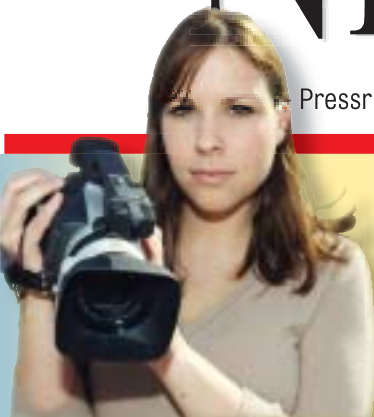


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Pickering man jailed nine years for vicious sex assault

*Woman left bloodied,
bruised in 2006
incident*

By Jeff Mitchell
jmitchell@durhamregion.com

DURHAM — A Pickering man has been sentenced to more than nine years in prison for a vicious sexual assault last year that left a woman bruised, bloodied and terrified.

Joshua Thomas, 25, of Glenanna Road in Pickering has been in custody since his arrest in September of 2006. Ontario Court Justice Katrina Mulligan sentenced the man to seven years and 11 months in addition to the time he served awaiting trial for a total sentence of nine years and five months.

Mr. Thomas pleaded guilty in an Oshawa court Thursday.

Just before 11 p.m. on Sept. 8, 2006, a 41-year-old Pickering woman was attacked by a man unknown to her as she walked in a park in the area of Glenanna and Valley Farm roads. The woman desperately fought back, scratching and biting at her attacker as he tore at her clothes.

A number of people responded to her cries for help and the assailant ran off.

The attack prompted Durham police to issue a warning to women in Pickering and a composite sketch of the suspect was released as the investigation continued.

Mr. Thomas was arrested 10 days after the attack by officers with the sexual assault unit who stopped a car in which he was a passenger.

FINISHING HER TACKLE



Ron Pietroniro/ News Advertiser photo

PICKERING — Karlie Robinson from the Pine Ridge Secondary School Pumas crushes Lisa Beirsto from the Dunbarton High School Spartans with a hard tackle during LOSSA varsity girls' rugby action May 2.

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Spring training for waste professionals

DURHAM — Spring training isn't just for athletes.

Waste management professionals from around Ontario will gather at the Solid Waste Association of North America (SWANA) Ontario chapter training this week in Oshawa.

"The primary goal is to provide training to waste management professionals," said Murray Gale, the president of the Ontario chapter of the SWANA and the solid waste supervisor for the Town of Whitby.

Three certification-training courses are offered for waste management professionals: managing municipal solid waste systems, managing municipal solid waste collection systems and construction and demolition.

The training will take place from May 7 to 10 at

the Holiday Inn in Oshawa.

So far 32 participants, from Durham Region, Halton Region, City of Hamilton, Markham, Peel Region, Windsor, Thunder Bay and elsewhere in Ontario, have signed up.

These courses prepare students for an exam and upon successfully passing, SWANA Certification.

"If they pass the exam 75 per cent they are certified within their field and that certification has to be kept up to date," Mr. Gale said.

Steve Jedinak, a technician with the Region's waste management services, will be attending the collection systems course.

"It will help me better understand the logistics of planning, managing, and operating solid waste and recyclable collection services," he said.

Durham man among those accused of abusing girl

Developmentally delayed girl lived in drug house: police

DURHAM — A Whitby man is among six suspects charged with sexually assaulting a developmentally delayed girl in a Toronto crack house, police said.

Toronto police made the shocking revelations Thursday, capping an investigation that began in January. Police said the accused men were denizens of a home in northwest Toronto frequented by cocaine users.

The victim, a 12-year-old girl, is the daughter of the woman who lived in the house, police said. That woman has also been charged.

Cops said the child had been given crack and made to perform sex acts. The child, who was

found to have cocaine in her system, has been placed in the care of the Children's Aid Society, police said.

Police said that for a year beginning in late 2005 a number of men attending at the house had sexual contact with the girl. Drug users and dealers were among the men who had contact with the child, police said.

Dennis Guthrie, 52, of Whitby is charged with sexual assault and sexual interference. Five other men face similar charges.

The girl's mother has been charged with corrupting children, a rare charge that requires consent from the province's Attorney General.

The accused men are next scheduled to appear in court in Toronto in September.

An investigation continues and more suspects are being sought.



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REPORTER ERIN HATFIELD
ehatfield@durhamregion.com

Pickering moving forward with sustainability

Goal is to create an environmentally, economically and socially friendly city

By Kristen Calis
kcalis@durhamregion.com

PICKERING — The City of Pickering is one of the first municipalities in Ontario to open an office of sustainability, City officials say.

Pickering established its sustainability committee in 2005 and the website was launched in March, 2007. Sustainable Pickering aims to balance economic, social and environmental objectives to create a distinctive, comfortable community, taking into consideration the needs of future and existing

residents. The City, including council when making decisions, looks through three lenses of sustainability: social, economic and environmental. The three lenses define the difference between sustainability and environmentalism, since social and economic factors are considered as well. In order to make a community sustainable, the City acknowledges all three must be considered.

"It's a pretty interesting time for us," said Tom Melymuk, the office of sustainability's director.

Although the idea of sustainability has existed in Pickering for a couple of years, Mr. Melymuk said the fact that an administration now exists means the City can put more efforts into the initiative.

"We have a lot of work to do, but creating an office allows us to focus more than if he hadn't cre-

ated it," he said.

The office of sustainability is taking part in a broad range of initiatives: implementing a municipal greenhouse gas reduction plan; developing sustainable Pickering indicators and targets; the preparation of Sustainable Pickering guidelines; and detailed planning and development of Seaton.

"It's through a co-operative effort of people realizing there are better ways to do things," Mr. Melymuk said. The City will soon launch sustainable neighbourhood score cards that will consider factors such as proximity to places serving daily needs for residents. It will judge if people have to actually get in the car to run small errands or even go to work. Mr. Melymuk said this is all part of developing a sustainable neighbourhood plan.

Sustainable Pickering will use

the following benchmarks to develop targets: healthy environment; healthy society; healthy economy; and responsible development and responsible consumption.

Mr. Melymuk said Pickering has a history of being at the forefront of similar issues. For example, he said Sustainable Pickering began just before former U.S. vice president Al Gore became publicly active in the environmental field.

Mr. Melymuk said all City staff is trained on sustainability issues and they work with all people and across the whole city "to make sure the city as a whole is doing it."

For example, the City is currently working with Durham Sustainability, the Ajax-Pickering Board of Trade and the Region of Durham. "We will look for any opportunity to get the word out and tell people we have choices," he said.

Ajax playground closed for maintenance

AJAX — Rotary Park's senior playground, located adjacent to Duffins Creek, is closing for maintenance.

The work, taking place from May 7 to May 11 involves the removal and replacement of the playground's surface and the installation of a new drainage system.

The closure ensures the safety of residents and visitors.

For more information call Jeff Stewart, manager of parks and environmental services at 905-683-2957.

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Seniors 'twigged off'

Property manager says trees posed safety, maintenance, aesthetic concerns

By Kristen Calis
kcalis@durhamregion.com

PICKERING — A small group of residents at a seniors' building was not happy when trees were cut down on the property, especially considering the timing.

"We like beauty and Earth Day was the next day," resident Lily-Ann Gillette said. "It was like a slap in the face."

Resident Hannalore Linshalm said she ran out very upset and asked the crew doing the job to stop.

"There are so many trees that die because of the environment," Ms. Linshalm said. "Why cut down the healthy ones?"

Fairport Lodge at 1330 Foxglove Ave. in Pickering is a social housing building for seniors run by Durham Region. When the residents inquired about the tree removal, they claim they were told the janitor didn't want to cut around the trees and bushes.

The on-site janitor, Janis Hafenbrack, said the branches would often pose a safety concern to her eyes when she'd cut the grass.

"They were awful to cut around," she said. "Luckily I had glasses on."

Property manager Lynn Alexander said trees with low branches would collect garbage, posing an aesthetic problem. That reason, coupled with the fact that it blocked access to the water basin, is the reason the tree in front of the building was cut down.

"The problem is there are so many maintenance concerns," Ms. Alexander said. "It needed to be done."

But Ms. Gillette said "all the trees were completely healthy."

Another reason Ms. Alexander explained the trees were cut down was to ensure the stability of the building's foundation.

"You have to be careful with trees too close to the building," she said. "It ruins the foundation." Ms. Alexander said safety hazards also posed a concern as people could easily hide behind the bushes. The back of the building faces a plaza.

Resident Eva Solti-Pond, who documented the process with her camera, said she enjoyed the trees because she could look at "other than a barren landscape." She was also upset that her lilac bushes were "cut in half." In an interview at the building, Ms. Alexander said the bushes were just trimmed back and pointed out that some of the bushes have already begun growing back. She said they plan on planting some flowers for the summer and may plant more trees down the road. "We just want to get everything looking nice," she said.



Ron Pietroniro/ News Advertiser photo

Blinded by science

PICKERING — Kristyn Bradley from Rosebank Road Public School and her team members work diligently on their suspension bridge during a Scientist in the School program.

Education

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But if school doesn't fit into your summer plans, there are plenty of activities to do at home that keep the learning momentum going—because

little minds that stay sharp over the summer are ready to jump right back into the swing of things when fall arrives.

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Jack Conway just wants to give his hospital a big hug

Toddler to be part of Meagan's Walk this year

By Jennifer Stone
jstone@durhamregion.com

DURHAM — Jack Conway is a big hugger.

His dad, Steve, said the toddler frequently walked around Toronto's Hospital for Sick Children, where he was a patient due to a non-cancerous brain tumour, offering hugs to other kids receiving treatment. Big brother Ryan, 8, tells of a recent trip to Swiss Chalet, where Jack hugged a little girl. And, within seconds of a reporter walking into his Courtyce home, Jack has hugged everyone in sight ... including the reporter, who was previously unknown to him.

So, it makes sense that a team in his honour will be part of a giant hug around Toronto's Hospital for Sick Children Sunday, May 13.

Family and friends of the vivacious almost-two-year-old, who just completed chemotherapy in January, will be part of Meagan's Walk. The five-kilometre walk, starting at Ontario Place and ending

at Sick Kids, has walkers form a human chain, ending in a big hug around the hospital.

The walk is in honour of Meagan Bebenek, who died in 2001, when she was five, after a six-month battle with a terminal form of brain cancer. Funds raised go toward pediatric brain tumour research at Sick Kids. So far, Meagan's Walk events have raised more than \$400,000 --- \$13,000 of which was raised last year alone by Jack's team.

These days, Jack is running around, giggling at his big

brother, as show the MRIs. But, when you look at the MRI taken when he was first diagnosed and compare it to the one taken in January, when Jack completed chemotherapy, it's very clear the tumour has shrunk considerably. To the untrained eye, the tumour appears far less menacing than it did when Jack was six months old.

It was then that Jack's parents took him to the ER at Sick Kids, prepared to wait until they had some answers. The doctor who saw him first felt

sensed it was something more. "Kim's first reaction was, what did I do wrong," he said, noting his wife had, of course, had done nothing wrong.

Mr. Conway's first question was whether it could be environmental. After all, another boy on their street had recently been diagnosed with brain cancer. But, the two appear to be unrelated.

A few days later, Jack had surgery to have a port inserted into his chest, to allow for chemotherapy to be injected. Surgery was not a possibility, as it would surely leave Jack blind, said his dad.

"At the first meeting (with the team at Sick Kids) they said they'd like to stop (the tumour) growing and maybe shrink it a little bit," recalled Mr. Conway. Chemo has been even more successful than they had hoped -- after more than a year of chemotherapy, Jack's tumour has become much smaller than originally hoped, and is currently about one-quarter its original size.

The family doesn't know what the future holds for Jack. Often, in cases of his particular disease, the tumour begins to grow and cause problems again, necessitating more

chemo treatments.

Staff at Sick Kids "told us to expect to be in their family for at least four or five years," said Mr. Conway. There may also be some long-term eye repercussions, he said. The treatment Jack received at the hospital, combined with the connections his parents and big

brother have made through the journey, have made it so the family wants to, again this year, participate in Meagan's Walk. For more information on Meagan's Walk, visit www.meaganswalk.com. For more information on Jack, visit www.caringbridge.org/visit/jacksjourney.

'At this point I don't think you'd ever guess he had a brain tumour.'

STEVE CONWAY

brother, starting to make the sounds that eventually lead to full-on talking. It would be hard to tell he just completed months of chemotherapy aimed at stopping the growth of a tumour that put pressure on the optic nerve, causing his eyes to "wobble," said his dad.

"At this point, I don't think you'd ever guess he had a brain tumour," said Mr. Conway.

his head was disproportionately large, when compared with his body, and his soft spot felt "full," recalled Mr. Conway.

Within days, they had a diagnosis: a benign brain tumour known as optic pathway glioma.

"It was tough," said Mr. Conway. "I thought it would just be fluid or something (causing the eye problems.) Kim (Jack's mom) said she

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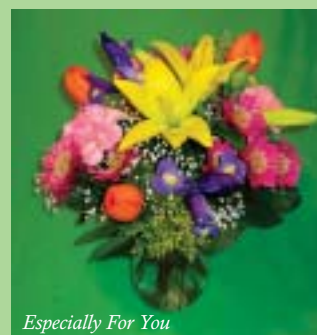
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EDITORIALS & OPINIONS

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EDITORIAL

Think twice about European trip

A second trip to Europe to look at energy-from-waste facilities might make fiscal sense only after all other avenues of investigation have been exhausted and only for those councillors and staff who did not make a similar trip last year.

As part of its search for a homegrown solution to Durham's waste problem, an eight-person delegation last year went to Sweden, Denmark and The Netherlands, countries far ahead of Canada in terms of effectively dealing with their garbage. Durham's trash is trucked to a Michigan landfill site, not exactly an environmentally responsible method. As well, the Michigan government has been quite clear that it does not want Ontario trash, and is taking steps to ensure the practice won't continue for much longer.

Hence the need for a made-in-Durham solution. Durham and York regions have teamed up to jointly deal with the issue, and the process is well under way, with four sites in Clarington and one in York Region identified as possible sites for a garbage-burning facility.

While the initial trip was valuable, there is now talk of a second trip to educate new councillors and staff about the technology. The Region's works commissioner, Cliff Curtis, reasons new works committee members would benefit from the trip, and that Durham Region wants some Clarington councillors and staff to go as well "to take a look at the technology and make sure it is something they could be comfortable with." But the Region should take other steps first. Those councillors and staff who went on the trip last year should hold seminars to inform the rookie politicians about incineration methods. There is also the internet and web seminars available to pass on information.

If that still doesn't provide enough information, then the Region may indeed make a case for a second trip but it should be to look at something new or visit incineration facilities that weren't included in the first trip which cost taxpayers roughly \$48,000. Residents realize the region is planning to spend between \$200 and \$300 million on an incineration plant and it would be prudent to build it right the first time, with technology that suits our needs.

LETTER TO THE EDITOR

Tax increase is out of line

To the editor:

I see that yet again Pickering Council has been unable to contain spending and has passed a budget that will increase our overall tax bill by 8.79 per cent. Year after year they offer up the same tired excuses and year after year hit us with huge tax increases. Our increases are simply ludicrous when compared to Ajax (3.3 per cent), Brampton (3.6), Oakville (3.3), Mississauga (4.7) and Toronto (3.8).

If they believe that they have population problems now it palls in comparison to the loss of population as many, especially seniors on fixed income, have little option but to seek more tax-friendly locations. How do these councillors manage their home budgets; do they just keep spending and when they exceed their income simply demand more from their employers? I suppose if we taxpayers are their employer the answer is YES, but for the rest of us I think NOT. There is a need for closer control of expenses and, if necessary, more services will have to be provided on a user-pay basis.

A new and more innovative approach has to be taken because I, for one, will not continue to vote for and support a mayor and council who keep putting their hands deeper and deeper into my threadbare pocket.

**Michael Agus
Pickering**



Kids gather to defeat homophobia

Teenagers less judgmental than in the past

Students at Ajax High School recently proved eliminating homophobia in North America is closer to reality than it's ever been.

On April 18, more than 350 Ajax High School students took a vow to remain silent in support of ending harassment and bullying against lesbian, gay, bisexual and transgender (LGBT) people. In addition, 270 students wore a sticker supporting the cause.

It's good to see teenagers are making sure social change is happening. When it comes to issues such as race and sexuality, today's youth are much more accepting than those of the past, a good sign considering racism and homophobia are still pretty prevalent among older generations.

Most people under age 30 probably have a gay or lesbian friend or relative and think nothing of it - they're people they grew up with and knew even before they came out. Mainstream media has also made homosexuality much more acceptable and, in turn, helped family and friends be more comfortable about admitting who they really are. Many television shows aimed at a younger adult audience include characters of various sexual orientations and possibly even their struggle in admitting it to themselves, a portrayal beneficial to many who assume sexuality is a choice; it's no more a choice than heterosexuality.

What was especially good about the Day of Silence was how many students were brave enough to support an event that would cause some people to persecute them, regardless of their sexuality.

Of the kids the newspaper talked to, all agreed bullying LGBT students



Crystal Crimi
staff writer

isn't really prevalent in their school, but they do hear people use the word "gay" or "fag" to represent stupid. Some students who were silent on April 18 received some negative feedback from others, said Erin Crawford, a social science teacher at Ajax High. She initiated the event following meetings of the gay-straight alliance she's a member of through her teachers' union.

Statistics indicate 20 per cent of LGBT students will miss school because they feel unsafe or harassed, Ms. Crawford said.

On May 7, students from around the region will gather at the Durham District School Board Education Centre for an event on anti-homophobia education and issues of concern to those in the LGBT community. The event is presented by the Ontario Secondary School Teachers Federation's gay-straight alliance.

It's nice to see students participate in such events and learn to reserve their judgement for those who really deserve it, like people who are actually hurting others.

Crystal Crimi's column appears every third Sunday. Email ccrimi@durhamregion.com.

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New tax breaks for seniors

(NC)-If you were 65 years of age or older on December 31, 2006, you may be eligible for new tax breaks.

"As of January 1, 2006, the maximum federal age amount credit increased from \$4,066 to \$5,066, says Bill Hyde, CA, a Partner with Millard, Rouse and Rose-brugh LLP in Brantford. "If your net income for 2006 was less than \$64,043 you can claim some portion of this amount; if your net income was less than \$30,270 you can claim the full \$5,066."

The federal pension income credit has also increased. "Before 2006, you were able to claim a credit on the first \$1,000 of eligible pension or annuity income," explains Anne Chun, CA, of North York. "Under proposed legislation, the maximum amount of eligible pension income that can be used to calculate the credit has doubled to \$2,000."

Another tax change that will benefit some seniors is the new non-refundable federal tax credit for transit users. "You can claim the cost of monthly transit passes purchased after June 30, 2006," says Chun. "You can also claim passes of longer duration, such as an annual pass."

The Ontario pension and age credits were not increased for 2006 (except to meet the cost of inflation), and Ontario did not introduce a transit pass credit.

Tax planning is important, but it's not the only type of financial planning to consider.

"Before you become a senior you should undertake a comprehensive review of your finances to see if your retirement plans are realistic," advises Hyde. "Too often, people tend to overestimate their retirement income and underestimate the amount of capital required to support their lifestyle, their longevity and the cost of health care required to deal with a catastrophic event."

Seniors should also have wills, keep them up to date and appoint a power of attorney for their finances and for personal care.

"Seniors who are widowed or who go through other major life events often don't review their situation to see what changes should be made to wills and other documents and plans," says Chun.

Investments should also be reviewed on a regular basis. "Seniors often fail to adjust their investment strategies over time," says Hyde. "They can get lulled into chasing returns or tax savings that are contrary to prudent investing principles."

If you are a senior, a Chartered Accountant can help you in a variety of ways.

"Some seniors with modest or low incomes think they don't need to have a plan, but they need one as much as or more than seniors with higher incomes," says Chun. "A CA can work with you and your family to develop a plan, no matter what your circumstances."

Brought to you by The Institute of Chartered Accountants of Ontario.

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Security tight as high-ranking Hells Angels in court

Accused
of plotting
to murder rival

By Jeff Mitchell
jmitchell@durhamregion.com

DURHAM — A preliminary hearing for two high-ranking Hells Angels officers began Wednesday in Oshawa with testimony from a biker turned police informant.

Mark Stephenson and Remond Akleh both face charges of conspiracy to commit murder in connection with an alleged plot targeting an underworld rival.

A court order prohibits reporting on evidence heard during the preliminary inquiry.

Security at the courthouse on King Street East in Oshawa was extraordinarily tight for the first two days of the hearing, scheduled to take eight days. In addition to the

customary screening of visitors at the courthouse doors -- which includes searches of bags and a metal detector sweep -- heavily-armed police tactical support unit officers were posted outside the courtroom door and at the end of a corridor where the Crown's key witness waited to testify.

Mr. Stephenson and Mr. Akleh were among more than two dozen bikers and associates arrested last Sept. 28 during Operation Tandem, a sweeping bust aimed at outlaw motorcycle gangs.

While the majority of the bikers arrested -- five were from Oshawa -- face drug possession and trafficking offences, the two men now facing trial were charged with conspiracy to commit murder.

Police said at the time information provided by a member of the secretive, tightly-knit organization had assisted in the strike

against the bikers.

Mr. Stephenson, 43, of Sunderland, is president of the Oshawa chapter of the Hells Angels.

Mr. Akleh, 44, Cobourg, is a former member of the

Oshawa chapter who left to join the elite Nomads group based in Ottawa.

Both men were in court this week, surrounded by family and supporters. Mr. Stephenson, who remains

in custody, looked on from the prisoner's dock while Mr. Akleh, who is free on bail, sat among the benches in the public gallery wearing a copper-coloured suit and gold-rimmed eyeglasses, taking notes.

After hearing evidence tendered during the inquiry Ontario Court Justice Donald Halikowski will rule on whether or not the men will be committed to stand trial.

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Trotta free on bail pending appeal

Convicted in 1998
of killing infant son

DURHAM — An Oshawa man imprisoned nine years for murdering his infant son is free on bail while he awaits an appeal of his conviction.

Marco Trotta, 38, was released from Fenbrook Institution Wednesday night after being granted bail by the Court of Appeal; the Crown did not oppose his release.

Mr. Trotta's order was released following a review of cases handled by Dr. Charles Smith, a former top pathologist whose work has been called into question. The review found the coroner had made mistakes in 20 files, 13 of which led to criminal charges.

Mr. Trotta and his wife Anisa were charged in the death of their eight-month-old son Paolo, who died in 1993. The cause of death was initially attributed to Sudden Infant Death Syndrome (SIDS), a finding challenged by Dr. Smith during a subsequent autopsy. The re-examination of Paolo's death occurred after the Trottas showed up at hospital a year after the infant's death with another son, named Marco, who had bruising and a fractured leg. Although he did not arrive at a conclusive cause of death, Dr. Smith concluded Paolo's remains showed evidence of physical abuse.

Following a sensational trial in Whitby Marco Trotta was convicted of second-degree murder and assault and sentenced to life in prison with no pa-

role eligibility for 15 years. Anisa Trotta was convicted of criminal negligence causing death and other offences and given five years in prison.

Mr. Trotta's appeal will be heard by the Supreme Court of Canada in October. His lawyer, Michael Lomer, said he intends to apply to introduce fresh evidence that raises questions about Dr. Smith's autopsy and his testimony at the 1998 trial.

Tee it up for Epilepsy Durham Region

DURHAM — Epilepsy Durham Region is hosting its annual Charity Golf Tournament. Funds raised support a better life with epilepsy through community programs and services. The registration fee of \$150 includes: a banquet reception dinner, cart, driving range, hand massage, green fees and \$50 in-

come tax receipt. Prizes are given and a silent auction takes place throughout the day. There is a \$60 admission fee for the banquet and auction only.

The event is on June 14 at Oakridge Golf Club, 35 Lauren Rd., Port Perry. Registration begins at 9 a.m. To download a registration form and for more information call 905-666-9926.

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Energy-from-waste information meetings draw hundreds

By Erin Hatfield
ehatfield@durhamregion.com

DURHAM — Concerns about air emissions, the environment, recycling, traffic and where a proposed energy-from-waste facility might be located took centre stage at a series of public meetings in April.

"I believe the whole purpose was to get the message out that we have a short list of sites and give the residents a chance to provide some feedback," said Jim

McKay from the project consultant firm Jacques Whitford.

Four public information sessions about the Durham/York waste management study, three in Clarington and one in East Gwillimbury, were held between April 10 and 21.

Each session was aided by an independent facilitator and included an open house, a presentation by the project consultants, and a question-and-answer period.

"Very common questions were related to air emissions, health impacts, traffic impacts," Mr. McKay said. "And lots of residents concerned about this facility competing with diversion."

The April 12 session, held at the Clarington Beech Centre in Bowmanville, included 155 attendees, while 74 residents were at the April 14 session at the Clarington municipal offices and a further 66 participated in the April 21 meeting at Faith United Church in Courtice.

"We didn't know what the reaction was going to be, whether there would be a lot of support or opposition," Mr. McKay said. "If there was a lot of opposition we would have expected 1,000 people. Usually at this stage of a land-filling process we would have two or three thousand people out."

Residents who provided their contact information will receive a full report from the professional facilitator that includes a detailed question-and-answer

section. Final site selection is to be presented to both Durham and York Regional councils in September.

"This is just the start of the consultation so there will be more in the future," Mr. McKay said.



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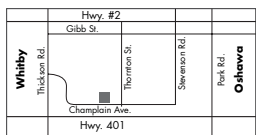
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CINEPLEX ODEON

Hiking trails abound in Durham Region

By Danielle Milley
Special to the News Advertiser

DURHAM — Between the waterfront, the Oak Ridges Moraine and the numerous conservation areas within its borders, Durham Region holds a lot of options for hikers.

Whether you're a beginner looking for a morning to commune with nature or an avid hiker looking for a day-long trek, there is a trail in Durham to suit your wants and needs.

Susan MacMillan knows the hiking trails of Durham well. She is the hiking coordinator for the Durham Outdoors Club.

"It's a wonderful activity if you want to get out and get some exercise and fresh air," she says of hiking. "And you meet lots of people."

Ms. MacMillan has been with the club for six years, although she's been hiking on and off her whole life. It is such a passion that she chose where she lives in Durham because of hiking.

"I live in Orono basically because of the wonderful hiking trails they have here," she says.



Photo by Jennifer Roberts
Susan MacMillan, hiking co-ordinator with the Durham Outdoors Club, checks out a trail near her Orono home.

From her experience there are a few key features that make for a good hiking spot.

"It's good to have some texture to it. If it's all open fields that gets tedious," she says. "It's nice to have a marsh or a creek to follow, something that makes a point of interest and different terrain is what makes it enjoyable."

Some of Ms. MacMillan's favourite hiking spots are the Orono Crown Lands and the Long Sault Conservation Area. She also has a favourite time to hike.

"Definitely the fall is my favourite time of year and my favourite time of day is in the morning after a rainfall, the rain brings out the smells," she says.

The Durham Outdoors Club, based in Oshawa, organizes regular hiking trips to places such as the Seaton Trail in Pickering and Ganaraska Forest. The group also arrange trips out of the area such as to the Bruce Trail in Halton or to Haliburton. The average hike is about three hours, but they can go

all day.

Ms. MacMillan has tips for novice hikers.

"It can be strenuous, up and down terrain so they would have to be somewhat in shape. Always dress for the weather, and bring water and a snack," she advises. "Good footwear obviously is another key item that you need. If you encounter ice, running shoes just don't cut it."

The Waterfront Trail in Oshawa is a great place to go to start, she says. While some of it is more a walking path, there are areas that are more suitable to those looking for a hike.

"That can be a fairly good beginner trail," Ms. MacMillan says. "Ganaraska Forest is another wonderful area, but it's more suitable for intermediate hikers."

Overall she thinks Durham has a lot of good hiking spots.

"There's little corners where people don't even know about it," she says. "There are a lot of little nooks and crannies of greenbelt people don't even know about."

Select Durham hiking trails or for more information, visit

www.durhamtrails.ca:

Pickering: Altona Forest, Seaton Trail and Rouge Park.

Ajax: Greenwood Conservation Area, Trans Canada Trail (North Ajax) and the Waterfront Trail.

Whitby: Lynde Shores Conservation Area, Heber Down Conservation Area and Thickson's Woods.

Oshawa: Oshawa Creek

Trail, McLaughlin Bay Wildlife Reserve and Purple Woods Conservation Area.

Clarington: Darlington Provincial Park, Enniskillen Conservation Area and the Waterfront Trail.

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University students place second in design

DURHAM — Safety innovation has earned Durham university students a national award.

The University of Ontario Institute of Technology (UOIT) student engineering team recently placed second in the Minerva Canada James Ham Safe Design Awards contest. The four-member team was recognized for its design of an automatic door opening mechanism that stores energy in the form of compressed air each time it's manually opened.

"While the energy stored from the mechanism could be utilized in many different ways, our prototype

uses it to power the automatic opening function of the door for physically-challenged users," said Mike MacLeod, a member of the team, which also included Mark Bernacki, Matt Van Wieringen and Ben Fagan. "The door will not only remain functional to individuals who would otherwise be confined within the building during an emergency situation or power loss, but also provide energy savings during normal use because it does not rely on electricity for operation."

The Minerva Canada James Ham Safe Design Awards is intended to encourage new, innovative designs to eliminate or reduce potential hazards, and the creation of tools to help manufacturers and workplaces integrate safety into new or

retrofitted designs. The long-term goal of the award includes a reduction in workplace illnesses and injuries as a result of safety-conscious planning and design.

The contest honours engineer James Ham and is made possible through funding from the Workplace Safety and Insurance Board of Ontario. Mr. Ham's Royal Commission Report on Health and Safety led to the creation of Ontario's Occupational Health and Safety Act and to the adoption of the Internal Responsibility System in Ontario workplaces.

UOIT engineering students were also recognized with first- and third-place finishes at the Ontario Student Engineering Competition in Ottawa in February.



Mike Pochwat photo

Watching his step

PICKERING — Grade 5 students Wesley Adams, Jacob Hobday and Jonathon Rodriguez try to cross a small pond safely, while taking part in Altona Forest Public School's 20-Minute Makeover recently. Students, along with local politicians, took 20 minutes to clean up garbage around their school.

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Mother's Day Tea
Sat., May 12th
between 10am & 4pm
Browsers always welcome.
Open: Tue - Sat
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CLASSIFIED ADVERTISING DROP-OFF This Week

Advertising Features

FOCUS ON BUSINESS

The Country Pedlar In Whitby Is The Best Place To Shop For Mom

Mother's Day is May 13th and if you're looking for the perfect gift for mom, you should visit Whitby's "hidden treasure", The Country Pedlar.

Also stop by the Tea Room for a Mother's Day Special on Saturday, May 12th -- a pot of tea as well as sandwiches and a sweet treat.

Why go to the big mall or drive to Toronto when you can shop in a unique store filled with things you won't find anywhere else.

When it comes to gifts there is so much to choose from so be prepared to stay awhile until something special catches your eye.

There are great gift sets and the best selection of candles and accessories in town. There are tea pots and tea sets. There are delicious specialty teas as well as many varieties of delicious single serving hot chocolate and mouth-watering chocolate treats.

They have garden novelties, flags, stones and ornaments and for entertaining there are drink and dip



chillers and dip warmers, assorted dip seasonings and drink mixes.

As always a wonderful experience awaits you at The Country Pedlar located at the West Lynde Plaza at Dundas St. W.

While there take the time and enjoy The Tea Room where you can savour 25 different flavours of loose tea in real China cups as well as Tetley tea. For those who want some-

The Country Pedlar has lots of unique Mother's Day gift ideas.

thing delicious with their tea, try the tasty fresh baked goods made daily like the secret recipe scones, yummy butter tarts and assorted squares.

The Country Pedlar is also a Sears catalogue outlet and so please drop in and pick up the latest catalogue. It's free and a very easy way to shop. Why go to the mall if you don't have to? Simply call the toll free order desk and within days your order will be sent to The Country Pedlar.

The store is also a drop off for Whitby This Week classifieds. The store hours are Tuesday, Wednesday, Thursday and Friday 10 a.m. to 6 p.m.; Saturday 9:30 a.m. to 4 p.m. Closed Monday and Sunday.

If you have any questions don't hesitate to call The Country Pedlar at (905) 666-8000.

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Tuesday (see staff for details)

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Dinner Buffet

Free Brunch Buffet

with purchase of 1 adult Brunch

Good for **Saturday** and **Sunday**. May not be combined with other discounts and offers. Limit one coupon per table. Valid from **May 6, 2007 - July 1, 2007** (excluding **Mother's Day**). See store for details.

Ming-Du 905-619-2000 • 15 Westney Rd. N.

04/07

Meal for 4

- 4 Egg Rolls
- Chicken Chow Mein
- Sweet & Sour Chicken Balls
- Chicken Vegetable & Almonds
- Chicken Fried Rice

Reg. \$31.20

\$20.95 + tax

May not be combined with other discounts and offers. Limit one coupon per order. Please mention coupon when you order. Valid from **May 6, 2007 - July 1, 2007** (excluding **Mother's Day**).

Ming-Du 905-619-2000 • 15 Westney Rd. N.

04/07

Free Dinner Buffet

with purchase of 1 adult Dinner

Good for **Monday** to **Thursday**. May not be combined with other discounts and offers. Limit one coupon per table. Valid from **May 6, 2007 - July 1, 2007** (excluding **Mother's Day**). See store for details.

Ming-Du 905-619-2000 • 15 Westney Rd. N.

04/07

Brunch Buffet

Dinner Buffet

Dinner Buffet

Free Brunch Buffet

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Good for **Saturday** and **Sunday**. May not be combined with other discounts and offers. Limit one coupon per table. Valid from **May 6, 2007 - July 1, 2007** (excluding **Mother's Day**). See store for details.

Ming-Du 905-619-2000 • 15 Westney Rd. N.

04/07

Free Dinner Buffet

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Good for **Monday** to **Thursday**. May not be combined with other discounts and offers. Limit one coupon per table. Valid from **May 6, 2007 - July 1, 2007** (excluding **Mother's Day**). See store for details.

Ming-Du 905-619-2000 • 15 Westney Rd. N.

04/07

Free Dinner Buffet

with purchase of 1 adult Dinner

Good for **Monday** to **Thursday**. May not be combined with other discounts and offers. Limit one coupon per table. Valid from **May 6, 2007 - July 1, 2007** (excluding **Mother's Day**). See store for details.

Ming-Du 905-619-2000 • 15 Westney Rd. N.

04/07

Hours

BUFFET

Price

Lunch

Monday - Friday • 11:30 am - 3:00 pm

Brunch

Saturday - Sunday • 12:00 pm - 3:30 pm

Regular a la carte menu is served outside buffet hours

Adult **\$7.95** Child (5 - 10yrs) **\$5.50**
\$9.95 **\$5.95**

Hours

BUFFET

Price

Dinner

Monday - Thursday • 5:00 pm - 9:00 pm

Friday - Saturday • 4:30 pm - 9:30 pm

Sunday • 4:30 pm - 9:00 pm

Regular a la carte menu is served outside buffet hours

Adult **\$12.95** Child (5 - 10yrs) **\$6.95**
\$14.95 **\$7.95**
\$12.95 **\$6.95**

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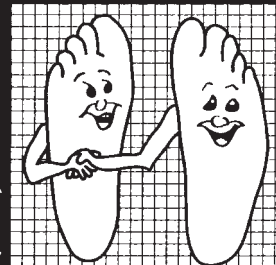
Health & wellness

May is physiotherapy month



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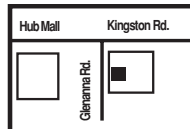
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There is a lot of research out there pertaining to motor vehicle accidents and how posture can have an effect on soft tissue joint and muscle injuries. Our cars are designed for safety in the event of an accident, but are we using those features properly?

Newer model cars have an airbag inside the steering wheel. It is very important that the driver's chest is at least 25 to 30 cm from the steering wheel to allow for full deployment of the air-

bag and enough time for the seat-belt to absorb the forward motion of your body.

The front passenger airbag is much bigger than the drivers. Passengers should be buckled up and have their seat as far back as possible to get the maximum benefit from the airbag.

All passengers should be up-right with the headrest no more than 10 centimetres from the back of your head and top of your headrest should be no

lower than the tops of your ears to prevent a hyperextension injury to your neck. Closer headrests can be much more effective in injury prevention.

Never sit with knees or feet up on the dashboard. If your airbag deploys, you are at higher risk for serious injuries from the impact of your knees being forced toward your chest and face.

Drive safely and protect yourself while driving in any vehicle by adjusting your posture, seat and headrest.

Osteoarthritis and youth

Osteoarthritis is not a consequence of aging but rather a metabolic change in cartilage that results in degeneration of the cartilage. Most researchers agree that injury can predispose a person to the development of osteoarthritis. Pathological changes compromise the joints ability to withstand repetitive loads causing joint space narrowing and eventually joint destruction. The types of injuries reported to have an

influence on these changes are fractures, dislocations, meniscal tears, ligament injuries and contusions. Children of all ages involved in sports are at risk of injury. The growth cartilage in children is less resistant to micro trauma and can result in over-use injuries. The articular surfaces in children are more susceptible to joint shearing forces, and, during rapid

growth, there are periods of decreased flexibility which lead to tight muscle tendon units. When these are taut there is increased risk of injury to muscles and surrounding structures which may lead to osteoarthritis. Due to lack of innervation (nerves) to the cartilage, pain may not be felt until significant unrepairable damage has occurred.

We should be concerned with safe levels of sport participation, preven-

tion and care of injury for children in order to prevent the pain and disability of osteoarthritis in their future.

For further information visit www.sportbodybasics.ca.

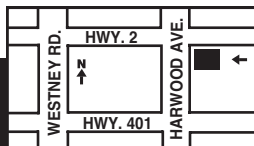
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Wednesday May 9th & May 16th from 7:00pm - 8:00pm @ Average Joe's Fitness 676 Monarch Ave. #8 South Ajax 416-841-1688

You think you know how to read a nutritional label, but do you really?
How much Sodium should you have in a day?
What exactly does 26 grams of sugar really mean? Omega 3, Omega 6, what is all this?
Wholegrain, whole wheat, what's the difference.
Do I need vitamins?

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MAY 9TH & MAY 16TH
@ 7:00 PM

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- Motor Vehicle Accidents
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LIVE WELL LOVE LOTS LAUGH OFTEN



this year at the
4th Annual

50+ Lifestyle SHOW

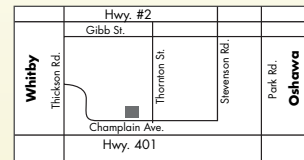
**FREE
ADMISSION**

**Thursday, May 10 &
Friday, May 11**

10:00 am – 4:00 pm

Tosca
Banquet & Conference Centre

800 Champlain Ave, Oshawa



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Metroland Durham Region
Media Group presents:

LIVE WELL LOVE LOTS LAUGH OFTEN

**FREE
ADMISSION**



Join Mairlyn Smith and find out *How to Live to be 100 and Still Remember Your Name*

Research suggests that living to be 100 isn't a fluke of Nature. So what are the secrets of living a long and healthy life? Mairlyn Smith, home economist and co-author, of the best selling nutrition/cookbook *Ultimate Foods for Ultimate Health and don't forget the chocolate!* will guide you through the steps that centenarians follow everyday. Find out the Top 10 Foods to Eat, The Power of Friendships, How to Incorporate Exercise into Your Day, and Why Chocolate Really Does Make You Happy.

Mairlyn first got hooked on cooking at the ripe old age of 4. Her mom let her make brownies; one lick of the batter and Mairlyn was a foodie for life.

They say that when you are 10 years old, you really know what you want to be when you grow up. At ten she wanted to be an actress, a cooking show host, a cookbook author, a teacher, and really thin. She became a Home Ec. and Drama teacher in the late



Mairlyn Smith H.Ec.
Home Economist Cookbook Author

'70's, an actress in the early '80's, a cooking show host in the early '90's, and a cookbook author in the mid 1990's. She is still working on that thin thing.

Mairlyn is the only home economist that is also an alumnus of The Second City Comedy Troupe. Her versatility in acting and cooking with a comedic flair landed her a cooking segment on Discovery Channel's *Harrowsmith Country Life* and a subsequent Gemini Nomination for Best Host.

Scheduled Events for Thursday, May 10th

Fashion Show • 11:00 am

presented by:



Cooking Demo • 12:00 noon

Featuring: "What's for Dinner" presented by their in house chef with years of culinary experience and Co-ordinator Christine Winters

upstairs
at Whitby Superstore

Mairlyn Smith Presentation • 1:00 pm

How to live to be 100 and still remember your name

presented by:



Scheduled Events for Friday, May 11th

Fashion Show • 11:00 am

presented by:



Cooking Demo • 12:00 noon

Featuring: "What's for Dinner" presented by their in house chef with years of culinary experience and Co-ordinator Christine Winters

upstairs
at Whitby Superstore

Class Act • 1:00 pm

featuring: Charisma the Magician

The Armstrong Group

ScotiaMcLeod • 2:30 pm

guest speaker: Laurel Armstrong, CFP
Investment Executive

Armstrong Group at ScotiaMcLeod

Seminar Topic:

- Two things are certain in Life. Taxes is one of them.
- Join us for Income Strategies and Tax Tips
- Find out ways to keep more income in your pocket
- Avoid the OAS clawback
- Learn about investments that offer higher income than GICs
- Get up to date on the RSP/ RRIF Act for withdrawals

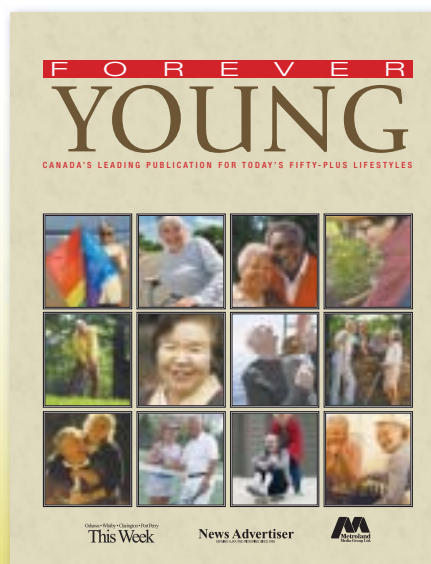
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Frail Elderly Alliance of Durham	Bayshore Health
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Metroland Durham Region
Media Group & TOSCA Banquet
& Conference Centre presents:

50+ Lifestyle Dinner & Dance

Friday, May 11, 2007

DOORS OPEN AT 6:00 pm

Dinner Tickets \$30

includes sit down dinner

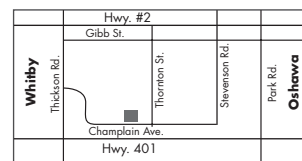
Doors open at 6:00 pm

Dinner at 6:30 pm

Dance 8:00 pm ~ Cash Bar

**Buy a ticket for the Dinner & Dance to be
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**Dinner & Dance tickets available at the
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Adult Association**

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Town of Whitby Seniors Services

905.668.1424



905.985.2802

Advertising Feature

WELCOME TO DURHAM REGION SENIOR CENTRES



Town of Whitby Seniors Services

The Town of Whitby Seniors Services (WSS) offers citizens 55 years of age and older a variety of accessible services and programs and volunteer opportunities to maintain, improve, and develop new skills, interests and social opportunities.

Research has proven that keeping active physically, mentally and socially helps seniors to live a healthy lifestyle, and WSS is committed to helping seniors reach that goal. So in order to facilitate healthy living why not try any of the programs available to you? There is something for you everyone!

WSS offers instructional classes including arts and crafts, fitness, aquatics, computer, general interest, languages, and much more.

WSS also offers social and recreational programs including cards, bingo, carpet bowling, crafts as well as health and wellness, foot care, income tax clinics, newsletter, snow removal, meal and refreshment service, trips, transportation service. Or just drop by and meet your friends and have a coffee.

Membership is open to citizens 55 years of age and older and is just \$16 for residents of Whitby and \$32 for non-residents.

Benefits of membership are endless and include access to health, fitness, educational and social activities, the opportunity to meet new friends, volunteer, assist peers and develop relationships, attend their many special events, feel better mentally and physically and best yet, simply have fun.

The centre is located at 801 Brock Street S., and is open Monday to Thursday from 8:30 a.m. to 10:30 a.m.; Friday 8:30 a.m. to 4:30 p.m. and 7 to 10 p.m.; Saturday (seasonal) from 9:30 a.m. to 1 p.m. and Sunday from 1 to 4 p.m.

For more information, call the centre at (905) 668-1424, go online to www.whitby.ca or drop by and receive a tour of facility. You will feel inspired and welcomed.



The City of Pickering has five seniors clubs, which run programs, activities and events for older adults who live in the community.

South Pickering Seniors Club operates programs at East Shore Community Centre, located at 910 Liverpool Road South. For Pickering adults who are 55 years of age and older, this club offers a wide variety of programs like cards, shuffleboard, crafts, snooker, carpet bowling, darts, bingo, table tennis, badminton, pickle ball and so much more.

Rouge Hill Seniors Club run programs out of Petticoat Creek Community Centre, located at 470 Kingston Road. This club is open to adults who are 50 years of age and older and offers euchre, table tennis, carpet bowling, darts, guest speakers, various trips and a billiards lounge is also available.

Claremont Seniors Club is located at 4941 Old Brock Road in Claremont, seniors 50 years of age and older can participate in a range of programs such as card nights and guest speakers. In addition, they take several trips each year.

Greenwood Seniors is run out of the Greenwood United Church, located on Concession 6 in Greenwood, this club is for residents of Pickering or surrounding area and participants can get involved in card nights and various other activities, including bus trips to different destinations.

St. Martins/Bayview Seniors Club operates programs at the St. Martin's building and is for residents of Pickering. Participants go on various bus trips, play cards, have a luncheon program and much more.

For more information call (905) 420-6588 or visit cityofpickering.com.



The Town of Ajax offers a variety of active, social and enjoyable programs for older adults.

These programs include osteoporosis and bone-density prevention, Tai Chi, Yoga, AquaFitness, Ballroom Dancing, Recreational Badminton, Weight lifting machines, Arts programs and much more!

We also have two active Seniors Clubs within the Town of Ajax. They are the Ajax Seniors Friendship Club and Pickering-Village Seniors Club.

Both of these Clubs offer a wide range of activities that include: day trips, bingo, cards, line-dancing, carpet bowling (St. Andrews only), and much more.

In addition, throughout the

year, these Clubs host several special events.

For more information, please call: Community Programs Jennifer Ayres 905.619.2529, ext. 7257. Fitness Programs Kevin Smith 905.428.7799



We invite you to join the Oshawa Senior Citizens Centres and experience "Life at your Speed!" You can choose to "Go, go, go or just take it slow" with the many programs and services we offer for those 55+. Programs include continuing education courses, recreation activities, wellness seminars and clinics, Adult Day Program, special events, and a wide variety of Day trips that will suit your interests and participation level. We encourage you to join us, embrace life and meet new people at our centres. If you want to love life than you will love it at the OSCC. For just \$10 you can be part of the vibrant life happening at the OSCC. To reach us call (905) 576-6712, click on our website at www.oscc.ca or visit us at one of our three branches, 43 John Street, Northview Branch at 150 Beatrice St. E. or at our Legends Branch at 1661 Harmony Rd. N. For more information please check out our Activity Guide on the website. See you at the Centres!



Providing great social, educational and physical activities for adults 55-plus, the Clarington Older Adult Association (COAA) is committed to promoting healthy and active living for area seniors.

The COAA offers cardio and strength training classes, art programs, and computer classes, as well as offering drop-in programs such as cards, dancing, bird watching, mini-putt, exercise groups, crafts, billiards, open art studio and free blood pressure clinics — to name just a few!

The COAA is dedicated to ensuring there are suitable programs for seniors, which will allow them to keep active in mind, body and soul.

The COAA also offers many events for seniors such as Big Euchre Extravanzas, Senior Canadian Idol, Strawberry Social, Yard and



Thursday, May 10 & Friday, May 11
10:00 am - 4:00 pm

Bake Sale, and Spring Fling Dance.

Annual Membership for COAA runs from September 1 to August 31 and costs \$26.50. This membership fee includes reduced cost of events, enrollment in any course/programs, a copy of their program guide and newsletters, and access to the facility, ongoing activities and its amenities during business and activity hours of operation.

The newly renovated facility, which is located at the Clarington Beech Centre, (26 Beech Ave. in Bowmanville) is open Monday to Friday from 8:30 a.m. to 4:30 p.m. (and is open for the occasional evening or weekends events or social programs). To learn more about the Centre or its programs, contact JoAnne Spena, program coordinator at (905) 697-2856 or visit www.claringtonolderadults.ca.



If you are over 50 years of age — why don't you join the Port Perry Seniors Club for fun and good fellowship?

Membership fee is \$ 15.00 per year and only \$ 5 if you are over 80. Their dedicated volunteers provide over 12 activities, the majority of which are free of charge.

If physical fitness is your cup of tea, you can choose from aerobics, gentle exercise, stretching and relaxation or line dancing. For the artistically inclined we offer woodcarving, crafts and watercolour classes.

If you are looking for something a little more leisurely, the Port Perry Seniors Club offers great fun with shuffleboard, euchre, bridge, computer club, chorus and monthly pot-luck suppers which even include entertainment.

The monthly Social Meeting feature speakers on various topics and light refreshments are included.

You are welcome to try three times what we have to offer before joining. Visit them at the Latcham Centre, 121 Queen St., Port Perry or call (905) 985-2802.



The Older Adult Centre's Association of Ontario (OACAO) received funding through the Ontario Seniors Secretariat towards the development of Seniors Healthy Information Fairs. Please come and visit the displays of the OACAO on May 10 and 11. The OACAO ensures that older adults in Ontario have opportunities and choices that lead to healthy and active lifestyles.

MEMBERSHIP

The OACAO has a membership of 110 centres, organizations and individuals involved in working with older adult, over 80 older adult centres represent 300 staff and 100,000 older adults across Ontario

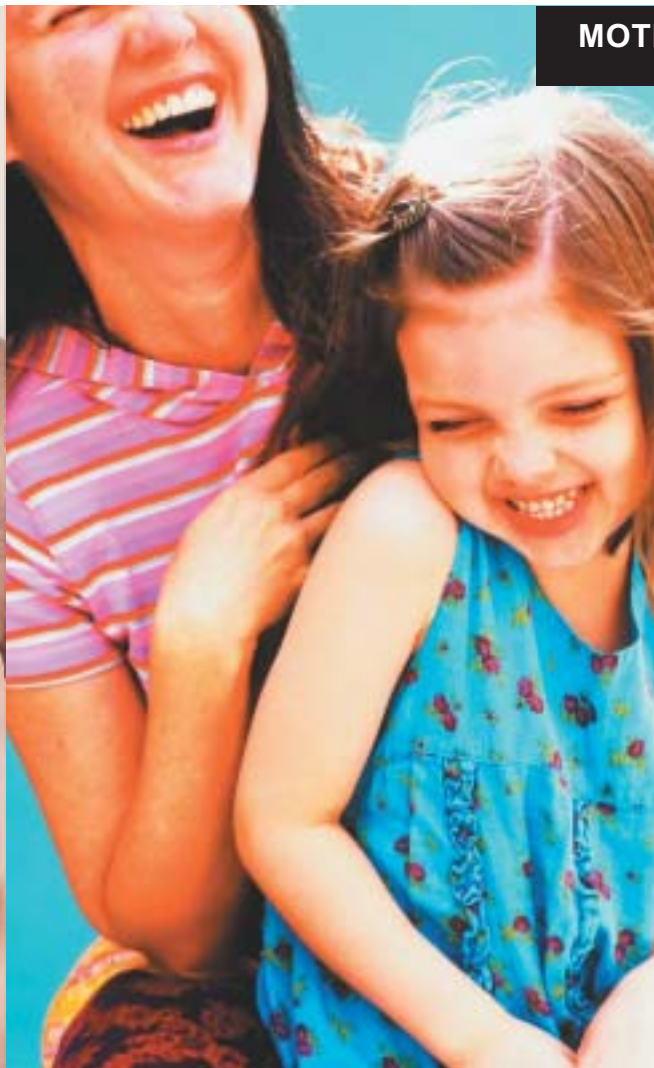
SERVICES PROVIDED

- Ongoing liaison and advocacy with government and other provincial associations in matters which affect older adult centres across Ontario.
- Education programs for members through workshops.
- A newsletter which promotes the exchange of information and ideas among the members.
- An annual Provincial Conference with speakers, workshops and resources.
- Facilitation of inter-centre visits.
- Valuable networking opportunities with others who work in older adult centres.
- Older Adult Centre standards.
- Resource material and a resource library.
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Baby the new mommy this Mother's Day

ADVERTISING FEATURE - STORY BY NEWS CANADA

Hold the baby talk, it's Mother's Day. It's time to 'baby' the new mommy in your life. "New Moms look forward to their first Mother's Day," says Jennifer Kinnon, spokesperson for Hallmark Canada. "So surprise her with gestures to make it one to remember." It's easy to create a special day for new Moms with these tips from the experts at Hallmark:

- Capture fond memories in an easy-to-use Instant Scrapbook. Include special photos from the delivery room and the first day home.
- If you're a new Dad, remember the romance. Send flowers, bring chocolates, give a special card or go all out and take her on a date.
- Chances are the cameras have been working overtime since the baby was born. Pull together pictures of the newborn along with baby photos of Mom and Dad. Frame them all together for the picture-perfect Mother's Day gift from the new baby.
- Start a little library. Include books



for baby, advice books for Mom, and magazine subscriptions she enjoys. That rocking chair just might double as a good reading chair.

• With a new baby, Mom's going to be tired for a long time. Arrange to make dinner for the family. If you're not a cook, then get take-out. And think about things Mom can freeze for later, too.

More ideas for Mother's Day are available online at www.hallmark.ca or at a Gold Crown store near you.

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SPORTS

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INSIDE

The Durham West Lightning midget 'AA' hockey team captured the provincial title over Thunder Bay. Page 31



Pickering's Judges CFL bound



Ron Pietroniro/ News Advertiser photo

Pickering resident at former St. Mary Catholic Secondary School Monarchs' football player James Judges, 23, was drafted by the Montreal Alouettes during Wednesday's Canadian Football League's Canadian player draft. Judges was thrilled with his fourth round, 31st overall, selection by Montreal, as his father, Gordon, spent 13 seasons with the club.

Defensive tackle with University of Buffalo Bulls proud to follow in dad's footsteps to Montreal Alouettes

By Al Rivett
arivett@durhamregion.com

PICKERING — Wednesday's Canadian Football League Canadian draft went about as well as it could for Pickering's James Judges.

The 6-foot, 6-inch, 247-pound defensive tackle who's set to enter his senior season with the University of Buffalo Bulls in NCAA Division

For more
on this story
[WATCH VIDEO](#)
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1 football was chosen in the fourth round, 31st overall, by the Mon-

treal Alouettes in the draft that was conducted over the internet.

As an Alouettes' draftee, he'll be following in the footsteps of his father, Gordon, who played 13 seasons in Montreal between 1968 and 1982, winning three Grey Cups during that time. With that in mind, he's absolutely thrilled to be an Alouette.

"Yes, to be honest I was blown away. I heard I might get my name called. Once Montreal called it was extremely special for me and my family," says Judges, 23, a St. Mary Catholic Secondary School graduate. "My father played their for 10 years and my mother lived there for much of her life, so I'm really happy and my family's happy as well."

"My dad had a lot of success there, with three Grey Cup rings and played in six (Grey Cup games). If my career is anything like my father's, I will be very grateful. I hope I can get a few more rings than him."

Judges wasn't the only Pickering football player and St. Mary grad snapped up by a CFL team in Wednesday's Canadian draft. St. Mary teammate Yannick Carter, an all-Canadian linebacker with Waterloo's Laurier University Golden Hawks, was picked in the third round, 20th overall, by the Saskatchewan Roughriders.

"It was great to see Yannick go in the draft," says Judges. "I played with Yannick at St. Mary and he's an excellent linebacker, went to Laurier and had a great career, won the Vanier Cup, the biggest prize in the CIAU. Hopefully, I'll see him on the field down the line."

In a phone conversation immediately after the draft with Brock

Sutherland, the Alouettes' director of scouting, Judges says Sutherland is aware he has another season in Buffalo and the team is happy to give him another year of experience before bringing him into the fold.

"He didn't say where they were going to put me, but he knows I have an extra year (of college football) and he felt they could wait for me and



Yannick Carter

I'm grateful for that."

Judges says a big reason for his being drafted was his decision to attend the University of Buffalo.

"Absolutely, it's played a big part,"

he says. "I have excellent coaching down there. The head coach, Turner Gill, was a great quarterback at the University of Nebraska. I think playing down there has helped me. This year we play Rutgers, Penn State and Syracuse and when you're playing those guys, you're playing against the best."

The jump to NCAA Division 1 football has been a big one for Judges who has shown his versatility on the defensive line by switching from a defensive end to a defensive tackle last season.

"My father warned me that the game would be a lot faster and things would happen much quicker. It's definitely been a transition, but I'm thankful I've been able to make it. Hopefully, I can make that same transition to the CFL as well."

But, Judges admits, it won't be easy to crack the Alouettes' lineup when his collegiate career comes to an end next year.

"I think everyone wants to get in right away. If it does, it would be wonderful. I know I have to get bigger and stronger," he says.

Gymnast Lowing earns spot in hall

DURHAM — There was no way Larissa Lowing-Libby was going to miss a significant milestone in her gymnastics career.

The former resident of both Pickering and Whitby was so honoured to be part of the 10th annual Whitby Sports Hall of Fame gala last Saturday she jammed the evening into a tight schedule that saw her coaching in Utah Thursday and back home to Iowa Sunday to celebrate the third birthday of her daughter, Bailey.

It seemed all worthwhile Saturday, however.

"It's so much more than I ever expected," she said. "Whitby was really good to me. I always did consider it home. It's where I got my start,

it's where the people celebrated my sport, celebrated my accomplishments. To come back with the likes of Keith Primeau, oh my gosh, that's amazing in itself."



Larissa Lowing-Libby

Lowing-Libby was one of Canada's most successful gymnasts, winning a junior national championship in 1986 and competing at several prominent international meets, including world championships at the age of 14 in

1987 and the Olympic Games the following year, when shin splints hampered her performance.

Now the head gymnastics coach at the University of Iowa, Lowing-Libby remembers her humble beginnings, when a coach at a local YMCA suggested she needed to move to a better gym for proper instruction.

She received that ultimately at Gemini Gymnastics in Oshawa, where she said coaches Leonid Grakovsky and Debbie Vidmar "really made me feel like I had something special."

Lowing-Libby was inducted into the Whitby sports hall with three others, including former Philadelphia Flyers captain Keith Primeau.

Pickering connection

Yannick Carter (3rd rd, 20th overall):

- Linebacker with Laurier University Golden Hawks led CIS last season with 10.5 quarterback sacks in eight regular-season games;
- Named a CIS and OUA first team all-star; voted by teammates as a team captain;

James Judges (4th rd, 31st overall):

- Defensive tackle on the University of Buffalo, moving from defensive end last season;
- Posted career-best five tackles, a fumble recovery and blocked kick for Bulls against Bowling Green last season.

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Full Time Counter Balance Forklift Operators

- Must be certified with minimum 3 years experience
 - **Whitby** location 2 day shifts and 4 continental shifts
 - **Scar** distribution location needs 2 shifts
 - \$17.00 per hour with benefits available
- Forward resume attention Tina

● Fax: 1-866-304-8766
● E-mail: forkliftops@hotmail.com

PARTS PICKER/SHIPPER required for busy Hydraulic hose company.

- Must be fluent in English
- Forklift certification an asset
- \$11.00/hr.

Please fax resume to: 905-686-4385

510 general help

MARNWOOD LIFECARE CENTRE -Positions Available - Part Time Dietary Manager, C.S.N.M. required, full time Activity Director. Please send resume at: Tracy Werheid, 26 Elgin St. Bowmanville, L1C3C8 or Fax: 905-623-4497

Merry Maids HOUSECLEANING

No experience
No nights or weekends
Car required
Paid mileage
Ajax/Pickering
Call Mon-Fri. 9-4
905-837-9601
(not suitable for students)

ONE SMALL ENGINE technician wanted and one apprentice, to be able to repair all types of small engines and pressure washers. Fax (905) 723-0363.

ORDER TAKERS NEEDED \$25/hr avg. Full time. We train you!!! Call 905 435-0518

PROFESSIONAL Fundraisers needed Part/Full Time 3 shifts daily 7 days a week. Earn \$12 hr. Contact us today! 1-888-974-JOBS or www.1888974jobs.com

510 general help

SALES AGENTS Immediate leads provided. Ontario Travel. 10+ years experience. Perfect English. Fax resume to 905-881-6760

SALES/OFFICE ADMIN. Showroom sales/office admin for small company. Word, Excel, data entry, some typing. Pleasant personality, bondable, sales experience a must, non-smoking. Full-time position. Fax resume to 905-720-0338.

SATURDAY for Ajax car dealer. Duties: driving, running errands, helping in shop. Must have valid clean drivers license & drive standard. Min. wage. Suitable for students (905)427-2415

SCHOOLBUS DRIVERS needed in Durham region. Clean drivers abstract. Free training provided. Suitable for young retirees. Regular part-time hours. Charter work available. Stock Transportation 1-800-889-9491

SMALL CONSTRUCTION company is looking for a labourer and carpenter's assistant. \$10-\$12/hr. to start. Lots of hours available. E-mail: lsxton79@hotmail.com or fax: 905-579-1473.

530 sales help & agents

Commission Sales Opportunity Vertical Online Advertising - Free Date Connection Straight Commission/Flexible hours

We are seeking a goal driven, enthusiastic, presentable person to enhance our team. You must have the ability to cold call, expand leads to sales meetings, overcome obstacles, create new leads, build and maintain customer relationships, have proficient Internet skills and be eager to learn.

If this sounds like a position you can excel in please email your cover letter and resume to:
Amber McCabe
(amccabe@durhamregion.com)

durhamregion.com

510 general help

STONEHENGE GOLF CLUB is hiring Marshall's. 2-3 days per week including weekends. Apply in person, 3033 Taunton Rd. Bowmanville or fax resume to 905-786-9880 att: Sherry.

STUDENT WORK PROGRAM For teens 12-16yrs preferably. Selling chocolates door to door. Cash paid daily. Sheila 905-439-9358 or Ted 905-244-6659

TAXI DRIVERS, Dispatchers & licensed mechanics needed immediately for very busy company, Ajax & surrounding areas. Male or female, part time or full. Willing to train. (905)427-7770

THE BAY PICKERING Town Centre Cafe/Restaurant requires part-time day, evening and weekend associates. Fax resume to Attn: Brenda 905-837-0179.

Attention Students! SUMMER WORK

- \$14.85 base-appt
- FT/PT schedules
- Customer sales/svc
- No exp needed-will train
- All ages 17+
- Conditions apply

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905-426-7726
www.workforstudents.com

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 - High income potential.
 - Excellent training.
 - Set your own hours
- For more information call
Don Zynomirski at
(905)509-4973

WHITBY LAW FIRM is looking for a full-time individual with a background in Family and Real Estate Law. The applicant should be self-driven and possess a strong document drafting skills. File #107, 130 Commercial Ave., Ajax, ON, L1S 2H5.

WILLING TO TRAIN! Promo Marketing Co. needs help with promos, PR, C/S, Entry/Mgmt. Learn expanding business from ground up. If you are not making \$500-\$700/week! Call Mr. Martin 905-421-8752

WINCHESTER/THICKSON, Whitby Esso hiring friendly, quick, detail-oriented Personnel with excellent time management and cleaning skills. Fax (905)620-1292 or call (905)655-0536 or (416)898-3927 or apply in person.

WINDOW AND SUNROOM manufacturer requires people who enjoy working with their hands and can accurately read a tape measure. Fax resume to 905-686-4798 or call 905-686-9842 after 4 p.m. Ext. 306

514 salon & spa help

HAIRSTYLIST FULL TIME with experience. Joseph's Hairstyling Oshawa Centre. Apply in person or call Joe (905) 723-9251

OPUSGLOW CONCEPT SPA located in Pearson Lanes, Whitby, is looking for a Registered Massage Therapist to join our dynamic team. Please email resumes to opusglow@bellnet.ca

SILVER SCISSORS Family Hair Cutters looking for experienced HAIRSTYLIST to join our team. 905-725-3030

SPACE FOR RENT, Oshawa, suited to beauty salon related business. 2 sinks, mirrored walls. For appt (905)434-7012

515 skilled & technical help

ARCHITECTURAL MILLWORK company seeks fully experienced cabinet maker in Durham Region area. Please fax resume to 905-433-1463.

530 sales help & agents

AUDIO MANUFACTURER in Pickering is looking for a full time Mechanical Engineer, Draftsman. IronCad experience will be an asset. Send resume to pmourtos@yorkville.com

EXPERIENCED LICENSED Carpenter with valid drivers licence required for local construction company. Minimum 5 years experience. Fax or email resume to 905-668-8284, lardale@bellnet.ca

GRADUATE for Printed Circuit Board Design. To develop single and double sided board Layouts for professional audio manufacturer in Pickering. Will be using PCAD2002. Send resume to pmourtos@yorkville.com

LICENSED MECHANIC required for busy automotive restoration shop. This is an excellent opportunity to work on Antique & Classic Automobiles. Please call (905)688-4446

PAINTERS req'd for Durham Region, exp. preferred but will train. Contact J.J.B. Enterprises (905)655-7519 or email resume to: jibenterprises@rogers.com

PART-TIME MECHANIC wanted: Sod farm requires part-time mechanic to repair/maintain fleet of trucks and tractors. Weekends and some evenings. Fax resume to 905-263-4089; call (905)263-2126

WELDING COMPANY is looking for the following positions, Welders, Steel Erectors, for miscellaneous and structural work. Mig and Stick driver's license required. Fax resume to 905-420-5704

WOODSHOP LABOURER required for busy speaker cabinet making shop located in Port Perry, only 20 minutes North of Oshawa. Full times days with overtime. \$12.00 per hr to start. Steve@adamsonproaudio.com or fax (905) 982-0609.

WOODWORKING COMPANY seeks fully experienced CNC operator in Durham Region area. Please fax resume to 905-433-1463.

525 office help

CUSTOMER SERVICE Representative Labour Ready has immediate opening for full time CSR at the Oshawa location. Ideal candidate will be outgoing, detail-oriented, & have strong customer service skills. Fast-paced, challenging position offers competitive wages & growth opportunities. Apply in person with resume Mon-Fri, 9am-11am at 433 Simcoe Street S., Oshawa 905-432-9700

FILE CLERK/SECRETARY wanted for extremely busy doctors office. 4 hands and arms needed. Previous office experience preferred but not necessary. Please fax resume to: 905-436-0193.

SENIOR BOOKKEEPER, 5 years plus experience. Must be able to prepare monthly financial statements, do all reconciliations as well as payroll function. Pickering area. Flexible hours. Fax to: 905-428-3847.

530 sales help & agents

LICENSED REAL ESTATE SALES REPRESENTATIVE needed to join a dynamic, fast paced real estate team. Must have at least 2 years experience and be a self starter. Please forward your resume to this address: jointheteam@rogers.com.

532 retail sales help

SALES HELP for Your Good Health, knowledge required, Pickering Town Centre 25-30 hrs/week. Apply in person.

535 hospital / medical dental

CERTIFIED DENTAL ASSISTANT required part-time for Pickering office. Please fax resume to 905-509-4667.

100 houses for sale

OPEN HOUSE MAY 5 & 6 2:30 P.M. - 5:00 P.M. 1662 TAUNTON RD. E. - MITCHELL CORNERS



Custom built home on a 1/2 acre, professionally landscaped. 3 bedrooms, 2 full bathrooms, main floor laundry room. Too many features to mention.

Call **CHESTER STOCKI***
905-571-3800 OR 905-686-3800

RE/MAX
FIRST REALTY LTD., Brokerage

\$269,900
123 Candlebrook Dr., Whitby
OPEN HOUSE
Sat. & Sun., 2-4pm

- Absolutely STUNNING 3 bdrm home located on quiet non-feeder street
- IMMACULATE throughout - just place your furniture and enjoy
- Desirable OPEN CONCEPT plan
- SPECTACULAR ceramic & hardwood
- SPACIOUS double-door foyer

Dir: North on Garden, left on Kenneth Hobbs (first light north of Rossland), right on Foothill, right on Candlebrook to 123.
416-890-3020 for more info

SELLING YOUR HOME?

Inquire about our HOME FOR SALE PACKAGE
AJAX 905-683-0707

535 hospital / medical dental

Medical Receptionist/Secretary for busy cardiology practise, Whitby. Fax 905-668-8778 or email: cardio13@bellnet.ca

P.S.W. required for disabled female. A positive, energetic attitude and willingness to follow directions. Brooklin area. \$14/hr., part time. Will train. Vehicle required. 905-655-6478

PROGRESSIVE DENTAL office in Whitby seeking Treatment Coordinator. Please fax resume to 905-725-5087.

TREATMENT/APPOINTMENT COORDINATOR and OFFICE MANAGER required for a Whitby office. We are looking for experienced, friendly, highly motivated individuals who pay attention to quality and detail, are quick-thinking and have friendly phone manners. Also looking for PDA/Level II assistant. Send resumes to Dental Futures, 1801 Dundas St. East, PO Box 70567, Whitby, ON L1N 9G3

540 hotel / restaurant

EXPERIENCED SHORT ORDER cook for Breakfast. Apply in person to Angelique's Family Restaurant, 31 Barr Road, Ajax. 905-683-5889.

KREB'S RESTAURANT requires a GENERAL COOK, full or part time. Call Gary 905-668-9369

OPENING SOON - On the Rocks Restaurant and Lounge - Downtown Whitby. Hiring all positions - Kitchen, wait/bar staff and security. Accepting resumes on Saturday, May 5th 11 a.m. - 5 p.m. and Sunday, May 6th 12 - 4 p.m. 227 Brock St. South.

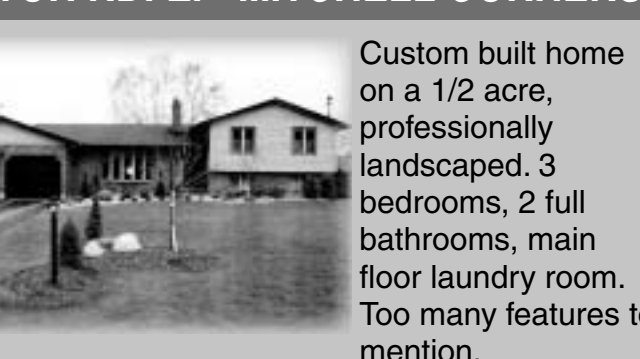
SOUTH AJAX DINER, requires WAITRESS & LINE COOK (experienced) for weekends. Call 416-823-9766 for appointment.

555 domestic help available

DINNER AND A MAID - The easy solution to time saving, nutritious meals and a clean home for the busy family. Let us make your day! NEW NUMBER 905-431-8655

100 houses for sale

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- SPACIOUS double-door foyer

Dir: North on Garden, left on Kenneth Hobbs (first light north of Rossland), right on Foothill, right on Candlebrook to 123.
416-890-3020 for more info

**** PUBLIC NOTICE**

List of Durham Region distress sales and bank foreclosures are now available to the public for free.
www.DurhamBankForeclosures.Com

A PRIVATE SALE. 3 bedroom brick Ranch bungalow, \$289,000. Hardwood, ceramic, 2 baths, fireplaces, garages, large mature lot, perennial gardens, hot tub. OPEN HOUSE, every weekend in May, 11am-4pm, no agents, 2659 Prestonvale Rd, Courtice.

AJAX, 4-BDRMS, 4 baths, Nottingham house FOR SALE by owner. Professional finished bsmt, fenced yard, less than 8 months old. \$382,990. NO AGENTS. (647)969-2651 www.bytheowner.com/54011

CUSTOM BUILT 10yr-old open concept home with 55ft frontage. Hardwood/ceramics in most rooms. Big eat-in kitchen, 3 baths, 3+1 bdrms, 2 W/O to deck, plus W/O from finished basement. Huge master bdrm with vaulted ceiling and ensuite with corner Jacuzzi. Close to everything at 42 Varcoe Rd., Courtice. Priced to sell at \$256,000! OPEN HOUSE this weekend: Saturday and Sunday, from 1-4. 905-579-9266

END UNIT TOWNHOUSE, Whitby Prev model home, many upgrades, 3 bedroom, 3 bath, open concept, large eat in kitchen, finished walk out basement, 1600sq ft. Call 905-430-3244

FOR SALE BY OWNER: 4-bedroom, 3 bathroom, master with ensuite, his/her closets. Eat-in kitchen, central air/vacuum. Professionally landscaped with interlock. New roof. Asking \$269,900. Call Rhonda (905)436-3912, cell (905)718-3912

MILLBROOK - 2-STOREY, 4-bed. 2.5 baths, classic 1910, wrap-around porch, centre hall, quiet street backs to conservation area. Fireplace, inspected, NO AGENTS. \$290,000 negotiable. (705)932-2878; 705-750-7828.

100 houses for sale

OPEN HOUSE MAY 5 & 6 2:30 P.M. - 5:00 P.M. 1662 TAUNTON RD. E. - MITCHELL CORNERS



Call **CHESTER STOCKI***
905-571-3800 OR 905-686-3800

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Dir: North on Garden, left on Kenneth Hobbs (first light north of Rossland), right on Foothill, right on Candlebrook to 123.
416-890-3020 for more info

Government of Ontario

is offering Up to \$20,000.00 to purchase your first home. Free report available at 1-888-599-0098, ID# 7767 (Free Recorded Message)

HOMESELLERS Free computerized list of area home sales and current listings. www.onlinepriceforyourhome.com 1-800-257-9910 ID#1041

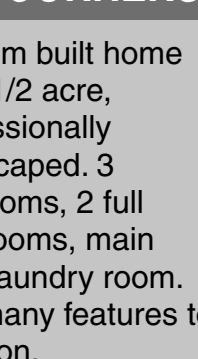
No Money Down Free List of Properties www.payno moneydown buyer.com 1-800-257-9910 ID#1025

WE BUY HOUSES for Cash! Sell Today. Fast Closing. Call Christine @ 1-866-674-3434

To place your Apartment for Rent call 905-683-0707 (Ajax) and let one of our professional advisors help you.

100 houses for sale

OPEN HOUSE MAY 5 & 6 2:30 P.M. - 5:00 P.M. 1662 TAUNTON RD. E. - MITCHELL CORNERS



Call **CHESTER STOCKI***
905-571-3800 OR 905-686-3800

RE/MAX
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416-890-3020 for more info

103 private sales

RAVINE! BEAU VALLEY 165 Spirea Court, Oshawa. Ravine lot 65x125 Inground kidney-shaped pool with southern exposure. Lots of privacy. (Finished basement.) Garage entrance into house. Early possession. NEW PRICE. \$294,000. MUST SELL. Motivated vendor. Call (905) 439-0221

NEED HELP? Behind on your mortgage payments? I can fix it! Call Tom (905)448-3436 www.turningleafinvestments.com

PRIVATE FUNDS - 1st, 2nd mortgages. Consolidate bills, low rates. No appraisal needed. Bad credit okay. Save money. No obligation. No fees OAC. Call Peter (416)460-4594, Mortgage Leaders

165 mortgages, loans

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103 private sales

WATERFRONT PROPERTIES on Otonabee River, part of Trent System, 58 acres (2 parcels), 3450 feet of frontage, 400 ft. sand beach, 2 ponds, small cottage on water, wilderness paradise, western sunsets, possible partial VTB, asking \$1.10 million, negotiable, serious inquiries only. 1-705-760-4487.

BOWMANVILLE, Aspen Springs Condo, 2-bedroom main floor centre unit. Open-concept kitchen & livingroom complete with walk-out. Bathroom, 1 parking. 5 appliances. \$159,900. Call (905)260-7615

110 apartments/condos for sale

1 BEDROOM BASEMENT apartment, Grandview/King area. Separate entrance, utilities, washer/dryer, parking. Suitable for non-smoking single person. Available June 1/07. \$650/month. Contact 905-579-2287.

1 BEDROOM BASEMENT apt. in Pickering. First/last. \$800/month+1/3 utilities. Laundry and parking included. Newly finished. Available now. Call Pat 905-683-5641 or 416-315-9432.

145 industrial/ commercial

170 apartments & flats for rent

170 apartments & flats for rent

170 apartments & flats for rent

170 apartments & flats for rent

170 apartments & flats for rent

170 apartments & flats for rent

185 houses for rent

190 townhouses for rent

190 townhouses for rent

SPRING SPECIAL!
Apt's Starting at \$740 monthly
Move-In Allowance + Incentives

Condominium Suites
1, 2, 3 Bedroom Apartments
Oshawa

New State of the Art Balconies
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Full Security System * 24/7 on Site Staff
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1-BDRM BASEMENT. Really Nice! Large Living Room, Kitchen, Private Bathroom w/Shower, Carpeted, Storage, Air, Shared Laundry/Driveway. No pets please! \$750/month, including Utilities except Cable/Phone. Near OG Hospital, O'Neill High School 905-728-0934 leave msg

1-BEDROOM APARTMENTS. Available June 1st, clean, cable, heat, a/c, parking included. Close to park, 2 available, \$700 inclusive and \$625 inclusive monthly. Call Wanda (905)243-0994

401/PARK: 1-BEDROOM, fully-furnished basement. Newly renovated, new 4pc bathroom/kitchen, gas fireplace, private entrance, working person preferred. \$175/wk, first/last, parking, cable, A/C, no pets, immediate. (905)576-6127.

AAA ATTRACTIVE, 1-bedroom with fireplace, back yard, good location North East Oshawa. No pets, non-smoker. Available June 1st. \$685-inclusive. First/last required. To view/appt call (905)571-4422

2 BEDROOM Walkout bsmt. apt. \$850/month. 1 parking included. All inclusive. Near amenities. Avail. immediately. No laundry, no smoking/pets. 705-437-4813, 905-427-6622.

2 BEDROOM APARTMENT, \$895/month inclusive, June/July 1st. Immaculate newer building in decent Oshawa neighbourhood. Prefer quality adult tenants. No dogs. 905-448-0390, 905-439-8893

AAJAX (CHURCH/HWY. 2) clean, large, 2 bedroom basement apartment. Living, dining, breakfast area, separate entrance, laminate floors. No pets/smoking, parking, cable/utilities included. \$900.00. Vacant. 905-683-0469.

AAJAX - Great newer large/spacious 2-bdrm bsmt apt, open concept, cen. Air own laundry, storage space. \$950/incl. May 1st Also spacious newer 1-bdrm bsmt apt, open concept, own laundry, Cen. Air. \$795.00/incl. Jun. 1st 647-271-6660 or 905-239-0367

2 ROOMS in quiet Christian home, private entrance, bath, parking, fireplace, access to laundry, fridge, microwave, internet, satellite, suitable for non-smoking quiet working gentleman, no pets. \$120 weekly. (905)434-7787

2-BDRM BASEMENT, Oshawa, own laundry, parking, large shared yard, storage, no pets/smoking, available immediately, first/last \$850 incl. ALSO 2-BDRM BASEMENT, Oshawa, shared laundry/backyard, 2 parking, near bus, schools, very large, spacious, bright. Available June 1st. First/last, \$900 incl. Call (905)441-6718

AAJAX CENTRAL, 2-bedroom basement, full bath, high ceilings, large yard, parking, C/A, share laundry, Sep. entrance. Walk to 24hr food/drug stores, bus/GO. Available immediately. Call (905)995-2237 leave message

AAJAX SOUTH, BRIGHT 2 bedroom basement. New! Open concept. 4 pce. bath, Private patio, entrance & parking. References. No smoking/pets. \$875+1/2 utilities. June 1. 647-886-4781

2-BDRM CONDO, 1.5 bathrooms, balcony, hardwood floors, c/a, on-suite laundry, underground parking, across from Oshawa hospital. \$1573/mo inclusive. Avail. immediately/May 1st. (905)571-3760 (289)314-5317

2-BEDROOM APT. Clean quiet 5-plex, north end Oshawa, near Durham College. Appliances, laundry available. Freshly decorate. No pets, bus at door. Available now, \$800/inclusive. (905)424-8670.

AAJAX 1 BEDROOM apartment. Elgin/Ritchie. Furnished. Spacious. Quiet. Includes laundry room, parking, cable, a/c plus utilities. Near amenities. \$695. First/last. Available after June 5. 905-426-7824.

AAJAX 2+1 BDRM. bsmt. 4-appliances, a/c, lots of cupboard space, \$1000/mo. Sep. entrance, parking. Credit check, references. Avail. immediately. Call Patricia days (905)839-2668 evening, (905)619-1489.

2-BEDROOM NORTH OSHAWA, Rossland/Ritson. Newer well maintained clean, quiet adult lifestyle building. Suites retired/mature working adult. \$890 inclusive no pets. Available. (905)720-2352.

BROOKLIN - ONE BED. apt. \$625 and two bed. apt. \$795. First/last available immediately. NO pets/smoking. 905-424-9743.

AAJAX, Church/Hwy #2. 1-bdrm bsmt, separate entrance, parking, fridge/stove. \$800/mo. Close to schools. Available immediately. Call (905)420-9223 or (905)619-1697

BRAND NEW pride of Whitby, 1 large bedroom basement apt, separate entry, a/c, includes utilities, no pets/smoking. \$900/month. A must see! Call (905)430-9554

AAJAX, large, bright 1 bedroom basement apartment in nice neighbourhood, full bath, A/C, laundry, separate entrance, \$800/inclusive. Available immediately. No smoking/pets. Call James (905)428-3030

AAJAX, SALEM/401 1-bedroom full basement apartment, furnished or unfurnished, utilities and cable included. No parking, shared laundry, no pets or smoking. Available anytime. \$750/month. Call 289-314-8410

NORTH OSHAWA, Taunton/Simcoe, spacious above ground 2-bedroom apt. in triplex, huge windows, appliances & parking included, laundry on site, available immediately. \$950/mo+ electricity. (905)666-5157

ONE BED. \$700 +hydro (heat & water included), & TWO BED. \$825 all inclusive., First/last. North Oshawa. No pets. Quiet area. Parking, available immediately. 905-424-5083.

OSHAWA, very large 1-bedroom apartment, separate entrance 2-car parking, laundry, jacuzzi, heat, A/C, hydro, cable all included. \$875/month. No large/exotic pets. Available now. First/last. (905)438-1448

PARK PLACE, Oshawa's premiere suites residence, First renovated 2 bedroom, decorator units, in clean quiet secure building, call today 905-443-0169.

WILSON/401, large 1 bedroom, 3 appliances, newer building, \$685 plus hydro. Large 2 bedroom, 1400sq.ft, 3 appliances, \$795 plus hydro. Available now or May 15th. 1st/last, 905-259-8259, 905-576-9055, 905-576-9779

180 condominiums for rent

OSHAWA, SIMCOE/TAUNTON 3 bdrm bungalow, large fenced, lot, garage, deck. \$1250+utilities. (905)479-0008

OSHAWA, HARMONY/OLIVE. 3-bedroom house, finished basement with 3pc bath. Laundry, all appliances, parking, near all amenities. \$1125/month +utilities. Available immediately/June 1st. First/last. No smoking/pets. (905)433-0489.

Oshawa - Carriage Hill, 122 Colborne St. (Colborne & Mary) 905-434-3972

Taunton Terrace 100 Taunton Road, East Taunton Rd. & Simcoe St.) 905-436-3346

Whitby - 534 Mary St. Apts 534 Mary St. E. (Mary St. & Hickory St) 905-666-2450

Whitby Place 900 Dundas St. E. (Dundas St. & Garden St) 905-430-5420

AAJAX- OXFORD TOWERS. Spacious apartments, quiet bldg, near shopping, GO. Pool. 1 bedroom apts. \$849/mo. available immediately. 905-683-5322

ALEXANDRA PARK, OSHAWA 1 bedroom newer apt., "Old charm building." Totally renovated, new kitchen/bath, hardwood floors. In-house laundry, intercom. Parkview. Near Hospital. No pets. (905)579-9439.

ONE BEDROOM basement apt. Courthouse. All inclusive \$850. Available immediately. Sep. entrance, laundry, cable, parking. Gas fireplace. 905-718-2794.

ONE BEDROOM basement apt. Hwy. 2/McQuay. Close to transportation, sep. entrance, 1-parking. Laundry fac., appliances, \$700/mo/inclusive. References. Single professional non-smoker preferred. 905-430-1915

PICKERING - Bright one bed, walkout apt. in established community near Rougemont/Kingston Rd. No smoking/pets. Female preferred. \$790/mo/inclusive. Available June 1st/15th. Contact 416-805-4058

PICKERING BROCK/OAKS, 1-bdrm basement apt with sep entrance, large familyroom, 2 parking. Includes utilities & cable. Near bus stop. No pets. Available immediately. 905-686-1925, 416-414-9261.

BEAUTIFUL, BRIGHT, NEWLY renovated 2 bedroom+solarium condo. 2 washrooms. Brock/401. Available June 1st. Full amenities. Washer/dryer. Parking/Locker included. \$1250. 647-297-4007, 416-431-5540.

BRAND NEW 2-bdrm condo. Port Newcastle Marina with boat-ing, fishing & swimming around the corner. Get in now and be settled before summer! Cable & internet included. \$1095/mo. 905-744-1790

PARK RD. S. OSHAWA, 3 bedroom home, with lakeview, fenced yard, no pets/smoking, credit check June/July 1st \$1100 plus utilities. call 905 263-8414

PICKERING - Bayly/Westshore, near beach, upper level, new bathroom and kitchen, 3 bed, house, laundry, parking, \$1100 + utilities, 905-509-2335 or 905-903-2335.

PICKERING, BROCK/HWY #2. 4 bedroom, laundry, Negotiable: \$1300 plus 60% utilities. Near 401 and shopping. Available May 1st. Also 3 bedroom basement apartment. Negotiable: \$900 plus 40% utilities. (905)426-7537 or (905) 922-1820

PICKERING, BROCK/MAJOR Oaks, 3 bedroom house, freshly painted, 5 appliances, a/c, double driveway, available immediately \$1300 monthly. 905-686-6684.

Regency Place Apartments 15 Regency Crescent (Mary St. & Hickory St.) 905-430-7397

Whitby Beautiful 3 bedroom townhouse for rent in quiet neighbourhood. Close to 401. Yard and finished basement. Park nearby. \$1300/month. Available June/July. 905-668-1144.

ALTON/SHEPPARD basement apartment, 2 newly furnished large bedrooms, separate entrance, laundry, parking, no smoking/pets. Available immediately. (905)250-0748 or (905)903-1440

BRAND NEW 2 bedroom basement apartment. Walk-out. Own laundry. Own patio. All utilities included. \$1000/month. First/last required. Partial furniture. New neighborhood North of Ajax. 905-427-9734 or 416-771-4932.

★ OSHAWA Park/Adelaide (230 Nipigon St) 1, 2 & 3 Bedrooms Well maintained and newly renovated apts. Near all amenities. From \$775/mo+ hydro. (905)723-0977

OSHAWA - 1 bedroom apt. newly decorated, heat, hydro, water incl. Private entrance. \$725/mo. First/last required. Bloor and Simcoe area. 905-723-9781.

PICKERING VILLAGE - Cozy attic one bedroom in adult lifestyle 4 plex. Suit mature quiet working person. New carpet, paint, appliances, references, immediately. \$780 inclusive. (905) 509-2375

PICKERING, Bayly/Westshore, main floor, 3-bedroom bungalow, laundry, air, parking, fridge/stove, hardwood floors. No smoking/dogs, \$1350 inclusive. Avail June 1, (905)706-1547.

LUXURY TRIDEL BUILDING, 1 bedroom condo, newly renovated, utilities included. Great Pickering location, gated security, perfect for seniors, \$1350/month. Please call (905)721-0315.

-AA ABA-DABA-DOO- Own your own home, no down payment required, from \$525/month. WHY RENT? 4.90% OAC. \$33,000+ family income, up to \$25,000 cash back. Call Ken Collis Broker, Coldwell Banker 2M Realty (905)576-5200 kencollis@sympatico.ca

RITSON/BLOOR 3+1 bedroom bungalow, 2 bathrooms, finished basement, a/c, big backyard, close to 401/elementary/Catholic secondary school, no smoking/pets. \$1250+hydro/gas. First/last. Avail. June 1st. 905-576-9016

SOUTH OSHAWA 3+ 1 bdrm house. Laundry, parking, all appliances included, quiet neighborhood. No smoking/pets. Credit check. First/last. 1-yr lease. \$1280+utilities. Avail June 1st. Call Joe 1-866-595-3315, 416-419-1924

UTILITIES INCLUDED \$1,295. Oshawa - Whitby border, 3 bedrooms, main and second floor, close to all amenities. Laundry and parking, available immediately. 1st/last, references (416)264-7990.

WHITBY 3 BEDROOM bungalow for rent, \$1250. inclusive Legal duplex. Private ravine backyard. Also one bedroom walkout basement apartment, \$750 inclusive references required. No smoking. Immediately (905) 424-3887 cell (905) 666-0246.

WHITBY, avail. June 1st. 3-bedroom, close to all amenities/401, 4-appliances, first/last, references, no pets \$1200 plus utilities, 905-409-4720.

WHITBY, 3 bedroom main floor, shared laundry, parking, no pets/smoking, \$1260/inclusive. First/last. Availability date flexible. Call (905)430-2874

BROCK/KINGSTON RD, 3 bedroom, basement apartment, separate entrance, 1 parking, utilities included, \$850. Call 647-296-0119

BROOKLIN 2 bedroom apt. quiet neighbourhood, separate entrance, laundry, parking, AC, central vac, basic satellite. No smoking/pets, \$975.+ utilities. Avail. immediately. (905)426-0916

OSHAWA - Nicely decorated 2 bedroom apt., in clean well-maintained building. Heat, water, parking included, on-site laundry, near schools, shopping, transit. Available immediate/June 1st. \$690/mo. +hydro. 905-576-3813 to view.

OSHAWA - Simcoe/Taunton, larger very nice clean studio basement apt. Appliances, June 1st. \$500/incl. 905-429-2131.

PICKERING, BROCK RD./HWY 2. 4 bedroom detached house plus den, appliances, \$1350 + 70% utilities. May 1st. 2-bedroom bsmt apt. Side entrance. Amenities. \$850/inclusive. Immediate. First/last. References. (416)-458-4598 (905)686-1650.

PICKERING, Major Oaks/Brock, 2 bedroom, big, clean and bright, living room, kitchen, walk-out back yard. Quiet residential area. Available now! No pets/smoking. \$775/month. (905)239-3901

3-BEDROOM HOUSE, large private fenced lot, 2 parking, workshop/garage, hardwood throughout, includes dishwasher, deck \$1100+ 65% utilities. 1-BEDROOM BASEMENT APT., large windows, 1 parking \$600+ 35% utilities. (905)424-3063.

3-BEDROOM MAIN FLOOR bungalow plus garage, East Oshawa, spacious, bright & clean, A/C, air conditioning, quiet neighbourhood. No dogs/smoking. \$1075 plus 2/3 utilities. (905)436-3549

4 BEDROOM HOME, main floor and 2nd storey, West Lynde area. Whitby Kitchen, dr, 1 1/2 baths, double garage, inground pool. June 1st. \$1400 per plus utilities. Call Dave (905) 725-0132, Page (905) 721-7884.

4 BEDROOM, country setting large lot, Whitby. Lots of parking, A/C, \$1300/plus utilities, first/last, no smoking/pets. Availability date negotiable. (905)655-3501

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A-OSHAWA. 2 bed. main-floor \$1,000+hydro, June 1st. 1 bed. basement apt. New carpet, ceramic tile. Sep. entrance, backyard, 4-appliances, air, 3pc. bath/shower. \$625+hydro, immediate. First/last/references. No smoking/pets. (Or rent negotiable for entire home). 905-571-0536.

WHITBY 3 bedroom townhouse, 1 1/2 years old. Available July 13th/31st. \$1350 plus utilities. Call (905)686-9510

BEAUTIFUL OSHAWA executive townhouse. 3-bedrooms, 2 baths, ceramics, laminate flooring, A/C, gas fireplace, 5 appls., garage, walk to everything. June 1st. \$1325 first/last. No pets/smoking. (905)987-1139

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OSHAWA 1 & 2 BDRM available anytime or May 1st. Located 350 Malaga Rd. \$725 and \$825 per month all inclusive. No pets. Please call 905-242-4478 or 905-435-0383

OSHAWA 1-bedroom basement, suits quiet, single, working person. Includes heat, hydro, water, cable, parking, own entrance, no smoking/pets. First/last, references, \$750/month. Available June 1st. (905)240-1485.

OSHAWA CENTRAL, new appliances, decorated. 3-rooms, 2-level, eat-in-kitchen, living area, sunroom, free parking including all utilities and cable TV. \$950. Avail immediately. 416-659-1748.

OSHAWA Clean, new building. 2-bedroom apt \$862, avail June 1st. 2-bedroom + den \$945, avail July 1st. Appliances, parking & utilities included. 905-438-9715.

SIMCOE/MILL OSHAWA, near 401. Nice, clean and quiet building near shopping and transportation. Utilities included. 2 & 3 bdr. apt. \$849 and \$949, Available June 1st, first/last (905)436-7686 until 7:30pm.

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VERY QUIET 1-BEDROOM bachelor, 9-ft ceilings, mainfloor century home. Private entrance, patio, parking. Oshawa. Suit one person. No smoking/pets. \$650 all inclusive. Leave phone number @ 905-434-7012

WHITBY 1 & 2-bdrm spacious, & clean bsmt. apt, sep entrance, fridge/stove, laundry, parking, full bathroom, backyard, \$800+40% utilities. Call Bo Gustafsson, Sales Representative, Sutton Group Tower Realty, 416-783-5000

WHITBY - Large quiet 2-bdrm in 7-unit bldg, new fridge, stove, carpet. Excellent condition, parking, near GO & amenities. No smoking/pets. Avail. immediately. (416)498-4770

WHITBY SOUTH - Spacious 2 bedroom \$900. Laundry, first/last, near Go, Avail June 1st. Daytime viewings Mon-Fri References. Days (905)866-3338, evenings (905)832-2722.

WHITBY, 3 bedroom on quiet Street. Near schools, GO Station, 401. \$1100 plus heat and hydro. July 1st. Call 905-493-1181, (leave message) or call (902)425-4604

OSHAWA new modern building. Simcoe/Bloor. 1-bedroom, \$685 +hydro. 2-bedroom \$770+hydro. First/last required. Please contact Bill (905)404-9602.

OSHAWA one bedroom, last one, large immaculate+ Laundry, security/camera. \$750/incl. First/last. No dogs. Available June 1st. To view property: www.viewrental.piczo.com Call Albert 905-213-0524.

OSHAWA Clean, new building. 2-bedroom apt \$862, avail June 1st. 2-bedroom + den \$945, avail July 1st. Appliances, parking & utilities included. 905-438-9715.

OSHAWA new modern building. Simcoe/Bloor. 1-bedroom, \$685 +hydro. 2-bedroom \$770+hydro. First/last required. Please contact Bill (905)404-9602.

OSHAWA one bedroom, last one, large immaculate+ Laundry, security/camera. \$750/incl. First/last. No dogs. Available June 1st. To view property: www.viewrental.piczo.com Call Albert 905-213-0524.

OSHAWA Ritson/Hillcroft 2-bedroom, large unit in a quiet adult-oriented building, with park-like setting. Call to view (905)728-8919 or (905)576-8647

OSHAWA SPOTLESS, bright, clean, large one bedroom, all inclusive with cable. Private parking, no smoking/pets. 1st/last. Available now or end of month. \$775. (905) 723-7228.

OSHAWA 2-bdrm lower level of duplex, laundry facilities, parking, \$800/mo+ heat & hydro. First/last. Call (905)433-7970

OSHAWA 2-bdrm, newly renovated, 5 mins to 401, incl laundry facilities, includes 2-appliances, 2-car parking, 780 & hydro, Available May 1st. No pets, call (905)623-7858.

OSHAWA, PARK/ADELAIDE, 3-bedroom, large kitchen & living room, heat, hydro & parking included. First/last, available June 1st. Call (905)571-1537 or 905-432-1521

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

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WHITBY 1 bedroom main floor apartment with private porch, oak kitchen cabinets with dishwasher, all inclusive, including laundry, available immediately. \$760. (905)655-7277

WHITBY SOUTH - Spacious 2 bedroom \$900. Laundry, first/last, near Go, Avail June 1st. Daytime viewings Mon-Fri References. Days (905)866-3338, evenings (905)832-2722.

OSHAWA 2-bdrm lower level of duplex, laundry facilities, parking, \$800/mo+ heat & hydro. First/last. Call (905)433-7970

OSHAWA 2-bdrm, newly renovated, 5 mins to 401, incl laundry facilities, includes 2-appliances, 2-car parking, 780 & hydro, Available May 1st. No pets, call (905)623-7858.

OSHAWA, PARK/ADELAIDE, 3-bedroom, large kitchen & living room, heat, hydro & parking included. First/last, available June 1st. Call (905)571-1537 or 905-432-1521

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WHITBY 1 bedroom main floor apartment with private porch, oak kitchen cabinets with dishwasher, all inclusive, including laundry, available immediately. \$760. (905)655-7277

WHITBY SOUTH - Spacious 2 bedroom \$900. Laundry, first/last, near Go, Avail June 1st. Daytime viewings Mon-Fri References. Days (905)866-3338, evenings (905)832-2722.

WHITBY 3 bedroom on quiet Street. Near schools, GO Station, 401. \$1100 plus heat and hydro. July 1st. Call 905-493-1181, (leave message) or call (902)425-4604

WHITBY, BROCK/DUNDAS, in the heart of the 4 corners, beautiful large 2-bdrm. \$900/mo includes heat/hydro. 2 months cable paid. First/last. call 905-430-2814.

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OSHAWA Rossland/Harmony, 3 bedrooms, 3 baths, garage, walk-out basement, available June 5th/15th, \$1100 plus utilities. 905-721-2349

TOWNHOUSE FOR RENT, Oshawa, Rossland/Harmony, 3 bedrooms, 3 baths, garage, walk-out basement, available June 5th/15th, \$1100 plus utilities. 905-721-2349

PRINGLE CREEK CO-OP 95 Crawford St., Unit 85 Whitby, (905)666-2008 is accepting applications for 3 bedroom townhouses. \$916 plus utilities. Subject to membership policy approval. Applications available at Community Centre Unit 85, 10am-4pm. Mon-Thurs., (on Friday, Sat. & Sun pick-up points are posted on Community Centre's door between, 10am-7pm).

OSHAWA South, Townhouses 3-bedroom \$975/mo+ utilities close to schools, shopping. First/last. 905-579-9956.

OSHAWA 2-bdrm lower level of duplex, laundry facilities, parking, \$800/mo+ heat & hydro. First/last. Call (905)433-7970

OSHAWA 2-bdrm, newly renovated, 5 mins to 401, incl laundry facilities, includes 2-appliances, 2-car parking, 780 & hydro, Available May 1st. No pets, call (905)623-7858.

OSHAWA, PARK/ADELAIDE, 3-bedroom, large kitchen & living room, heat, hydro & parking included. First/last, available June 1st. Call (905)571-1537 or 905-432-1521

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WHITBY 1 bedroom main floor apartment with private porch, oak kitchen cabinets with dishwasher, all inclusive, including laundry, available immediately. \$760. (905)655-7277

WHITBY SOUTH - Spacious 2 bedroom \$900. Laundry, first/last, near Go, Avail June 1st. Daytime viewings Mon-Fri References. Days (905)866-3338, evenings (905)832-2722.

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O'DONNELL, John Weir - Peacefully surrounded by family at Rouge Valley Health Centre, Ajax on Thursday, May 3rd, 2007 at the age of 65. Dearly beloved husband of Margaret for 43 years. Loving father of Angie King (Allan), and Julieann Duffy (Jay). Cherished Papa of Devon, Amanda, Alysia, Kyle and Taiya. Sadly missed by his family and many friends. Friends may call at **OSHAWA FUNERAL HOME**, 847 King St. West (905-721-1234) for visitation on Sunday, May 6th from 2 - 4 and 7 - 9 P.M. Funeral Service will be held in the Chapel on Monday, May 7th at 3:00 P.M. Cremation.

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Durham West 'AA' midget girls crowned provincial champions

Lightning downs Thunder Bay in OT in final

DURHAM — They had to work overtime, but the Durham West Lightning midget 'AA's captured the Ontario Women's Hockey Association provincial title.

The Durham West midgets emerged as the best in Ontario after scoring a 2-1 overtime decision over the Thunder Bay Queens in the championship final. The Lightning battled Thunder Bay to a 1-1 tie in regulation time. In overtime, the Lightning's superior conditioning paid huge dividends as they dominated their opponents and then, with 5:08 remaining in the first overtime period, Lisa Stathopulos took a feed from defenceman Madison Reeves and fired a beautiful wrist shot to seal the victory and crown in dramatic fashion.

Durham's first goal was notched by Callie Bazak, assisted by Christina Paterson. Goalten-



Submitted photo
The Durham West Lightning midget 'AA' girls' rep hockey team captured the provincial championship with an OT victory over Thunder Bay in the final.

ders Kim Caggiula and Jessica Rankin shared the goaltending duties in the final, and both played spectacularly when they were called upon to keep the Queens at bay.

In semi-final action, the Durham West team of 15- to 17-year-olds met their arch-rivals, the Nepean Wildcats. In the first period, play was even but the Lightning

struck first with a goal by co-captain Erin Small, assisted by Danielle Skirrow. In the second period, the Wildcats took the play to the Lightning, however, Rankin's outstanding play in goal kept them to a single marker. In the third period, the Lightning's fitness once again kicked in and they dominated the tough Nepean squad, outshooting them

10-2, but to no avail, as once again overtime was necessary to break a 1-1 regulation draw. In a foreshadow of the championship final, Stathopulos honed her impending heroics with a nifty wraparound goal 43 seconds into the extra overtime frame with Skirrow drawing the assist.

In quarter-final action on Saturday, the Lightning defeated the Hamilton Hawks 2-0. Scoring for the Lightning were Kaitlyn Hill and Stathopulos with assists from Darija Davidson and Skirrow. Caggiula was outstanding in net in earning the shutout against a strong and determined Hamilton team. Earlier in the day, the Lightning disposed of the St. Thomas Panthers 2-1 in elimination play. Scoring for Durham West were Bazak and Jessica Vella with assists to Paterson, Kelsey Smith and Jessica Ronald.

In round-robin action, Durham West defeated the Sudbury Lady Wolves 5-0, the Peterborough Ice Kats 4-1 and the Waterloo Ravens 5-2. Goals were supplied by Stathopulos (3), Skirrow (3),

Vella (3), Michelle Sabourin (2), co-captain Brooke Sawyer, Small, and Ronald. Assists were added by Sawyer (4), Paterson (4), Skirrow (3), Stathopulos (2), Vella (2), Sabourin (2), Andie LeDonne, Hill, Small, Ronald, Smith, and Reeves.

In earning the All-Ontario Championship banner, the Lightning midget 'AA's committed themselves over the course of the season to a high degree of fitness, which paid off during the grueling seven-game championship series, and to total team play.

The team wishes to acknowledge its many dedicated sponsors and parents for making their dream season possible, as well as head coach Dino Caggiula, assistant coaches Don Small and Richard Sabourin, trainer Drina Hill, manager Andrew Ronald, goalie coach Scott dellaVedova, power-skating instructor Larry Marson and Yoga instructor Liane Barber. The team also acknowledges Joe Modeste, who came on the bench for the final five games as assistant coach Don Small was away.

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