

The Pickering NEWS ADVERTISER


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Grants help educate youth
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Aiding Africa



ON THE BAY
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FUNNY BUMPING INTO YOU



Ron Pietroniro/ News Advertiser photo

PICKERING — Ed Lee makes the return during quarterfinal action at the Soulstice Beach beach volleyball corporate tournament held recently at the new courts behind the Pickering Recreation Complex.

Bay Ridges residents rally for plaza

Pickering meeting hears concerns about impact of proposed changes

By Danielle Milley
Staff Writer

PICKERING — The Bay Ridges community isn't giving up its neighbourhood plaza without a fight.

Close to 200 residents came to a statutory public meeting June 1 at the Pickering Civic Complex that dealt with the rezoning application for the Bay Ridges Plaza, located on Bayly Street at Liverpool Road.

Carmen Montgomery was one of 20 residents who spoke at the meeting. She discussed the important role the local pharmacy plays in her life. She has rheumatoid arthritis and said the phar-

macy works with her doctor to make sure the medication she needs is there on time.

"Absolutely nothing has been said about what is going to happen to the businesses that are there," she said.

"You can't tell me they're not a viable business. The pharmacy has been there for more than 20 years."

Ms. Montgomery said it is not just herself that will be affected, but also the many seniors who live in the Bayshore Towers behind the plaza and also at the nearby St. Martin's seniors residence.

"I want your assurance that my health care is not going to be compromised by your development," she said.

The application by SR and R Bay Ridges Ltd. includes a mix of housing types, as well as retail,

♦ See Businesses, Page 5

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Transit talks begin

'Lot of background work' to be done on first contract

By Erin Hatfield
Staff Writer

DURHAM — Monday morning's illegal TTC strike in Toronto showed the crippling effect a strike can have on a city.

Garth Johns, Durham's commissioner of human resources, said as the Region and transit employees negotiate their first collective agreement, he is hopeful the same won't happen here.

Durham Region Transit (DRT) and CAW Local 222 began contract negotiations last week.

"We work hard in maintaining good labour relations with all of our unions," Mr. Johns said. "We hope CAW will be no different."

This is the first contract for Durham Region Transit, which was formed in January of this year when area municipal systems amalgamated.

Mr. Johns said he is always optimistic negotiations will conclude without any disruption in service.

"Clearly we are trying to have a meeting of the minds and come up with a collective agreement both the CAW and we can live with," Mr. Johns said. "Each party has entered into the process with what they see as an ideal collective agreement."

Mr. Johns said the two sides are at opposite ends of the spectrum and the negotiations are meant to bring the parties to a middle ground.

Talks could continue into June, Mr. Johns said, calling negotiations a unique situation.

"It is not your typical renewal," he said. "It is brand new and there is a lot of background work to be done."

The CAW represents almost 300 employees, including operators, mechanics, service persons, and office administration staff.

CAW representatives were not available for comment.



Ron Pietroniro/ News Advertiser photo

A mouthful

WHITEVALE — Helen Ween looks a little starry eyed as she enjoys a slice of homemade pie during the recent Whitevale Spring Festival. The annual community festival featured garage sales, tea gardens, a barbecue and kids petting zoo, among other attractions for the family.

Durham lands 2008 Special Olympic Games

DURHAM — The year 2008 is going to be a Special year for Durham Region.

That's when the region will host the 2008 Special Olympics Spring Games, a four-day event that will see approximately 700 athletes compete in a variety of events. The Durham College campus in Oshawa will host many of the events for intellectually disabled athletes, members of Durham Region council heard during a presentation by Durham Regional Police Chief Vernon White on Wednesday.

The police service, a long-time supporter of the Special Olympics, spearheaded the effort to attract the games to Durham. The region is preparing to host athletes and their families, as well as more than 170 coaches taking part in the event. It is estimated 600 volunteers will be called upon to stage the games.

The Spring Games are scheduled to take place May 29 to June 1, 2008.

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CLASS ACTS: Volunteer teacher Mirriam Malama sells goods from a small store at Rehoboth Community School to help raise money for expenses there. Below, teacher January Mbewe shares a laugh with students outside of class.

Crystal Crimi photos

A schooling in aid

PART 5: GRANTS, VOLUNTEERS PROVIDE EDUCATION TO ORPHANS

Reporters Crystal Crimi and Susan O'Neill spent two weeks in Zambia earlier this year on a Canadian International Development Agency trip to report on the impact of international aid in Africa.

By Crystal Crimi
Staff Writer

ZAMBIA — It isn't much — just a three-room schoolhouse surrounded by cornfields, but for those at Rehoboth, the Canadian-built facility is a dream come true.

Thanks to \$21,630 provided to Rehoboth Community School by the Canada Fund for Local Initiatives in 2002, the volunteers who started the school were finally able to build the schoolhouse they never really had.

"For us, God has come through with this structure," said Emeldah Mvula, co-ordinator of the school.

Rehoboth, one of the country's many volunteer-run community schools, was started in 1997 by a group of 25 widows determined to



Emeldah Mvula

help educate the many local orphans and provide them with one meal a day.

"We didn't have a roof, just grass around," said Ms. Mvula. A widow with four kids of her own, Ms. Mvula's face clearly illustrates the struggles she's encountered and the strength that has allowed her to persevere.

"I cannot look and keep quiet; I have to do something," she said.

With materials and textbooks bought through fundraised dollars, volunteers started teaching students outside, but rain proved to be a chal-



lenge. Soon they had to find new accommodations, moving to an empty building without a roof.

"There were more children every day," said Ms. Mvula. "In school, the numbers had doubled all the time."

While it grew, she searched for more money and applied for funding from various sources.

Her efforts eventually paid off, when Josephine Muchelemba, development officer and education coordinator for the Zambia Canada Program Support Unit, a CIDA program, visited the site and was touched by what she saw. In 2002, Rehoboth received a grant from Canada and soon afterwards its school building was constructed.

Although some community schools receive funds from the Zambian government, Rehoboth does not.

In Zambia, there is a free formal education system for students up to Grade 7, but students still have to pay for textbooks and in many cases uniforms, said Ms. Muchelemba.

"Free education in Zambia actually has a cost," she said, noting it makes attending difficult for

some.

About 50 per cent of the country's population is under age 18 and there are not enough formal schools to accommodate everyone.

So to educate their country-people, volunteers began creating community schools and teaching students themselves, even though many are not qualified teachers, which can create quality issues. Rehoboth volunteers fundraise and collect money from Lusaka hotels to send students to the formal Grade 7 exams.

For students such as David Chisha, Rehoboth has provided dreams. "The school education can help me so I can grow up," said the 18-year-old, Grade 8 student.

"I want to grow up," said Mr. Chisa. "I wish, when I grow up, I want to be a teacher like the teacher who teach me."

Too poor to afford shoes, he walks five kilometres to school each day in bare feet.

Like many at the school, he is an or-

phan. His parents died from sickness when he was 12. Of the 550 students at the school, about 400 are orphans.

"Most of them, it's because the disease HIV," said Ms. Mvula.

One meal a day is provided to Rehoboth students, but recently the food program it depends upon ran out. When asked how the children have eaten, she shrugged sadly and after a moment replied, "Where they stay, if there's anything there."

Even when the one meal is available, some of the kids save part of it to take home to their relatives because they are so poor. Some students also sell second-hand clothes the school gives them to buy food.

Originally, Ms. Mvula hoped to build an orphanage on the site, but they ran out of money. A ground frame

for it still exists, but the school is so full, it may be turned into a classroom if more money ever comes. Bricks are stacked against the back walls of each school classroom waiting for the day when the school can expand. There are still many things she would like to do at the site.

She would like to acquire a battery-powered television to show sex-education videos and help the students better understand pregnancy and how HIV is contracted.

She would like a sick bay to treat injuries quickly, instead of having to take students by wheelbarrow to a clinic 10 kilometres away.

And she would like to create a life skills centre to teach graduating students trades such as carpentry, instead of sending them back to the streets when they're done.

"You know what makes me believe and trust? There was a bush here," said Ms. Mvula, extending her hand toward the brick school house. "Now there's a school, maybe soon, another school."

Next: *Zambian family planning.*

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Businesses will let residents be their guide

Altona Forest in a fun mood

◆ **Businesses from page 1**

office and commercial space. The plan proposes two high-rise towers -- one 16 storeys and one 18 storeys -- with a total of 411 units, as well 71 traditional town-houses, 78 back-to-back town-houses and 12 live-work town-houses for a total of 161.

Stephen Fagyas, representing the applicant, made an extensive presentation, but was interrupted by the passionate crowd on several occasions. He said the development goes along with the Province's Places to Grow legislation that designates Pickering as an urban growth centre, noting the development is a five-minute walk from the Pickering GO station and adjacent to Pickering's downtown.

He said the proposal would revitalize the commercial area, which is languishing because of

businesses that have closed. Both Mr. Fagyas and the developers refused an interview following the meeting.

Residents had concerns with the size and height of the proposal, the environmental impact, the parking and traffic issues they believe it will create, and the way tenants are being treated.

'All we're looking for is fair and equitable compensation.'

PASQUALE MALANDRINO

Pasquale Malandrino spoke on behalf of some of the remaining tenants of the plaza, where he owns a hair salon.

He said he and other tenants would not be against the redevelopment, if the community decides it wants it.

"If the community sees it as

an improvement to the present plaza and the services it provides them, that's good enough for us," he said.

The tenants just want to make sure demolition doesn't begin while businesses are still open, he said, and that there are fair negotiations to settle existing leases. His doesn't expire until October 2009.

"All we're looking for is fair and equitable compensation," Mr. Malandrino said.

Tim Dobson, a member of the Pickering East Shore Community Association (PESCA) executive, spoke about PESCA's concerns

and its position. Mr. Dobson is chairman of the committee organized to deal with the redevelopment.

"PESCA is opposed to the developer's current proposal, however in the fairness of moderation, PESCA is not opposed to the redevelopment of the Bay Ridges Plaza in general," he said.

PESCA shares the concerns of the community about parking and traffic, the environment, the height -- they believe the buildings should be capped at a maximum of seven storeys -- and the commercial facilities.

"PESCA lacks the confidence that the developer will provide the retail space that will be lost," Mr. Dobson said.

The issue now goes to Pickering planning staff who will prepare a report for council at either its summer meeting in July or for one in September.



Tim Dobson



Staying Sharp All Summer

By R.N. Whitehead Ph.D.

Every year the cycle is repeated. After a summer spent chasing butterflies, swimming, working or just plain lazing about, Labour Day rolls around and hundreds of thousands of students file back into their schools - ready for a new year. Or are they?

A teacher friend of mine tells me that, "We have to allow at least a month for everyone to get settled and back in a learning mood." That puts us into October and, according to other teachers, many students are still not refocused and ready to learn by then. However, according to the same source, "by mid October most kids are back to speed."

According to my calculations, this would mean that from July 1, through at least October 15, many students are not focused or at their best. "For at least three and one half months, learning can be haphazard to say the least," says Robert Primrose a Grade 10 teacher.

In fact, it may even be worse than that. Think about your child's learning experiences in June each year. Tests, exams, field trips and other events consume most of that month's schedule adding another month to the let down period.

Considering that the average school year includes only 200 days of instruction and that many of those days are spent in less than ideal conditions, we soon see why many schools struggle to meet the educational expectations of parents and society.

What can we do to help? Easy. Help your kids stay sharp over the summer holiday and there will be no let down - no big gap in the fall. Kids who are focused and ready in September, will learn, integrate and understand new material right away. This will allow them to make the most of each school day instead of only half of them.

There are many ways to help kids remain on top of their school skills. Make sure that your children read during the summer. Even if they have a busy social life and a part or full time job, make sure that they take time each day to read. Set up brief study periods at least every other day. Times when your child can review the worst or hardest subjects, read ahead into next year's material and organize for next year.


However, possibly the best way to help students stay sharp is through Supplemental

Education programs. Good summer programs, such as those at Oxford Learning Centres, keep those thinking, reading, writing, math and study skills sharp and ready for September.


"It's not so much the memorized material that students forget over the summer," says Dr. Pete Gamlin from U of T's Ontario Institute for Studies in Education. "It's learning How to Learn that gets forgotten each summer. That's because it is seldom taught independent of school subjects. Students who develop good learning and thinking skills will be ready for success in September. Attending a study session over the summer at Oxford Learning is the best way I know of overcoming the summer

let-down."

Oxford Learning is Canada's leading provider of supplemental and enrichment education services. They will design an individualized learning program for each child to keep them sharp over the summer and get a head start on next year. Help your child enjoy learning this summer and return to school in September with improved skills and greater confidence. Don't delay, call Oxford today in Pickering/Ajax at (905)420-3141 to find out how they can help your child get caught up or reach ahead this summer.




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EDITORIAL

Strategy needed to attack smog

Feds, provinces must address issue

Perhaps the timing is significant: The same week Ontario enacts tough new anti-smoking legislation, a May heat wave leaves us all gasping for breath.

Yes, we can legislate an end to smoking in public places and the resultant second-hand smoke effects, but smog, well that's another problem entirely.

While it wasn't easy to get to the point where smoking is banned provincewide in workplaces and enclosed public spaces, it will be infinitely more difficult to tackle an issue that impacts every man, woman and child in Ontario.

You really can't get away from smog. And if you live in Durham Region, hard by smog capitals like Toronto and Oshawa, you really pay a price when the mercury rises and air pollution goes off the charts.

The simple truth is that, like smoking, smog kills.

While the death toll from smog certainly doesn't approach that of cigarette smoking, the difference is that you can choose to smoke. You don't have much choice when it comes to breathing.

And that brings us to the key question: What plans do governments and businesses have to address smog and other pollutants?

It would appear the Stephen Harper Conservatives are eager to ditch Canada's commitment to the Kyoto Accord. And the Liberals under Jean Chretien and Paul Martin have nothing to brag about either. During 13 years of Liberal rule, greenhouse gas emissions skyrocketed and Kyoto targets to get us to 1990 levels by 2012 became more and more unrealistic by the day.

So as we prepare for what will likely be another hot summer with smog days the rule, rather than the exception, is there any relief in sight?

Plans to bring more hybrid cars on the market, in addition to the environmentally friendly Impala E85 are certainly a big step in the right direction.

If automakers can build environmentally friendly cars that are stylish and affordable the customer will follow.

A little nudge from the government for better fuel efficiency and less auto pollutants would help.

But the federal government, in concert with the provinces, must come up with a strategy to reduce air pollutants. That's a tough task when measured against the demands of the business community and the creation of jobs.

But, as our air gets more dangerous, it's a strategy we can't afford to ignore.

LETTER TO THE EDITOR

Stop sign will help pedestrians

To the editor:

With regards to the new proposed stop sign on Rouge-mount Drive, I would certainly think it would be a deterrent to speeders, as before, unless there was a police officer sitting there, only then would you get a ticket. But now residents can get repeat offenders' licence numbers and also video offenders for the police and have them charged with failing to make a complete stop.

There will always be speeders, but at least some of them will now at least come to a rolling stop, which will enable pedestrians to have a chance to get out of the way.

**Sheila Wallace
Pickering**



Thoughts on graffiti: vandalism, yes, but also a cultural symbol

Touring back alleys with a couple of Durham Regional Police officers recently for a feature on graffiti, it was hard not to resort to cliché to categorize what's been painted on the walls: It ranges from the good to the bad and, sadly, the downright ugly.

Grffiti is an interesting and troubling dilemma.

At its core it is flat-out vandalism. Any time you spray paint on something that doesn't belong to you, you're committing a crime.

But having taken in quite a few examples of this urban phenomenon, I find myself feeling somewhat ambivalent.

I agree there's no question the run of the mill "F-you" scrawls, and self-indulgent tagging -- more or less claiming a street corner or alley by way of a distinctive mark -- is unsightly and vulgar.

At the same time, I have been struck by the sheer artistry of some of the work out there.

This admiration is for the talent, not the method. I've found myself musing what a shame it is a particular artist hadn't chosen a more conventional -- and legal -- means of conveying his or her vision. But I'm a middle-aged white guy; I am about as far removed from the culture that is represented by these paint-wielding youngsters as can possibly be.

Grffiti is the mark of a young, urban culture. It is, in its various forms, a form of communication and identifi-



Jeff Mitchell
staff reporter

cation, as surely as, say, cave paintings or the spectacular carvings left behind by ancient indigenous peoples. We all yearn to leave our mark; it is part of the human condition.

So this nuisance will persist. It doesn't mean the cops shouldn't try to catch people doing it, just as realizing drivers will always speed doesn't mean they should throw away their radar guns.

With this in mind, I like what they've done at the skateboard park at the Iroquois Park recreation centre in Whitby, which was tagged extensively soon after it opened. Realizing it would be futile to erase the graffiti only to have it reappear, Town officials opted to leave it.

So the kids who frequent the facility got to have their way.

And now they have to live with it.

Jeff Mitchell is the Durham Region Media Group's justice reporter. E-mail jmittell@durhamregion.com.

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We welcome letters that include name, city of residence and phone numbers for verification. Writers are generally limited to 200 words and one submission in 30 days. We decline announcements, poetry, open letters, consumer complaints, congratulations and thank you notes. The editor reserves the right to edit copy for length, style and clarity. Opinions expressed by letter writers are not necessarily those of the News Advertiser. Due to the volume of letters, not all will be printed. Fax: 905-683-0386; e-mail: tdoyle@durhamregion.com. The newspaper contacts only those whose submissions have been chosen for publication.

Pickering Catholic trustee honoured

Jim McCafferty receives the Ronald Ste. Marie award

PICKERING — For his work and commitment to special education, Pickering's Jim McCafferty has received the Ronald Ste. Marie award.

A Durham Catholic District School Board trustee since 1991, Trustee McCafferty has served on the special education advisory committee since 1982 and chaired it for the last 19 years.

"Trustee McCafferty is a well deserving recipient of this most prestigious award," said Whitby Trustee Mary Ann Martin, chairwoman of the board.

His history of volunteer work includes being past chairman of the family advisory committee at the Hospital for Sick Children, chairman of



Jim McCafferty

Views for Visually Impaired, a member of the Ministry of Education's advisory council on special education, and chairman of the education section of the Ajax-Pickering United Way. He also helped develop a Ministry of Education vision document.

The Ronald Ste. Marie Award was created through the collaboration of the Council for Exceptional Children Executive, Chapter 584 and the Durham Catholic District School Board. It recognizes exemplary practice in the field of special education and is presented to someone who has served in a leadership position in public support of special education.

In his 35 years of Catholic education, Mr. Ste. Marie was a role model to all educational professionals and honed his special education expertise as a teacher, principal, and superintendent of education and special education.

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Carrier of The Week

Nicole

Sunday's carrier of the week is Nicole. She enjoys Army Cadets, and hanging out with her friends. She will receive a dinner, pizza and movie voucher compliments of McDonald's, Boston Pizza and Cineplex Odeon.

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Water & Wastewater Master Plan



PUBLIC INFORMATION CENTRES

WORKS DEPARTMENT

PUBLIC NOTICE

The Region of Durham is undertaking a Master Planning study to identify a preferred water & wastewater servicing strategy to support growth in the Region.

The Water & Wastewater Master Plan is being prepared in accordance with the master planning provisions of the **Municipal Class Environmental Assessment**. Based on these planning provisions, alternative water & wastewater servicing strategies are being identified and evaluated based on an assessment of the following factors:

- Natural Environment
- Social Environment
- Economic Environment
- Cultural Environment
- Regulatory Requirements
- Technical Feasibility

The initial set of Public Information Centres (PICs) is being held at the following locations to introduce the study, and receive public input to assist with the development of alternative servicing strategies:

Tuesday, June 13, 2006, from 6:00 to 9:00 p.m. at the Durham Region Headquarters, Lower Level Meeting Room, 605 Rossland Road East, Whitby. (Please enter through the main doors on the west side of the building); and,

Thursday, June 15, 2006, from 6:00 to 9:00 p.m. at the Sunderland Memorial Arena, 20 Park Street, Sunderland.

Durham Region staff, as well as study consultants, will be available to answer questions. We encourage your attendance at either of these PICs to help us identify the issues that are important to you.

A second set of PICs will be held later in 2006 to assist with the identification of the preferred servicing strategy. At the completion of the study, a comprehensive Water & Wastewater Master Plan will be filed for public review. If you have any questions, or are interested in receiving further information on this project, please contact either of the following individuals:

Mr. Rich Tindall, P.Eng.
Project Manager
Region of Durham, Works Department
605 Rossland Road East, PO Box 623
Whitby, Ontario L1N 6A3
Local telephone: (905) 668-4113 Ext. 3547
Toll free telephone: 1-800-372-1102
Fax: (905) 668-2051
E-mail: rich.tindall@region.durham.on.ca

Mr. Chris Hamel, P.Eng.
Project Manager
KMK Consultants Limited
220 Advance Boulevard
Brampton, Ontario L6T 4J5
Telephone: (905) 459-4780
Fax: (905) 459-7869
E-mail: chrish@kmk.ca

Durham Region Works Department
605 Rossland Road East, WHITBY ON L1N 6A3
Telephone (905) 668-7711 OR 1-800-372-1102
www.region.durham.on.ca





Mitchell Keen, of Pickering, and parents Liz and Kirby Keen participated in a guided tour last Sunday of Frenchman's Bay, organized by the Frenchman's Bay Watershed Rehabilitation Project Group and the Pickering Dragon Boat Club. Participants received a tour by dragon boat of the bay and viewed its natural wonders.
Erin Hatfield/
News Advertiser photos

Dragon boat excursion covers the natural beauty, wetland wonders and challenges ahead

By Erin Hatfield
Staff Writer

Life at the heart of Frenchman's Bay

PICKERING — From the centre of Frenchman's Bay looking inland, Pickering is a different place.

The water was calm and the skies clear on a recent Sunday afternoon when the Frenchman's Bay Watershed Rehabilitation Project (FBWRP) and the Pickering Dragon Boat Club (PDBC) offered residents an inside experience of the bay.

The group gathered at Progress Frenchman's Bay East Park on Front Street and, after a crash course in dragon boating from PDBC coaches Beckie Moss and Scott Murray, young and old loaded into two lengthy boats.

Steven Joudrey, with the FBWRP, a non-profit organization that works to enhance the natural features of the bay, acted as tour guide. Mr. Joudrey pointed out various historical and biological elements of the bay. Within minutes of the journey's start, a pair of white swans were spotted nesting in the cattails, followed by a heron who flew above the boats.

"We call the marsh nature's nursery," Mr.

Joudrey said. "Because it is used for breeding and nesting."

But Mr. Joudrey also pointed out the effect urbanization has on the wetlands of Frenchman's Bay.

"When development happens it smothers the wetland," he said. "(Wildlife) is faced with less and less wetland to make their nests and raise their young."

As the crew made its way around the perimeter of the bay, a mass of terns took flight off of the tern raft the project had installed.

The group saw no fish and Mr. Joudrey explained

why. "The water is a little impaired by urban run off," he said. "The water quality really isn't that good so there are not a lot of fish."

Affecting the water quality, Mr. Joudrey said, is the waste Canada geese leave behind, the pesticides used on area lawns and gardens and the salt used on icy winter roads.

"One of the things that happens when you have an urban setting is people like

to use the beach," Mr. Joudrey explained, adding this has an adverse effect on sandbars, so the project works to maintain the sandbars by planting a number of plant species that help to maintain the sandbars with their deep roots.

Rounding out the tour, participants got an explanation of the dredging that happens in the mouth of the bay and future plans to possibly widen the mouth.

The two boats then headed back to the shore and participants left with a little more knowledge of the bay and dragon boating.

For more on this story
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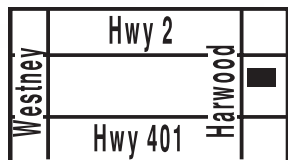
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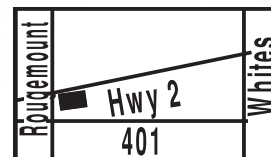
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Ron Pietroniro/ News Advertiser photo

A hearty dose of people power

PICKERING — Members of the Ontario Power Generation Power Riders manoeuvre the Big Bike For Heart and Stroke Foundation through the parking lot at the Pickering Town Centre. The annual big bike ride comes to communities across Durham, raising money for the Heart and Stroke Foundation.

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Is Stress Affecting Your Health? Anne Dranitsaris, Ph.D.

Stress affects our physical health as much as food and exercise does. A combination of emotional and physical pressures, stress can either help you deal more effectively with challenges and problems or make them many times worse. Some common early signs of stress include; irritability, headaches, digestive problems, pain in neck and shoulders, dizziness and raised blood pressure. With prolonged or regular over stress, these can lead to or develop into conditions that are more serious.

Because the mind and body deeply affect each other, too much stress also affects us mentally and

emotionally. Some of the emotional and behavioural changes we can experience include a change in the way we relate to other people. For example, people can become more depressed, withdrawn, and not able to listen to others or be less sensitive towards others. Emotions like anxiety, anger, and frustration can become heightened.

There is something we can do about our reaction to stress! Because of the nature of stress, drugs do not effectively treat it. However, an approach to living our lives that leads to reduced pain and suffering, physical wellness, and inward peace can

be learned through a program called Mindfulness-Based Stress Reduction (MBSR) originally developed by Jon Kabat-Zinn, Ph.D. at the University of Massachusetts Medical Center. This program was designed for people who want to work with their own stress, pain, and illness in order to mobilize their own inner resources of mind and body for growing, healing, and taking charge in new ways in their lives.

Anne Dranitsaris, Ph.D. is a clinical psychotherapist in private practice in Pickering. She works with

individuals and groups using Mindfulness-Based approaches for treatment of stress-related problems, depression, anxiety, and eating disorders. She will be on The Riley Alternative on Roger's Cable, Thursday, June 8th at 9:00 pm speaking on Mindfulness-Based Stress Reduction and Depression. For more information about upcoming MBSR programs, contact the Centre for Mindful Therapies at 905.509.7790 or visit www.mindfultherapies.com.

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While most people realize that stress is a part of their lives, few take time to think about the consequences. Stress, which has physical, emotional and mental ramifications, has been linked with medical or emotional problems such as hypertension, heart disease, PMS, headache, IBS, cancer, diabetes, panic, anxiety, depression, to name a few.

No one sets out to make their life stressful, so chances are you aren't aware of how you put yourself under stress. No situation creates stress by itself; it is how you think about the situation that makes it stressful. The good news is that you can do something about it by learning to respond to stress differently!

Join us at our Free Introductory Seminar and learn more about an approach that leads to responding to stress more effectively. The Mindfulness-Based Stress Reduction (MBSR) program, originally developed by Jon Kabat-Zinn, Ph.D. at the University of Massachusetts Medical Center teaches you how to use your own inner resources for growing, healing, and taking charge in your life.

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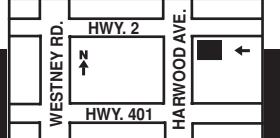
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Advertising Feature

LCI Lazer - The name you can trust in state-of-the-art Laser technology

The name of hair-removal game is laser technology. Just ask Gordon West, whose company -- LCI Lazer -- just earned the first ever Consumers' Choice gold medal for laser cosmetics. LCI is an active player in the game, with hair removal just one item on a growing list of non-invasive procedures, including removal of unsightly varicose veins, treating sun damaged skin, wrinkle reduction, tattoo-removal and more.

But LCI is perhaps best known for solving "hairy" problems. Most LCI customers want the fuzzy stuff gone - gone from the legs, face, underarms and naughty bits, too. Women and men who've been to LCI have hair in just the right places, while the rest has been zapped by lasers that halt hair growth in its tracks. That's right -- men too. West says a significant number of LCI clients are males seeking smoother chests and backs.

LCI has been at the forefront of administering better ways to keep our bodies free of unwanted stubble since it opened in 1997. As one of the oldest clinics of its kind in Canada, LCI now operates 16 facilities across Ontario and Quebec, and has performed over 400,000 laser cosmetic treatments to date -- more than any other company in the world.

LCI Lazer beat out more than 100 of its com-

petitors to claim the 2005 Consumers' Choice Awards.

As a veteran in the field, West recommends asking some essential questions before deciding which company to approach for laser cosmetic treatments. First, are the technicians experienced? LCI's technicians are all internationally trained medical doctors who have undergone a six-week training course on multiple laser systems. They are then evaluated on a monthly basis thereafter. Other laser clinics, says West, usually under-qualified staff who've only completed a 1-2 day long course and that's it.

Another question to ask: what type of laser will be used? LCI has six different types of lasers on-hand to suit a variety of hair and skin types, while the competition, on average, uses only one type of laser.

Does the clinic have insurance? LCI is fully insured, but believe it or not, over 50% of laser clinics in the GTA can't get insurance.

Are the procedures painful? LCI uses advanced cooling devices, allowing most clients to be treated pain-free.

Does the clinic offer a written guarantee? Many don't, whereas LCI offers the longest written guarantee anywhere in North America.

What about location and hours of operations?

LCI has several locations to serve you better—in Toronto, Mississauga, Markham, Vaughan, North York, Hamilton and the surrounding areas. They're open every day of the week, including evenings from Monday to Friday.

With treatments ranging from the removal of unsightly facial, chest or leg spider veins, to photo rejuvenation, microdermabrasion, chemical peels, fillers, depigmentation, tattoo removal and botox, LCI offers a roster of advanced laser

cosmetic treatments—all of which are performed using state-of-the-art laser technology.

It's no wonder LCI beat out more than 100 of its competitors to claim the 2005 Consumers' Choice Award. Nobody wants to chance it with under-qualified staff and second rate-technology, which is why LCI has been -- and remains—the name you can trust in laser cosmetics. For more information, visit www.lci-laser.com.

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If fish be your wish, sample some impeccable Orange Roughy, an herb-crusted filet baked in a lemon cream sauce. From strip loin steak to chicken scallopini to broiled Atlantic salmon in a lobster sauce, Al Dente Restaurant promises a truly first-rate dining experience.

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Dinner Menu

Appetizers

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Caesar Salad \$6.95 <i>Romaine lettuce lightly tossed with grana padano.</i>	Caprese Salad \$8.95 <i>Fresh bocconcini cheese on slices of tomatoes topped with olive oil, pesto, drizzled with balsamic reduction and sun-dried tomatoes.</i>
Garden Salad \$6.95 <i>California mixed greens tossed in a balsamic dressing, served with fresh tomatoes, cucumbers and julienne carrots.</i>	Eggplant Parmigiana \$8.95 <i>Roasted layers of eggplant and fontina cheese; baked in a fresh tomato basil sauce and garnished with strips of garlic bread.</i>
Lumache \$8.50 <i>Baked snails sauteed with garlic and field mushrooms, in a light tomato sauce and asiago cheese.</i>	Grilled Calamari \$10.95 <i>Served in a lemon sauce with capers, extra virgin olive oil, fresh diced tomato and black olives.</i>
Baked Goat Cheese \$8.95 <i>Grilled eggplant and roasted sweet peppers topped with a layer of warm goat cheese and drizzled with a basil oil and balsamic reduction.</i>	Shrimp Cocktail \$13.95 <i>5 Jumbo Black Tiger shrimps served in a martini glass with a lemon wedge, lettuce and cocktail sauce.</i>
Fritto Misto \$8.95 <i>Crispy calamari served with lemon garlic aioli sauce.</i>	Al Dente Appetizer Platter \$18.95 <i>An assortment of calamari, goat cheese & bocconcini, marinated grilled vegetables, tiger shrimps, prosciutto and California greens.</i>

Pasta

Manicotti \$15.95 <i>Home made pasta stuffed with spinach and ricotta, baked in tomato sauce with mozzarella.</i>	Cappellini Con Pollo \$16.95 <i>Cappellini pasta tossed with strips of chicken and roasted peppers, in a pesto rose sauce. Garnished with roasted pinenuts.</i>
Fettuccine Primavera \$15.95 <i>With medley of fresh vegetables, sun-dried tomatoes and pesto tossed in a light tomato sauce.</i>	Linguine Alla Marinara \$18.50 <i>With tiger shrimp, calamari, mussels, and roasted garlic tossed in a white wine tomato sauce.</i>
Penne Gorgonzola \$16.50 <i>Penne pasta tossed with Gorgonzola cheese, Portobello mushrooms, fresh-diced tomatoes and asparagus. Garnished with prosciutto.</i>	Pappardelle \$19.95 <i>Wide shaped fettuccine with shrimps, scallops, and spinach in a lobster cream sauce.</i>

Main Courses

Side Order of pasta with tomato sauce \$4.95

Pollo Mediterraneo \$19.95 <i>Free range chicken flambéed with frangelico and served with a lingonberry cream sauce. Garnished with toasted almonds.</i>	Salmone \$22.95 <i>A broiled Atlantic salmon filet topped in a lobster brandy cream sauce and garnished with julienne leeks.</i>
Vitello Al Marsala \$21.95 <i>Veal scallopine sauteed in a marsala cream sauce with woodland mushrooms.</i>	Bistecca Di Manzo Al Pepe \$26.95 <i>Grilled 12 oz striploin served in a madagascar peppercorn sauce with brandy, a touch of cream and shallots.</i>
Orange Roughy \$21.50 <i>A herb crusted orange roughy filet baked in white wine. Topped in a lemon cream sauce with olives, capers, and diced tomatoes.</i>	Filetto Di Manzo \$28.95 <i>6 oz grilled medallions of beef tenderloin with portobello mushrooms served in a grenadine red wine sauce with shallots & brandy.</i>
Gamberi Alla Corrado \$21.50 <i>Black tiger shrimps sauteed with garlic, mushrooms and pesto in a white wine pernod cream sauce.</i>	

Rustic Corner

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Lasagna \$15.50 <i>Baked homemade lasagna layered with fresh pasta, bolognese sauce and mozzarella cheese. Sprinkled with parmesan cheese.</i>	Pollo Alla Parmigiana \$17.95 <i>Chicken breast lightly breaded and baked with tomato sauce, and topped in mozzarella cheese.</i>
Meat Cannelloni \$15.50 <i>Pasta stuffed with ground veal and baked with tomato sauce and mozzarella cheese.</i>	Vitello Alla Limone \$19.95 <i>Veal Scallopini sautéed in white wine lemon sauce.</i>

There is a \$1.95 charge to have the kitchen split any item. 15% Gratuities will be added to all parties of eight or more.

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Sustaining the environment

PICKERING — The City of Pickering held a Sustainable Pickering Day at the Pickering Town Centre this week, in partnership with different business sectors in the community. The day was designed to educate the public on energy-saving, cost-effective, and environmentally friendly options that can be implemented into their daily lives. Pickering resident Frank Ye talks with Home Depot representative David Slomka about energy-saving products available at the store.

Golf for Ajax and Pickering kids' sake in Whitevale

Participants needed for annual Big Brothers and Sisters tournament

PICKERING — Enjoy a day on the golf course and help young boys and girls.

The Big Brothers and Sisters of Ajax-Pickering holds its annual golf tournament Tuesday, July 18 at the Whitevale Golf Club.

The driving range is available at 11 a.m. to get warmed up, the shotgun start is at 1 p.m. a barbecue lunch begins at noon and there is a steak dinner at 7 p.m.

Players also get to test the new back nine designed by Tom McBroom.

The cost is \$225, which includes green fees, passport, prizes, golf cart, and a Toshiba trivia contest. The price of dinner alone is \$75.

For more information or sponsorship opportunities with the tournament, call 416-318-8307 or visit www.bigbrothersandsistersofajax-pickering.com.

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The courses are offered on 12 dates throughout the region from June 3 to Aug. 16, require pre-registration and pre-payment.

St. John Ambulance's Durham branch is at 64 Colborne St. E., Oshawa. All children are required to bring an infant-sized doll, and pens or pencils. Fees range for each course. For more information, call 905-434-7800.

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Advertising Feature

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HOME WEEK

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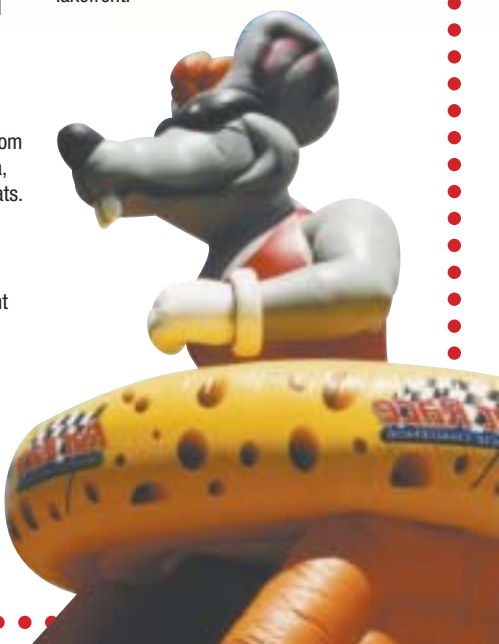
Sunday, June 18, 2006

- Rotary Pancake Breakfast**
Admission \$5.00 adults or \$16.00 per family of 4 and \$3.00 for each additional child over the age of 2 yrs. Time 8:00 am - 11:00 am Rotary Park, (Ajax Lake Front) Rain or Shine!
- 2nd Annual Crafters Fare**
8:00am- 3:00pm
Out doors at the Rotary Park Pavilion Showcasing unique and creative crafts.
- Waterfront Festival**
10am-5pm
Bring the family all day long to the waterfront. Hosted by DJ Chris of Lighthouse DJ Service. Activities for the children including, rat race obstacle course, Dunk Tank, Pizza Pizza jumping castle, Giant Tiger Train and Face Painting, 4U2XL Interactive boxing challenge, It takes a village, Arts and crafts, Ajax Acro's Obstacle course and safe trampoline fun, henna tattoos and lot's of good eats.

- Jungle Cat World Exotic Animal Show**
Presented by: Ajax Home Week
- Ajax Home Week**
1st Annual Dashing Duck Derby
\$5 per duck All proceeds going to Ajax Environmental Affairs Week, Herizon House, United way and Ajax Elementary Schools.
- Ajax Garden Club-Plant Sale Rotary Park**
10:00 am.
Plant division from established perennial plants, are out of Ajax Garden Club Members gardens.
- Ajax United Lightening Soccer Demo!**
1995 Girls fast feet challenge, shootouts and scrimmages! The soccer skills that qualify them as one of Ontario's Best!
- Waterfront Festival Tea Garden**
Enjoy the shaded area with our volunteers from The Ajax Legion Ladies Auxilliary offering tea, coffee, juice, water and some delectable treats.

- Food Court**
Come and enjoy your favourite multicultural foods at the waterfront. Navy League BBQ, burgers and dogs, Toppers Pizza, Soup Shack, Rib Fest and more!
- Lions Point Celebration**
5:00 pm til dusk as we showcase bands, dance groups, Cheerleaders and more!
Fun for the whole family.
- Ajax Home Week Fire Works Display at Dusk**
9:55pm approx. Sponsored by the Ajax Home Week Committee and the Businesses of Ajax. Location Lions Point, Rotary Park at the lakefront.

- 2nd Annual Horse Shoe Ringer**
1:00 pm Rotary Park Magwyers/Legion Refreshment area. A fun doubles tournament for the beginner and the seasoned pitchers. Prizes too! \$10.00 per person.
- Ajax Home week Refreshment Tent**
12:00 pm - 8:00 pm
Courtesy of Magwyers Pub Staff Live Entertainment TNT 2pm -7pm
Come and enjoy yourself! See you at Rotary Park.



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THIS WEEKEND

The Ajax Wanderers men's rugby team hosts Barrie 1 in Toronto Rugby Union 'A1' division action at Wanderers Field today (Sunday) at 3 p.m.

Soccer Cougars ready to roar at OFSAA

Notre Dame boys and girls kick off provincial 'AAAA' championships on Monday

By Al Rivett
Sports Editor

AJAX — Although it's been a long time between meaningful soccer games, the Notre Dame Catholic Secondary School Cougars' senior boys' squad is nonetheless ready for the provincial playdowns.

The Cougars are one of 16 teams at the 2006 Ontario Federation of School Athletic Associations (OFSAA) 'AAAA' boys' soccer championships June 5 to 7 in Toronto.

Darren Hodkinson, head coach of the Cougars, says it's been a challenge to keep the team focused and training through the winter months as Notre Dame won the Lake Ontario Secondary School Athletics (LOSSA) 'AAAA' title back in October.

Since January the team has trained indoors and, most recently, Notre Dame has relied on exhibition friendlies, including one against Ajax rival Archbishop Denis O'Connor Catholic High School Chargers (DO'C) at the north Ajax school Wednesday.

"It's been a long stretch and it has been challenging to stay together," says Hodkinson.

The Cougars have also lost three players -- Lloyd Headridge,



Ron Pietroniro/ News Advertiser photo
Phil Griffin of the Archbishop Denis O'Connor Catholic High School Chargers gets a hand in the face of Notre Dame Catholic Secondary School Cougars' Lee-Andrew Young during a senior boys' soccer friendly at Notre Dame Wednesday. Notre Dame and DO'C compete in their respective OFSAA playdowns, beginning Monday morning.

Antonio Ricci and Eric Gonzalves -- all to graduation last semester.

All were on the championship team last fall. Hodkinson

acknowledges the losses will be felt, but says the depth of players within the school, especially those in the junior squad, which also won the LOSSA title, will help soften the blow.

"The junior program has helped us plug a few holes. We have depth and a lot of talented kids here," he says.

In the course of arranging exhibition games, Hodkinson says he's tried to arrange contests against schools also playing at OFSAA.

"We've played some Toronto teams and we know we can compete with them. It's just a matter of getting back in the swing of things. We finished the (LOSSA) season on a high note and I think the kids will put it all together," he says.

In previous exhibition games against DO'C, the Cougars dropped a 3-1 decision, as well as earning a 2-2 draw.

The teams involved and the seedings haven't been released yet by the OFSAA organizing committee. Hodkinson is unsure where the Cougars might end up in the seedings.

What is known is that they begin play at 10:30 a.m. on Monday, June 5 against Pope John Paul II Catholic Secondary School. At 1:30 p.m., Notre Dame plays Holy Trinity.

Meanwhile, the Cougars' senior girls' team also earned a berth at OFSAA, playing at the provincials in Durham Region from June 5 to 7 at Whitby's Iro-

quois Park fields.

As LOSSA is the host of this year's OFSAA 'AAAA' championships, two Durham teams are included in the schedule.

The Cougars' girls open play against St. Anne High School, the Southwestern Ontario Secondary School Athletic Association champion, Monday at 9 a.m. at the Consumers South field.

The Cougars gained entrance to OFSAA showcase after finishing as runners-up in LOSSA this year. In the championship game last Thursday, Notre Dame lost to Sinclair Secondary School Celtics of Whitby 1-0 in golden goal overtime.

In the semifinals, the Cougars defeated old nemesis and overwhelming favourites St. Mary Catholic Secondary School Monarchs of Pickering, 1-0 on penalty kicks. The Monarchs had defeated Notre Dame by 3-0 scores during the regular season.

In other high school soccer news, DO'C is also travelling to the OFSAA championships, playing at the 20-team 'AA' senior boys' showcase in St. Catharines from June 5 to 7.

The Chargers are slotted in Pool 'C' with George Harvey Secondary School from Toronto, St. Charles College Cardinals, St. Mary's High School, the Newmarket High School Raiders and the St. Thomas Aquinas Raiders. DO'C begins pool play versus the St. Charles College from northern Ontario on Monday at 10:30 a.m.

Ajax Attack brings back hometown contingent for '06-07 season

Junior team completes deals for local talent

By Al Rivett
Sports Editor

AJAX — The process of constructing a new and improved Ajax Attack squad hasn't slowed down during the off-season.

And, most of the off-season wheeling and dealing has centred around a trio of Ajax residents who've decided to return and play in their home town for the coming OHA Ontario Provincial Junior 'A' Hockey League 2006-07 season.

The Attack recently completed a cash deal for Ajax resident Chuck MacLennan, who was obtained from the Hamilton Red Wings of the league's West Conference. Prior to playing in Ham-

ilton, the 20-year-old played for the Huntsville-Muskoka Otters of the league's North Conference.

The 6-foot-1, 200-pound winger played most of two seasons with the Otters before being traded to Hamilton with nine games remaining in the 2005-06 campaign. In 39 games with Huntsville, MacLennan amassed 19 goals and 17 assists and, in nine games with Hamilton, had one goal and five assists.

Attack head coach Carey Durant says MacLennan will have a positive effect on the team's

offence, which was one of the lowest scoring in the conference last season.

"We think he'll have a huge impact on our team," says Durant.

The club is also bringing aboard Ajacians Craig McDonald, a forward, and defenceman Jamie Kennedy, who played with the Otters last season. Durant says the clubs have agreed on terms for McDonald, but are putting the finishing touches on the deal.

"We're making a very strong move to bring back local players to Ajax," says Durant.

McDonald, at 6-foot-1 and 180 pounds, played in 47 games with the Otters last season, accumulating 14 goals and 26 assists. Meanwhile, Kennedy, a 6-foot, 186-pound rearguard, had a goal and eight assists last season.

In addition, the Attack signed forward Ryan Algar, formerly of the Alliston Hornets of the Georgian Mid-Ontario Junior 'C' Hockey League. Algar was the leading scorer with the Hornets last season with 19 goals and 31 assists in 39 games. He was also the league's leading scorer the season before.

"He's a very good hockey player. He can play in our league for sure," says Durant.

The Attack has also obtained the rights to Shane Heffernan of the Waterloo Siskins of the Midwestern Junior 'B' Hockey League. In 23 games with the Siskins last season, the 5-foot, 10, 175-pound left wing had seven goals and 10 assists.

"He's an explosive forward who's one of the fastest players in the league," says Durant.

Durant credits the team's staff of head scout Frank Neal and regional scout Lonnie Freeman, along with new general manager John Tugnutt, for beating the bushes for players who can help the Attack improve upon last season's meagre results, including five wins and a last-place finish in the South Conference.

"Our scouting staff has been identifying veteran players to play for us this season. John and I are working hard to make sure these transactions work," he says. "I think it shows the town of Ajax that our owner (Rob Stein) is serious about having a winning team this year.

"On paper, our team is a lot better than it was last year."

The Attack open training camp for the 2006-07 campaign in mid-August.



Carey Durant

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530 sales help & agents

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540 hotel / restaurant

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AJAX - SALE/BAYL. Investors Dream! 3+1 bed. semi brick bungalow, New air/furnace/windows. Freshly painted, 6-appliances, hardwood, legal basement apt. (tenants can stay). Large fenced-yard, 4-car parking. Private Sale-No agents please. \$220,000. 905-686-6773. www.privateexchange.com

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WE NEED HELP! 15 people needed immediately to fill openings from office to warehouse. \$450 weekly, will train. Openings will be filled this week. Call Julie (905)420-1040.

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Resumes may be dropped off at **Allan's Your Independent Grocer, 1900 Dixie Road, Pickering Ont. (Corner of Dixie and Finch) Attention: Tyler Allan** until the end of the business day Friday June 17/2006.

Due to the volume of resumes only those selected for an interview will be contacted

514 salon & spa help 514 salon & spa help 514 salon & spa help

BEYOND THE SPA is seeking a Stylist/Colorist, commissioned to join our professional team ASAP. P/T aesthetician required. Candidates must be licensed with experience in their field and possess exceptional customer service skills. Apply within: 13 Church St. S., Ajax.

HAIRSTYLIST/ AESTHETICIAN REQUIRED and rented chairs for Unique Salon and Spa in Pickering. Full-time and part-time positions. Call 905-422-0886.

ESTHETICIANS & RMT WANT-ED F/T & P/T. Must have diploma/minimum 1 year experience for an upscale busy spa. High salary+commission. Please call Natacha 905-619-8822.

EXPERIENCED HAIR STYLIST wanted for full time position. Ajax salon. Also Esthetics room for rent. Please call Silvana (905)427-3811 or after hours (905)434-6996.

HAIRSTYLIST required for busy salon in Whitby. Part-time to full-time. Call (905)430-8998

LICENSED STYLIST. ASAP part-time or full-time, excellent clientele builder. New awesome design salon in Courtice, apply within, Hot Heads, corner of Trulls and Nash, 905-723-4247

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Please submit resume to: info@mshrmail.com or by fax 905-831-8395 Attn Pete

Accounts Payable/Purchasing person

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Please respond to: E-mail humanr@ewinggroup.com or fax resume to Human Resources 416-291-4917

514 salon & spa help

NEWLY RENOVATED family hairstyling centre in the Bowmanville Mall is looking for Experienced Hairstylists for immediate full-time positions. Please call Pat days 905-718-2248; Eve. 905-723-0472.

OSHAWA CENTRE HAIRSTYLISTS requires Experienced Hairstylists for full-time positions. Please call Mary or Lina 905-728-4623.

PROGRESSIVE HAIR STUDIO require Hairstylist w/experience. Must be motivated and team oriented. Will to start P/T with possibility of full-time. Call (905)725-6311 www.studio95.ca

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ONTARIO DUCT CLEANING, looking for full time technician. Good driving record with own transportation. Professional and mechanically inclined. Fax 905-655-9069 or email grecon.systems@sympatico.ca

ROOFING COMPANY with lots of work. Looking for Experienced shinglers, and experienced labourers. Vehicle an asset. Also cube van driver, with transportation to shop, lots of hours, excellent pay. Call (905)261-7025.

ROOFING-WANTED, RELIABLE shinglers. Minimum 5 years experience. Labourers minimum 1 year. Willing to pay \$25.00-\$35.00/hr for shinglers and \$12.00-\$15.00/hr for labourers. Call 905-576-6723.

TOP WAGES PAID. ROOFING CONTRACTORS. Must be independent with all necessary equipment, including own truck. Call Bill 905-686-2445, ext. 228

ACCOUNTING SUPERVISOR. Oshawa. All accounting functions. Business/Accounting Diploma preferred, 3-yr exp, knowledge of Business Visions software an asset, strong interpersonal skills. \$35,000-\$38,000/yr+benefit plan. Reports to controller. e-mail david@kerrindustries.ca

BILINGUAL- FRENCH/ENGLISH speaking individual required for order desk in Pickering. No experience necessary. Fax resume to: 905-831-1864.

525 office help

PERIODONTIST in Pickering looking for dental assistant, for Maternity leave, full-time. Must be HARP certified. No evenings or weekends. Fax resume, 905-831-8757 or contact Robin, 905-831-4867.

RN REQUIRED for Permanent Part Time Position for PAR. ACLS preferred, BCLS required. Please forward resume for interview to: 2 Albert St. North, Lindsay, Ontario, K9V 4J1. Attention: Sandy.

525 office help

LEGAL SECRETARY for Oshawa law firm, minimum 3 years experience in civil litigation to work part-time, flexible hours. Send resume: P.O. Box 917, Oshawa, L1H 7N1

PART-TIME ASSISTANT: (3 days/week) Pickering Trucking Company. Quick Books A/R & A/P. Inventory WRHSE (asset), Reception/Filing, Trucking Knowledge (asset). Good communication skills, outgoing, friendly customer service, hardworking. Fax 905-420-2700 E-Mail dispatch@sdbfreight.com

SALON CHIC SEEKING F/T receptionist. Tuesday-Saturday, days and evenings. Professional attitude a must. Apply in person Tuesday and Wednesday, 11a-7p with resume to 100 Westney Road or call 905-619-3487.

SECRETARY/RECEPTIONIST, Ajax office. Legal experience helpful, not necessary. Applicants must have Microsoft Word experience. File #103, The News Advertiser, 130 Commercial Ave., Ajax, ON L1S 2H5.

530 sales help & agents

EXPERIENCED SALES REPS required for multi media company based in Pickering. High commission + bonuses. Call 416-462-3767 or 1-866-462-4627.

532 retail sales help

FITNESS DEPOT requires sales associate. Fitness background a plus. Fax resume to our Pickering location: 905-839-8481 attn. Dominic

535 hospital / medical dental

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540 hotel / restaurant

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540 hotel / restaurant

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WHITBY WILLIAMSBERG AREA, Detached, 4+1 bedrooms, under 2yrs old, spacious, bright, Finished Basement, Many Upgrades, double garage, close to amenities, CAC, fenced backyard w/deck, 1800sqft, \$305,000 (Negotiable), Open House every Saturday 2-4PM, 84 Shenandoah Drive, Call 905-999-1350, 905-665-6431

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2 BEDROOM COURTYE very nice, bright, clean spacious apt in quiet duplex 1-car-parking. Avail. immediately. No smoking/pets, first/last, \$850 inclusive. 905-429-2394.

2 BEDROOM totally renovated apt in duplex. Laundry, parking, yard, near Harmony Rd. & Hwy 401, Oshawa. Non-smoker, no pets, professional preferred. Avail immediately. \$750+hydro. (905)432-3250

2-BEDROOM APT FOR RENT, excellent location. Very clean building. Available July 1st. \$850/MO. INCLUSIVE, first/last, NO pets please. Adelaide/Nipigon Rd. Oshawa. Call (905)728-9584

2-BEDROOM APT. Ritson/Althol, near Oshawa clinic. Utilities included, no pets, no smoking. Separate entrance, 1 parking. \$800/month. Available July 1st. Call (905)721-8463

2-BEDROOM Simcoe North on Russet Ave., newly decorated, well-maintained quiet 12-plex small building, laundry. Cable, heating & water, parking, included. No dogs. 905-576-2982.

2ND FLOOR APARTMENT 3 bedroom, newly decorated, 2 balconies, laundry area, parking, view of lake desirable Westshore area. \$995+50% utilities. Available immediately. No pets 1-800-701-7812.

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A 2 STOREY APT. Oshawa, available immediately. Large 1500-sq.ft. 2-bedroom, bright, clean, big windows, 2 private entrances, large private fenced yard, parking, laundry, excellent for couple/single. \$1015-inclusive. Call Dave 905-436-7524, Sam 905-571-0554

A BEAUTIFUL 1-BEDROOM, walk-out basement apartment. Parking, cable, laundry, C/A, use of pool. \$725/single, \$775/couple. No smoking/pets. Available July 15th or August 1st. First/last. (905)576-3466

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AAA WHITBY, 1 & 2 bdrm bsmt apts. like new, bright/spacious, 5 appliances, parking, close to amenities. \$850/mo+ utilities. No smoking/pets. References. Call Bo Gustafson, Sutton Group (416)783-5000

AJAX CHURCH/HWY 2/Pickering Village - Large 1 & 2-bdrms in clean, quiet building. Available June/July 1st. \$900 & \$950+ /mo Call 905-426-1161

AJAX, BRIGHT 2-BEDROOM basement apartment, own entrance, living/dining area, full bath, kitchen, tile/carpet, alarm system, own laundry, \$900/mo includes utilities. June 15/July 1st. No smoking/pets. (905)426-5435

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AJAX, HARWOOD & Hwy 2 Large 1-bdrm, bsmt apt. Separate Entrance, Driveway, Prkg. Deck & BBQ No pets/outside smoking \$800/mo. Utilities Included. Call Nicole (905)999-7368

170 apartments & flats for rent

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AJAX- quiet new 1-bedroom basement apartment. Separate entrance, shared laundry, parking, central vac/ac, cable \$800/month inclusive, no smoking/pets, available July 1st 905-619-2119

AJAX- OXFORD TOWERS. Spacious apartments, quiet bldg, near shopping, GO. Pool. 1-bedroom apt., \$849 available immediately, 2-bedroom apt., \$989, available June 1st, 905-683-8571.

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AVAIL. NOW! Immaculate, private, 1 bedroom apt., in quiet N. Oshawa, parking, appliances included. No smoking/pets, \$720/month inclusive, (905)725-8882.

BACHELOR LOFT w/separate kitchen, Simcoe/Centre St. Oshawa. Freshly painted, heat, hydro, fridge & stove incl. Quiet responsible tenant preferred. First/last. \$575/mo. 905-576-1636.

BLUEWATER PARK WHITBY 1 & 2 Bedrooms, Please call Mon-Fri 9 a.m - 5 p.m Evenings by appt. only 905-571-3522 Shelter Canadian Properties Ltd.

BOWMANVILLE, modern clean bright 1-PLUS AND 1 bedroom PLUS DEN. Parking, laundry, suit non-smoking mature adult. No Dogs. Available July 1 to August 1st. Discount for seniors. (905)725-1052

BRIGHT, WALK-OUT ONE bedroom basement apartment. Pickering, Laundry, a/c. New kitchen. Recently renovated. \$650 all inclusive. First/last required. No smoking/pets. Call 905-666-4718. Daytime 416-286-7461.

CENTRAL OSHAWA, Bright, clean 1 bedroom apt., with large living room, beautiful new kitchen, and appliances. Asking \$675.00 plus utilities. Brumley Real Estate Ltd., 1-905-668-0515.

CLIPPER APARTMENTS AJAX 2 & 3 Bed. Please call Mon-Fri 9 a.m. - 5 p.m. Evening by appt. only 905-683-6021 Shelter Canadian Properties Ltd.

COME HOME TO OXFORD

Oshawa Park/401 Completely renovated 1, 2, & 3 Bedrooms from \$725 hydro incl. New Management Well maintained, clean, quiet incredible security. Bus / GO 835 & 885 Oxford St. 905-622-0835 905-622-0885

COURTYE - One bedroom apt. in quiet family triplex. Available immediately/July 1st. New carpet, very clean apt. Satellite included. Private entrance, parking \$725/inclusive. (905)723-5357

HUGE 2-BEDROOM basement apt. in Pickering, 5 new appliances, no pets, non-smoker, separate entrance. July 1st. \$1000/month first/last. Call (905)686-7387

OSHAHA 1-BEDROOM nice quiet area, no smoking/pets. All inclusive \$650/month. Available June /July. Call (905)260-2618.

170 apartments & flats for rent

HUGE BRIGHT, very clean 2 bedroom basement apartment. Must see! Pickering, 401/Whites Rd, near all amenities. No smoking/pets. \$975/month, all inclusive. Call (416)879-2500

LARGE BRIGHT 2 bedroom basement apartment for rent. No smoking/pets. A/C & C/Vac. \$800/month. (905)436-5077 for appointment.

NEWLY RENOVATED large 3-bdrm, entire main floor of bungalow. Oshawa. Brand new windows throughout, new windows, storage shed, high efficiency furnace, a/c, separate laundry, Avail. July 1st. \$1050/mo + utilities. First/last, 1-year lease. Call John (905)576-4229

NORTH EAST OSHAWA, hospital area, one bedroom apts. available June and July 1st. Clean quiet newly renovated no pets, all inclusive. \$600 and \$610. (905) 571-7840

NORTH Oshawa - 2 bedroom, Aug. and Sept. 1st. 3 bedroom July 1st. Clean, family building. Heat, hydro and two appliances included. Pay cable, parking and laundry facilities. (905) 723-2094

ONE or 2 bedroom apartment 4 pc bath, laundry, parking, on bus route in east Oshawa. Available June 1st or to be arranged. No pets/smoking 905-579-9647

OSHAHA Park/Adelaide (230 Nipigon St) 1, 2 & 3 Bedrooms Well maintained building. Near all amenities. From only \$835/month + hydro. (905)723-0977

OSHAHA - One bed. apt. Heat & hydro included. Newly painted. Next to St. Georges Church, corner of Albert/Lviv. \$750/mo. first/last. 905-723-9781.

OSHAHA APARTMENT FOR rent, \$695/month. Oshawa, 3 bedroom house for rent, \$895/month. Free 24 hour information 1-800-295-4217.

OSHAHA Dean/Ritson. 1-bdrm bsmt \$630/mo. Newly renovated, all inclusive, clean, quiet, laundry, near all amenities & 401. Available June/July. Call (905)439-0108

OSHAHA HOSPITAL area, Mary north of Adelaide, 2-bedroom main floor, laundry, parking, \$850/mo inclusive. First/last. Call 905-668-8869 Mon-Fri 9-5pm, or 905-579-2350

OSHAHA KING/WILSON Quiet building, near shopping, transportation. Utilities, parking included. 1, 2 & 3-bedroom apts. Available June, July & August. Call (905)571-4912 until 6:00pm.

OSHAHA, 1-1/2 oversize bdrm apt on main level of 4-plex. 9-ft ceilings, ceramics, flt. Renovated throughout. Quiet location. \$700/mo, avail. June 1st. First/last. (905)434-1290, or (905)922-4411 (leave msg.)

OSHAHA, 2 bedrooms, new bathroom, eat-in kitchen, family room, parking, near 401. All inclusive. Available immediately. (947)291-9484

OSHAHA, Best Deals! Newly Renovated 1, 2 & 3 bdrm in senior lifestyle bldg. Large units, new kitchens, carpeting, windows, security. Near hospital, bus stop. Avail. June/July. Call 905-728-4966 or 1-866-601-3083 www.apartmentsintoronto.com

OSHAHA, BOND/SIMCOE, Spacious apts lowrise building. 1-bdrm apt \$670/mo+ hydro, avail. immediately. Appliances, laundry facilities and parking included. Call 905-434-7931.

OSHAHA, Lansdowne Dr. Spacious 2-bdrm bsmt apt. Separate entrance, a/c & utilities incl. Laundry & parking onsite. Avail. July 1st. \$785/mo (905)440-4956

OSHAHA, Newly renovated 1 & 2 bdrms in senior lifestyle bldgs. Large units. New kitchens & appliances, carpeting, windows, security. Near schools/bus stop & amenities. Available June/July. 1-866-601-3083 or 905-432-6912. www.apartmentsintoronto.com

WHITBY DOWNTOWN, TWO 1-bedroom apts. \$750 & \$800, includes hydro, heat, air, 1 parking, laundry facilities. First/last. references. Call (905)430-8327

OSHAHA, UNDER NEW Management. 1, 2 & 3 bdrms in adult lifestyle bldg. Large units, new windows, security. Near bus, shopping. Avail. June/July. Call 905-723-1009 or 1-866-601-3083 www.apartmentsintoronto.com

OSHAHA, Wilson/Olive area, bright 2-bedroom apartment in 6-plex. Laundry parking, kitchen. \$850/month inclusive. First/last/references. No big dogs. Immediate. Working couple preferred. (905)576-3840 leave message. 905-429-0539

OSHAHA-WOW! 2-BEDROOM apartment on two levels of back-split-home. Private entrance with patio, hallway, closet, bathroom, bedroom. Stairs to bright basement living-room, eat-in-kitchen, huge bedroom, own laundry/storage area. Backs onto forest with creek/walking trails. Suits working couple. Includes parking cable utilities. \$875/mo., 1st/last, references. Available June 15th. OPEN HOUSE: no appointment needed: Thurs. Jun. 8, 2pm-9pm or Sat. Jun. 10, 10am-2pm. After Jun. 10 call 905-686-8978. Address: 214 Lorindale Drive, Oshawa, 401 to Harmony Rd. North, right on Olive, 2nd left Keewatin, 1st left Lorindale.

PICKERING PARKWAY - 3 bedrooms, 2 baths, 4 appliances, balcony, air, hardwood throughout, parking, close to amenities Available June \$1,225/month. Call (905)831-0259.

Pickering Village Spacious 2-bdrm apt, facing Kingston Rd. Close to all amenities, separate entrance, laundry, parking. \$1050 plus utilities. No smoking/pets. Avail. immed. Call 905-619-3412

PICKERING, 2-BDRM bsmt apt., 4 appliances, parking, \$850/mo all inclusive. Avail. immediately. Call Richard 416-601-7858.

PICKERING, 2-BEDROOM basement apartment, separate entrance, newly renovated, available July 1st. \$800/mo plus 25% utilities. Own laundry and parking. (416)566-2542.

PICKERING, 401/WHITES. Large newly renovated basement apartment. Separate entrance, A/C, laundry. No smoking/pets. \$750/month. Available July 1st. (905)831-8004

PICKERING, BAYLY/LIVERPOOL Large 3 bedroom upper, \$1100+utilities, parking, laundry, jacuzzi, patio, near GO train and amenities. After 6p. 905-420-2621, cell. 416-268-5751.

PORT PERRY, Walk to Lake Scugog. Enjoy a peaceful, beautiful town. Extra large 3 bdr. approx, 1200sq.ft in a well kept, quiet 3 story apt. Balcony, parking, storage, Security Video. No dogs. Call 905-985-3406, 905-430-7816

SPRING IS HERE! 13th MONTH FREE! Oshawa. Great Location. Bachelor, 1, 2 & 3 bdrm apts. Large units. New carpeting, windows, security. Near schools, amenities. Call us TODAY! 1-866-601-3083 or (905)438-1971 www.apartmentsintoronto.com

WESTNEY/CLEMENTS, spacious, clean, bright 4-bdrms, 2 full bathrooms, Jacuzzi, main floor of house. Laundry, parking, cable incl. \$1600/mo+ 75% utilities. Avail. immediately. (905)550-1239

WESTNEY/HWY 2, Walkout 2 bdrm bsmt., close to amenities, 1-parking. Avail. immediately. No laundry, no smoking/pets. 705-437-4813, 905-427-6622. Also Wentworth/Park, near 2 bedroom apartment. Close to amenities. No pets. 905-427-6622

WHITBY - BRAND NEW 3 bedroom, 3 bathroom townhouse, \$1,299 negotiable plus utilities. Fireplace and balcony, main floor laundry, 2 car parking, July 1st. (647)477-5573, (416)858-4134.

WHITBY bright newly renovated 2-bdrms apt. A/C/cond, parking, minutes to downtown, GO train & 401. Mature non-smoker, no pets, \$850+., 905-665-4893 Avail immediately, first/last, references.

WHITBY, Rossland/Cochrane. Beautiful new 2-bedroom, fireplace, large windows, cable and internet, separate entrance, BBQ, parking, all utilities. \$1095. Available immediately. Call (416)791-8605.

WHITBY- BROCK/401, large 3-bdrm. Walk to GO & 4 corners. Upper level, newly decorated. Parking. No smoking/pets. \$1080/mo. First/last. References. Call 905-666-1366

WILSON/OLIVE, nice bachelor apt., suitable for working, quiet person. No smoking/pets. Avail. now or July 1. \$495/mo. 905-721-9789 or 905-922-4751.

PICKERING - Liverpool/Bayly, Large, furnished 2 bdrm. above ground bsmt. apt. Laundry, exercise room, parking, air. Close to GO train, shopping. Utilities included. No smoking/pets. \$800/mo. 905-831-8434.

WHITBY, AVAILABLE immediately 1-bedroom basement apt., separate entrance and driveway very clean, laundry, use of inground pool, non-smoker, suits single person. \$700/month inclusive. Call 905-706-5520.

180 condominiums for rent

1 + 1 bedroom condo in Pickering. Incl. parking, locker & utilities. \$1150/mo. Call Paul 416-678-9500

1 BEDROOM condo, downtown Oshawa, A/C, laundry, storage in unit, 1 underground parking, \$750 plus utilities. (416)283-5305

BOWMANVILLE - 3 year old, 2 bedroom, condo, \$950, moth. first/last, available immediately. Call (905)706-2690

FOR LEASE, Condo at Pickering Parkway, 1+1, newly decorated, suite single or professional couple. \$1300/month, includes utilities, parking and locker. 1st/last. No smoking preferred. (905)649-2788

PICKERING, HWY 2 & Glenanna Rd. Brand New Condo 1-bdrm + den, 720sq.ft., 1 prkg, \$1250/mo. 24hr Gated Community Outdoor Pool, Exercise Rm. Call Nicole (905)999-7368

WESTNEY/HWY.#2, Amenities. 2 bedroom. 2 full bathrooms. Main floor access. Fitness room, sauna, outdoor pool. \$1325/month all inclusive, except for cable. Available July 1st. 905-831-9248.

185 houses for rent

\$1000 + 2/3 UTIL. 3-bed.

194 shared accommodation

WHITBY - Garden/Dundas. 2 rooms available in townhouse, parking, laundry. Share all facilities. Non-smokers, no pets. \$475/mo.inclusive. First/last. \$19-894-1843, 519-241-9586 or 1-877-893-2963.

205 rentals outside Canada

CLEARWATER FLORIDA, 3-bedroom furnished, airconditioned, manufactured homes. 85' pool, 104' hottub. Near beaches/major attractions. Children welcome. \$350/wk (less than motel). Photos shown in your home. (905)683-5503

209 cottages for rent

BELMONT LAKE, 3-bedroom cottage rentals, great fishing, great swimming. Spaces available. Call (905)420-2684

COTTAGE RENTAL - Kawartha. Located on beautiful Belmont Lake in Havelock, 1 hr., 20min. outside Durham Region. 3-bedrooms, 1-bathroom, water toys, fishing, boat/motor. Seasonal Pricing! Open availability. 905-576-5122 Brandon

FENELON FALLS, Sturgeon Lake. Private lakefront, 3 bedroom modern cottage, all conveniences, cable. No pets. \$750 weekly. Call (905) 623-7637

KAWARTHA GETAWAY - Peterborough area - Cozy 2 bdrm cedar lakefront cottages include all amenities. Relax, unwind and enjoy excellent swimming, fishing, canoeing, hiking, on pristine Lake Kasshabog. Nearby golfing. Friendly family atmosphere. June & Sept from \$255/wknd; 595 wkly. July/August from \$875 wkly. www.bluemountainlodge.ca / 1-705-877-2159.

LAKEFRONT COTTAGES, Barrie's Bay area, excellent swimming, great fishing, boat rentals, free use of canoes & paddleboats. 2-bedrooms \$600/week, 3-bedrooms \$710/week. Call 1-800-218-0738, www.carsonlakeresort.com

212 recreational vehicles

21-F TREETWOOD Terry Ultralight, perfect family RV. Sleeps 6, full bath excellent kitchen 3-way fridge, lights, furnace perfect condition, seldom used. Sunchaser awning. \$7500-firm. (905)372-0000

215 campers, trailers, sites

1984 TRAVEL CRAFT RV, 30', GMC, 454 cu.in engine. Gasoline power. Every thing works. Sleeps six, 3 way fridge, A/C. \$7000 OBO. (905)668-6951

2004 FLEETWOOD UTAH, immaculate sleeps 8, folding trailer, with 2 king beds and 2 double beds, furnace, hot water, exterior grill and shower, awning with detachable screen, dual propane tanks and covers. \$11,900. Call 416-212-6288 days, 905-436-5045 eve. email:lynn@faris.ca

BALSAM LAKE Fenelon Falls Trailers for Sale on Sites, Housekeeping Cottages for rent. Seasonal boat slips for rent. 1 - 8 7 7 - 8 8 7 - 2 5 5 0 www.sandybeachtrailerco.com

RICE LAKE Large seasonal 10 new sites. Pool, beach, docking. Trailers on-site for sale, Park Model rentals weekly. Call (705)696-3423. Website: www.dreamlandresort.on.ca

232 boats & supplies

FISHING BOAT - 14' fiberglass hull, back side bench & 2 middle seats, wired for lights & live well 20 hp. Evinrude, North trail trailer, tongue jack. New tank, hose, ropes, fenders. Boat runs well & is in great shape. \$2000, or best offer. 705-328-0402 after 6 p.m.

265 lost & found

LOST: BLACK LAB, male 5 months, named "Bear" Reward. Call (905)472-1614

LOST: LEBANESE PASSPORT. Lost in Pickering in May 2006. If found please call 905-571-5055

268 personals

SINCERE SINGLES Introduction Service specializing in long-term relationships since 1992. Toll free 1-866-719-9116 www.sincereresingles.ca

270 nannies live-in / out

LIVE-IN NANNY, preferably Filipino for 2 children, ages 10 & 4 in Ajax. Call (905)427-7268

273 daycare available

BROCK/MAJOR OAKS, tender loving care, fenced yard, outdoor playgym, playroom, 14 yrs. exp. nursing background, references, (905)683-8934

DAYCARE AVAILABLE full time/part time at 94 King's Cres, Ajax. Experienced, safe & clean environment. Call Nadia 905-686-9548

EXPERIENCED DAYCARE, 18 years experience. Westney/Rossland. Relocating to John Boddy home in October Rossland/Ravenscroft. Spaces now available. All ages. Large play area, CPR, pet/smoke-free environment. (905)428-0097

FINDING CHILDCARE Has never been easier! Connecting providers, parents and nannies. Not an agency. View free list today at: www.durhamdaycare.com (905)665-2346

277 music & dancing instruction

Adults! Want to learn to play the piano? Call me in Pickering (905)831-0264

278 registration

Knitting Lessons Starting June 15th, 2006 Private & Group Lessons Call me in Pickering (905)831-0264

279 tutoring service

French Tutoring Private Classes To learn French or to improve your language skills Mario (647) 405-3912

285 health & homecare

LIVE IT! New health & wellness magazine. 250, 000 copies. Cost-effective directory ads, word ads. Call today to book for the next issue. 416-493-1300 ext. 288

NON-TOXIC AND EFFECTIVE cleaning products delivered to your door. Call (905)427-4069 for more information.

294 psychics

PSYCHICS reader and advisor, help in all life's problems, satisfaction guaranteed, specializing in Palm, Tarot and Crystal Ball readings. Always private and confidential. House parties and Gift Certificates available. (905)665-3222.

303 horse supplies & boarding

ARABIAN STALLION, 6 year old, purebred registered \$3500 obo Arabian Mare with a 2 year old filly. Call 905-576-7383.

310 articles for sale

SWIMMING POOLS Above ground pools, on ground pools, pool liners, and accessories. Low prices, High quality. Call for a quote. (905)429-7661 or on-line www.bowmanvillepools.ca

+CARPET CARPET CARPETS 3 rooms carpeted with Commercial carpet and premium pad from \$289 (30 yds). 3 rooms carpeted with Berber carpet and premium pad from \$389 (30 yds). 3 rooms carpeted with cut pile carpet and premium pad from \$489 (30 yds). Free in-home quotes. SALLIAN CARPETS 1-800-578-0497, 905-242-3691 / 905-373-2260.

10PC ANTIQUE DINER, Maytag washer/dryer, kitchen set, bedroom set, entertainment centre, canopy bed, air conditioner, table/buffet, hutch. Dresser, night tables. Everything must sell! (905)721-8009

12pc DININGROOM SET oval table 5 side+2 captains chairs buffet, hutch \$400-complete (905)427-0480

310 articles for sale

North Sheds Rustic Pine Garden Sheds 8'x8' for \$1,595, includes delivery, on site installation, solid pine walls, floor & roof, door, 2 windows with boxes, choice of stain & shingle colour. All sizes up to 12'x16'. Call Brad at 905-473-9759, 1-877-876-2765 www.northsheds.ca

2 COUCH/LOVESEAT SETS \$300-each; black tube bunk-bed, twin & double w/mattresses \$400; X-Box & games, \$150; new 5-pc king bdrm set Mission style \$1600; 4 15" Bridgestone winter radials \$100; O'Brien junior competition skis & rope \$150; pictures, lamps. (905)430-3894

3 PC DINING ROOM suite, table, 6 chairs, China cabinet & hutch. Maple, early 1900's. \$2500 OBO. Couch, excellent condition. \$100. (905)404-1925

A BEDROOM SET, gorgeous cherry sleigh, triple dresser/mirror, tall dresser, 2 night tables, new. Cost \$7450, sell \$1,900. Call 905-213-4669.

A DINING ROOM, cherry wood, double pedestal table, 8 chairs, Buffet, hutch, dovetail construction. New, still in boxes. Cost \$11,000, sacrifice \$2,600. 647-271-5483

A King orthopedic pillowtop mattress set. New in plastic, cost \$1600. Sacrifice \$550. 647-271-5483. Can deliver

A1 ALL SATELLITE SERVICES. DishNetworking, FREE TO AIR. Sales, Installations, Repairs, Modifications. Ariza-700, View Sat-2000 Platinum, all models in-stock. Dish Network Service and Sales. (905)999-0362

AFFORDABLE APPLIANCES, HANK'S APPLIANCES. Stoves, \$149/upt, portable dishwashers \$200/upt, 18" dishwashers in stock, fridges \$175/upt. Washers \$125/upt. Dryers \$149/upt. Large selection of reconditioned & new scratch & dent appliances. Parts Specialist. 426 Simcoe St.S. (905)728-4043.

AIR CONDITIONING 1.5 ton \$1245-installed; 2-ton \$1299-installed; 2-1/2-ton \$1499-installed. all gas lines \$129 installed. Furnaces and ductwork available Call Gas Works 905-434-3028.

ALL NEW QUEEN orthopedic mattress set, cost \$1000, sacrifice \$250. Call 905-213-4669.

ALL STEEL BUILDINGS, Factory Direct, 20'x30' \$5500, 25'x40' \$8700, 30'x40' \$10,500, 32'x50' \$14,000, 40'x60' \$20,000, many others 1-800-504-7749 www.pioneerbuildings.ca

BEAUTIFUL teak diningroom suite, large table, buffet, hutch, 6 chairs. Paid \$5000, asking \$3500. Pro Form treadmill, paid \$1000 asking \$300 in good working order. 905-433-2179

BED, Amazing bargain, queen orthopedic mattress set, new in plastic, warranty, \$250. 647-271-5483. Will deliver

BEDROOM SET, cherrywood, bed, chest, dresser, mirror, 2 night stands. Dovetail construction, never opened. Cost \$8,000 Sacrifice \$1,900. 647-271-5483

BEDROOM SUITE for sale, oak, headboard, triple dresser, nightstand and armoire. Please call Cathy at (905)728-4237

CARPETS. Laminate and vinyl sale. 3 rooms; 30sq yds. for \$319. Commercial carpet including premier underpad and installation. Laminate \$1.69sq ft. Click system. Residential, commercial, customer satisfaction guaranteed. Free Estimate. Mike 905-431-4040

CEDAR TREES for sale, starting from \$3.50 each. Planting available. Free Delivery. Call Bob 705-341-3881.

DINING ROOM SUITE solid pine, dark stain buffet, hutch., glass shelves and glass doors, 4 captains chairs oval table 48" - 60" (905) 831-2089.

DININGROOM SUITE, table w/2 leavens, lighted hutch/buffet with glass doors, pine with walnut stain, 6 chairs (2 arm, 4 regular), \$1500 o.b.o. Call (905)420-7640

DOWN SIZING - kitchen table, white with 2 padded chairs (mo-saic), 4 pc. dinette suite, glass table top (oval) 4 dining arm chairs. (905) 725-8526 after 6.

DOWNSIZING: BEDROOM, long dresser, mirrors and headboard. Blachi 18-speed bike. Singer sewing machine. Stained glass in oak frame 28x52. Birk Stirling plate tea service with tray. (905)668-7344

GENAMAX 6500 WATT diesel generator, electric start, preheat and low oil alert, with approx 30 hours use \$2000 o.b.o. Call (905)433-3981

GOLF CLUBS - Full set Top Flite irons left handed with bag. \$150. 905-831-8849.

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"Durham's Original" CREDIT-ZONE
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TO Contact Us Call: 1-800-519-9566, (905) 668-1838
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2003 MAZDA PORTEGE 9 months lease left. Automatic. A/C. Lease payment, \$285 monthly includes tax and negotiable. Must go! Buy back option, \$9700. 905-426-5561.

400 cars for sale

2003 MAZDA PORTEGE 9 months lease left. Automatic. A/C. Lease payment, \$285 monthly includes tax and negotiable. Must go! Buy back option, \$9700. 905-426-5561.

400 cars for sale

NEED A CAR? LET US GIVE YOU THE CHANCE YOU DESERVE!
APPLY ONLINE WWW.VILLAGE CHRYSLER.CA OR CALL 905-683-5358 OR 906-767-0951 ASK FOR BRIDGET WE GET YOU DRIVING!

2003 MAZDA PORTEGE 9 months lease left. Automatic. A/C. Lease payment, \$285 monthly includes tax and negotiable. Must go! Buy back option, \$9700. 905-426-5561.

FORMER STOCK CAR includes seat, tires, fuel cell, spare sheet metal. Proven winner Mosport oval. 905-723-5057 Oshawa

405 cars wanted

\$\$\$\$\$ JOHNNY JUNKER Tops all cash for good cars and trucks or free removal for scrap cars and trucks. Speedy service. (905)655-4609 or (416)286-6156.

A - ALL SCRAP CARS, old cars & trucks wanted. Cash paid. Free pickup. Call Bob anytime (905)431-0407.

405 cars wanted

\$ \$ A & 1 AARON & LEO Scrap Cars & Trucks Wanted. Cash paid 7 days/week anytime. Please call 905-426-0357.

\$ \$ ADAM & RON'S SCRAP cars, trucks, vans. Pay cash, free pick up 7 days/week (anytime) 905-424-3508.

\$ \$75+ TOP DOLLARS - Ajax Auto Wreckers pays for vehicles. We buy all scrap metal, copper, aluminum, fridges, stoves, etc. 905-686-1771; 416-896-7066

A ABLE TO PAY Up to \$5000 on cars & trucks Free Towing 24 hours, 7 days. (905)686-1899 (Pickering/Ajax) or (905)665-9277 (Oshawa/Whitby).

ABSOLUTELY THE BEST CASH deal for your old junker. Cars & trucks wanted, dead or alive. Free p-up. Call 24 hrs. John 905-263-4142 or 905-914-4142.

CASH FOR CARS! We buy used vehicles. Vehicles must be in running condition. Call (905)427-2415 or come to 479 Bayly St. East, Ajax at MURAD AUTO SALES

410 trucks for sale

1998 FORD RANGER, 220,000kms, 5-sp, single cab, fiberglass lid, bucket seats, stereo, new mag rims, tires, extra winter tires. Good Shape. Asking \$5,500 certified o.b.o. (905)743-0398

2003 JEEP LIBERTY SPORT 3.7L V6, auto, light khaki ext., 4X4, A/C, pw, pl, am/fm CD, keyless entry, fog lights, Class 3 hitch, 50,000 km, owner. Still under warranty til Nov28/06. Private sale \$19,900. 905-404-0494.

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AVAILABLE 24 HOURS A DAY
CALL CHRIS TODAY! 1-800-554-8165

310 articles for sale

PIANOS - AND - CLOCKS Check out our Home Show Specials! (Call for details). Our Best prices this week! Not sure if your kids will stick with lessons..try our unique rent-to-own system. 100% of all rental payments apply! Large selection of upright and electronic pianos and Howard Miller clocks. Yamaha, Kawai, Heintzmann etc. Call TELEP PIANO 905-433-1491. www.Telep.ca WE WILL NOT BE UNDERSOLD!

PLAYSTATION2 MOD CHIPS XBOX MOD CHIPS installed from \$125. Several chips available for each console. We buy used/working consoles. For all the details: www.durhammods.com North End Oshawa. 905-626-0542

QUEEN BEDROOM SET, girls bedroom set. 2 captains bed with dressers. Breakfast table. 6 chairs. Wicker set. Sofa and loveseat. 4 piece lamp set. 905-619-0530.

QUEEN BEDROOM, 2-yr \$700; solid cherrywood 10-pc diningroom set \$2,900; leather sofa & chair 2-months \$950; sofa/love-seat/chair 2-yr \$750; apt-size washer/dryer \$350; fridge \$175; gas dryer, \$250 newer; 3-pc dresser (1950) \$250; child's single bed-in-bag (new) \$150. (905)260-1123

RENT TO OWN - New and reconditioned appliances, new TV's, Stereos, Computers, DVD Players, Furniture, Bedding, Patio Furniture, Barbecues & More! Fast delivery. No credit application refused. Paddy's Market, 905-263-8369 or 1-800-798-5502.

SOLID OAK double pedestal, 2 leaf diningroom table, 6 chairs, matching hutch, mirror, chandelier. \$4500. (905)720-3523

TARPS - Woven Poly Tarps, all sizes from 8'x10' to 30'x50'. Price \$7. - \$90. (tax incl.). Call Bowmanville 905-623-5258.

USED RESTAURANT equipment, 2-6' s.s exhaust hoods (\$600/both), 1-5' s Pizza/Sub refrigerated make table \$1150, 1-5' Counter \$100, 3-small Chest Freezers \$50-\$100 each. (905)665-0300, 289-314-5686.

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Dolphins peewees all-stars win inaugural league game

Ajax-Pickering football squad mauls Mississauga 48-6

DURHAM — The newest Ajax-Pickering Dolphins Football Club team emerged victorious from its inaugural game in the Allstar Peewee Football League.

The APFL is in its first season, with 12 teams competing from across southern Ontario. Among the clubs Ajax-Pickering will play are teams from Mississauga, Brampton, Guelph, Brantford, Markham, Kitchener-Waterloo, and Wentworth.

The Dolphins started their season on the right cleat, defeating the Mississauga Warriors 48-6 in Mississauga on May 27.

Mississauga started strongly, scoring the first touchdown for a 6-0 lead. Dolphins' wide receiver Michael Robson scored Ajax-Pickering's first-ever APFL touchdown on a pass from George Tourloukis late in the first quarter. With the extra point, the Dolphins squad took the lead and never looked back.

The offence moved the ball down the field with authority, with Kurlan Cadet leading the scoring parade with three touchdowns. Matt Townsend, Kareem Tucker and Dillon Campbell added majors. Dexter Damboise was good on six of seven extra point attempts.

After giving up the touchdown, the Dolphins' defence came together and put up its 'Teal Curtain.' Special teams kept the Warriors off balance, with three recovered balls and two big returns on punts.

The Dolphins' coaching staff was proud and pleased with the all-round performance.

"The team is coming together as a unit, and if they continue to put forth this kind of effort we will have an excellent season," says head coach Jim Farrell. "This is a great group of boys. They congratulate each other coming off the field and are very supportive of each other. It is really rewarding for the coaches to see this happening."

Dolphins' home games are at Pine Ridge Secondary School, 2155 Liverpool Rd. N., Pickering. The Dolphins travel to Brampton today (Sunday) for a contest against Brampton 2 at Sandlewood Park at 3:30 p.m. The next home game is against Brampton 1 on Sunday, June 11 at 4 p.m. The team's schedule is on the Dolphins' website at www.dolphinsfootball.ca.



Ron Pietroniro/ News Advertiser photo

Pickering Red Sox ground Newmarket Hawks in Vaughan final

PICKERING — The Pickering Red Sox minor bantam 'AAA' rep baseball team banished last year's Ontario representative at the Canadian peewee championships in the final of the Vaughan Vikings Minor Bantam Tournament over the Victoria Day weekend.

The Red Sox scored a 9-5 victory over the Newmarket Hawks to capture the

title.

Pickering whipped the London Badgers 9-2 in the semifinal. In the quarterfinals, the Pickering bats came alive in pounding the Brampton Royals 11-5.

Pickering was ranked sixth after the round-robin games. On Friday evening, the Sox beat the Markham Mariners 12-2, Saturday saw Pickering beat Guelph

7-4 and then face its only loss of the tournament to a solid North York team, 3-0.

Team members are Richard Abbott, Jordan Bean, Nick Cappa, David Head, Robbie Heard, Graham Holland, Dennis Linthwaite, Chris Marraccinni, Arron Rabena, Peter Ricciardi, Brian Smith and Eric Wood.

Charging ahead

AJAX — Megan Heney of the Archbishop Denis O'Connor Catholic High School Chargers fights off a St. Stephen's Secondary School Royals' player for the ball during the Lake Ontario Secondary School Athletics (LOSSA) junior girls' soccer 'AA' championship game at Oshawa's G.L. Roberts Collegiate and Vocational Institute recently. DO'C took the Durham Region title with a 1-0 victory.

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Panthers pounce on Falcons



Pickering boys' under-nine team downs hosts for Mississauga soccer crown

PICKERING — The Pickering Panthers boys' under-nine rep soccer team grounded the Mississauga Falcons to capture the championship at the Mississauga International Soccer Tournament over the Victoria Day weekend.

The Pickering boys left little doubt who was the better team in the final, blanking Mississauga 5-0 for the under-nine division title.

The Panthers scored a 4-1 win over Southwest Optimist in the semifinals.

In preliminary play, the Panthers put up a 3-0 mark.

Pickering recorded victories over Whitby (5-0), Southwest Optimist (6-2) and Mississauga (3-2).

Forwards Jonathan Chetram, Daynar Facey, Julius Griffiths, Andrew Jegg, Charlton Kelly and Barrington Smith provided the required firepower, while Alonzo Addae, Sam Auer, Tarrick Brissett, Robert Clark, Zach Palantzas and Jason Wise were smothering defensively in front of goalkeeper Luke Lamanna.

The Panthers are coached by Tony Helm, assisted by Ange Palantzas. Kevin Helm is the trainer and Andrea Brissett and Ed Jegg share the manager's role.

photo submitted

The Pickering Panthers boys' under-nine rep soccer team went undefeated all the way to the championship at the recent Mississauga International Soccer Tournament.

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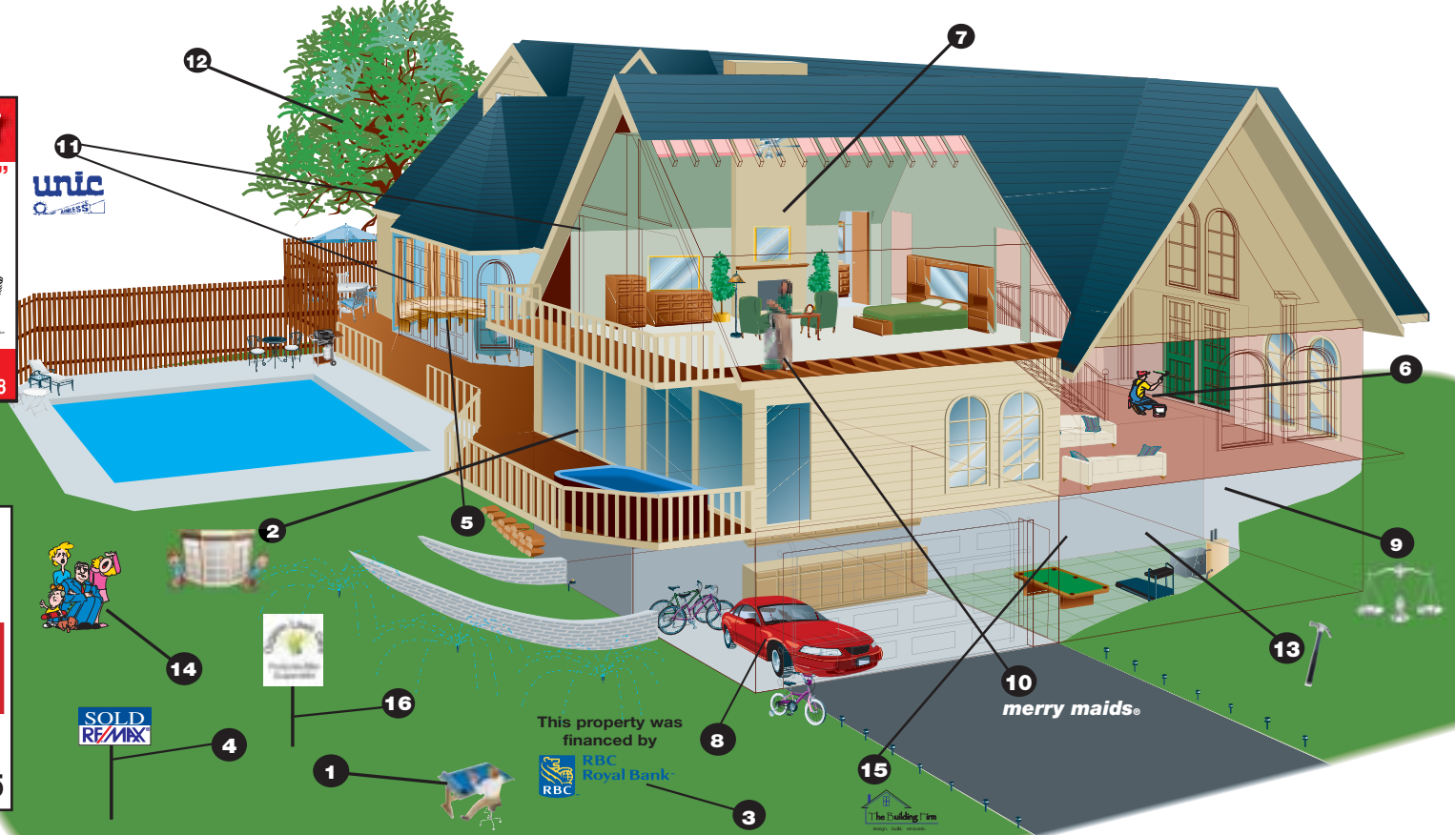


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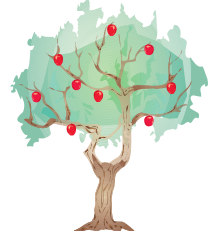
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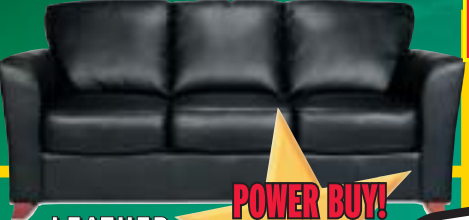
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