students graduate from Ontario high

schools this year. Almost 102,000 of them, 48 per cent more than last year, and 70 per cent more than in 2001, have applied to Ontario universities for this September.

In the 1995 provincial election, Mike Harris's Progressive Conservatives swept to power on the strength of the Common Sense Revolution. One of its promises was to create a four-year high school program in Ontario, the only jurisdiction in Canada with five years of secondary school.

In recent years, between 65 and 71 per cent of high school applicants have actually gone on to university, and Ms. Cunningham says as many as 71 per cent are expected this year. She says the Province has funded the creation of 79,000 new spaces at colleges and universities and over 100,000 when renovations are included, the largest such expansion since the 1960s.

However, Henry Jacek, a McMaster university professor and president of the Ontario Coalition of University Faculty Associations, says universities need more money. "The universities are not prepared for the double cohort mainly because of a lack of provincial government funding," he says. "Right now we are short about 10,000 spaces and 550 faculty for next September."

The universities are short of spaces because the government in the 2002 budget underestimated the number of high school students who would enter university this fall, says Mr. Jacek.

The budget pledged to increase operating grants to colleges and universities by \$75 million per year, in part to hire more faculty members. Added to a multi-year



**DIANNE CUNNINGHAM**  
'We're ready...'

funding guarantee already in place, it means a total of \$368 million more in operating funds by the 2003/04 school year, when the Province is to allocate over \$3 billion.

And in December, the Province put out a call for new building proposals for universities and colleges, vowing to create at least 13,000 more student spaces through its SuperBuild program.

Ms. Cunningham acknowledges a "gap" of 7,000 to 10,000 spaces, but says facilities in the coming months will have made even more room for students. She says post-secondary schools have worked well with the government in planning for the double cohort and continue to do so.

When revised projections showed even more students than expected might attend post-secondary schools this fall, Ms. Cunningham says government, col-

lege and university representatives sat down once again to determine how many more students facilities could accept. Universities up to then had pledged to take roughly 61,300 more. Within days, Ms. Cunningham says the University of Western Ontario responded with an offer to take an additional 600.

"We're ready," she says. "I have far too much confidence in the, I would say, the commitment of our university presidents and board chairs of the colleges. I don't believe they'll let us down."

She points out that the double cohort will not last one year, but until students have finished four years of university.

"This is not just for 2003, this is to take us up to 2006," she says of the building boom.

Arnice Cadieux, executive director of public affairs for the Council of Universities, says with more provincial funding for the double cohort, "there is a fairly strong confidence that we will be able to accommodate students."

The space crunch has students fearing that even with good marks, they might not get into their university or program of choice due to increased competition. Ms. Cunningham believes they were up to the challenge of making wise choices, doing their homework before applying to determine what mark is needed to get into programs.

She says most applicants will get an offer from a university, and around 40 per cent of them will receive one from their first choice.

Even with no double cohort, Ms. Cadieux says university entry marks have been rising for several years, and the average across the board now stands at 80 per cent.

"So much depends on the program and the competition for the program," she says.

Ms. Cadieux adds a student applying for a general arts program, for example, has a much better chance of being accepted than a student vying to be one of a limited number of students accepted into something more specific, like an architectural program.

"Even kids in the low 70s will find a place if they kept their options open," says Ms. Cunningham.

She admits to sounding a bit like a broken record in repeating the government promise that there will be a space for every willing and qualified student. Asked what that means, she says students must be committed to working hard, even if school work generally comes easy to them.

"Even people with great marks sometimes have great challenges," says Ms. Cunningham. "Many of them are bright; then they get into a competitive environment." As for being qualified, she says it's very important that facilities only accept students who have "every capability to finish that degree or diploma."

"It is a huge disservice to accept people who are not qualified, take their tuition, and see them fail."

Ms. Cadieux says students have "ample time" to consider their choice, as offers of admission will start going out in April and May, and students must decide by mid-June.

**Next month:** Learn more about our Durham students, their interests, where they have applied to university, who helped them make choices and what the students hope to achieve.

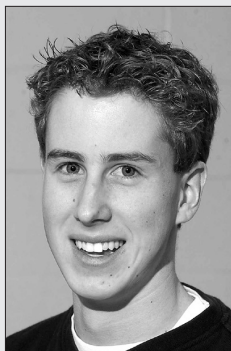
## Meet our double cohort teens

Over the next four months, we will meet four Durham Region students who hope to attend university this September. They have big dreams, and are feeling the pressure. Menaka and Krisanth Pulandiran are sister and brother, she an OAC student and he a Grade 12 pupil.

Both attend G.L. Roberts Collegiate and Vocational Institute in Oshawa.

Lisa Genore is a Grade 12 student at O'Neill Collegiate and Vocational Institute in Oshawa, while OAC student Mike Leering is an R.S. McLaughlin Collegiate and Vocational Institute pupil.

We'll find out who they are, where they have applied, how anxious the students are about the double cohort, and if they got into their university of choice.



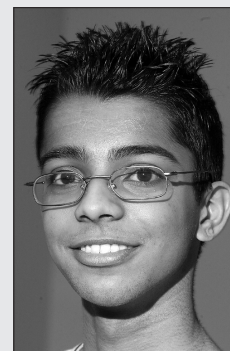
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## Florida key to Pine Ridge girls getting jump on rugby season

By Al Rivett  
Sports Editor

**PICKERING** — The Pine Ridge Secondary School Pumas varsity girls' rugby team got a jump on the season at an international event in the U.S.

The 23-member team, along with five staff members, bused to Florida to take part in the first North American West Indies Rugby Association Youth Festival in Cocoa Beach, Feb. 16 to the 23.

There, the Pine Ridge squad, with many first-year members, competed in the 'B' division of the tournament, which attracted teams from California, New York State, Jamaica, Guyana, the United Kingdom, and several Canadian teams.

The Pumas came home with one win from their three games. They were supposed to play a fourth game, but due to a scheduling quirk, the contest was a no go, said Pine Ridge coach James Blair, who was assisted by co-coaches Leslie Burchmore and Judy Sharpe on the trip. Also ironic was the fact the Pumas, after travelling several thousand miles to the southern U.S., played Canadian teams in all three contests.

In Game 1, the Pumas upended St. Mary's from Cobourg 15-0. In the second game, the Pickering school dropped a 25-5 decision to Pocock school from Mississauga. The Pumas matched up against a strong Chinguacousy Secondary School squad in Game 3, a school that won the Ontario championship last year. The result was a predictable 45-0 decision.

Blair noted another team was unable to play Pine Ridge in the third game. That sent event organizers scrambling to fill the void, coming up with 'A' division team, Chinguacousy, as a replacement.

Scheduling glitches aside, Blair said the tournament and the trip were extremely positive experiences, with a lot of experience gained by the players.

"Unquestionably, it was valuable," he said, adding the girls' had a hard time adjusting to the 80 F heat. "The growth of rugby in North America was indicative of the play that was there. Fewer and fewer teams are travelling overseas for pre-season games as they are finding good enough opposition in North America."

Although entered at the 'B' level, Blair said he was urged by the tournament co-ordinator, Hedley Benyon, to consider moving up into 'A'. Although the request was politely refused, he was pleased with the offer.

"I was quite proud of the kids. We had members of our team who only had a year of rugby and some who had less than a season. For (organizers) to believe we had the skills to go to the 'A' pool, we took it as a compliment."

In preparation for the tournament, Pine Ridge began practices in September and also competed in seven- and 10-a-side tournaments. After a six-week break, the team began indoor training for two-and-a-half months before boarding the bus for Florida.

# Third period's the charm for Pickering High School Trojans

## Ajax school takes LOSSA hockey title

By Al Rivett  
Sports Editor

**AJAX** — Third periods have been prime time for the Pickering High School Trojans throughout the senior boys' high school playoffs.

Friday's Game 2 in the best-of-three Lake Ontario Secondary School Athletic (LOSSA) championship series was no exception.

The Trojans scored an all-important insurance marker early in the final frame and then dug in to hold the St. Mary Catholic Secondary School Monarchs in check the rest of the way to capture a 5-3 victory to give Pickering High the Durham championship.

The Trojans will now represent LOSSA at the upcoming Ontario Federation of School Athletic Associations (OFSAA) Senior Boys' Hockey Championships in Peterborough March 19 to 22.

Friday's win at the Ajax Community Centre completed a two-game sweep for the Trojans, after they won the series opener 4-1 Wednesday afternoon at Pickering's Don Beer Arena.

Trojans' co-coach Ted Snetsinger says another in a long line of strong third periods enabled his players to break open an otherwise close contest over the Monarchs.

"It was a tight one. They worked really hard. They let up a bit in the second period and came back in the third as we've done all year," says Snetsinger.

"We've been doing it all year in the third period," added co-coach Lou Manserra, pointing to



St. Mary Catholic Secondary School Monarchs' Cale Smith, right, takes a Pickering High School Trojans' player out of the play during LOSSA final action at the Ajax Community Centre Friday. The Trojans wrapped up the best-of-three series with a 5-3 victory for a two-game sweep of the Monarchs.

come-from-behind victories in the team's last three playoff games as evidence.

The Trojans clung to a 4-3 lead entering the third period of Friday's game, but a power-play marker while enjoying a two-man advantage with 1:15 gone in

the stanza gave Pickering High a two-goal cushion, their second two-goal lead of the game.

Brandon Franey, stationed in front of the net, tipped a point shot from Gavin McCrorie for the goal. Pat Milne also earned an assist.

Shane Hann, Brad Snetsinger, Stephen Tippett and Michael Running, with the game winner, scored for Pickering High.

Ryan Eickmeier had two goals to lead the Monarchs. Derek Polowyk had the other St. Mary marker.

## Lightning atoms have a Devil of a time

### Dogs bow out to Ancaster in semifinals

**DURHAM** — The Durham West 'Dogs' girls' atom 'B' hockey team finished as semifinalists in the OWHA London Devilettes tournament last weekend.

Durham West finished the preliminary playdowns with a 1-1-1 record, advancing to the semifinal round against Ancaster, the eventual tournament winner. Ancaster blanked the Dogs 5-0 with strong offensive and neutral zone coverage.

Durham West opened the tournament with a 9-1 thrashing of Livonia, Michigan.

Lighting the lamp for the local atoms were Julie Brooks and Yvonne Mais

with hat tricks, Maggie Murphy, Shona Welsh, and Jennifer D'Alessandro. Drawing assists were D'Alessandro and Sarah Rankin with three apiece, Megan Harrison, Katherine Martin, Emily Nicholls, Stephanie Tremblay, Jackleen Brooks, Meghan Prebble, Melanie Grant and Murphy.

Game 2 against Kitchener saw Durham West open up a three-goal lead on markers by Mais, D'Alessandro and Kelsey Fran.

The Dogs, however, were unable to sustain the momentum and settled for a 4-4 draw.

Courtney East scored the fourth goal. Assisting were Kaitlin Fredericks, Grant, D'Alessandro and Mais. Goaltender Shelby Hann was solid against Livonia and Kitchener.

The Durham West atoms then lost 2-1 against Burlington.

D'Alessandro opened the scoring, with Hann assisting. Melanie Grant was solid in net.

It was a great team contribution throughout the tournament, with each player collecting a point.

Chuck East, David Welsh and Bruce Grant coach the team. The manager is Kelly Harrison.

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# Bankers pocket hoops win

AJAX -- East Side Mario's survived a tough battle with Donlands Jewellers, posting a 33-24 victory in Ajax Ladies' Basketball League play on Wednesday night.

Alison Scanlon netted seven points for East Side and Connie Joseph replied with 14 for Donlands.

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for the Bank of Montreal. Nadine Kruss scored eight for Select.

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Since its inception in 1978, Lenbrook Canada has earned a reputation through leading edge marketing programs and superior service. The company has developed successful, long-term "partnerships" with their dealers.

Currently, we are looking for an enthusiastic, positive and entrepreneurial individual for the following position:

**Director of Sales - Custom Installation**

If you are interested in applying please see our web site [www.lenbrook.com](http://www.lenbrook.com) for more information.

Lenbrook  
633 Granite Court  
Pickering, ON  
L1W 3K1

500 Career Training

**CLASS A, D, AND Z** Endorsement training at Durham College Whitby. Job opportunities for graduates. Call now and reserve your seat. Completion could take less than one month. 905-721-3368 or 905-721-3340.

505 Careers

**CALL CENTRE** Workshop Training at Durham College, Whitby. Get in at the ground floor in this explosive customer service industry. With our two-day workshop training program, and your full commitment and personal goals, the opportunities exist for advancement in the ever-growing "Call Centre" business. This two-day workshop will run: March 22 & 29th, April 26th & May 3rd, June 14th & 21st. For info, 905-721-3340 or 1-800-816-3615

**BROKER/CSR**, Durham's largest insurance brokerage, requires dynamic person to join our team, as a personnel lines CSR. Must R.I.B.O. licensed, Fax resume to 905-427-4615 Attention Laura.

**COMPUTER COURSES** - Have you been unemployed in the last 5 years? You may be eligible for funding. MICROSOFT CERTIFIED SYSTEMS ENGINEER, MICROSOFT OFFICE, ORACLE DATABASE, CCNA, A+, MCSA. Changing career path? Train at top rated Durham College in 100% instructor led courses. Full/Part time available. These certifications are highly sought after skills in today's IT environment. Call Colin McCarthy 905-721-3336. [www.durhamc.on.ca](http://www.durhamc.on.ca)

505 Careers

**EDI PROFESSIONAL REQUIRED!**

The Innovative **BBI** Systems Supplier

Come see **BBI Enterprises Inc.!**

With annual sales over \$100 million, we are an international, Tier 1, QS-9000 registered manufacturer of automotive heat & sound management components.

Critical position requirements include **solid, technical EDI** system & mapping experience, preferably with QAD MFG/PRO. For more details, see employment section of [www.bbinc.com](http://www.bbinc.com).

Email resume to [chjjobs@bbinc.com](mailto:chjjobs@bbinc.com)

505 Careers

**WHITBY INSURANCE** Brokerage seeking RIBO licensed Senior CSR 5+ years experience Agency Manager System an asset. Duties: personal lines servicing and new business - some commercial experience an asset. Must be team player with good communication skills and an excellent work ethic. Competitive salary + commission and benefits package. Forward resume in confidence to: 500 Brock St. S., Whitby, ON L1N 4K7. ATTN: Personal Lines Manager, Fax (905)666-8086

510 General Help

**\$\$\$ NEED EXTRA CASH?** Mature, responsible person needed to hand out flyers at Home Depot stores in Ajax, Whitby & Oshawa, no experience needed. Fax resume: 905-426-8703.

**90days2success** Be your own boss. \$500/pt \$3000/ft weekly. Full training provided. What are you waiting for?? Call 1-888-248-3138 or online at [www.90days2success.com](http://www.90days2success.com)

**MAID SERVICE** Requires reliable cleaners for residential, daytime only, part-time positions to start immediately. Experience preferred. Own transportation required. Serious inquiries only (905)686-9160.

**LIGHT INDUSTRIAL**, long-term temp, Staff Plus will be interviewing 9:30 a.m. to 2 p.m. Wednesday, March 5th, Whitby Iroquois Sports Complex 500 Victoria Street, Whitby.

**PLENTY OF WORK!** Call Fred 905-571-4738 CAR AN ASSET

510 General Help

**ACTORS/MODELS/EXTRAS** Spring Filming has begun! The Model and Talent Bureau is Scouting new faces in your area. Addition Fee \$34.50 and is refundable if you do not qualify. Scouting for Movies, Commercials, Catalogues, ETC. We are looking for new faces: all shapes and sizes (newborn to senior) Screening Sun, Mar. 9th, Model and Talent Bureau is a Member of the BBB & COC call 519-249-0700 between 9-5

**Adult Route Operators for home delivery of The Toronto Star in Whitby, Ajax, or Pickering. Earn up to \$1100 per month part-time. Call 1-800-804-9663 noon-8 pm.**

510 General Help

**AFFORDABLE WEIGHT LOSS** programs. Guaranteed. All natural. Doctor formulated. Safe (905) 623-7781. [www.4everslim.com](http://www.4everslim.com) (access 72590)

**AJAX - PICKERING BEACH/BAYLY**, spacious 2-bedroom basement + parking, laundry, utilities Sep. entrance. No smoking/pets. References. 1st/last. \$900. Immediately. (905) 683-7556

**AJAX MANUFACTURER** of specialty coatings requires a P/T Laboratory Analyst, flexible hours. Please fax resume to 905-683-8744

**ATTN: RECESSION-PROOF** Business! Work from home on your computer \$25 to \$75/hr. PT/FT. Call 1-888-626-1578 or [www.g04wealth.com](http://www.g04wealth.com).

**AZ DRIVERS** Running full truckloads and LTL to and from Carolinas and the New England states. Paid pickups + drops, mileage or percentage. Call Executive Transportation at (905)697-1403.

510 General Help

**AZ OWNER OPERATORS**, paid percentage or mileage to run Carolinas and the New England states. Call Executive Transportation at (905)697-1403

510 General Help

**BUSY STEEL COMPANY** requires full time order desk personnel. Must have strong written and oral communication skills and professional attitude. Previous computer experience an asset. Please fax resume and hand written cover letter to: 905-780-1490.

505 Careers 505 Careers 505 Careers

510 General Help 510 General Help

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# NURSE

**CHEVROLET • OLDSMOBILE • CADILLAC**  
**CAREER OPPORTUNITY**  
*Increasing sales volume means we need several additional*

## SALES PROFESSIONALS

*and we are prepared to train these people through a professionally presented FREE SEMINAR*

providing an opportunity to learn about the car business before making a career decision. If you love the challenges of dealing with customers, are self motivated, and have some retail sales background; this is an opportunity for you. Excellent commission plan, car allowance and benefit package is available for the right candidates. Male and female applicants are encouraged. If you think a career in the automobile industry might suit you, please contact our

**Sales Managers**  
**Mr. Joe Gudelj or**  
**Mr. George Pearn**  
**905-668-3304**



### COME JOIN A WINNING TEAM OF GREAT HAIRSTYLISTS

Hair Fitness Inc. offers above competitive wages, incentive programs, advanced training, paid vacation and much more!  
 If you are an experienced hairstylist and looking for a friendly bright atmosphere give us a call  
**(905) 683-0290, 1-800-618-9684**  
**416-571-8367**  
 Positions available in Ajax, Oshawa, Bowmanville & Whitby

### DON'T CONFORM

Still stuck on waiting lists or assembly lines?  
 Durham's promotional guru's have **30 openings** in all areas. Big \$, F/T only, 18+  
 Must be able to work with opposite sex.  
**Call Taylor 905-436-8866**  
 abstractpromo.com

### Christian Non-Profit Daycare in Pickering needs staff.

- ◆Maternity leave starting Aug. 1, 2003. Full time ECE
- ◆Morning position permanent 7-9:45
- ◆Short term full time assistant position starting ASAP.
- ◆Students for summer employment starting as soon as you are able

Fax to **Joyce or Rachelle at 905-839-8273**

### EXPERIENCED ACCOUNTING CLERK

Required for dynamic Import Dealership in Durham Region. ADP experience preferred.  
**Please apply to File# 889**  
**P.O. Box 481**  
**Oshawa ON L1H 7L5**

Our client, a company in the Durham region, has the following career opportunity.

### CUSTODIANS 1-YEAR CONTRACT

Your key responsibility will be to maintain a high standard of cleanliness by performing regular cleaning duties (mop, dust, wet mop, strip floors, clean windows, and clean and sanitize drains). You will also be called on to use power equipment such as floor scrubbers and burnishers, as well as separating products for incineration, compacting garbage, etc. You have a high school diploma or equivalent, and are able to pass a literacy test. Experience in floor care, such as stripping and burnishing, is needed, as is the ability to lift heavy equipment.

Please forward your resume, in confidence, to: **File #888, Oshawa This Week, P.O. Box 481, Oshawa, Ontario L1H 7L5.**

*We appreciate your interest, however, only candidates selected for an interview will be contacted.*

# Weed Man®

## REQUIRES GOAL ORIENTED TELEPHONE SALES AGENTS

Canada's Largest Lawn Care Company Has Immediate Telephone Sales Positions Available In Our Conveniently Located AJAX Seasonal Sales Office.

**\$10.00 Per Hour Guaranteed Base Plus Performance Incentives. Additional Seasonal Sales Bonus Up To \$1000.00 Afternoon And Evening Shifts Available, "NO COLD CALLING"!**

Motivated Applicants Who Possess Outstanding Communication Skills Along With An Excellent Command Of The English Language Are Encouraged To Apply. Previous Sales/Closing Experience, Basic Computer Skills And A Positive Attitude Are Assets.

**Please Call Now: 905-427-5967**

Due to the growth, StonCor, Canada's corrosion control product leader, has a new position in **Whitby** assisting the Operations Manager.

### OPERATIONS ASSISTANT

- Recent certified engineering technologist or engineering diploma/degree preferably in civil/construction engineering with 3-5 years related work experience
- Experience supervising personnel or crews with a hands on approach
- Familiarity with Health and Safety Issues, WHMIS training, WSIB
- Computer proficiency with Microsoft Office programs

*Accelerate your career by forwarding your resume to*



95 Sunray Street • Whitby, ON • L1N 9C9  
 or fax: (905) 430-3056  
 email: [tboudreau@stoncor.com](mailto:tboudreau@stoncor.com)

**510 General Help**

**GRYPHON PUB** now hiring Part Time Cooks. Days, evenings & weekend shifts. Experienced preferred. Drop resume off in person anytime after 3 p.m. daily. WEEKEND CLEANER (Sat. & Sun.) required for the Gryphon Pub. Apply in person at 114 Dundas St. E. Whitby. 905-430-7320.

**HAIRSTYLISTS WANTED** full & Part-time with minimum 5 years experience for The Hair Studio, Whitby. Please call (905) 668-6922 ask for Ross or Sam.

**International Careers TEACHING ENGLISH**

5-day TESOL Certificate Program is sponsored  
**March 19-23rd** (Evenings & weekend) in Durham District  
 To register for the **Open House, March 6th, 7 p.m.** Call:  
**1-888-246-6512**  
[www.INTLcollegeoflinguistics.com](http://www.INTLcollegeoflinguistics.com)

### FORCED TO HIRE \$22.00/HR

Oshawa distribution co. requires 10 people in set-up and display depts. Advancement for fast learners. Over 18 and able start immediately. No experience. Full time. Students welcomed. For interview call  
**CALL MON - TUES ONLY**  
**10 A.M. - 6 P.M.**  
**905-720-1507**

Our successful, professional landscaping business is growing and we require a...

### LANDSCAPE FOREMAN Permanent, Full-time

At Birk's, we understand that good people are the key to our success. We are looking for a skilled, experienced Landscaping Foreman to join us now as we plan for this upcoming season and beyond.

The successful candidate will possess these competencies:

- Strong team supervision skills
- Excellent customer relation skills
- Working knowledge of precast products
- Thorough understanding of planting materials

We offer an excellent compensation package and a positive working environment.

If you would like to join a successful organization where you will be valued and respected as part of the team, please forward your complete resume to or contact:  
**Peter at Birk's Landscaping**  
**Telephone (905)404-0602**  
**Fax 1-888-733-1133**

### THE NEWS ADVERTISER

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

### CONFIDENTIAL TO BOX REPLIES

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

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

**515 Skilled & Technical Help**

### QUALITY SUPERVISOR

Required for Rouen Plastics Ltd., Ajax  
 Must have working knowledge of SPC, PPA, APQP, measurement systems, dimensional verification and QS 9000.  
**Please send resume to**  
**plastics@rouen.ca or fax 905-427-0137**

### ATTENTION YOUTH! NEED A JOB?

Are you 16-24, not in school, and not working F/T?

### CHECK OUT THE YMCA!

Attend one of the following information sessions to help you find the job you are looking for quickly!  
**TUESDAY, MARCH 4, 2003**  
**1:00pm • 3:00pm • 5:00pm**  
 • Free Food, Refreshments & Prizes • (while supplies last)

**Y**  
 People Working to Get You Working

**YMCA Durham Employment Services**  
 1550 Kingston Road, Suite 16, Pickering (Hwy. 2 & Valley Farm)  
 (905) 427-7670

**Y**  
 People Working to Get You Working

### APPRENTICESHIP INFORMATION SESSION

- Learn about Apprenticeships -
- Speak to a Training Consultant from the Ministry of Training, Colleges and Universities • Learn about Pre-Apprenticeship Training from Durham College • Hear from Trades People

**Wednesday, March 5, 2003**  
**Starting @ 7:00 pm**  
**YMCA Durham Employment Services YOUTH FOYER**  
 1550 Kingston Road, (Pickering) (Valley Farm Road & Hwy 2)  
**(905) 686-7060**  
**Please call ahead to register - limited seating available! Refreshments Provided**



Canada Ontario

**RAPIDLY EXPANDING** advertising agency, that deals with national clients seeks career minded individuals, for entry level position Two weeks paid training \$400 - \$500 per week to start. Summer students welcome 18+, call (905) 576-4425 ask for Lisa

**STRONG VOICES NEEDED!** Telephone sales re: police retirees. Work from our office Monday - Friday, 10 a.m. - 4 p.m. or 4:45 to 8 p.m. salary plus bonus and commission. Phone (905) 579-6222.

**TELEMARKETER REQUIRED** part-time, 3-4 hours/day. Work from home. Excellent opportunity for homemaker or retiree. Commission basis. Please call (416)558-1770

### CUSTOMER SERVICE/Order Takers Required

**\$17.50 per hr. avg. Plus bonuses & trips**  
 Full training provided  
 Call Dave for an interview  
**905-435-0280**

**THOROUGHbred HORSE** farm looking for stable help. Turn in/out. Cleaning of stalls. Serious inquiries only 905-723-5179.

**525 Office Help**

### LEGAL SECRETARY RESIDENTIAL REAL ESTATE

Organized Team Player for busy law office; min. 5 yrs exp.; knowledge of Conveyancer and Teraview; ability to complete files from opening to close.  
 Fax Resume to **Diane England, 905-721-1217**  
 or E-mail [diane@dianeengland.com](mailto:diane@dianeengland.com)

**OFFICE ADMINISTRATOR RECEPTIONIST**

Required for Part time position in Bowmanville new home sales office. Candidate should be professional outgoing and organized. Typing skills and real estate experience a asset.

Please fax resume to:  
**416-495-8820**  
 Attention: Sales & Marketing

**535 Hospital/Medical/Dental**

**EST 1989**

# Home Relief

Health Services Inc.  
**HOME CARE & NURSING**

Offers excellent employment Opportunities for:

## RNs/RPNs VISITING NURSES

Needed Immediately for Ajax - Pickering

- Paediatrics & Adults
- New Pay Rates
- Flexible Schedules
- Educational Opportunities

Car Required

Send resume to:  
 Fax: 905-472-0862 or email [home@homerelief.on.ca](mailto:home@homerelief.on.ca)  
 For information call 905-472-0709  
 1-888-526-8746

**510 General Help**

**SUPERINTENDENT COUPLE** required for senior apartment complex in Oshawa, experience necessary in building cleaning, minor plumbing, mechanical, electrical, plaster, tile work, with good interpersonal skills and bondable. Apt. plus salary. Fax resume to (905) 723-4790 or call (905)-626-8566.

**515 Skilled & Technical Help**

**WELDER/FITTER** required mild steel, stainless steel aluminum experience. resume to (905)623-0781.

**525 Office Help**

**BOOKKEEPER/OFFICE** ad tasks required by medium sized construction company in Durham Region. Knowledgeable in Jonas software a set. Flexible hours. Fax resume to: 905-436-5198.

**510 General Help**

**CAFETERIA HELP** needed. Busy cafeteria in Oshawa looking for casual on-call employees with kitchen or cafeteria exp. Please forward resume to: 23405@compass-canada.com

**CASHIERS**, experienced only. Also, Bakery Clerk, experienced only. Both P/T or F/T. Fax resume to 905-430-0771

**MARCH MADNESS!** Wholesale company looking for people who want to be part of a winning team. If this is you, call 905-571-4724

**NEW CHILD CARE CENTRE in Pickering**  
 Fairport/Hwy#2  
 Introducing the best in home care. Hot meals, large play area, drop-off available. Montessori classes. Don't commit elsewhere without checking us out.  
**Phone 416-439-4895** to book appt.

**CLEANER REQUIRED** for high rise condo located in Oshawa. Must be familiar with buffing, waxing, stripping procedures and be able to use various types of cleaning equipment. Previous WHMIS training considered an asset. Willing to work Saturdays. Must be able to speak, read and write fluent English, and capable of working as a team member and on your own. Day shift. 35 hour week. \$9.50 hour to start. NO PHONE CALLS. Fax resume to: 905-571-3079

**510 General Help**

### CLASSIFIED CUSTOMER SERVICE

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

**DELI & MEAT CLERKS** required. Also bakery clerk. Experience a must, full and part-time positions available. Fax resume to 905-430-0771.

**EARN \$800/WEEK** working minimal hours in internet chat house. No cost to you. Mature females preferred. Call (416) 677-4293

**EXPANDING MARKETING** company requires two sales managers. Six figure income. Minimum 4 years sales experience. Full training and leads provided. Vehicle required. Call Albert for interview 905-435-0518

**FULL TIME** positions available for fast food restaurant in Ajax, experience preferred. Please fax or e-mail resume to 905-686-7906 [quinos-jobs@hotmail.com](mailto:quinos-jobs@hotmail.com)

**PHONE CHAT LINE** needs P/T operators to work from home. Must have great voice & be over 18 years. Call (416)445-1549.

**LABOURERS** required for busy roofing company. Experienced preferred but not necessary. Vehicle is an asset. Call (905)427-8613

**MANDARIN RESTAURANT** requires Host Staff, Bus Person, Bartender, Cleaner and Dishwasher. Experience not necessary. Apply in person with photo ID from 2pm-5pm, at 1725 Kingston Road, Pickering (Kingston/East of Brock Rd.).

**NEED EXTRA \$\$\$?** PORTRAIT studio, Oshawa, friendly, enthusiastic people to promote in-store sales. Full/part time. 905-686-4121 or 647-293-3901.

**OUTSIDE COLLECTOR** - Skip tracing & repossessor for auto leasing company in Pickering. Fax 905-839-7002

**PART-TIME** Waitress/Waiter for nightshift. Must have experience. Position required for Pub/Restaurant in South Ajax. Call (905)621-0590

**PEOPLES TAXI** Taxi drivers, mechanics and auto-body person needed immediately for fast-growing company. Male or female, part-time or full. 905-427-7770

**PRIMERICA**, A member of Citigroup. ARE YOU READY FOR A CAREER CHANGE? Do you have a background in Sales/Marketing, Insurance? Are you highly motivated? Possess leadership skills? An entrepreneur? Experience not a requirement, we offer complete training. If you are seriously interested in changing your life, contact me for an interview. Jill Roberts 1-866-787-3918

**TELEMARKETERS NEEDED** full and part time available. \$8.00 per hr. plus bonuses, on bus route, call (905) 426-1855.

525 Office Help

BUSY PICKERING LAW office requires corporate and wills/estates secretary. Minimum 5 years experience. Fax resume to 905-509-2370.

530 Sales Help & Agents

DIRECT SALES CLOSER Person with in-home, one-call, closing skills. We offer pre-set appts. daily. 6-day seminar will be held in Burlington, ON, on how to sell electric adjustable beds. Commissions from \$200 to \$900/sale +bonus +benefits. Reps earn \$50K- \$100K/yr. Call Mr. Morgan 1-800-387-4169. Fax resume: 905-333-1738 Ultrasonic Sleep of Canada Inc.

FULL-TIME experienced Salesperson required to start in April for established asphalt maintenance & driveway sealing company. Permanent job for the right person. Call 905-260-0186

535 Hospital/Medical/Dental

3RD RECEPTIONIST needed for busy dental practice. Markham/Lawrence Scarborough area. Call Leigh 416-438-6699.

EXPERIENCED DENTAL Administrator req'd full-time for Pickering practice. Must be enthusiastic, able to multitask. Some evenings/Saturdays. Fax resume to: 905-420-4056

PART TIME DENTAL Receptionist required. No evenings or weekends. Reply: File#887, Oshawa Whitby This Week, 865 Farewell St. Oshawa, Ont. L1H 7L5

PART TIME RECEPTIONIST for orthodontic office. Dental background preferred. Mature, self-motivated; flexible hours required. Fax resume to 905-725-3482 or hand deliver to Oshawa Centre Office Galleria, Suite #130-419 King St.W., Oshawa

RMT WANTED UP TO 70/30 Pickering FAX (905)427-7872

DENTAL HYGIENIST for temp work in our Pickering office Tuesday, March 11 & 18, Thursday, March 13 & 20. Please contact Angela or Ann ASAP 831-3603

THINKING OF RELOCATING? our busy West End Toronto dental office requires a Full time Assistant & Hygentist to add to our great team. If this could be you, please fax resume to: (416) 766-3502

100 Houses For Sale

AJAX/PICKERING HOMES & TOWNHOUSES From \$145,900-\$400K. CONDOS from \$134K Buy your dream home with no money down. Mtg. Financing avail. List for less \$3.25 total commission. Full MLS. Why pay more? Call Robert Lebskin New World 2000 Realty 905-626-3542

LOCATION LOCATION, new Coughlin townhouse in the heart of Pickering, 1,800 sq. ft. All brick design, 5 appliances, 2 plus one bedrooms, 3 bathrooms, balcony off kitchen, ceramic tile, foyer kitchen and bathroom, high efficiency gas furnace, air, central vac. \$230,000. Open house 2 - 4 p.m. Sat. and Sun., 1653 Avonmore Square (416) 520-4479

BOWMANVILLE, Executive 4 br, 3 bath (4,4,2), ceramics, hardwoods, CAC, CVAC, EAC, French Doors, Jacuzzi, wood and gas fireplaces, all new windows with 2 new bays, over 3100 Tsf, 50X100 Lot, Open House Mar 8/9 12-4pm 37 Peachtree Cres., 905-697-3231, www.propertytrek.com id #58463264500

BROOKLIN 3-bedrooms, 3 baths, 9' Ceilings, kitchen w/bst. bar, fam rm w/gas fireplace. Master bedroom w/en-suite, walk-in closet, French doors to balcony, mn.fr. laundry, garage, fenced, interlock patio. (905)655-9965

160 Business Opportunities

BUSINESSES WANTED We are interested in growing our business into new areas by acquisitions or partnerships. If you have a Durham Region / Northumberland County area business that would benefit from more promotion, we may be interested in talking with you. Our interest is primarily, but not restricted to, businesses in the areas of publishing, distribution, printing, customer fulfillment, consumer and trade shows, and advertising agencies. Please write to: File #825, c/o Oshawa This Week PO Box 481, Oshawa, ON L1H 7L5 Email: morebusinesswanted@hotmail.com describing the nature of your business with addresses / phone numbers to contact you. We will only contact businesses of interest.

100 Houses For Sale

WHITBY PRESTIGIOUS Somerset Estates, ranch bungalow, 2,800sq ft., 3+1 bdrms, solarium, pool on professionally landscaped 80ft lot. Upgrades. Must See! By appt only 905-668-5730

WHITBY/OSHAWA - Lovely homes for sale. Zero down payment \$885.00-\$1,200.00 monthly. 24 - hour free recorded message. Invis-1-800-891-2402 code 2021.

ATTENTION HOMEOWNERS 0% COMMISSION for sale or for rent by owner website and FREE newspaper www.privateexchange.com 905-426-5699

120 Out-of-Town Properties

MONTAGUE, PEI summer retreat or year round 2 storey home, 2 baths, large country kitchen, many renovations, large treed lot w/private back yard. Five minute walk to town marina. 15 minute drive to sandy beach at Pamure ds. 10min drive to 2 renowned 18 hole golf courses, at Bredford. \$89,000 Phone (902)838-4532 weekdays after 6pm, anytime weekend. Pictures upon request. snc

135 Lots & Acreages

P.E.I. TWO 10 ACRE lots on quiet paved country road. 7 acres clear, 3 wooded with brook running through wooded area. 10 min. to Panmule Island Beach, 15 min. form (2) 18 hole renowned golf courses at Burdwell. \$49,000 each. Phone (902) 838-4532 weekdays after 6 p.m., anytime on weekends. snc

145 Indust./Comm. Space

INDUSTRIAL UNITS, close to Oshawa Centre, 1 1/2 bay with roll up door, for trucks, plus side door, reasonable. Also one small similar unit. Also office space. Also storage, with 24 hour access. 905-576-2982 or 905-626-6619.

150 Office & Business space

400 SQ. FT FURNISHED office space immediately available. \$350/month plus GST. One month free. Prime Oshawa location. Call Steve or Steven 905-576-6999 or 905-434-0041

AVAILABLE IMMEDIATELY, Veltri Complex, Bowmanville, 68 King Street East. Office/Retail Rental Space. Parking & Wheelchair Accessible. Space ranging from 760-sq.ft to 2496-sq.ft. For more information call: 905-623-4172

WHITBY DOWNTOWN - prestigious office or commercial space available Parking on premise, 1750 - 2200 sq. ft. for lease. Main street and main floor locations. Call Snyder Construction (905) 655-5000. Terms negotiable.

160 Business Opportunities

ACCESS TO A COMPUTER Put it to work! \$25-75/hr. PT/FT. Call 1-888-249-1514 www.successontherise.com

AVAILABLE FOR LEASE. Excellent business opportunity. Turn key operation, fully equipped kitchen within an all ready successfully established sports bar. Seating capacity of 180. Equipment included: American range, flat top, charbroiler, range top burners, 2 ovens, salamander, 2 deep fryers, 6ft prep cooler, kitchen nook, microwaves, 5 upright coolers, 5 freezers, shelving, pots, pans, dishes, cutlery. \$1600/month inclusive. Must have \$2000 security deposit, first/last. 905-404-3098

GOVERNMENT FUNDS \$\$ Grants and loans information to start and expand your business or farm. 1-800-505-8866

HAIR SALON - OSHAWA. Very clean, busy plaza. Park Road and 401. Turnkey operation. \$29,900. Hair salon - Ajax. Owner relocating. Great opportunity. South Ajax in busy plaza. \$34,900. Photo business. Busy east Oshawa Plaza. Film development. Passports. Portraits. \$199,900. Neil Ryan, Broker, Ryan Realty Services Ltd. (905) 434-5128 neil@courtierealestate.com

160 Business Opportunities

33 & 77 Falby Crt., Ajax 2 & 3 bed. apts starting at \$978. per mo. On-site superintendent and security. Rental Office Mon. - Fri. 8:30 a.m. - 4:30 p.m. (905) 686-0845 www.ajaxapartments.com

MANORS OF BRANDYWINE 45 GENERATION BLVD. APT 122 Hwy. 401 & Meadowvale Blvd. 1, 2 & 3 bedroom suites available. Freshly painted with new carpets, blinds, and ceiling fans. Air conditioned, close to schools, shopping and Toronto Zoo. Call to view: (416) 284-2873 Email: brandywine@goldlist.com

UNIQUE RESORT ESTATE, 1-hour from Toronto, on Lake Scugog, requests proposal to reestablish restaurant. Full kitchen facilities. Breath-taking setting. (905)985-3490 glassartisan@attcanada.ca

170 Apts. & Flats For Rent

1 BEDROOM APT. - \$650/mth inclusive, no pets, single working person preferred. Available April 1. 905-438-1982.

1-BEDROOM BSMT. quiet home. S.E.-Oshawa; suit single non-smoker; parking/utilities/basic cable; immediate possession. \$655/mo.; references; first/last. 905-433-1197 after 1pm.

1-BEDROOM, main floor of award-winning home on Bay. Large kitchen, dishwasher, enclosed porch. Suit mature quiet individual. On bus route. Apr. 1st. \$800/month includes cable. 905-420-9556.

OSHAWA CENTRAL 1-bdrm \$575+ Clean, quiet, bright. No dogs. First/last, references required. Avail. March/April. Call 1-416-899-3813.

A MUST SEE! Oshawa, 2-bdrm adult-occupied 3-unit bldg. Clean, quiet, laundry, private yard, parking, on bus route. Credit check, references, non-smoker, no pets. \$753-inclusive, first/last. Avail March 1/03. 905-427-2782.

A+ ONE BEDROOM AJAX basement apartment Harwood/Bayly, own entrance. Parking, clean, quiet. Suites working adult or couple. Full bath, private laundry & kitchen. \$845 utilities included. Available immediately. Please Call 905-686-0539.

AJAX 67 Church St. Large 2 & 3-bdrm. Avail. Feb. & March in clean, quiet building. Starting from \$950/month includes parking, hydro, new appliances. (905)426-1161

AJAX - BACHELOR, immediate. \$600 inclusive incl. internet Suitable for one, smoking ok, no pets, 5 p.m. - 11 p.m. (905) 619-0575

AJAX BY THE LAKE, sunny legal 1-bedroom basement apartment, separate walkout entrance, suit professional person, includes parking for 1, all utilities+smoking, 3 appliances, no pets/cable/TV. Avail. now, first/last \$750/month. 905-619-0434

AJAX, HWY 2/CHURCH 2-bedroom basement apartment, \$975/month. Hydro, cable included, available immediately. Clean, spacious, separate entrance, 2 car parking, shared laundry, kitchen, family room, storage room, share backyard, swimming pool. No pets/smoking. First/last, references. Call (905)427-8297

AJAX/PICKERING location, 2 cozy, bright, basement apartments for rent. Separate entrance for both. Price negotiable. Telephone (905)509-4185

AVAIL IMMEDIATELY, 1 bedroom apt., Bowmanville \$675/mo., includes heat/hydro, fridge/stove, parking for 1, first/last required. Call 905-697-2755 after 6pm

BAYLY/PICKERING BEACH RD. 1 bedroom bright spacious suitable for mature single person. Non-smoker, no pets. Call for further details 905-683-7532

BRIGHT SPACIOUS legal retrofit 2 bedroom basemnt apt. Olive/Wilson area, 4 appliances, parking, references required. March 1, \$750 inclusive. 905-721-2206

NORTH EAST OSHAWA, newly decorated, 1-bdrm basement w/walk-out, fridge, stove, washer/dryer, avail. immediately. \$700+utilities First, last, references. Call 905-436-1657

170 Apartments & Flats For Rent

33 & 77 Falby Crt., Ajax 2 & 3 bed. apts starting at \$978. per mo. On-site superintendent and security. Rental Office Mon. - Fri. 8:30 a.m. - 4:30 p.m. (905) 686-0845 www.ajaxapartments.com

MANORS OF BRANDYWINE 45 GENERATION BLVD. APT 122 Hwy. 401 & Meadowvale Blvd. 1, 2 & 3 bedroom suites available. Freshly painted with new carpets, blinds, and ceiling fans. Air conditioned, close to schools, shopping and Toronto Zoo. Call to view: (416) 284-2873 Email: brandywine@goldlist.com

UNIQUE RESORT ESTATE, 1-hour from Toronto, on Lake Scugog, requests proposal to reestablish restaurant. Full kitchen facilities. Breath-taking setting. (905)985-3490 glassartisan@attcanada.ca

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170 Apartments & Flats For Rent

PICKERING VILLAGE newly decorated 2 bedroom upper apt. includes fridge, stove, parking, no-smokers. \$995/month inclusive. Michelle 905-426-9206

REGENCY PLACE - 15 Regency Cres., Whitby. 50+ Adult Lifestyle Apt. Complex. Clean quiet building, across from park. Close to downtown. Daily activities incl. All utilities included. Call 905-430-7397. www.realtar.ca

ROSSLAND/STEVENSON - quiet, non-smoking, large 2 bdrm. bsmt. apt. includes fridge, stove, washer/dryer, cable, parking & private entrance. Furnished or unfurnished. Suitable for 2 students-\$450/ea. or couple-\$905/mo. Available after March 15th or April 1st. 905-723-7171 or 905-767-5350.

RUSSETT AVE., N. off Simcoe 1-2-bdrm. good location, well maintained 12-plex. Nice neighbourhood; Close to shopping, bus. \$850. heating cable/parking/ included, newly decorated, laundry facilities. Avail. Apr. 1. No dogs. 905-576-2982. after 9am.

SIMCOE ST. N., Oshawa, luxury 2 bedroom, air, 5 appliances. \$1,360. per mo. Available from May 15 1st. Call (905) 571-3760

S. AJAX main floor, 3-bedroom semi bungalow. Avail. immed. \$1075 plus part utilities. No pets/smoking. Parking, laundry, First/last, references. (905)686-6773

SOUTH PICKERING, newly renovated 2 bedroom basement apt., large eat in kitchen, living/dining room, full bath, central air and satellite, close to go, 401 and shops. No pets or smoking. \$800 plus. Call (905) 420-6992

SPACIOUS OPEN CONCEPT flat, duplex, Oshawa, bus, parking, fireplace, cable TV. \$595/single or shared \$350/each inclusive. March 1. 905-435-7305

OSHAWA VERY SPACIOUS 2 & 3 bdrm. apts. Close to schools, shopping centre, Go Station. Utilities included. Senior Discounts Call(905)728-4993

SUPERINTENDENT COUPLES: No experience required. Training provided. Duties include cleaning/maintenance/administration. Included: apartment, competitive salary, bonus, benefits and vacation. Fax resume to: (416) 923-9315.

TESTA HEIGHTS -2 TESTA RD. UXBRIDGE One & two bedroom apts. available. Conveniently located in Uxbridge in adult occupied building. Weekly tenant activities. Call 905-852-2534 www.realtar.ca

TWO BEDROOM APT. New, bright, spacious, lower-level of raised bungalow. Adelaide/Townline. Private entrance. Appliances, laundry/cable inc. No smokers please. \$875+utilities. 905-720-2209

WHITBY 5 APPLIANCES, 2-car parking, \$1100+60% utilities. Available immediately. Richard - Days 416-865-7864 Evenings/Weekends 905-686-9662.

WHITBY TWO 2-bedroom apartments, April 1st. \$825 & \$865. Very spacious, clean, quiet building/parking. Near Go train/401, Fridge/stove. No dogs. 905-404-1414.

WHITBY 1-BEDROOM at Garden/Dundas Sts. All inclusive, including laundry and parking, available immediately, \$685. 905-655-7277

WHITBY PLACE, 900 DUNDAS ST. E., One and two bedroom units park like setting, close to downtown, low rise bldg, laundry facilities, balcony, parking. 905-430-5420. www.realtar.ca

WHITBY - Rossland/Gordon 2 bedroom basement apt. appliances, all inclusive, no smoking, no pets, available March 1, first/last required. 905-430-3580

NORTH OSHAWA, 2 bedroom Mar. 1st or April 1st. Clean, family building. Heat, hydro and two appliances included. Pay cable, parking, and laundry facilities. (905) 723-2094.

180 Condominiums For Rent

92 CHURCH ST. AJAX - Luxurious 2 bedroom all amenities, \$1350 inclusive. References, non-smokers, no pets. Available April 1. 905-683-1444. dpowley@sympatico.ca

BOWMANVILLE Seeking Professional, single or retired. No pets/smoking. New, end unit on 1st/floor, 2 bedroom, washroom, 5 appliances. \$950/mth. 905-435-0670.

180 Condominiums For Rent

COLLINGWOOD, Cranberry, 3 bedroom, 3 baths, fireplace, fully equipped, ski season \$6500. 905-294-6776.

NORTH AJAX Nice, bright, 2 bedroom, 2-bathrooms, 2 balconies, S / W exposure. Pool view. \$1300/month. solarium eat-in kitchen. Own credit check. 905-428-0894

PICKERING PARKWAY, 3 bedroom, quiet building, \$1375 per month plus hydro. Avail. March 1, 2 free weeks\* Call (416) 270-1213

185 Houses For Rent

Sick of RENTING? 1st Time Buyer? Professional Rent? Honest Answers...! Professional Advice...! To Own Your Next Home! Direct Line: 1-800-840-6275

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 1-877-663-1058, kenollis@sympatico.ca

A ABSOLUTELY ASTOUNDING 6 months free, then own a house from \$600/month o.a.c. Up to \$5,000 cash back to you! Require \$30,000+family income and good credit. Short of down payment? Call Bill Roka, Sales Rep. today! Re/Max Spirit (905) 728-1600, 1-888-732-1600.

3 BEDROOM 4-level backsplit, with in-law, huge yard backing onto greenbelt, walk to schools. Madawaska Ave. Oshawa \$1350+first/last. Don 905-743-9520

AJAX SOUTH main floor 3-bedroom semi, private laundry, 2-car parking, cable. \$950+ 2/3 utilities. First/last references. No pets. Availability flexible. Call Frank (416)616-7776

AJAX MAIN FLOOR, 3 bedroom semi, laundry, parking, central air, quiet street, no pets/smoking. Ist/last, \$995, plus 65% utilities (905) 686-8104. (905) 767-2642

BEAUTIFUL BRAND NEW 3 bedroom home. Whites/401. Available immediately. Gas fireplace, laundry, parking, garage, backyard, newly painted. 2 min. walk to Go, near amenities. \$1200/mo. + 2/3 utilities. Diane 416-274-4004.

LAKE SCUGOG - available March 15, 2 bedroom winterized cottage w/guest cabin, \$900/mo. plus hydro. Call Ron 905-576-1178, 8-5 p.m.; After 6:30, 705-786-2774.

LARGE 3 BEDROOM house, private backyard, minutes to 401/Oshawa. Fridge, stove included. Washer/dryer negotiable. Plenty parking. \$1162+utilities. April 30th. 905-725-7610.

310 Articles for Sale

SPECIAL MATTRESS SALE
Just received approx. 100 new mattresses, King Koil, Restonic & Perma Flex, singles from \$69.00; Doubles from \$149.00; Queens from \$249.00. King size mattress & 2 boxes from \$399.00.
Come Visit Our Three Showrooms
• 1188 Simcoe St. S. Oshawa - 905-571-4610
• 870 Taunton Rd. E. Whitby - 905-576-7550
• 1975 Taunton Rd. Hampton at Solina Rd. 905-263-2517

316 Vendors Wanted

SUNDAY JUNE 8TH, 2003
DURHAM'S SPRING CRAFT SHOW
Kingsway College, Oshawa 10am - 4pm
Calling All Vendors!
Don't miss out on your chance to be part of Durham region's largest spring craft show. This one day extravaganza will be a must see for everyone!
\$99.00 + G.S.T. for a 10' X 10' booth, Booth fees include electrical services.
For Booking Details Call 905-426-4676 ext. 227

310 Articles for Sale

INVENTION IDEA for sale dealing with car safety. Save Lives today! Call for more details. 905-697-9860

KING SIZE BEDSPREAD, bed skirt and two pillow shams. Moss green, suitable for traditional bedroom. 905-697-9462 (snp)

MAKE AN OFFER - Good quality carpet, gently-used, 2-room in colour, 1-egg shell in colour. Call for info. 905-723-9458

MOVING - FRIDGE, STOVE, washer, dryer, freezer, air conditioner, coffee/end table above ground pool complete(905) 721-8009

MOVING SALE! Chesterfield w/table \$300; chesterfield, chair, table \$650; single bedroom \$400; large livingroom cabinet, 9' long, \$1500. Call 905-509-2168

MY SECRETS OF ANTIQUES. We sell quality second hand clothing, toys, china, books, crystal, collectibles, furniture & more. 14 Ontario St., Oshawa. 905-436-3337

NEW COMPUTERS - For sale \$450, visit www.jics.ca or call Jason 905-619-0058.

PALLISTER QUEEN WALL bed with drawers, mirrors and lights. 3 yr. old, excellent condition. Asking \$675. (905) 424-2221

PIANO SALES 3 Day Event March 13 - 15th Authorized Factory sale on Roland Digital Pianos Starting from \$799 Save up to \$1300 on selected models Rent to own 905-433-1491

PIANO TECHNICIAN available for tuning, repairs, & pre-purchase consultation on all makes & models of acoustic pianos. Reconditioned Heintzman, Yamaha, Mason & Risch, & other grand or upright pianos for sale. Gift Certificates available. Call Barb at 905-427-7631 or check out the web at: www.barbhall.com Visa, MC, Amex.

PLAYSTATION MOD CHIPS PS1 chip \$60; PS2 chip \$95; \$200; XBOX chip \$200. All work guaranteed. Inquire about our new/used games. Call East of Whitby (905)924-2097 or West of Whitby (905)420-8829

POOL ROOM CLOSING snooker tables 8-ball tables cash registers music equip. plus much more 905-725-3243

POOL TABLES 8' & 9' slate Billiard tables, Foosball/Jetton table and table hockey for sale. Call 905-420-6113

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

SNOWBLOWERS - 2 Craftsman 5 hp, & 10 hp. EWC electric start, chains. \$300 & \$800. 905-721-1570.

400 Cars For Sale

NEED A CAR?
Rebuild Your Credit With newstartleasing.com
As low as \$499 down
643 Kingston Rd., Pickering
1-866-340-5559

370 Pets, Supplies, Boarding

IN-HOME DOG TRAINING - all phases of obedience and protection. Over 25 yrs. exp. Please call for an appt. 416-399-0677.

LABS, purebred, 2 Black, 2 yellow, males only. 6 wks, ready to go. Home raised for pets. \$300. 705-324-9050.

OLDER CATS need love too! Many young to older adult cats (spayed or neutered, fully vaccinated) looking for homes. Kittens with first booster sometimes available. Many medium to larger breeds of dogs available for adoption. Pet supplies (especially cat food and litter) and donations always welcomed. Please call Durham Animal Adoption at 905-438-8411

400 Cars For Sale

1980 GRAND PRIX, no rust, no emissions needed, 132,000 km, as is \$1500. obo. Need exhaust work. Great car, runs well. Call 905-623-9316

1986 HONDA ACCORD EXI 4-door, 4-cyl, auto, p/s,p/b, p/w, p/locks, p/moonroof, am/fm stereo-cassette, e-tested, mechanically A1, excellent condition, must sell, \$1350; 1992 PONTIAC LEMANS 4-door, 4-cyl, auto, p/s, p/b, air, am-fm stereo-cassette, mechanically A1, no rust, must sell, \$650. 905-404-8541.

1990 PONTIAC 6000 LE, 230kms, certified, e-tested & passed Dec./02, asking \$1995. Good working condition. Call 905-430-6016 after 5pm

1990 PONTIAC TRANSPORT 7 seater, \$2,999., 1993 Cavalier custom-made, came off 1987 Ford F150. Grey tinted, windows sliding side & back. Excellent shape. \$500. obo. 705-328-0402 after 6 p.m. Can be seen in Bowmanville.

TV & HDTV SALES and service+++ Satellite installation and repairs available. Call Mike (416)888-0978.

WASHER & DRYER, excellent condition. \$350. obo. 905-721-0498.

WEDDING GOWN, never worn, Riche designer, 3pc. raw silk, ivory strapless bodice, beading, skirt moderate length train, Size 3-10 adjustable, \$700. 905-579-3264

1991 GRAND PRIX LE, 65,000kms on new motor, recent brakes, highway driven, \$800 obo as is. Call (905)720-3831.

1992 GEO METRO, 4-door, 4-cylinder, 5-speed manual transmission. Runs well. Mechanically in A-1 shape. A gas miser. All general upkeep done to date. \$2,000 obo. 905-665-7684

1992 LINCOLN LIMOUSINE MUST SEE! White, blue leather, loaded, mint, new fiber optics lighting/carpet, tires, exhaust, much more. \$90,000/km. 905-665-9551 \$20,500 o.b.o.

1994 OLDS Cutlass Supreme SL, 4-dr. 3100 engine, auto, Black, tilt wheel, console w/ floor shift, power windows, power doorlocks, power trunk release, power side mirrors, Factory tach, factory aluminum mags, cruise control, 298k easy miles, car is in good condition, runs out beautifully. Certified/e-tested, asking \$2995. 905-571-5138

1997 BONNEVILLE SE, leather, loaded, \$7,997; 1995 Caravan, 7 passenger v, auto, \$3,995; 1993 Cavalier RS, V6 auto, 120k, \$4,495; all prices, certified/e-tested, Call Gary 905-436-2239

1998 DODGE NEON, 4dr, auto, a/c, forest green, certified, e-tested. \$8,249. Call 905-579-8507.snp

1999 PONTIAC GRAND am, 4 door, p.w., p.l., air, am/fm cassette, 103,000kms, asking \$11,000. Call (905)723-0927.

1999 FORD F150 XLT, pickup, 4 dr. 4X4, short box, extended cab, V8, 4.6L, fully loaded, bucket seats, 6 CD changer, tonneau cover, running boards, 111k, \$21,500. (905) 655-7661

2001 GMC SONOMA SLS, Vortec V6, pewter colour, 69,000kms, mostly highway, fibreglass tonneau, box liner, etc. \$19,999. Call (905)404-8242 (snp)

1986 BRONCO, beautiful truck, 302 automatic, free-wheeling hubs, full load, CD, tint, remote start, perfect body. Good interior. \$4800 e-tested/ certified. Call (905)434-5249.

1990 DODGE HALF-TON, certified, e-tested, \$2500 obo. Call John 647-222-1373.

1994 CHEV 1/2-ton V6 auto, 161K \$5,500; 1994 Ford Ranger XLT, V6 auto, 81K \$6,995; 1996 Ford Ranger, XL 4-cyl. 5-speed, high kms \$3,995; 1996 Ford F150 XL, V8-auto, 220k, \$6,495; all prices, Certified/e-tested. Call Gary 905-436-2239 or cell 905-431-2158.

1999 FORD F150 XLT, pickup, 4 dr. 4X4, short box, extended cab, V8, 4.6L, fully loaded, bucket seats, 6 CD changer, tonneau cover, running boards, 111k, \$21,500. (905) 655-7661

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

410 Trucks For Sale

GOES ANYWHERE!
1999 BLAZDER, 4 dr. Black, loaded, 4x4, only 82,000kms STK.#A10472 Key #B37
Johnston CHEVROLET OLDSMOBILE
4121 KINGSTON ROAD SCARBOROUGH 416-284-1631 TOLL FREE: 1-866-877-0859

253 Anniversaries

HAPPY 40TH ANNIVERSARY
FREDA AND TREVOR
With so many happy memories over the years
Lots of Love Maureen and Fred

282 Places of Worship

COME & WORSHIP
Is a regular Friday feature in the News Advertiser. (Copy deadline is Wednesday noon for the Friday paper.) To advertise all your Church Events, News and Upcoming Special Services. Call Janice Samoyloff at 905-683-0707. Or fax your information to 905-579-4218 or Email to: jsam@durhamregion.com

420 Vans/4-Wheel Drive

1998 ASTRO VAN, loaded, running boards, roof rack, trailer hitch, yearly rust proofed, excellent condition, one owner, cert. e-tested, \$11,000. Telephone (905) 436-3286

2001 FORD EXPLORER XL, 4 dr, 4X4, fully loaded, excellent condition, 67K, \$21,500. (905) 655-7661.

440 Auto Parts & Repairs
WANTED - 1989 XJS Jaguar headlights. 905-985-1991

255 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

325 Auctions

B.I.D. AUCTION SERVICES
OUTSTANDING AUCTION NOTICE
EVERYTHING MUST BE SOLD - DIRECT FROM THE MFG. ESTATES \* LIQUIDATIONS \* CONSIGNMENTS \*
HOUSEHOLD FURNITURE \* DINING ROOM SUITES\* COLLECTIBLES \* BEDROOM SUITE \* ART COLLECTION \* CHINESE ARTIFACTS \* GOLD & DIAMOND JEWELLERY \* DÉCOR & ACCENT COLLECTION \* SPORTS MEMORABILIA - LEAFS & LEGENDS \* SILVER JEWELLERY \* LEATHER SOFA SET \* GRANDFATHER CLOCKS \* TVS \* DVD \* STEREOS \* CATALOGUE SALE - WILL BE SOLD IN DETAIL WITH NO BUYERS PREMIUMS BY:

PUBLIC AUCTION

MON., MARCH 03 AT 7 P.M. (PREVIEW 6:PM)
THE JUBILEE PAVILION
55 LAKEVIEW PARK AVE. OSHAWA
(Watch for signs)
OVER 1000 ITEMS TO BE SOLD
JEWELLERY
Large selection of ladies & gents 10-14kt gold diamond and genuine stone rings. Earrings, bracelets, designer watches, pearls, pendants, Sterling silver etc.
COLLECTIBLES
Tiffany glass lamps, Art glass, wildlife sculptures, floor lamps, clocks, décor accent items, floor vases, hand made unique nostalgia items, signboards, Bronze Statuary collector showcases, Limoges Vases, compots, Jars, Jade Gemstone desktop globe. Garden & Foyer Water fountains, Ancient Chinese artifacts. Etc.
FURNITURE
Handmade desks, consoles, mirrors, hark tables, salon chairs, occasional tables, dining table & chairs, china cabinets, Oak dining table & chairs, vanity & stool, tables, Mermaid glass top table, Consoles, trunks, dressers, tables, accent items, selection of iron accents, quilt stands, ferns tables, washstand, tilt wine tables, Dining Room Suites, Quilt stand, marble top consoles, Chiming Grandfather Clocks, Queen Poster Bedroom suite, Tufted Grandfather Chairs, tea cabinets etc.
GENERAL ITEMS
Limited edition art of The Group of Seven, accent & décor art, Port . Stereos, cordless phones, framed sports memorabilia, 36 x 48 Grand Foyer Mirrors, and various accent sizes, all from Italy with Museum frames. Cast iron accents, Electronics, phones, TVs, Stereos, CD, DVD, TV VCR combos, Original Gerardo Collachi Fresco Framed, (Museum Collection) A.J. CASSON Artworks.
NO BUYERS FEES OR PREMIUMS\* ARRIVE EARLY - LIMITED SEATING
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• Port Perry This Week
• Northumberland News
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Large selection of ladies & gents 10-14kt gold diamond and genuine stone rings. Earrings, bracelets, designer watches, pearls, pendants, Sterling silver etc.
COLLECTIBLES
Tiffany glass lamps, Art glass, wildlife sculptures, floor lamps, clocks, décor accent items, floor vases, hand made unique nostalgia items, signboards, Bronze Statuary collector showcases, Limoges Vases, compots, Jars, Jade Gemstone desktop globe. Garden & Foyer Water fountains, Ancient Chinese artifacts. Etc.
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# Scoreboard

MARCH 2, 2003

## PICKERING MEN'S BASKETBALL LEAGUE

Feb. 10 results of week 3 of nine-week round-robin playoff

### GAME ONE

Envoy Business Services 47 vs. Gallantry's Eatery 40 (overtime)

### TOP SCORERS

Envoy: Luke Lukkonen 16, Roger Young 12, David Voth 7, Derek Jaggall 6. Gallantry's: Tom Rowen 14, Ray Fox 8, Randy Filinski 8.

### GAME TWO

Lakar Carpentry 40 vs. Warwick Publishing 32.

### TOP SCORERS

Lakar: Colin Exeter 19, Tom Pittman 7, Don MacDonald 6. Warwick: Gord Brown 11, Ian Campbell 10, James Williamson 5.

### GAME THREE

West Hill Men's Slo-Pitch 47 vs. Accent Building Sciences 39

### TOP SCORERS

West Hill: Owen Officer 21, Eric Hamdic 6, Craig Yakimiskyn 6. Accent: Rod Fraser 17, Bob Pfizer 9, Roy Christiansen 6.

### GAME FOUR

The Base 57 vs. Brown, Pineo, Van Kempen 43.

### TOP SCORERS

The Base: Conrad Davis 34, George Iordanov 11, Chris Stanley 9. Brown, Pineo, Van Kempen: Mike Horn 14, Gil Milton 8, Irwin Stanley 7, Fred Dever 6.

### GAME FIVE

EII-Rod Holdings 62 vs. Verifeye 43.

### TOP SCORERS

EII-Rod: Rick Jones 14, Steve Hewitt 11, Ron Pella 8, Steve Leahy 8. Verifeye: Karl Hutchinson 13, Charlie Denchfield 11, Damon Aleya 8, Mike Jovanov 7.

### PICKERING MEN'S BASKETBALL LEAGUE

Feb. 17 results of week 4 of nine-week round-robin playoff

### GAME ONE

Accent Building Sciences 55 vs. Warwick Publishing 40.

### TOP SCORERS

Accent: Rod Fraser 15, John Fleming 11, Roy Christiansen 10, Bob Pfizer 8. Warwick: Gord Brown 12, James Williamson 10, Sam Terry 7, Kip Van Kempen 6.

### GAME TWO

Envoy Business Services 58 vs. The Base 48.

### TOP SCORERS

Envoy: Roger Young 21, Kevin Walker 9, Kari Elovvari 8, Derek Jaggall 8. The Base: Conrad Davis 22, Chris Stanley 6, Peter Dundas 6.

### GAME THREE

Gallantry's Eatery 57 vs. Verifeye 53.

### TOP SCORERS

Gallantry's: Don Leahy 15, Ray Fox 12, Jim Bowen 11, James Williamson 10. Verifeye: Damon Aleya 17, Pat Roach 12, Karl Hutchinson 9, Charlie Denchfield 8.

### GAME FOUR

EII-Rod Holdings 38 vs. Brown, Pineo, Van Kempen 34.

### TOP SCORERS

EII-Rod: Steve Leahy 12, John Esposito 12, Rick Jones 10. Brown, Pineo, Van Kempen: Mike Horn 15, Fred Dever 10.

### GAME FIVE

Lakar Carpentry 59 vs. West Hill Men's Slo-Pitch 38.

### TOP SCORERS

Lakar: Colin Exeter 15, Tom Pittman 12, Ivor Walker 12, Bill Warren 8. West Hill: Owen Officer 14, Bruce Briard 13.



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256 Deaths

**VAN DINTHER, Maria "Mia"** - After a brief second battle with cancer, on Monday, February 24th, 2003 at Ajax/Pickering Hospital. Mia, beloved wife of Nick for 45 years. Loving mother of Tony and his wife Karen and Nick and his wife Katrina. Devoted Oma to Darryl, Glen, Nicolaus, Gary, Mieke, and Paige, predeceased by Spencer. Lovingly remembered by her sisters Evon and Emmy, sisters-in-law Toni and Willie, and her brothers Emiel, Cees, and the late Gaston, and brother-in-law Joe, and their families. The family will receive friends at **THE ACCETONE FUNERAL HOME**, 384 Finley Avenue, Ajax, 905-428-9090, on Friday, February 28th from 2-4 and 7-9 p.m. and on Saturday, March 1st from 10 a.m. until the time of service in the Chapel at 11 a.m. Donations to the Canadian Cancer Society in Mia's memory would be appreciated by her family.  
*"We love you with all of our hearts, and we miss you with all of our hearts."*

258 In Memoriam

**In Loving Memory of my Daughter**  
♥ Nell Browne ♥  
who passed away two years ago today  
March 2nd, 2001  
Each time I look at your picture  
You seem to smile and say  
Don't be sad ~ But courage take  
And Love each other for my sake.  
*Loving you always,  
Forgetting you never*  
Sadly missed by Her Mother  
Una Whitley

## HOW TO WRITE AN EFFECTIVE CLASSIFIED AD

Start your ad with the item for sale, service you are offering, or job title of the person you seek to hire.  
• **Be descriptive.** The more information you provide to the reader, the better the responses will be to your ad.  
• **Always include the price** of an item for sale.  
• **Avoid abbreviations.** They make your ad harder to read and less effective.  
• **Use larger type, white space, or decorative characters, such as stars, to bring attention to your ad.**  
• **Run your ad for an ample length of time.** Remember, as soon as you get results, you can cancel at any time during regular business hours. Call us today! We'll be glad to help you.  
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Passion Paradise 2003

258 In Memoriam

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who passed away two years ago today  
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