

NEWS ADVERTISER

Lifestyle
SUNROOMS • WINDOWS • DOORS
Manufacturer of
SUNROOMS & WINDOWS
Visit our showroom
239 Station St., Ajax
905-686-2445

Weather webcasters

St. Isaac Jogues' watching the skies

NEWS/2



Ranking area schools

Fraser report reviews numbers

NEWS/5

BLAISDALE MONTESSORI SCHOOL

OPEN HOUSE Wed. March 5, 2008 @ 7:00 p.m.
403 Kingston Road W., Ajax

905-509-5005

Blaisdale.com 12 months - grade 8

A Pickering family's miracle

Day care donates \$1,000 to Hospital for Sick Children after caring for Pickering girl

By Kristen Galis
kcalis@durhamregion.com

PICKERING — In the first month of Gabrielle Taylor's life, her parents were not only unsure if she'd ever walk or talk, but even if she'd survive.

But on Tuesday, the energetic and healthy four-year-old took part in a cheque presentation to The Hospital for Sick Children at Bayfair Daycare in Pickering. The \$1,000 donation from funds raised through a Mexican Fiesta, organized by Maria DeLeo, head ECE teacher in the Junior room, will go to the Neonatal Intensive Care Unit (NICU) that helped Gabi grow into the healthy girl she is today. She was even a "poster kid" for Sick Kids last year.

"The NICU, for us, they're still in our hearts," says Gabi's mother, Trish TarBush. "We keep in touch, we go down and visit... and a lot of the nurses have become very close personal friends as well." She added the hospital was most accommodating, providing sleeping arrangements and support to the family.

After Gabi was born, her grandmother, Heather Taylor, helped care for her since Ms. TarBush was recovering from Gabi's extremely difficult birth. At around 3 a.m. one morning, Ms. Taylor discovered blood on the baby's receiving blanket, and hollered for her son, Jason Taylor. They then rushed Gabi to Scarborough General Hospital where the trauma unit from Sick Kids came to her. After transporting her to Sick Kids, the family found out Gabi had two forms of virulent flesh-eating disease: necrotiz-

ing fasciitis and necrotizing enterocolitis. The rare bacterial infection destroyed 60 per cent of her bowel and 90 per cent of the skin on her scalp. There's no definite answer to how Gabi picked it up.

"I can't even describe it," Ms. Taylor says. "It was surreal, like it wasn't happening. But we just held on to every little bit of hope, you know."

Gabi stayed at the hospital for the first 10 months (where she was on extreme painkillers because her head dressings were changed three times a day), went home for Christmas, where she caught a terrible virus which sent her back to the hospital until she was about 15 months old. She's since gone in for numerous surgeries on both her bowel and her head.

'It was surreal, like it wasn't happening. But we just held on to every little bit of hope, you know.'

-- HEATHER TAYLOR

"Every day it was a new challenge, it was just trying as much as we could to keep her comfortable, and it was always questionable," Ms. TarBush says. "They just didn't know what was going to happen because they had never dealt with anything like this before."

Gabi underwent her last surgery in April, which expanded the tissue in her scalp. Now, she's a happy, healthy little girl.

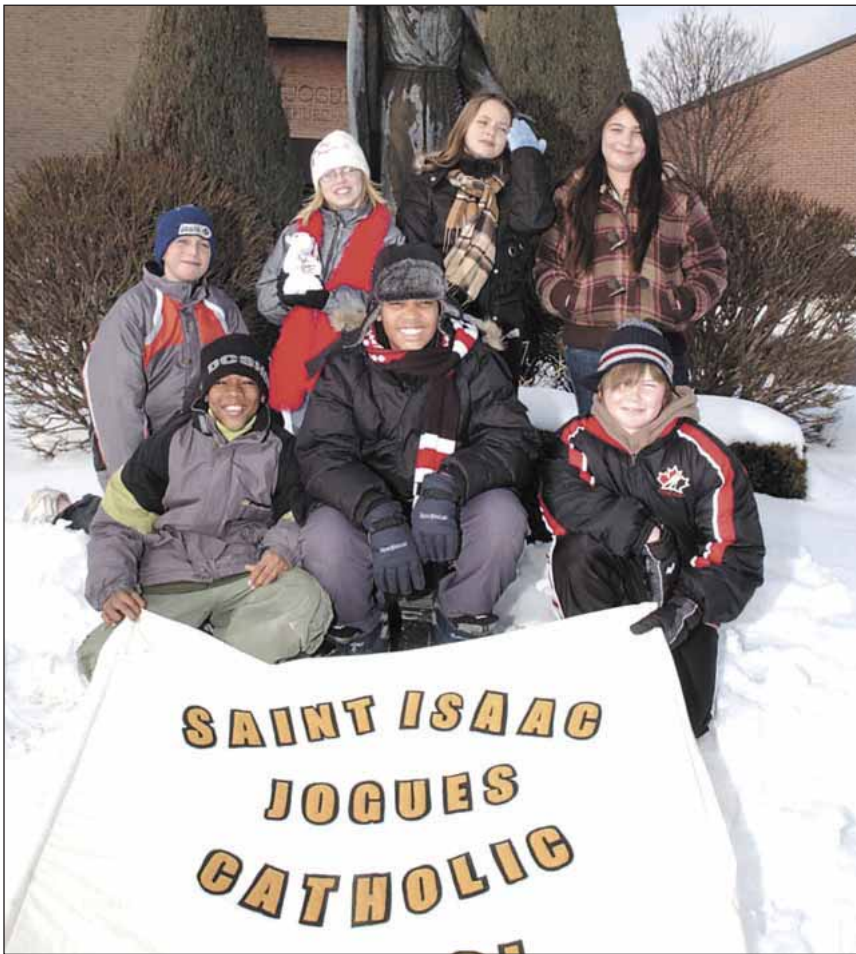
"She's amazing," her mother says. "She's fantastic. She's healthy, I mean she's doing really good." She added Gabi still goes for yearly

◆ See Hospital, Page 2



Jason Liebrechts/ News Advertiser photo Gabrielle Taylor looks up at her mom, Trish, while Bayfair Daycare's Maria DeLeo, centre, and Lisa Khan present proceeds of a recent fundraiser to the Hospital For Sick Children. Gabrielle was diagnosed with a flesh-eating disease at five days old and spent her first 15 months at the hospital. Bayfair was one of the only day cares able to take care of her.

LONE STAR Texas Grill
FAJITAS
CANADA'S FIRST, AND STILL THE BEST!
705 Kingston Road 905-420-3334 www.lonestartexasgrill.com



AJ Groen/ News Advertiser photo

Weather gurus

PICKERING — These Grade 6 students from St. Isaac Jogues Catholic School will be doing a weather webcast all this month. Front row from left: Isaiah Evelyn, Toryn Barrett and Jonathan Wordle. Back row, Matthew Prusin, Chelsea Walsh, Kristin Kelly and Marla Sarta.

newsdurhamregion.com
View the weather webcast at newsdurhamregion.com

Hospital charm

◆ Hospital from page 1

check-ups and may have more scalp procedures in the future.

Melody Hicks, a manager of Child Health Services in the NICU, says Gabi is “just a charm” and that she “really touched the hearts of a lot of the nurses that cared for her.” She explains the money the daycare raised will go toward developmentally friendly rooms geared toward premature babies from 24-to-29 weeks.

“Every little bit really contributes to the care we provide to these children,” she says. She added it’s wonderful to see the care Gabi received at Sick Kids extending into the community, namely at Bayfair.

Ms. TarBush says she and her husband will be forever grateful to the daycare for offering strong support. She says she was happy they accepted little Gabi in the first place, and have always accommodated her needs.

“She’s had medical concerns we’ve had to deal with while she’s been here, and they’ve just been incredible,” she says. “There was one point where she wasn’t here for about five or six months and they welcomed her back with open arms.”



Exciting and unique cooking classes for children and adults. Parties and camps for kids 5 and up!

Opening March 1, 2008

March 3rd – 7th
Sample Platter Class for \$29.99

Come check out what all the buzz is about! Try out a sample class and learn more about Rising Chefs! You’re gonna love it!
*Space is limited.
Call 416.207.0029 to register today!

March 10th – 14th
March Break Camp!

Get your kids cooking for March break!
• Half and full day classes available
Call 416.207.0029 for details!

www.risingchefs.com

www.ecofriendlycondos.ca
perfect for you or your group/organization

Get in the Game!

16" XL NY Style Pepperoni Pizza with NEW Italian Homestyle Tomato Sauce

\$9.99
WALK-IN ONLY!
NO PHONE ORDERS.

PLUS RECEIVE 2 TORONTO RAPTORS TICKETS:

WEDNESDAY, FEBRUARY 27th VS. MINNESOTA TIMBERWOLVES @ 7:00PM
Valid with walk-in orders of this Pizza Pizza \$9.99 deal only. TICKETS AVAILABLE FOR THIS GAME ONLY

Hot & Fresh
PIZZA PIZZA
www.pizzapizza.ca

OFFER VALID AT THESE RESTAURANTS ONLY:

- 300 HARWOOD AVENUE SOUTH, AJAX
- 955 WESTNEY ROAD SOUTH, AJAX

OFFICIAL PIZZA OF:



With every walk-in order of this \$9.99 deal, get 1 pair of Raptor Tickets for Wednesday February 27th, 2008 vs. The Minnesota Timberwolves @ 7:00 pm courtesy of Pizza Pizza. A limit of one order per day, per customer. Tickets available at select locations while supplies last. Not valid in conjunction with any other offer or coupon. Taxes extra. Price / offer may expire without notice. Toronto Raptors and associated word marks and logos are trademarks, designs and other forms of intellectual property of NBA Properties, Inc. and the Toronto Raptors and are used under licence © 2008 NBA Properties, Inc. All rights reserved. Registered trademarks of Pizza Pizza Royalty Limited Partnership, used under license. © Pizza Pizza 2008. 0008536

WHILE SUPPLIES LAST.

Pickering business eliminating its dumpsters

No easy options for local store owners wanting to adopt 3Rs

guide him through the process. He then decided to "eliminate our dumpsters entirely."

This can be a challenge, DSA chairman Jack McGinnis said, since blue boxes and green bin programs are usually only available to households.

"This is the case, even though 60 per cent of the solid waste in Ajax, Pickering or Durham is from businesses," he said in a press release. "There are no easy options for local businesses who want to adopt new 3Rs (reduce, reuse and recycle) practices, although Durham Region staff and groups like us are glad to provide guidance."

Mr. Samson spoke with Mayor Ryan, City staff and regional staff about establishing a recycling pilot project and the possibility of

offering composting services to non-residential buildings. Meanwhile, Monarch has started its own project alongside neighbouring businesses with Miller Waste Systems to develop a

3Rs program. After getting an audit on discarded waste in the complex and determining which waste containers and recycling services are needed, the plan is to operate it for a six-month

trial period, providing information to DSA and regional officials, who could expand the program.

Mr. Samson has received support from the Ajax-Pickering Board of Trade

(he sits on its Environment Committee) and is also part of DSA's We Have the Power program.

For more information visit www.sustain-ability.ca.

PICKERING — Durham Sustain Ability is challenging others to follow a local business owner's lead in trying to make his building eco-friendly.

Neil Samson's business, Monarch Kitchen and Bath Centre, is located at the Cumbay Building near Brock Road and Bayly Street. He and his staff are working with neighbouring businesses to remove the dumpsters that handle solid waste on the way to landfill.

Mr. Samson first talked to Pickering Mayor Dave Ryan, then to community group Durham Sustain Ability (DSA), which is helping to



Rosebank Sanitary Sewage Pumping Station Upgrade Regional Municipality of Durham, City of Pickering

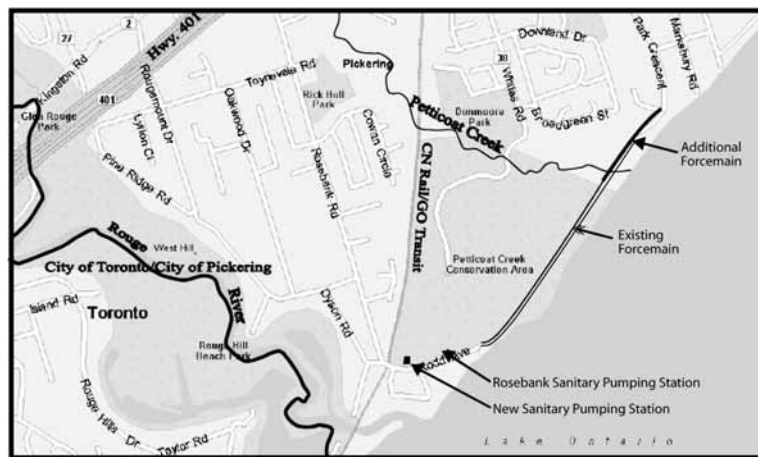
NOTICE OF STUDY COMPLETION Class Environmental Assessment

WORKS DEPARTMENT

February 20, 2008

PUBLIC NOTICE

The Regional Municipality of Durham has completed a Class Environmental Assessment (EA) Study for the upgrade of the Rosebank Sanitary Sewage Pumping Station (SSPS). The SSPS is located at Rodd Avenue in the City of Pickering. The objective of the study was to evaluate alternatives to provide additional sanitary sewage pumping capacity for increased sewage flows from development within the Rosebank neighbourhood, and to upgrade the existing SSPS to comply with current engineering standards and health and safety regulations.



This project was planned in accordance with Schedule "B" of the Municipal Class Environmental Assessment process. The EA Study documented the problem, the assessment of alternatives, the preferred alternative, mitigation and monitoring measures, as well as the public and agency consultation process. Notices of the Study Commencement and the Public Information Centre were distributed to the public, interested parties and regulatory agencies.

The study identified the need for an upgrade to the SSPS and recommended the preferred alternative of constructing a new SSPS at a new location on Rodd Avenue and to construct an additional forcemain crossing the Petticoat Creek.

This notice places the EA Study on public record for the mandatory 30-day review period. Subject to comments received as a result of this notice and receipt of necessary approvals, the Region intends to proceed with design and construction of the proposed SSPS and forcemain crossing.

The EA project file is available for review at the Region of Durham's website: www.region.durham.on.ca/studies/ and at the following locations:

Regional Municipality of Durham
Clerk's Office, Level 1
605 Rossland Road East
Whitby
Monday to Friday
8 a.m. to 5 p.m.

City of Pickering
Clerk's Office
1 The Esplanade
Pickering
Monday to Friday
8:30 a.m. to 4:30 p.m.

Pickering Public Library
Petticoat Creek Branch
470 Kingston Road
Pickering
Monday to Friday
9:30 a.m. to 9 p.m.
Saturday 9 a.m. to 5 p.m.

The intention of the 30-day review period is to resolve any remaining issues or concerns regarding the project. Please advise to:

Regional Municipality of Durham
Mr. Jim McGilton, P. Eng., Manager of Engineering Planning and Studies
605 Rossland Road East, 5th Floor,
Whitby, Ontario L1N 6A3
Tel: 904-668-4113 Ext. 3485 or 1-800-372-1102
Fax: 905-668-2051
E-mail: jim.mcgilton@region.durham.on.ca

If concerns regarding this project cannot be resolved in discussion with the Region, a person or party may request that the Minister of the Environment issues an order for the project to comply with Part II of the Environmental Assessment Act (referred to as a Part II order), which addresses Individual Environmental Assessments. Requests must be received by the Minister by **April 4, 2008**, with a copy sent to the Regional Clerk (address below) and Mr. Jim McGilton. If there are no requests to change the status of the project by this date, the Region may proceed to detailed design and construction.

The Honourable John Gerretsen
Minister of the Environment
12th Floor
135 St. Clair Avenue West
Toronto, ON M4V 1P5

P. M. Madill, A.M.C.T.
Regional Clerk
Regional Municipality of Durham
605 Rossland Road East
Whitby, ON L1N 6A3

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

Carrier of The Week



Melissa

Today's carrier of the week is Melissa. Melissa enjoys horseback riding & swimming. Melissa has received a dinner, pizza and movie voucher compliments of McDonald's, Boston Pizza and Cineplex Odeon.

Congratulations

Melissa for being our Carrier of the Week.

CINEPLEX ODEON
Ajax 10 Cinemas
248 Kingston Rd. East

McDonald's
I'm lovin' it
Ajax and Pickering Locations

Boston Pizza
You're among friends

WHOOO
has **FLYERS**
in Today's
News Advertiser

Sunday
February 24,
2008

- * East of The City Ajax/Pick.
- * Little Caesars Ajax/Pick.
- * News Advertiser Students Pick.
- * Town of Ajax Ajax

* Delivered to selected households only
Remember, all inserts, including those on glossy paper, can be recycled with the rest of your newspaper through your blue box Recycling program. For information on delivering your advertising flyers, call **DUNCAN FLETCHER** at 683-5110.

If you did not receive your News Advertiser/flyers OR you are interested in a paper route call Circulation at 905-683-5117.
Hours: Mon. - Fri. 9 - 7:00
Sat. 9 - 4:00, Sun. 10 - 1
Your Carrier will be around to collect an optional delivery charge of \$6.00 every three weeks.

CINEPLEX ODEON

Get Local 24/7

mobile.news.durhamregion.com



AJ Groen/ News Advertiser photo

Slip sliding to start the day

AJAX — A school bus sits on top of a snow bank at Finch Avenue, west of Dixie Road. The snow made for a slick drive Friday morning. No one was injured and no students were on the bus when it slid into the bank.

LASER TATTOO REMOVAL

Who says you can **never erase the past?**

Our NEW AlexTriVantage laser removes tattoos – all colors gently, safely and comfortably – not only **blues and greens**, but the **reds too**. It also easily and effectively removes pigmented lesions such as age spots, sun spots, and freckles. **Visit us today for a FREE Consultation!**



Procedures performed by Oshawa Laser Clinic.

MOTOR CITY TATTOOS & PIERCINGS
 640 King St. E., Oshawa
 905-725-0301 Mon - Sat 12-9
 www.motorcitytattoos.com

1 ARCHITECT

GADZOVSKI

GADZOVSKI ARCHITECT
 "Let us design your dreams"
 905-509-9002

2 KITCHEN RENOVATIONS

AROUND THE HOME
 KITCHENS
 VANITIES

Kitchens

www.aroundthehome.ca
 1550 BAYLY ST., #35, PICKERING
905.839.0574

3 PAINT CENTRE

Benjamin Moore
 The Colour Experts

Ajax Paint Centre
 (905)427-3337
 12 Harwood S. Ajax

Pickering Paint Centre
 (905)837-0317
 1794 Liverpool, Pickering

4 INSURANCE SPECIALISTS

J.D. JONES - DOOLEY
 INSURANCE BROKERS

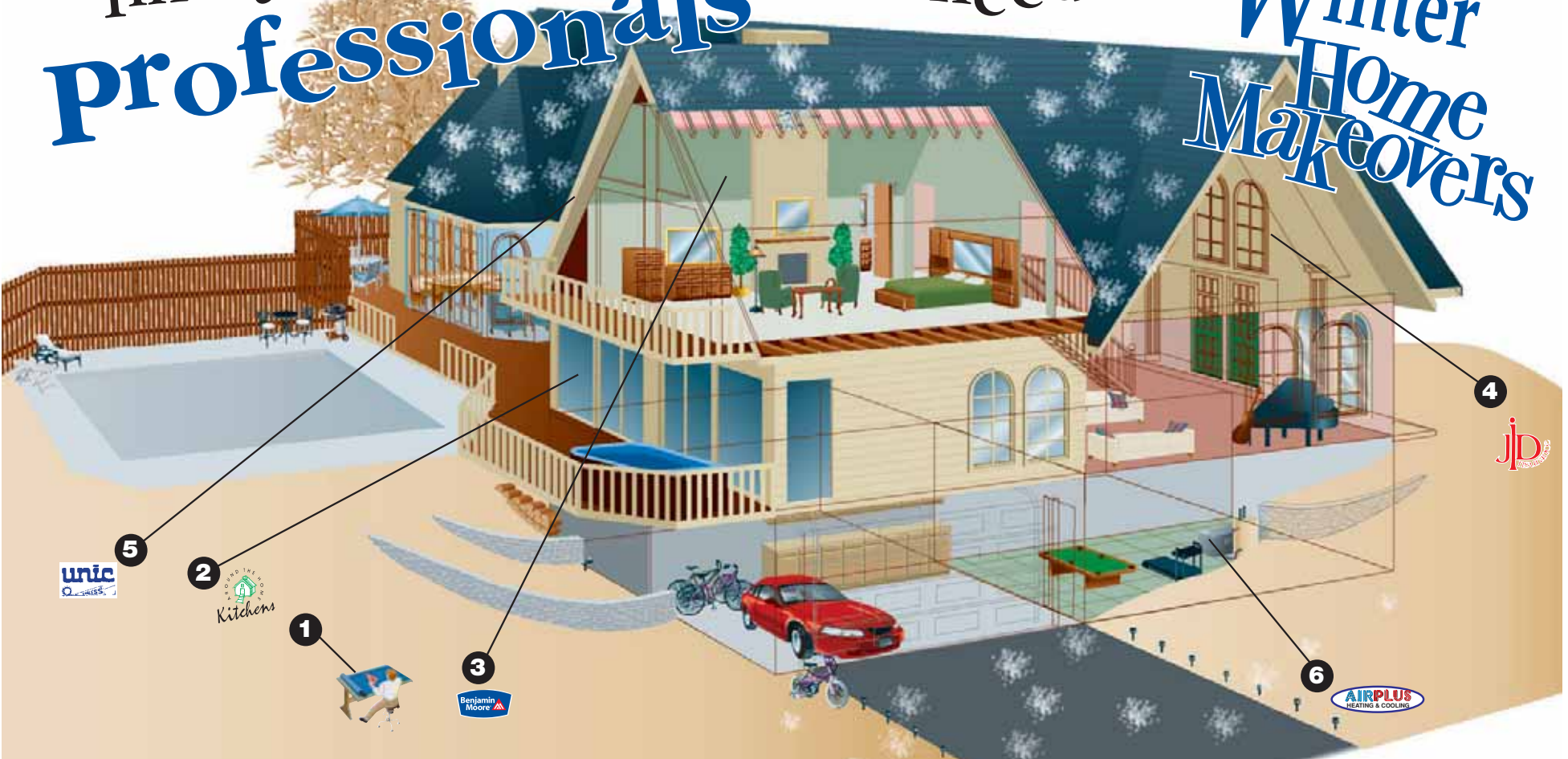
"Personal Service Makes A Difference"
 All Classes Of Insurance

905-427-3595
 www.Jones-DooleyInsure.com

Auto | Property | Commercial
 Life & Investments | Health & Travel
 RRSP | RESP | GIC

MARSHA JONES DOOLEY
 CIP, CAB, RIB (ONT)

find the **professionals** you need for **Winter Home Makeovers**



5 SIDING & EAVESTROUGHING

unic

5", 6" Seamless Eavestrough Supply • Run off Installation
FREE ESTIMATES

Eavestroughing
 In Business Since 1970

Eavestroughing, Siding, Soffit, Fascia
 905-426-5001 www.unictrough.ca
 759 Kingston Rd. W., Ajax (at Church)

6 HEATING & COOLING

SENIORS DISCOUNT

SAVE up to \$2000

- FURNACES
- AIR CONDITIONERS
- DUCT WORK
- BOILERS
- GAS PIPING

24 HR EMERGENCY SERVICE

AIRPLUS HEATING & COOLING

"LICENSED PROFESSIONAL TECHNICIANS"
 OUTSIDE TORONTO 1-800-650-9522
 www.airplus.ca

Find the Pro's runs every other Sunday. To advertise in this feature from \$80, call Michael Briggs at 905-683-5110 ext. 238

Fraser Report not a true measure of success: board

St. Francis de Sales and Prince Albert at top of the class

By Josie Newman
jnewman@durhamregion.com

DURHAM — A public report that ranks schools according to their provincial test scores is not a true measure of a school's success because it fails to take into account the different grids each child and each community started from, says the superintendent of programs for the Durham District School Board.

"I actually believe it can be misleading. We use a lot of tools, not just the Education Quality and Accountability Office. So many other variables go into success," said Luigia Ayotte, following the 2007 results that ranked Prince Albert Public School in Port Perry at 9.5 out of 10.

It is one of two top elementary schools in Durham Region, tied at 9.5 with St. Francis de Sales Catholic School in Ajax.

The Fraser Institute, a non-profit research and educational organization that studies the impact of competitive markets and government interventions on society, has issued the Fraser Report since 2003. It rates 2,786 English, French, public and separate elementary schools in Ontario, as well as elementary schools in Quebec, Alberta and British Columbia.

A report on secondary schools was introduced in 2007. Almost 200,000 Ontario el-

ementary report card files were downloaded from the Fraser Institute's website by parents and others in 2006. "It's an accolade and while we appreciate it, we don't pay a great deal of attention to rankings," said David Malleau, principal of St. Francis de Sales.

St. Francis received a School of Distinction award from Garfield Weston.

"When you judge a school, I want to see what opportunities there are for children to participate in -- like a Ukrainian Easter egg club or a primary art club, or athletics," said Mr. Malleau.

The school started off in 2003 at 5.5 and steadily increased its score every year. Mr. Malleau said the majority of improvements happened under the previous principal, although he and a student achievement team have recently started analyzing the students' mathematical skills. "The previous principal looked at the 2003 results and asked the staff how we can improve. They monitored the students' literacy skills through close observation. Literacy is the foundation for math, which we're examining now," he said.

Catholic schools in Durham Region are steadily improving their academic scores due to improving teacher instructional practices and supporting school administrators, said Mitch LePage, the Durham Catholic District School Board's Ajax schools superintendent.

"I think the public believes the Fraser Report is useful, but we don't make decisions in our board due to Fraser rankings. The primary assessment comes from the classroom," said Mr. LePage.

"Our goal is to narrow the achievement gap between schools and to put supports in place

The Fraser Report uses nine key indicators from Education Quality and Accountability Office results to give each school a mark out of 10. Here's how Pickering schools ranked in 2007:

Pickering

Altona Forest Public School	6.3
Bayview Heights P.S.	3.8
Elizabeth B. Phin P.S.	5.7
Fairport Beach P.S.	3.2
Frenchman's Bay P.S.	6.7
Gandatsetiagon P.S.	6.1
Glengrove P.S.	4.8
Highbush P.S.	6.8
Holy Redeemer Catholic School	8.9
Maple Ridge P.S.	5.8
Our Lady of the Bay C.S.	6.1
Rosebank Road P.S.	6.1
Sir John A. Macdonald P.S.	5.5
St. Anthony Daniel C.S.	8.2
St. Elizabeth Seton C.S.	7.4
St. Issac Jogues C.S.	8.2
St. Marguerite Bourgeoys C.S.	6.2
St. Monica C.S.	6.3
St. Wilfrid C.S.	5.9
Valley Farm P.S.	6.8
Vaughan Willard P.S.	5.0
Westcreek P.S.	6.2
William Dunbar P.S.	7.8
Claremont Public School	4.3
Valley View Public School	8.5

to narrow the gap. Parents can find out about a school through means other than a report -- you need to ask about programming and be involved," said Ms. Ayotte.

FAST, ACCURATE, GUARANTEED

Liberty provides friendly tax preparation services with a money back guarantee

LIBERTY TAX SERVICE

For the Liberty office nearest you, call
1-866-871-1040
www.libertytaxcanada.com

\$20 OFF Tax Preparation Services

Valid at participating locations. For new customers only. Not valid with other offers. Only one coupon per return. Valid 2/15 - 4/1.

Welcoming New Patients Since 1980

AMBERLEA III DENTAL CENTRE

WALK-IN HOURS
Daily 8 a.m. - 9 p.m.
Sat. 10 a.m. - 4 p.m.

EMERGENCIES SEEN IN 2 HRS

905-831-6666

24 HR. EMERGENCY PAGER

AMBERLEA SHOPPING CENTRE
ON WHITES RD. PICKERING
BETWEEN FINCH & HWY 401

- FREE 2nd Opinon Consultations
- Nirous Oxide Gas
- Collect from Insurances

Readers Choice Award Winner for the past 4 Years

Advertising Feature

Together Forever

Find the Fit and Style You Desire at Tuxedo Royale

Every groom wants to look his best on the big day. Let the helpful staff at Tuxedo Royale in the Pickering Towne Centre make your guy the centre of attention. Tuxedo Royale carries the finest collection of tuxedos for every budget, including famous name labels such as Chaps, Ralph Lauren, Perry Ellis, Fubu, Ecko, Geoffrey Beene and Joseph Abboud. You'll also find the latest styles in vests, cummerbunds, neckties and bowties, in more than 80 colours. The options are endless, which is why a formalwear consultant will work with the groom to find a style that suits him and fits with your wedding theme. Tuxedo Royale carries a wide range of sizes, in all styles, right down to a boy's size three for the ring bearer. With 13 locations across southern Ontario, Tuxedo Royale can easily accommodate out-of-town attendants with its "Try On" service. Every location has a full showroom, so the guys can see, touch and try on different looks and styles. To keep your special day as stress-free as possible, Tuxedo Royale also offers a fitting three days prior to your wedding. With its distribution centre in Markham, even last-minute adjustments or problems can be handled with ease. Visit www.tuxedoroyale.com for more information or stop by our location at the Pickering Towne Centre.

TUXEDO ROYALE

Ask about our Wedding Specials

Pickering Town Centre
905-831-0222
www.tuxedoroyale.com

Ellis Bridal Boutique

Bridal gown & Bridesmaid Dress
Mother Dress & Flowergirl Dress
Chinese Gown & Evening Dress
Wedding Accessories:
Shoes, Headpiece & Veil

Mon.-Fri. 11:00 am - 7:30 pm, Sat. 10:00 am - 6:00 pm
Sun. 12:00 pm - 5:00 pm, Wed. 12:00 pm - 6:30 pm
www.ellisbridal.ca

2201 Brimley Rd., Unit 4, (N of Sheppard) Scarborough • 416.291.2108

TRADE SECRETS

3 locations to service all of Durham's Brides & Grooms for your special day!

Brock Rd. & Pickering Parkway **905.683.1694**
Pickering Town Centre **905.420.6177**
Oshawa Centre **905.434.5507**

Special Services offered at Oshawa Location
Full Body Wax, Manicure & Pedicure
Plus a wide range of Nail Services.

Pelican

Party Time Catering and Rentals

You Dream It We Cater It
Tel: 905-728-5167
e-mail: info@pelicancatering.ca
www.pelicancatering.ca

Attention all: Real Estate Agents & Financial Planners. To advertise in this exclusive feature call Michael Briggs at 905.683.5110 ext. 238 or mbriggs@durhamregion.com

LIGHTHOUSE

A "SOUND DECISION"

95 Pittmann Crescent, Ajax ON

Disc Jockey & Karaoke Service

Member CDJA
A.V.I.A. Licensed

www.lighthousedj.com
905-427-8898 • 1-877-461-DISC

Editorials & Opinions

NEWS ADVERTISER 130 Commercial Ave., Ajax ON L1S 2H5
 newsdurhamregion.com newsroom@durhamregion.com
 The News Advertiser is a Metroland Media Group newspaper. The News Advertiser is a member of the Ajax & Pickering Board of Trade, Ontario Community Newspaper Assoc., Canadian Community Newspaper Assoc., and the Canadian Circulations Audit Board. Also a member of the Ontario Press Council, 2 Carlton St., Suite 1706, Toronto, M5B 1J3, an independent organization that addresses reader complaints about member newspapers. The publisher reserves the right to classify or refuse any advertisement. Credit for advertisement limited to space price error occupies. Editorial and Advertising content of the News Advertiser is copyrighted. Unauthorized reproduction is prohibited.

Publications Mail Sales Agreement Number 40052657

Tim Whittaker - Publisher
 Joanne Burghardt - Editor-in-Chief
 Mike Johnston - Managing Editor
 Duncan Fletcher - Director of Advertising
 Andrea McFater - Retail Advertising Manager
 Eddie Kolodziejczak - Classified Advertising Manager
 Abe Fakhourie - Distribution Manager
 Lillian Hook - Office Manager
 Janice O'Neil, Cheryl Haines - Composing Managers
 News/Sales (905) 683-5110
 Classifieds (905) 683-0707 Distribution (905) 683-5117
 Fax (905) 683-7363

We think..

e-mail responses to mjohnston@durhamregion.com

Seaton development needs to go by the book

When it comes to building livable, attractive and environmentally friendly urban spaces, Seaton in Pickering is a rare opportunity to get it right from the start.

Instead of the patch-work of subdivisions and strip malls that we've seen in other areas of Durham Region, Seaton can be the place where we apply the lessons we've learned from years of rapid suburban sprawl. That means creating a model community where people can live and work and lead a healthy lifestyle.

But to achieve that, Seaton must be a high-density community with appropriate links, especially in public transit, to the rest of Durham and the GTA, and it must have

its targeted 35,000 jobs.

So, kudos to several regional councillors who didn't like what they heard when told that the subdivision applications that have come in from developers are on the low end of density targets set by the Province. If all the developments are in that range, Seaton will fall far short of the 70,000 residents envisioned under the Province's Central Pickering Development Plan.

And it seems the developers are just fine with that. Consultants working for them predict an initial population of 54,000 residents. And, you guessed it, with a smaller population as a starting point, comes a correspondingly lower job figure.

Some time in the future, 70,000 will be

achieved with redevelopment and intensification, the consultants suggest. That's hardly getting things right from the start.

And local councillors know it.

"The way I read this is the developers simply want to do a standard low-density cookie-cutter subdivision that we would have done five or 10 years ago," said Ajax Mayor Steve Parish at a recent Regional committee meeting.

For Pickering, in an awful predicament since the Seaton lands represent a good chunk of land that has been in limbo for years, the job component of Seaton is key, as Councillor Rick Johnson pointed out at the same meeting.

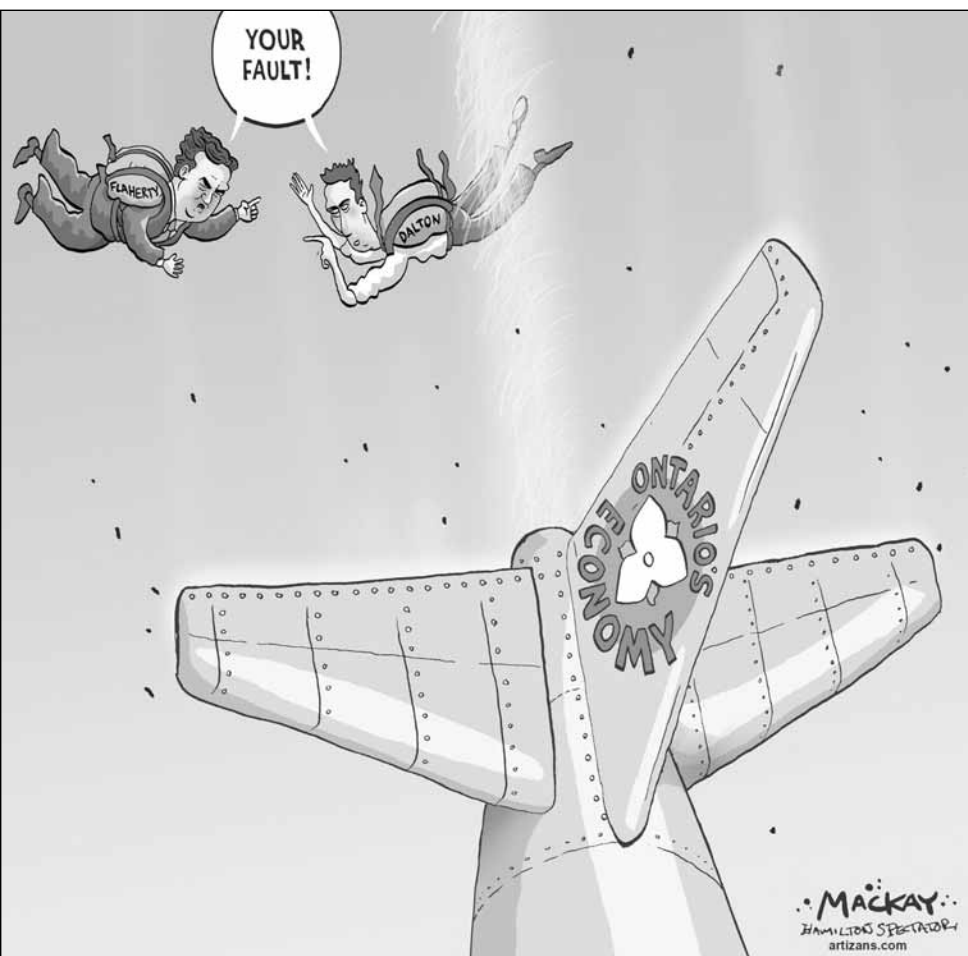
"Pickering cannot sustain more houses

being built ... we need employment lands first," he said.

This did not occur in Brooklin, where the majority of residents have to leave town to get to work, leading to long commutes and congested roads. Councillors don't want that for Seaton and neither do we.

Fortunately, the Province is sticking to its guns, telling the developers to aim for 70,000 people and 35,000 jobs in initial build-out.

Developers need to step up to the plate for what amounts to a big, but doable challenge, and not try to mess with those numbers. And politicians and residents alike have to be watchdogs to ensure that Seaton is created as advertised.



Our readers think...

Airport lands should be farmland

To the editor:

The coverage of the Jan. 28 protest, staged by Land Over Landings, against the eviction of long-time tenant Mike Puterbough from his home in Brougham, contains one small but highly significant error: the group formed in 1972 was called People or Planes. I think People or Planes describes per-

fectly the situation that we have now, 35 years on, with the current prognosis of diminishing fuel supplies and rampant global warming.

This land must be used for growing food, not for housing people in sprawling subdivisions which are only accessible by car, and not for air travel which we are not going to be able - as a species - to do for much longer.

**Gabrielle Untermann
 Pickering**

Celebrating our differences

I like to try different things.

I think it's very good for us to step out of our comfort zones now and then, to push the envelope a little. I kept saying those words to myself as I recently sat, front and centre, at an afternoon of erotic poetry. I wasn't reading any erotic poetry. It's not really my thing. I'm more of a Hop on Pop, One fish, two fish, red fish, blue fish kind of guy.

No, I was there in support of a friend and very talented writer. It just happens that she and her peers tend to write about naughty bits. And she'd invited us along to listen.

So, there I was, trying to look hip and unfazed. As though I'd been hearing women talk about their nipples and quivering thighs in public for years. Don't get me wrong. I'm a big fan of thighs and nipples. Especially the quivering variety. It's just a little unsettling when we haven't even gotten to the first name stage yet. But I got used to it. I am, if nothing else, a quick study.

Still, it was refreshing to be in a room full of women, all of whom seemed to really, really like men. And not just botoxed, liposuctioned, movie magazine men. But real men. Men with receding hairlines, paunches and five, six and seven o'clock shadows.

They like them, I gathered from their poems, because they're different from women.

I am oftentimes dismayed that in our society's frenzied efforts toward gender equality we have achieved, instead, gender neutrality. One has only to look at the proliferation of billboards and magazine ads for jeans or perfume where it is sometimes near impossible to tell who is the boy and who is the girl. Young men have become feminized, pouting, anemic wraiths that would have enormous difficulty picking up a baseball let alone throwing it. And women appear as hard, angular, hollow-eyed eunuchs with nary a curve in sight. Both sexes could use a sandwich and a glass of milk.



Neil Crone/ Enter Laughing

This is only frustrating to me, who can at least hearken back to the days of Marilyn Monroe and Vargas girls, but it must be horribly confusing to our children whose genes seem to be at cross purposes with the message their culture is bombarding them with.

We are different, men and women, and sometimes those differences clash. But they're also very necessary. It's impossible to make a beautiful picture from a puzzle where all the pieces are the same.

I worry about my own boys and their sense of manliness. I worry about where the path of eggshells men are forced to walk on these days is leading them. I worry that many of the old signposts guiding young boys into manhood have been bulldozed and replaced with skin care advertisements. I'm not looking for a generation of John Wayne's, but I don't want them to spend an unhappy life denying their true natures, leopards trying to change their spots.

What should be simple, even innate, has become stupidly complex to the point where a man my own age finds himself thumbing through the rule book and shaking his head. Which is why, on that afternoon of poetry, it was so nice to be in a place, if only for a little while, where men and women and the wonderful wide world between them was honoured and celebrated and clarified. Vive la difference.

Durham resident Neil Crone, actor-comic-writer, saves some of his best lines for his columns. He is currently starring in the CBC hit sitcom, Little Mosque on the Prairie.

e-mail letters to mjohnston@durhamregion.com / max. 200 words /

please include your full first and last name, place of residence & daytime phone number /

letters that do not appear in print may be published @ newsdurhamregion.com

News Advertiser

SERVING AJAX AND PICKERING SINCE 1965

4th ANNUAL

MARCH BREAK & SUMMER CAMPS SHOW

Saturday, March 1st
10am - 6pm

at the



PICKERING
TOWN CENTRE

MUSIC • RIDING • DRAMA
PLAYING • GYMNASTICS • LEARNING

SPONSORED BY:



MASTER RIM'S
TAE KWON-DO



THE ADVENTURE BEGINS AT...



Serving the communities of Scarborough, Pickering,
Ajax, Whitby, Oshawa and Brooklin

Over 40
years of
camp
experience!

905-428-0042

www.campriverwood.com

NOW ACCEPTING REGISTRATIONS



AWESOME CAMP ACTIVITIES:

Arts & Crafts, Woodworking, Swimming, Pottery, Sports, Tetherball, Ga-Ga Ball, Nature and more! Sports and Arts & Science Camps. Many programs to choose from: Canoe & Kayak, Golf, Tennis, Rocketry, CSI, Creative Arts, Dance, Horseback Riding, Computers, Sailing, Skatepark Adventures, Dragonboat Racing and more!

Daily Busing Included!



News Advertiser **4th ANNUAL**
SERVING AJAX AND PICKERING SINCE 1965

MARCH BREAK & SUMMER CAMPS SHOW

Saturday, March 1st
10am - 6pm

at the

PICKERING TOWN CENTRE


COME TO THE SHOW AND DROP OFF YOUR BALLOT **TO WIN***

2 Families will win a GoldiRocks Live Family Prize Pack. Each prize pack includes 4 tickets to see GoldiRocks Live Starring Judy & David from Treehouse TV at the City Playhouse in Vaughan on Monday March 10th at 1:30, the GoldiRocks CD, a PigMania CD and a Cars, Planes and Choo Choo Trains DVD.

GoldiRocks is a wacky musical spin on Goldilocks and the Three Bears with a full cast of characters, audience interaction and great sing-able songs. (other show times available, see www.judyanddavid.com for more details)


Name: _____
Address: _____
Telephone: _____

*Ballot must be filled out and dropped off at the show, Saturday March 1st, 2008 by 6:00 pm. No late entries will be accepted. Winner will be contacted via telephone on Monday April 2, 2008.




ITS ABOUT POTENTIAL. YOUR CHILD HAS IT. WE CAN UNLOCK IT.

TUTORING THAT WORKS



- ★ Tutorial and Enrichment Programs
- ★ Grades K to University
- ★ Qualified & Experienced Tutors
- ★ Personalized Programs
- ★ Low Student to Tutor Ratio
- ★ Individual Attention
- ★ Unique Learning Environment



FREE EVALUATION

NOW AVAILABLE
Ontario High School Math Credit Courses
In partnership with **Canada eSchool**
MATH • ENGLISH • CHEMISTRY • PHYSICS

CALL NOW: 905-839-6833
1822 Whites Rd., Pickering (Amberlea Shopping Centre)

Academy for Mathematics & Science

Pickering Athletic Centre

You'll flip over us!

We offer gymnastic programs for all ages! 18 months to adults

- Winter, March Break, Summer & PA Day camps
- Recreational & Competitive Classes
- Birthday Parties
- Trampoline
- Power Tumbling
- Parent & Tot
- Always accepting new members

Brand New Facility!


1050 Squires Beach Rd., Pickering
www.pickeringathleticcentre.com • 905-683-7890







MASTER RIM'S TAE KWON-DO



(School of Discipline & Self Defence)



Master Instructor RIM, SONG HACK

- 7th Degree (Dan) Black Belt
- World Champion 1984
- Serving Ajax and Durham for 24 years
- Master Rim is in the TV series "Kung Fu" The Legend Continues



- ✓ Self Defence
- ✓ Discipline
- ✓ Confidence
- ✓ Respect
- ✓ Concentration
- ✓ Fitness

WITH THIS COUPON

ONE WEEK FREE TRIAL LESSON NO OBLIGATION

WITH THIS COUPON

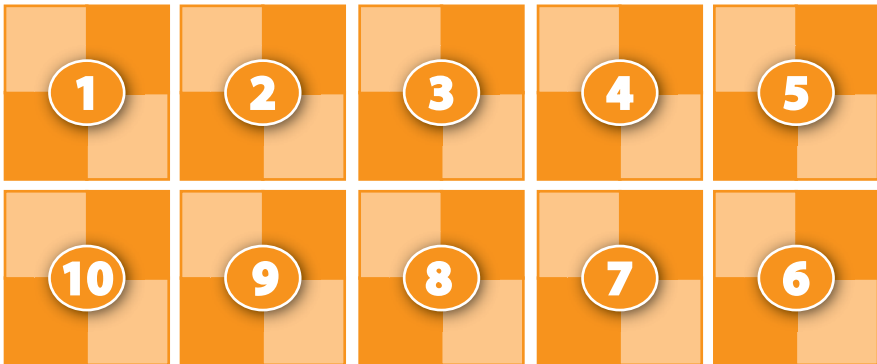
Two Locations To Serve You

Whites Rd.	Kingston Rd.	Ajax	Harwood Ave.
★	★	★	★
Liverpool Rd.	Hwy. 401	Liverpool Rd.	Hwy. 401
1792 Liverpool Rd., 905-831-4747		20 Harwood Ave S., 905-428-1477	Lakeridge Rd.

News Advertiser 4th ANNUAL
SERVING AJAX AND PICKERING SINCE 1965

MARCH BREAK & SUMMER CAMPS SHOW

Saturday, March 1st
10am - 6pm



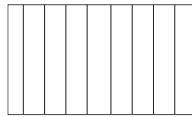
Centre Court



Sears

FLOOR PLAN

Escalators



- | | |
|----------------------------------|------------------------------------|
| 1. Camp Riverwood | 8. Faith Family Church |
| 2. Academy for Math & Science | 9. YMCA Day Camps |
| 3. Pickering Athletic Centre | 10. Rising Sun |
| 4. Puck Hogs Training Centre | 11. Ajax Pickering News Advertiser |
| 5. Master Rims Tae Kwon Do | 12. Great Big Theatre Co. |
| 6. Mosport International Karting | 13. IQ Brainers |
| 7. Sunshine Summer Camp | 14. Shok Models |
| | 15. Pickering School of Ballet |

March Break Camp

March 10th to March 14th

- 3 hours ON-ICE Daily
 - Skating
 - Puck Control
 - Shooting
- OFF-ICE Games & Activities
 - Early Drop-Off Available
 - 8:00 am - 5:00 pm
 - Includes Lunch

April Tryout Camp

Week 1 - March 31st to April 4th • Week 2 - April 7th to April 11th

- 1 hour Intense Training Daily
- See us for details

Summer Camp

- 3 hours ON-ICE Daily
- OFF-ICE Games & Activities
- Includes Lunch
- Early Drop-Off Available
- 8:00 am - 5:00 pm
- 5:1 Player to Instructor Ratio
- Field Trips



www.puckhogs.ca



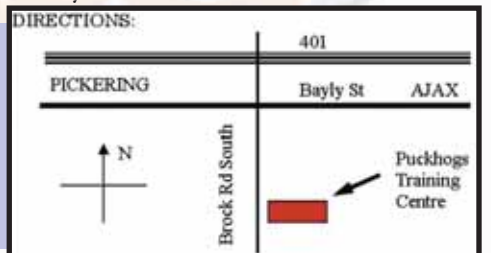
Hockey Training Centre

- Goalie Clinics
- Shooting Clinics
- PA Day Camps
- March Break Camps
- April Tryout Clinics
- Summer Day Camps
- Daily After School Programs
- Private & Semi-Private Lessons
- Hockey Treadmill
- 2 on 2 Hockey Leagues
- Shooting Gallery
- Ringette Leagues
- Figure Skating Spin Classes
- Ice Rink Rentals
- Stick N Puck Programs
- Moms/Dads N Tots
- Learn-To-Skate
- Birthday Parties

Puckhogs Training Centre

813 Brock Rd. South
Unit 3&4, South Side of Complex
Pickering

Phone: 905-250-0730
Email: hockey@puckhogs.ca



Rising Sun Martial Arts

For Men, Women, Children & Seniors

19TH ANNIVERSARY

- TAE KWON-DO
- KICK BOXING
- KARATE
- JIU JITSU

104-B HARWOOD AVE., SOUTH (IN AJAX PLAZA)
 (905) 428-8292

PICKERING REC. COMPLEX
 (905) 428-9026

www.risingsunajax.com

- Confidence
- Discipline
- Concentration
- Co-ordination
- Self-Esteem



READER'S CHOICE AWARD WINNER
 News Advertiser
 2007 Diamond

\$12.00 MINI COURSE

WITH THIS COUPON ONLY LIMITED TIME OFFER CALL FOR DETAILS

- Tae Kwon-Do
- Kick Boxing
- Karate
- Jui-Jitsu

OTHER LOCATIONS: SCARBOROUGH, MISSISSAUGA, OAKVILLE, BURLINGTON

4th ANNUAL

MARCH BREAK & SUMMER CAMPS SHOW

Saturday, March 1st
 10am - 6pm

Hillside Nature Camp

~ Four Weeks of Fun ~
 Monday July 7 - Friday August 1
 9am - 4pm Ages: 7-12 years old

Hillside Nature Camp
 2259 Meadowvale Rd.,
 Scarborough ON M1X 1R2
 Ph: 416.396.6963 Fax: 416.396.3292
<http://toes.tdsb.on.ca/day/hillside> • Brett.wilcox@tel.tdsb.on.ca



at the



PICKERING TOWN CENTRE



News Advertiser
 SERVING AJAX AND PICKERING SINCE 1965

Toronto • Halton • Peel • York • Durham

YMCAs SUMMER CAMPS



Ages 5-16

YMCA DAY CAMPS '08

We're in your neighbourhood.



Y
 YMCA
 We build strong kids, strong families, strong communities.

www.ymca-toronto.org • 416-928-9622 or 1-800-223-8024

model SEARCH ONTARIO TOP TWENTY

Congratulations to SHOK's

Justin S. and Hannah W. (9), Ready Beds; Kassidy H. (12), Rogers; Kayla V. (20), Muchmusic; Jill B. (30+), Nestle; and Ryan P. (15), Playstation.

Due to **INCREASED CLIENT DEMAND, SHOK** has expanded its search for 20 new models. Our models are required to do **print, commercials, music videos and acting**. Our clients include Nike, YTV, Much Music, Sony and West 49.

CALL NOW AND RECEIVE A FREE PROFESSIONAL PHOTO SHOOT. (Limited time offer)

Representing **KIDS, TEENS, ADULTS**
 No Experience Necessary

Call 1-866-925-4295 or email talent@shokmodels.com

"CELEBRATING 10 YEARS IN BUSINESS"

BE THERE

"The Summer Camp Show"

Arrive and Drive Rookie Series

MOSPORT INTERNATIONAL KARTING



2008 REGISTRATION OPEN HOUSE

February 23rd & 24th, 2008 • March 2nd, 8th, 9th, 15th, 16th & 23rd



The Easiest way to get started in Karting. Everything is provided, just show up and drive.

MEMBERSHIP SPECIAL \$99.99

Regular Price \$149.99

Everyone is welcome • Male/Female 8 - 70 yrs. +

905-983-9500

www.mosportinternationalkarting.com

"Discover the Genius within"

FREE YOUR CHILD FROM GADGETS!

28160954




I NEED ONLY MY BRAIN!

Benefits of the programme:

- Explore your children's memory
- Concentration
- Creativity
- Imagination
- Presentation
- Confidence
- Speed and accuracy
- Reduces learning time and callousness, sharpen child senses
- Improve all-round academic proficiency

UCMAS Learning Centre:
UCMAS - Ajax Centre
 43 Station Street
 Ajax, ON L1S 1S2
 Tel. (905) 231-4800



LEARN HOW AT UCMAS



March Mayhem at theyouthcentre.ca

Dish up Dinner



3 Free Cooking Workshops

Practice your skills in the kitchen and learn new ones from professionals! Learn how to make easy, nutritious meal items and then take them home to share with your family.

March 10th, 11th & 12th, 1:30 - 3:30 p.m.
East Shore Community Centre
910 Liverpool Rd. S., Pickering

Spa Spectacular!

Come and pamper yourself, girlfriend!



- homemade spa treatments
- healthy snacks
- de-stress yourself!

Fun and Relaxation!

March 13, 1:00 - 4:00 p.m.
at The Youth Centre.

Join **theyouthcentre** **VOLUNTEER CREW** for a day!

- Earn 3 hours of community service
- Different volunteer jobs available



Help us and help your community!

March 14, 1:00 - 4:00 p.m.
at The Youth Centre

All programs are free and are open to youth ages 13-19 living in Ajax and Pickering
Pre-registration required. To register call The Youth Centre
(905) 428-1212 • 360 Bayly St. W., Unit 5, Ajax • www.theyouthcentre.ca



Summer 2008 Great Big Theatre Company

July & August / One-week sessions / For ages 6 to 14
Mon-Fri 8:30 am-4:30 pm / Performance every week!
38 locations in the GTA and southwest Ontario



Pickering: July 7-11, July 14-18, July 21-25
Oshawa: July 28-Aug 1
Whitby: Aug 11-15, Aug 18-22, Aug 25-29



Information / Registration: **1-866-864-4282** (toll-free)
Web: www.gbtc.com E-mail: onstage@gbtc.com

Register for Summer Camps Birthday Parties Gymnastic Classes

Very convenient location at Brock & 401

March Break Camps

Pickering (905) 839-7669
1755 Plummer St., Unit 8

Whitby (905) 665-1990
105 Industrial Dr. Unit 4&5

www.planetgymnastics.ca

Camp Vision 2008

Camp Vision is a fun and exciting day camp where there is never a dull moment. Our aim at Camp Vision is to develop the spirit, mind and body of our campers through:

- ◆ Stories
- ◆ Interactive games
- ◆ Music
- ◆ Drama
- ◆ Arts & crafts
- ◆ Sports
- ◆ Educational day trips

REGISTER NOW FOR SUMMER AGES 4 - 12

Our team works under the careful supervision of our camp director to provide a safe and fun-filled environment for our day campers.

www.faithfamilychurch.ca
(download registration form)
75 Chambers Dr. Unit 1, Ajax **905-619-1109**

P.S.B. DANCE ACADEMY

Quality Training Since 1989

1989-2008 CELEBRATING IT'S 19TH ANNIVERSARY

Offering recreational and intensive classes for children and adults, RAD & Cecchetti examinations, performing company, competitions and year end recital.

2 YEARS TO ADULT

Classes offered in:
Mom & Tot, Creative Movement, Classical Ballet & Pointe (RAD & Cecchetti methods), Repertoire, Jazz, Tap, Jazz & Tap combination classes, Acro, Hip Hop, Musical Theatre, Lyrical, Modern, Salsa, Stretch & Strength, Teen Beginner Ballet, Adult Beginner and Advanced Ballet, Pilates

Karen Davies Thomas, Director Cecchetti Society Classical Ballet Faculty
L.I.S.T.D. (Cecchetti), A.I.S.T.D. (National), Royal Academy of Dancing Teachers' Certificate, B.F.A. Honours Degree, York University, Graduate of the National Ballet School

Register for summer camp and receive a special discount at the PTC Registration Show - March 1st 10am - 6pm
Registration is also available on site at any of our locations.

91 Rylander Blvd, Unit 9B (Port Union & Kingston Rd) 416-284-6784
2351 Kingston Rd (Midland & Kingston Rd) 416-261-9312

or visit our website for more info • www.psbdanceacademy.ca

A Summer of Fun a lifetime of memories.

Sunshine summer camp

Join our family of fun for a great summer of friends, sports, crafts, field trips, canoeing, caving, beaches, swimming, cooking, music, climbing, picnics and tons more.

FUN CARE for 5-12 years.

Call Maria our Camp Director

to find out how we can help make your child's summer — ONE to remember!
905 706 5491 • SunShineSC.com

Students tell a modern story for Black History Month

Community can see play Feb. 25

By Roland Gilliers
rgilliers@durhamregion.com

DURHAM — The matinee showing of 'The Ties that Bind' had the audience dancing in the aisles. As part of its Black History Month celebrations, the students of J. Clarke Richardson Collegiate are performing the original theatre production 'The Ties That Bind.' The play tells the story of a young black man and his struggle to find his identity.

"It's about seeing if he decides to go down the right path," says Cheryl Rock, the play's producer and a teacher at J. Clarke Richardson.

"Does he become overcome by things that he sees in the world such as images in the media that are presented to him about black boys or whether he says 'OK, well I'm going to defy the odds'?"

'The Ties That Bind' is open to the public on Feb. 25. The show has already been performed for audiences of very enthusiastic elementary school students.

"We want to put something different out there, something positive, and by putting this play on I think we've done that," says Ryan Thompson, an actor in the play.

This production is one of the creations of the Diaspora Collective, the Black history group at J. Clarke Richardson.

"The plays we do are either about things that have happened before or are happening right now and people aren't able to recognize it because they're in the middle of it.

"Once you're here your able to see it, and maybe it's something you want to change," says Kimberley Beckles, an actor/dancer and writer for 'The Ties that Bind.'

There are close to 60 J. Clarke Richardson students who have been working on the production since June of 2007.

"It was something different, something new, something fun to do," says Nickidia Thompson, who acts and dances in the play.

Tickets cost \$10 for adults and just \$7 for children, seniors and students. You can purchase tickets to the Feb. 25 show by contacting Cheryl Rock at Rock_cheryl@durham.edu.on.ca. Doors open at 6:30 p.m.

Pickering thanked by multifaith committee

PICKERING — The City of Pickering received a plaque Monday for attending the World Religion Day celebration held at Devi Mandir last month.

"We were very delighted to have your attendance at that occasion," said Donald Igbokwe, Durham Multifaith World Religion Day Committee chairman, in a presentation to council.

The committee invited people of all faiths to celebrate at the Hindu temple that day. The City of Pickering had proclaimed Jan. 20 as World Religion Day.



Kingsway Arms at Clarington Centre
Independent & Supportive Retirement Living
65 Clarington Blvd.

Durham Region Health Department Presents:

Falls Prevention Education For Seniors

Falls Can Be Prevented!
Join Us To Find Out How

When: March 13th at 2:00 p.m.

Where: Kingsway Arms at Clarington Centre THEATRE

(Behind Canadian Tire)

Complimentary Light Lunch

at 1:00 p.m. **RSVP - 905-697-9992**

(Space is Limited - Call Now to Reserve!)

Presented by: Heather Tucker RN BScN
Public Health Nurse



905-697-9992

www.kingswayarms.com

IT'S ALL ABOUT YOUR CHOICES

Get Local 24/7

mobile.newsdurhamregion.com



THRIFTY MECHANIC SHOP Inc.
BUMPER TO BUMPER
107 POINT INSPECTION
\$39.95
With this coupon only! Exp. April 6, 2008
200 Fuller Road, Unit #20, Ajax
"Access Easier Through Shaw Court" off Westney
905-683-1112

The Country Pedlar Inc.
Gifts & Tea Room
WAITING FOR SPRING?
COME IN & BROWSE...YOU'LL FEEL WARM ALL OVER
Browsers Always Welcome!
905-666-8000
965 Dundas St. W at Jeffrey, Whitby
CLASSIFIED ADVERTISING DROP-OFF **This Week**

DURHAM WINDOWS & DOORS
SALES • SERVICE • INSTALLATION
Complete selection of Vinyl Windows & Doors
VWD Vinyl Window Designs Ltd.
NO TAX FOR FEBRUARY!
(905) 579-2222
1-888-576-8575
Wayne Hutchinson
696 King St. W.
Oshawa, ON

CENTRAL FUNDING GROUP
From 5.7% for 5 years.
1st. & 2nd.
Mortgages to 100% (OAC)
• Best available rates • Arrears P.O.S.
• Private Mortgage Funds • Refinancing Debt
Consolidation a Specialty
For FAST & PROFESSIONAL SERVICE CALL 905-666-4986

Advertising Features

FOCUS ON BUSINESS



Dear Neighbour,
Are you concerned about Honesty?
Perfection? Customer Satisfaction?
Why not give us a try!

I want to earn your business and trust
Given the opportunity, I will give your car my personal experience; honestly and professionally. You will be guaranteed 100% satisfaction and we will warranty all of our work for 90 days or 5,000 km. If you choose to be put on our regular maintenance program, we will call you to set up an appointment for your regular seasonal maintenance.

- We promise you the following:**
1. Only qualified people will work on your car.
 2. We'll never do anything that is not required and APPROVED by you.
 3. Every time we repair your vehicle, we will test it out to make certain it is OK.
 4. We'll follow up a few days later to make sure you are satisfied.
 5. You'll always know how much the repair will cost

- before we do any work. It will be very clear what was done. **WE HAVE NO SECRETS.**
6. If you want to know anything about the work that was done or how it was priced, please feel free to ask. I will gladly explain.
 7. That every repair or service we do on your vehicle, or part we sell, will meet your satisfaction.
 8. That every job is warranted, and that we will live up to the terms of that warranty.

We still believe in providing high quality service and parts at prices that won't break your budget. You have my word on it!

Michel Saikali
Owner/Manager
*Evening Appointments may be arranged

Thrifty Mechanic Shop
(905)683-1112
200 Fuller Road Unit #20, Ajax
Lower level, northwest corner

Advertising Feature

DURHAM
Health
 matters
 mind + body + spirit

EXPO

WIN an overnight stay for two at
 THE Hillcrest
 A VALENOVA INN & SPA

ASK THE PROFESSIONALS PANELS
 DEMONSTRATIONS
 FREE HEALTHY GIFT BAGS AT THE DOOR*
 \$2⁰⁰ ADMISSION FEE TO BE DONATED TO CHARITY



Sunday, March 2, 2008
 10 A.M – 5 P.M • ONE DAY SHOW
 Ajax Convention Centre
 Beside the Hilton Garden Inn (Salem Rd. & 401)

Expo Guide



Traditional & Alternative Health Care + Fitness + Beauty + Healthy Eating + Weight Loss + Yoga + Mental Health + Chiropractic + Audiology

M
 METROLAND DURHAM REGION MEDIA GROUP

News Advertiser
 SERVING AJAX AND PICKERING SINCE 1965

*first 250 guests

DURHAM Health matters

mind + body + spirit

EXPO

Sunday, March 2, 2008
10 A.M – 5 P.M • ONE DAY SHOW
Ajax Convention Centre



Health Matters Expo 08

Now more than ever, people are taking control of their lives. Whether it be through their diet, nutrition or exercise people have begun to pay attention. Health issues such as obesity, heart disease, cancer, stress and addiction affect us every day in one way or another, and take a toll on society as a whole. People are seeking alternative solutions to their particular health needs.

Join Durham Region Media Group for the first-ever Health Matters Expo. This exciting one-day event will bring healthcare and fitness providers together under one roof.

**Ajax Convention Centre
Sunday, March 2, 2008**

Your health matters and what better way to bring like businesses, products and services together. Durham Health Matters Expo will deliver your message across the region and feed the minds, bodies and spirits of all that attend.



Promoting a healthy lifestyle

In 2005 and 2006 The Ajax/Pickering News Advertiser presented **The City of Pickering Recreation Complex** with the Diamond (2005) and Platinum (2006) Award in the Fitness Club category. What's the fuss about? After all, it's just a Community Recreation complex, right?

The City of Pickering Recreation Complex is much more than it appears to be. If you are interested in improving your cardio and strength, the Rec. Complex has three rooms filled with new strength and cardio equipment. We offer a variety of group fitness classes including step classes and Yoga. To promote a healthy lifestyle from an early age, we offer Fit Club, a program for 13 to 17 year olds designed to teach them how use the equipment safely, effectively, and independently. The Family Fit Challenge encourages parents and their children to get healthy together while having fun playing games.

For more information, contact the Recreation Complex at 905-683-6582.



Quantum Biofeedback Tune into your body's frequencies

The EPFX System technology interfaces with the body at biological speeds-the speed of a computer-providing results within minutes.

This system is the most profound energetic biofeedback system currently available and is leading the way to non-invasive, drugless relaxation for stress and pain management.

What is the science behind Quantum Biofeedback?

The accuracy and reliability of the EPFX System is based on decades of research conducted in the field of bio-energetic and bio-response. Science has shown us that the body is indeed electric; therefore electrical reactivity in the body can be calculated via responses to impedance, amperage, voltage, capacitance, inductance for sixteen electrical parameters of the body. This makes the EPFX unique.

What is the EPFX Device?

The EPFX(Electro Physiological Feedback Xrroid) is the state of the art evoked potential biofeedback device for the application of Quantum Biofeedback and addressing the stressors and the resulting stress of today's lifestyle and environment.

In a nutshell Quantum Science and Traditional or Classical Biofeedback merge to create Quantum Biofeedback.

Visit our booth at the Health Matters for a terrific special 20 minutes for \$20 and learn what your body is trying to tell you.

Quantum Hills Energy
905-426-1428
www.quantumhillsenergy.com



**Dr. Pamela Schmitz
Dr. Linda Sujo
Dr. Daniel Rayman**
Associates In Optometry



See Clearly, Check Yearly!

*Drop by and say Hello!
We would be happy to answer any questions you may have.*

736 Dundas Street West, Whitby
905.666.4848 • www.eyesrus.ca



LIVewithSPIRIT

Yoga * Meditation * Pilates

75 Baldwin Street, Brooklin, Ontario L1M 1A3 (905) 620-1151

Contact: Sheree Nicholson at Sheree@livewithspirit.ca

info@livewithspirit.ca

www.livewithspirit.ca



Visit us at Booth 32 for a FREE mini massage and a chance to win a one years membership at our stunning studio located on an acre of beautifully groomed land backing on to a stream.

Factory-Direct Prices!!!



\$2,999 Delivered!!

\$699 Delivered!!

\$599 Delivered!!

\$1,999 Delivered!!

MileageFitness.com

1111 Burns Street E., Whitby, ON 905-217-0518 sales@jkfitnessequipment.com

Allan O'Marra

Transpersonal Psychotherapy

Offering Deep Listening, Psychotherapy, Breathwork Dream Work and Spiritual Counseling from my home office in Ajax. Free consultation session.

905-683-1860 aomarra@sympatico.ca
www.allanomarra.com

Drop by my booth at the Health Matters Expo!

Xocai... The 'Healthy' Chocolate!

Fran began teaching elementary students more than 40 years ago. Upon retirement, she returned to the classroom to study nutrition. Like everyone else, she relied on chocolate for energy, but worried it was fattening. Find out why most chocolate is fattening and sold as candy, while Xocai is non-fattening and sold as a 'health' food! In fact, Xocai provides so many nutritional compounds that the antioxidant rating is right on the label!

Visit Fran's booth or seminar and you'll learn "15 Good Reasons To Eat Chocolate Every Day" and you'll know why Being Healthy Has Never Tasted This Good!

- 70% cold-pressed, unprocessed, non-alkalized cacao
- no artificial colours or flavours
- no additives, preservatives
- no refined sugars; no fillers or waxes
- naturally sweetened with acai berries and blueberries
- caffeine-free; gluten-free; ideal for vegans
- kills oral bacteria; does not promote cavities
- helps balance mood, cholesterol, blood pressure & blood sugar
- benefits the heart, brain, skin, gums, mood, and joints

Call Fran Savage today
416.724.1144
www.fransavage.com
www.thechocolatecd.com



The Bodies Master Antioxidant

Did you know glutathione is the most powerful, prevalent antioxidant in your body? Increasing your glutathione level will naturally increase your energy, detoxify your body and strengthen your immune system.

Research has shown that individuals who have low levels of glutathione are susceptible to chronic illness and that GSH levels decline by 8% to 12% per decade, beginning at the age of 20. Levels of glutathione are further reduced by continual stress upon the immune system such as illness, infection, and environmental toxins.

MaxGXLTM provides the proper nutrients needed to promote the body's own ability to manufacture and absorb glutathione. MaxGXLTM also aids in liver support, thus helping the liver to function as the main production site and storehouse for glutathione.



www.mymaxgxl.com/empowered
Doran and Paula Foeller
905-723-7745

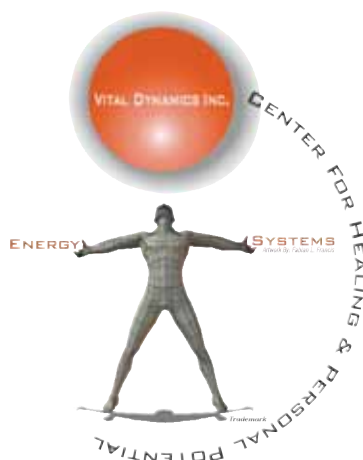


How Is Your "Personal Computer" Running?

The human body is indeed a feat of engineering! Much like a computer, your nervous system when functioning optimally, is able to perform seemingly limitless tasks in an extremely efficient manner. However, not unlike that computer, when your nervous system is not running as smoothly as possible, the body begins to break down, sometimes leading to a crisis or "crash"...injury or illness may follow if not attended to in a timely manner.

At the Center for Healing & Personal Potential, we pay special attention to your nervous system. We utilize a variety of techniques to remove those small glitches and gaps in your nervous system; so that your body can do what it was designed to do...that is, to keep you up and running in a healthy and efficient manner. Such procedures include: Laser Therapy, Craniosacral Therapy, Chiropractic care, Naturopathy, Massage Techniques, Reflexology, and Reiki Therapy. We also offer Meditation classes and workshops, Hypnotherapy and weekly free Forums on a variety of subjects to aid you in your goals to health and vitality.

Center For Healing & Personal Potential
1128 Kingston Road, Pickering, On L1V 1B4
905-420-HEAL (4325)
centreforhealing@bellnet.ca
www.vital-dynamics.com



Integrative Health & Wellness Anne Dranitsaris, Ph.D.

Integrative Health and Wellness is fast becoming the primary approach for an increasing number of people seeking alternative approaches to traditional medical and mental health care, both personally and in the workplace. Taking a person-centered, person-empowered approach to health care and healing, it focuses on wellness, health promotion, and the healing process and encourages the client's involvement in her or his own treatment in order to best support an outcome of enhanced well-being.

Integrative Health and Wellness evolved from the need for an informed, professional, and responsible approach to health care and from an understanding that wellness is best facilitated through unbiased assessment and, as indicated, complementary use of both traditional and non-traditional methods.

The Centre for Mindful Therapies is Durham's leading clinic for Integrative Health and Wellness – offering a wide range of treatments and solutions for personal and organizational dis-stress. They offer conventional, complementary and alternative health care options for addressing mental (mindfulness, meditation, cognitive therapy), emotional (psychotherapy), physical (reiki, aromatherapy, reflexology, Ayurveda therapy, nutritional counseling, yoga), and spiritual (meditation, personal development) issues.

Psychotherapy and the Mindfulness-Based Stress Reduction Program are at the heart of the Centre's offerings. The process of psychotherapy is one of guided self-exploration for transforming the emotional, mental, physical, and interpersonal conditions that inhibit one's healthy functioning and sense of well-being. Mindfulness, paying attention, in the present moment, non-judgmentally – helps clients develop the capacity for responding to their life rather than reacting to it, reducing both emotional and physical stress.

Integrative Health and Wellness services at the Centre for Mindful Therapies include the treatment of anxiety, stress, depression, and relationship issues, as well as eating disorders, substance abuse, grief and bereavement, and the effects of trauma, chronic pain and illness. These services are also available to organizations through a variety of workplace wellness programs, educational and training opportunities.

The Centre for Mindful Therapies is located at 109 Old Kingston Road, Unit 14, Ajax. For more information about the programs, services and therapists at the Centre, visit their website at www.mindfultherapies.com or call 905.428.1404.

Beautiful Body, Great Skin... and Green Living!

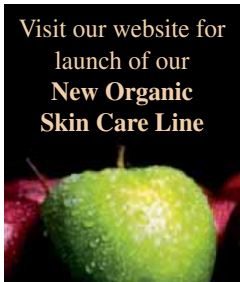
In business since 1988, The Facial Place, Day Spa & Medi Spa offers a full menu of spa services, including: Facials for every skin condition, Manicures, Pedicures, Waxing, Tinting, Body Scrubs, Make-up Application, Registered Massage and more. These, combined with the up-to-date laser procedures such as Hair Removal, Radio Frequency Skin Tightening, Body Contouring, Photo-Facials, Micro, Peels, Botox and Isolaze Acne Laser offers clients selection and convenience (Whitby and Pickering) like no other medspa in Durham. MediSpa The Facial Place is continually recognized with "Awards of Excellence". Their professionalism and genuine commitment to their clientele has made them Durham's most trusted destination for beauty, relaxation and non-surgical procedures.

"We want to continue to give back to our customers and our planet for another 20 years," says Spa Owner, Linda Mastrobuono-Aimers.

The Spa is proud to announce that they will embark on a new mission to Live Green. "By choosing The Facial Place you are also choosing to save the environment. We are very excited to be working with our new partner, Eminence Organic Skin Care." says Linda. "These organic products come from the ground, and is still hand made in small batches." Eminence Organic Skin Care delivers the highest quality natural skin care. Their active products are created using European certified premium quality herbs, fruits, and flower buds, and are proudly free of Parabens, Mineral Oils, Petroleum and Sodium Lauryl Sulphate.



MediSPA
THE FACIAL PLACE
Day Spa & Medi-Spa
www.thefacialplace.com
Whitby 905.668.8128
Pickering 905.831.9700



Visit our website for launch of our New Organic Skin Care Line

Hearing Problems? Take a look inside your ear.

With our Video Otoscope you can see for yourself if earwax is a problem.

The Video Otoscope is a miniaturized camera that displays an exceptionally clear picture of your ear canal on a full-colour monitor. You'll see right away if earwax is a problem.

The Video Otoscope can also help us determine the cause of fitting and other problems with your current hearing aids. Let us demonstrate this state-of-the art technology to you at no charge. Visit our booth at the Health Matters Expo on March 2, 2008 or visit www.audiologyservices.ca.



Bayly Audiology Services
Ajax-Pickering Audiology Clinic



DURHAM Health matters

mind + body + spirit

EXPO



Sunday, March 2, 2008
10 A.M – 5 P.M • ONE DAY SHOW
Ajax Convention Centre

Expo Keynote Speakers



Dr. Joey Shulman

Dr. Joey Shulman is the author of *Winning the Food Fight – Every Parent's Guide to Raising a Healthy, Happy Child* (Wiley, 2003) and the National Best Seller *The Natural Makeover Diet – 4 steps to Inner Health and Outer Beauty* (Wiley, 2006). Her latest release *The Last 15 – A Weight Loss Breakthrough* is available in all stores as of Jan. 08.

As one of Canada's foremost authorities on nutrition and wellness, she is a highly sought after speaker, inspiring and educating large audiences across North America on health and wellness.

No stranger to the media, Dr. Shulman has been called upon to make hundreds of radio and television appearances throughout Canada and the US. From the CBC and Entertainment Tonight Canada to Breakfast Television and Slice Network—she is constantly educating Canadians on the most current health trends and discoveries. She is also a regular contributor to many publications including *Alive Magazine*, *Canadian Living*, *Homemakers* and *Tonic*. In addition, she currently resides on the medical advisory board for *Alive* publications.

As a dynamic and outgoing speaker on health and wellness, Dr. Shulman's client list includes companies such as Nike, Nesbitt Burns, Cadbury, and The National Post. She is currently the vice-president of nutrition for TruStar Health and is a proud spokesperson for Genuine Health supplements. As a new mom dedicated to pediatric healthcare from an early age, she is also head nutritionist of Sweetpea Baby Food – a line of top quality, frozen organic baby food. Dr. Joey Shulman is also proud to be the lead nutritional consultant for Stonemill Bakehouse – a family bakery with over 100 years of experience in making whole grain, high quality bread.

Dr. Shulman's passion and dedication for integrative medicine and high quality research is a key focus in her career. Her approach to health and wellness combines science based nutritional recommendations and applications with a holistic/whole body approach. She currently resides in Toronto with her husband and son.



Jennifer Hough, CPT CNC

GET OUT OF YOUR OWN WAY

Jennifer Hough CPT CNC (Pronounced Huff)

Founder of The Vital You Clinic, Creator of the "Get Out of Your Own Way Course™", Best Selling Co-Author in *Wake Up and Live the Life You Love* and *A Search for Purpose* and author of the *School of Unlimited Life Book* and E-Course, author of *The Ultimate Holistic Cookbook*

Jennifer Hough is a Life Coach, nutritionist, best selling co-author of 2 books and an international speaker for the past 11 years. She truly does 'walk her talk'. She has transformed her own life from years of financial struggles, chronic migraines and fatigue to one of abundance and limitless vitality. Jennifer is an energizing 'human magnet' who has the largest Holistic Nutrition Coaching Practice in Canada. Her clients are those ready to transcend self-sabotage and create joy, ease and flow in life – most have struggled years, and worked hard at life.... only to find the gift of "Getting Out of Your Own Way™" (the course

Jennifer created). She masterfully leads her clients to transcend the underlying programs that keep them stuck, and teaches the tools so they can deliberately create their lives and health. Her gift is to intuit and interpret the most leading edge metaphysical information and make it practical and understandable for lasting, mind-blowing change in your life.

Jennifer is a pioneer in the field of Law of Attraction, health and mind/body medicine. She currently travels the world speaking with those ready to transform their lives, transcend their genetics, and live an unlimited life.

Today, Jennifer lives with her husband Garry and her dog Emerson. Jennifer is also the proud step-mother of Ashleigh...and loving grandmother of Austin-Jack.

For more information on Jennifer: www.thevitalyou.com



WIN

an overnight stay for two at

THE *Hillcrest*
A VALENOVA INN & SPA

Get your ballot at the Health Matters Expo

Map To The Ajax Convention Centre



Health Matters Expo Partners

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

MediSPA
THE FACIAL PLACE

QuantumHillsEnergy.com
Biofeedback to Health

Centre for *Mindful Therapies*

Xoçai™ (show-sigh)
The 'Healthy' Chocolate!

MindFX™

Town of *Ajax*
By the Lake

RECREATION SERVICES

City of *PICKERING*

GO NATURAL
NATURE'S BEST HEALTH FOOD STORE SINCE 1996

max
look • feel • live



Audiology Services

Bayly Audiology Services
Ajax-Pickering Audiology Clinic

Expo Event Timeline

10:00 am: Doors Open

10:10 – 10:25 am: Opening Ceremonies, with yoga and drumming presentation

11:00 am - 11:40 am: Ask the Professional Panel – Main Stage

Live your best life, reduce stress and feel great!

Nancy – Centre for Mindful Therapies

Robin Dines, S.W.C., Owner of The Hillcrest

20 minutes for Q&A

Morning Seminars

1. 10:30 - 11:00

a. Peak Performance - How to Harness your Inner Potential - *The Center for Healing and Personal Potential*

b. Interactive Quantum Energy Bio Feedback Session - *Joan Sheppard from Quantum Hills Energy*

2. 11:15 – 12:00

a. "15 Good Reasons To Eat Chocolate Every Day" - *Fran Savage from Xocai, The Healthy Chocolate*

b. New Spa Technologies for healthier looking skin - *Linda from The Facial Place*

12:00 pm: Keynote Speaker – Main Stage – *Dr. Joey Shulman*

1:30 pm: Keynote Speaker – *Jennifer Hough, CPT, CNC*

3:00 pm – 3:50 pm: Ask the Professional Panel – Main Stage

Your body is talking, are you listening?

Alvin, Center for Healing & Personal Potential

Joan Sheppard, Quantum Hills Energy

Linda Aimers, The Facial Place

20 minutes for Q&A

Afternoon Seminars

3. 3:00 – 3:30

a. Reducing Stress Mindfully - *Nancy Dranitsaris, Centre for Mindful Therapies*

b. "The Bodies Master Antioxidant. The final mystery of long term health and anti aging revealed" - *Ken Dunn, Max International*

4. 3:45 – 4:15

a. Herbal Magic

b. Lasting Changes with Hypnosis - *Tom Eagles from MindFX*

Drop in for a meditation session throughout the day in the "Marathon Meditation" room, upstairs.

10:30: Centre for Mindful Therapies

11:00: Center for Healing and Personal Potential

11:30: Live with Spirit

3:00: Profeet

3:30: Center for Healing and Personal Potential

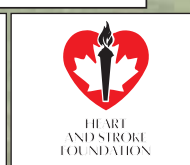
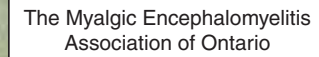
4:00: Live with Spirit

4:30: Centre for Mindful Therapies

FITNESS CLASSES

10:30– 12:00: Get fit - *The Town of Ajax*

3:00 – 5:00: Fitness Classes - *The City of Pickering*
TURBO KICK, Sculpt IT!
Resistance workout, Learn to SALSA



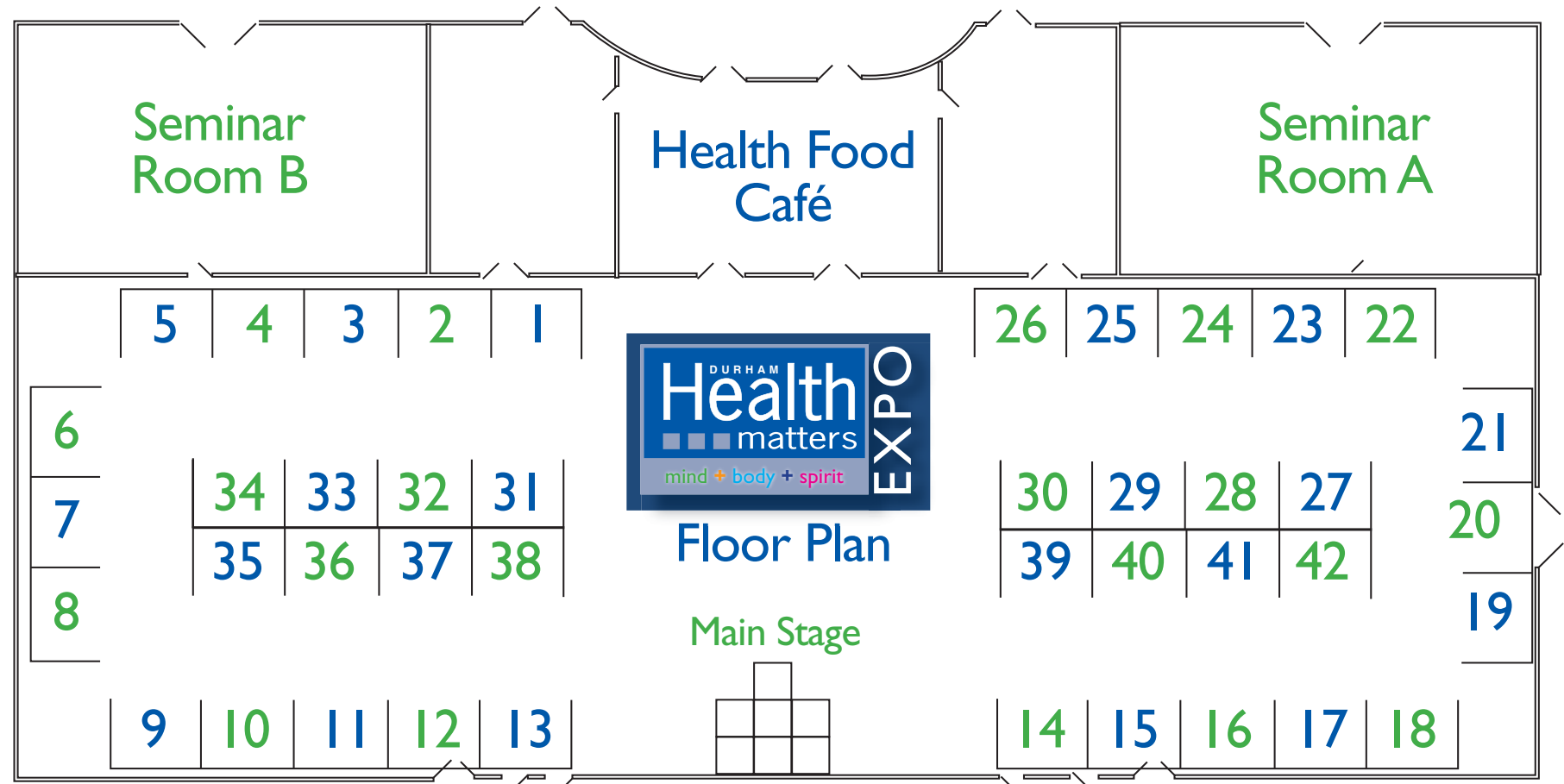
\$2⁰⁰ ADMISSION FEE TO BE DONATED TO THE FOLLOWING CHARITIES

Expo Topics of General Interest

- | | | |
|----------------------|-------------------|-------------------|
| Acupuncture | Body Detox | Hearing Aids |
| Dental | Chiropractic | Home Health Care |
| Naturopathy | Mental Health | Elder Care |
| Health Food | Mens' Health | Diabetes |
| Physicians | Treatment Centres | Cancer |
| Exercise | Psychotherapy | Physiotherapy |
| Healthy Weight Loss | Homeopathy | Psychology |
| Stop Smoking | Menopause | Law of Attraction |
| Addiction Treatment | Pharmacy Needs | Anxiety |
| Nutrition | First Aid | Depression |
| Alternative Medicine | Health Insurance | Massage Therapy |
| Energy Boosters | Alzheimer's | Women's Health |
| Anti Aging | Sports Medicine | Stress Reduction |

Expo List of Exhibitors

- | | | |
|----------------------------------|---|--------------------------------------|
| 1. The Facial Place | 16.b. WellSpring Holistic | 30. Quantum Hills Energy Biofeedback |
| 2. MediSpa at The Facial Place | 17. Optimal Life | 31. The Centre For Mindful Therapies |
| 3. Xocai "the healthy" Chocolate | 18. To Be Announced | 32. Live with Spirit Yoga |
| 4. Curves | 19. To Be Announced | 33. Hear Pickering |
| 5. Body and Mind Wellness | 20. Osteoporosis Canada | 34. Town of Ajax |
| 6. Allan O'Marra | 21. GoodLife Fitness | 35. Institute of Holistic Nutrition |
| 7. Rosi's Health & Fitness | 22. Master Rims | 36. A New Leaf |
| 8. Fresh Touch Medispa | 23. Associates in Optometry | 37. ME Association |
| 9. Bayshore Home Health Care | 24. Canadian Diabetes Association | 38. Vital You |
| 10. Ajax Family Chiropractic | 25. Durham Audiology | 39. Dr. Joey |
| 11. Zehra Mahoon | 26. Center for Healing and Personal Potential | 40. ME Association |
| 12. Herbal Magic | 27. Cardio Core Boot Camp | 41. Anytime Fitness |
| 13. Profeet | 28. JK Fitness | 42. The Youth Centre |
| 14. Max International | 29. City of Pickering | |
| 15. MindFX | | |
| 16. a. Sacred Quest | | |

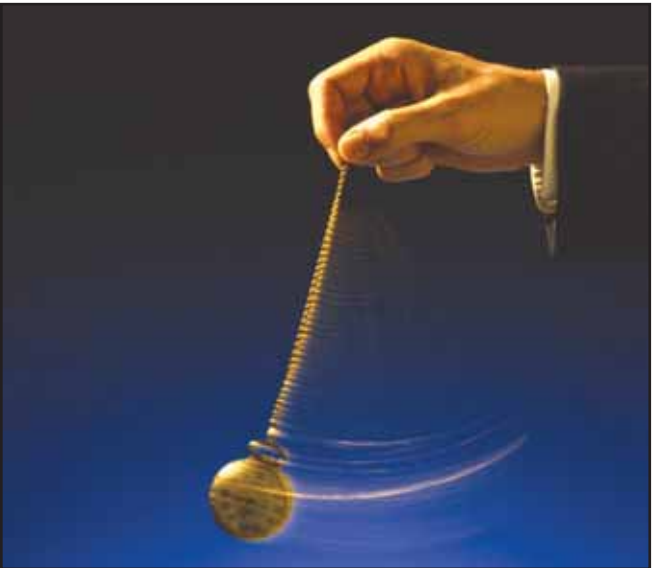


What Makes Hypnosis Work?

Do these sound familiar? You tried to reduce weight. Failed. Tried to stop smoking. Failed. Tried to overcome anxiety. Failed. Everything else failed. Are you ready to succeed now?

You must engage both the conscious and unconscious--the latter accessed using hypnosis. Everything you do is a program: walking, talking, blinking, eating, smoking, getting scared, feeling pain, and so on. You must change certain unconscious programs to get your results. Everything else failed because they didn't respect your unconscious programs. Hypnosis works to change those programs and create new ones! Don't settle for more of the same - diets, patches, pills, or trendy new-age or electronic gimmicks. Insist on hypnosis because it's proven through research: HYPNOSIS WORKS!

Book before March 9th, mention this ad, and you can still get your MindFX program (session or audio) at our Expo rate--save nearly half on what everyone else will pay after the Expo (plus we'll cover your taxes if you pay through PayPal). Go to www.mindfx.ca/Products.html for the Expo rates or leave a message at 888-580-6463.



MindFX™ 888.580.MIND
tom@mindfx.ca
www.mindfx.ca

Your Step to a Healthy Lifestyle Begins Here!

Start your fitness program with a welcoming, fun environment and friendly staff.

The staff at the Ajax Community Centre and the McLean Community Centre are here for you to ensure you have an enjoyable and positive fitness experience.

Each centre features state-of-the-art equipment including: treadmills, elliptical trainers, stairclimbers, rowers as well as a variety of strength-training equipment.

In addition to this, you can take part in a wide range of fitness classes with over 100 classes per week. With classes such as Salsa Babies, Yoga, Pilates, Pre-and Post-Natal Yoga, Tai Chi and Teen Total Training, there is sure to be something that meets your interest.

Both community centres offer additional activities for your pleasure such as squash, boxing (full-size ring available), ice-skating and public swimming.

At both facilities fitness staff are Certified Personal Trainers and Certified Fitness Consultants with vast experience to get you on the best program that meets your needs.

The community centres also enjoy a number of other benefits such as member-only change-rooms, exciting and interactive member incentive programs, member appreciation days, discounts on specialty fitness classes as well as an interchangeable membership for both the Ajax and McLean Community Centres. Both facilities also have on-site child supervision to ensure a convenient and stress-free workout.

Both the Ajax Community Centre and McLean Community Centre have received the SafetyMatters! fitness centre recognition from the Canadian Fitness Safety Standards (www.canadianfitnessmatters.ca). The Community Centres are the first Municipality to receive this accreditation, which demonstrates a commitment to providing exceptional fitness facilities, certified staff and customer service. The Community Centres also received the Reader's Choice Award in 2007 for the Best Fitness Club in Ajax.

For more information on the Town of Ajax Community Centres come by for a visit and speak with us.

The Ajax Community Centre
75 Centennial Rd. • 905-683-3740
The McLean Community Centre
95 Magill Dr. • 905-428-7711.
Visit us online at www.townofajax.com.

\$6
LOSE WEIGHT FOR JUST /WK*

Amanda lost 70 pounds and 85 inches!

Herbal Magic weight loss programs combine one-on-one coaching, grocery store foods, and supplement support. Clients follow programs based on Canada's food guide and learn the importance of making healthy eating choices. Herbal Magic offers a Youth Program, Heart Smart Program and a Diabetic Program.



AJAX I
250 Bayly St.
MACKENZIE AVE & BAYLY ST
905-426-9261

AJAX II
8 Harwood Ave.
HARWOOD & HWY. 2
905-428-1472

PICKERING I
376 Kingston Rd.
KINGSTON RD & ROUGEMOUNT
905-250-9741

PICKERING II
1660 Kingston Rd.
KINGSTON RD & BROCK RD
905-427-0556

WHITBY I
1910 Dundas St. E.
DUNDAS ST. & GARRARD RD
905-436-3780

SCARBOROUGH
875 Milner Ave. Unit 11
MORNINGSIDE AND 401
416-286-5354

Call the location nearest you for your free consultation

Buy 1 Bottle of CLA & Get one for 1/2 price.



Present this coupon at the Health Matters Expo to receive your savings voucher.



Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

We're with you every inch of the way

*Based on the purchase of full program, excludes products and starter kit. This offer is available only at participating centres, and is not valid with any other coupons, specials, or promotions. Expires March 31, 2008. As our clients vary so do their results.

The Myalgic Encephalomyelitis Association of Ontario
www.meao-cfs.on.ca

Chronic Fatigue Syndrome is more than feeling tired

It affects:
• CHILDREN
• YOUTH
• ADULTS

It targets the:
• MUSCLES
• BRAIN
• IMMUNE SYSTEM
• ENDOCRINE SYSTEM

call for more info: (416) 222-8820 1-877-632-6682

Layout courtesy of NELSON LAU, ne1999@yahoo.com

NEW LOCATION!!!

a New Leaf
Clinical Hypnotherapy

• Lose Weight • Quit Smoking • Reduce Stress
• Boost Ego • Fears & Phobias • Teens & Pre-teens

540 Dundas St. East (Just West of Garden St.), Whitby
(289)-404-5323 Email: anewleaf@live.ca

by Matt Bloom, B.A., C.H.

SIGN UP BY MARCH 15 AND \$AVE!!!

Instant Lifting Facial

A face lift you can afford ...
LIVE DEMONSTRATION
at the **Health Matters Expo**

FRESHTOUCH mediSpa 905-619-8822
www.bodyartbeautyspa.com

After Before

hear Centre for Advanced Hearing Care
pickering

SERVICES INCLUDE:

- Hearing Aid Sales Service & Repairs
- Hearing Tests
- Hearing Protection
- Hearing Aid Evaluations and Prescriptions
- Custom Earphones & Headsets
- Musicians Monitors
- Assisted Listening Devices

ALL SERVICES PROVIDED BY REGISTERED AUDIOLOGISTS

905-420-1616 1848 LIVERPOOL RD., PICKERING
(LIVERPOOL AND KINGSTON RD, IN THE NATIONAL BANK PLAZA)

Ross Harwell holds a Master of Science degree in Audiology and possesses more than 10 years of experience as an audiologist in clinical practice and as a consultant in the hearing aid industry.

John McIntyre received his Master of Science degree in Audiology from Washington University. He has special expertise in the area of new hearing aid technology which makes him uniquely qualified to fit today's advanced hearing aids.

DURHAM Health matters
mind + body + spirit

EXPO

Sunday, March 2, 2008
10 A.M – 5 P.M • ONE DAY SHOW
Ajax Convention Centre

WellSpring Holistics

1550 Kingston Rd #4
Suite 1320
Pickering, Ontario
L1V 6W9

647.722.9355

EXP O



Osteoporosis Canada
Ostéoporose Canada

Osteoporosis is a debilitating condition, in which bones become less dense and break more easily, that is both preventable and treatable. Currently, it is the single most important cause of fractures among both men and women over age 50 and is a highly prevalent and costly condition.

Visit Julian Rawlins, Durham Area Manager of the Ontario Osteoporosis Strategy on Sunday March 2nd 2008 at the Durham Health Matters Expo, or email him at jrawlins@osteoporosis.ca to learn a multidisciplinary approach on preventing and managing osteoporosis and improving bone health.

It's my life

the youth centre .ca

Ontario's Community Health Centres

Earn a Diploma in Applied Holistic Nutrition

- Achieve the accreditation of a Certified Nutritional Practitioner (C.N.P.)
- Qualify for the professional designation of Registered Nutritional Consultant (R.N.C.P.)
- Professional Co-Op Placement
- Full & Part-time programs

Train for a Career as a Certified Nutritional Practitioner!

The Institute of Holistic Nutrition
 THE INDUSTRY LEADER IN TRAINING NUTRITION PROFESSIONALS

Campuses in Toronto & Mississauga

Next Semester Begins September 2008
(416) 386-0940
www.instituteofholisticnutrition.com

Curves works for you and your community.

Join now **\$30***

Join Curves during our 10th Annual Food Drive. Bring in a bag of non-perishable food items between March 3rd and March 15th, and join Curves for just \$30. All groceries will be donated to local food banks.

Curves
 YOUR CURVES WILL AMAZE YOU.™

Over 10,000 locations worldwide.

905-231-1068 475 Westney Rd. N., Ajax (Dominion Plaza)	905-426-4136 570 Westney Rd. S., Unit 12, Ajax (Giant Tiger Plaza)
905-509-5578 300 Kingston Rd., Pickering (Gates Plaza at Altona)	905-421-9550 1050 Brock Rd., Pickering (401 & Bayly)

curves.com

*Donation required. Offer based on first visit enrollment, minimum 12 mo. c.d. program. New members only. \$30 applies to initial service fee. Service fee paid at time of enrollment. Not valid with any other offer. Valid only at participating locations. ©2008 Curves International, Inc.

New Saunas "Melt Off" the Fat

For some people dieting just doesn't work, but an Ontario company is now helping with a new twist on an old technology. It's a comfortable low-heat sauna that you can place in any room of your home.

"My patient lost 12 pounds in three weeks. I had predicted it wouldn't work, but once she started to detoxify it became very easy," reports Dr. Julie Wyatt ND, of the Markham Village Naturopathic Center.

The doctors treating obesity and its related symptoms have discovered that the toxic load of chemicals and heavy metals we accumulate over a lifetime are actually a primary cause of weight gain and weight retention.

"Our clients have been using it for years to detoxify," says Pat Kuebler of the Profeet Healing Centre in Ajax. "We've also seen phenomenal results with skin quality, pain relief and weight-loss. And of course it's the number one way to prevent cancer because it removes so many toxins from the body," she adds.

SaunaRay Inc., the Ontario company that built Profeet's sauna, has developed the technology by working with medical doctors and conducting front-line medical research.

"These are different than what you see in big-

box stores," says Kuebler. "SaunaRay guarantees no chemicals, no pesticides, no lacquers, nothing from China that can heat up and vapourize inside. This unit is so safe it's actually considered medical-grade."

The Canadian College of Naturopathic Medicine in Toronto uses SaunaRay units to train graduating naturopaths in sauna detoxification therapy.

These saunas are a revolution in heat therapy because they plug into regular outlets and require no drains or vents. They are much more tolerable than traditional hot saunas. They're kept just warm enough - around body temperature. The natural ceramic heat causes profuse sweating and detoxification.

"In the first 3 months of using my SaunaRay unit I lost 15 pounds," says Health Practitioner Patricia McAllister-Smith of Newmarket.

"I tell people I 'melted' it off because you sweat so much it actually burns calories" (The Journal of the American Medical Association reports 600 calories burned in 30 minutes of continuous sweating).

To know whether your weight might be related to chemical exposure, some questions you can ask yourself are whether you've moved into a new home, or recently renovated. Have you lived in a home with new carpets or kitchen cabinets? Do you normally drive new cars? Detoxifying may not make everyone lose weight, but it will improve the function of every organ of your body.

Profeet will showcase its SaunaRay unit March 2nd at the Health Matters Expo.



Participant has his blood tested in SaunaRay detoxification Study

The Smartest Thing a Woman can do for her Health.

**Weight Loss • Skin Cleanse • Pain Relief
 Breast Health • Cancer Prevention**

SaunaRay™ comfortable low-heat saunas have Medically Proven Results.

Visit our booth at the **Health Matters Expo**

\$500 in discounts and upgrades with this ad!

100% Handcrafted in Canada.

SaunaRay™
 Far Infrared Saunas

1-877-992-1100
www.saunaray.com



Health & wellness



ADVERTISING FEATURE

ASK THE PODIATRIST

Morning pain can spoil your entire day

BY RONALD J. KLEIN B.SC., D.P.M. • PODIATRIST-FOOT SPECIALIST

I began feeling pain in my heel and arch approximately one year ago, and it has been progressively getting worse. The pain is most intense when I first get out of bed or when I begin standing. It almost feels like a bruise where the heel and arch meet. What might this be and how can I treat it?

It sounds as if you are describing a condition known as plantar fasciitis, an inflammation of the plantar fascia, a thick fibrous connective tissue running from the heel to the toes. It is responsible for maintaining the arch.

The pain is worse when first arising in the morning or at the beginning of an activity. It will then lessen after a few minutes of weight bearing but will also worsen as the day goes on. Plantar fasciitis occurs as a result of excessive pronation and a flattening of the arch. This causes the foot to lengthen, leading this inflexible fascia to pull away from the heel bone. The end fibers will develop some micro tears, swelling and inflammation.

Some of the predisposing factors leading to plantar fasciitis are:

- 1) flattening of the arch (lengthening of the foot)
- 2) increased pronation
- 3) high arched rigid feet
- 4) inappropriate shoes
- 5) hill or inclined treadmill running
- 6) soft terrain running (beach)
- 7) increased weight and/or age
- 8) pregnancy

Treatment involves ice and rest. Exercises that

address the arch and achilles tendon will be beneficial, as might oral anti-inflammatory pills or physiotherapy. Women may find that wearing a shoe with a heel height of approximately 1 1/2 inches will help. All of these should lessen the symptoms but they do not address the cause.

The best treatment is prescribing custom made orthotics. They will control the foot mechanics and minimize pronation while supporting the arch. These supports will decrease the pull of the fascia at the heel thereby lessening the inflammation. Orthotics should always be made from a non weight bearing plaster cast.

Resolution of the pain can take from several weeks to 4-6 months, depending on how long you have had the problem. As with most problems, it is important to address the symptoms as soon as they appear. The longer you have the pain, the longer it takes to resolve the problem.

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

Avoid bringing germs home from school

The bell rings. School is over for the day. Home come: coats, backpacks, textbooks, homework assignments, and lots of germs.

"Children don't always practise good hygiene habits," says Shannon Coombs, President of the Canadian Consumer Specialty Products Association (CCSPA). "They constantly touch their eyes, noses and mouths, forget to cover their mouths when they cough or sneeze, and they may not have the mindset or the opportunity to wash their hands frequently."

CCSPA offers the following tips to help guard your family against germs:

- Keep your children at home when they are ill. The "Perfect Attendance Award" shouldn't be earned at the expense of anyone's health.
- Teach your children to wash their hands with soap and

warm water for at least 15 seconds, especially before eating lunch, after using the bathroom and after coming home from school.

- Remind your children to cover their noses and mouths with their sleeves instead of their hands when coughing or sneezing.

- Be sure your children's flu vaccinations are up-to-date.

- Tuck small packs of tissues into backpacks, with an extra one for your children to store in their lockers or desks. Teach your children to deposit used tissues in the wastebasket.

- Pack hand wipes or a hand sanitizer in lunchboxes and book bags.

For more information about cleaning and health, or the CCSPA's 15-second handwashing challenge, check out the CCSPA's website at www.healthy-cleaning101.org.

TO ADVERTISE IN HEALTH CALL
SUSAN FLEMING AT 905-683-5110

IS YOUR SKIN FEELING THE EFFECTS OF WINTER?

68 degree nails

- Facials
- Threading
- Piercing
- Nails
- Eyebrow & Eyelash Tinting
- Eyelash Extensions
- Ear Candling
- Waxing
- Manicures
- Pedicures

Manicures \$15
Pedicures \$25
With coupon only!

68 Degree Nails
905-683-7546
68 Harwood Ave, Ajax

OPEN 6 DAYS A WEEK - WALK-INS WELCOME!

"Let Our Family Take Care Of Your Family."

FUJIKI DENTAL

"Providing a full range of family and cosmetic services in a caring, friendly environment"

Emergencies handled promptly
New patients welcome
A family team committed to excellence!

Dr. Robert Fujiki
Dr. Mark Fujiki
Dr. Suzanne Fujiki

(905) 683-8400
676 Monarch Ave., #9 Ajax, Ontario

EVENING APPOINTMENTS ARE NOW AVAILABLE.

IF

- TIME
- QUALITY
- GENTLE DENTAL CARE

ARE IMPORTANT TO YOU

We are available to serve you

Emergencies and New Patients Welcome

DR. JOE MISKIN

3 Harwood Ave. S., Ajax, (South of Hwy. #2) Beside Tim Hortons

905 686-4343

READERS' CHOICE AWARD WINNER
News Advertiser
2007 Diamond



Health & Wellness

ADVERTISING FEATURE

Enhance Your Life Through Forgiveness



teasing because of size, intelligence, being poor, having a disability, religious beliefs, and so on.

Why is it important to forgive? Well, we all want peace, joy, hope, and a future that is whatever we want it to be. If we're carrying pain from our hurts, it's going to be difficult to reach any of those goals. Also, not forgiving can create new and often debilitating problems such as physical ailments and illnesses, addictions and compulsive behaviours, relationship problems, job burnout, negativity, child abuse, domestic violence, ineffective parenting, lethargy, depression, and suicide. The grudges, resentments, and self-defeating habits that happen from not forgiving or making peace with the hurts from our past are barriers to a healthy and satisfying life.

Important hurts will not go away by themselves and until you heal them, they will go on influencing the quality of your life. Forgiveness is a process that must be worked through. It involves a number of stages, such as denial, self-blame, victim, indignation, survivor, integration. Forgiveness means making a concerted, ongoing effort to examine and heal your wounds so that you can let go of the pain and move on for your sake! You do it for your own health, your own happiness, and your own emotional well-being. It is not something you do for someone else.

Inner peace is achieved by healing and chang-

ing yourself, not the people who hurt you. Changing yourself, for yourself, for the joy, serenity, peace of mind, understanding, compassion, laughter and bright future that you get. The road to forgiveness can be long, but the destination makes all the hard work well worth the effort.

Written by Phebe-Jane Poole, Ph.D. who is a Psychotherapist, Certified Hypnotherapist and Life Coach. As founder of the Isle of Avalon Wellness Centre, Phebe provides a safe and secure environment where people can enhance their lives. Working with individuals, couples, and groups, Phebe helps people find a sense of overall balance and peace, make positive life changes, reduce everyday stress, become more self-aware, and have a renewed energy for life.

We've all been hurt at one time or another. It could have been when we were children by our parents, our grandparents, siblings, friends, boy/girl friend, or teachers or as we grew older by our spouses, lovers, children, step children, co-workers, or strangers. The type of hurts we may have experienced is extensive -- abuse (sexual, emotional), living with an alcoholic parent, relationship breakdown, disappointment, humiliation, rejection, abandonment, betrayal, deception, ridicule/

James Grundy
T.P.I Certified Golf Fitness Instructor
C.H.E.K. Golf Biomechanic Professional

619 Kingston Road W
Ajax, ON L1S 6L8
www.optimumbodies.com

Phone: 905-231-2234
james@optimumbodies.com

GIFT CERTIFICATES AVAILABLE!

Durham's Golf Fitness Specialist

Get Off On The Right Foot!
831-FEET(3338)

Ronald J. Klein, D.P.M (Podiatrist)

- Custom Foot Orthotics
- Full Veteran's Coverage
- Sport Medicine
- Diabetic Feet, Corns & Calluses
- Children's Feet

1885 Glenanna Road, Suite 210
Pickering, Ontario L1V 6R6

Hub Mall	Kingston Rd.
<input type="checkbox"/>	<input checked="" type="checkbox"/>
Glenanna Rd.	

Community Care Durham
• Ajax - Pickering •
Supporting People, Strengthening Community

- Meals on Wheels
- Luncheon Out
- Transportation
- Home Help & Home Maintenance
- In-Home Respite (Caregiver Relief)
- COPE Mental Health - Individual & Group Support
- Friendly Visiting
- Telephone Reassurance
- Respite Adult Day Program
- Information and Referral

For information on our services or to volunteer, please call:

Ajax-Pickering:
905-837-0017 or 1-888-255-6680

Volunteer and Become an Everyday Hero
www.communitycaredurham.on.ca

Best Home Health Services A United Way Member Agency

We want to see you smile....

Depression, Anxiety, Social Phobia, Panic Attacks are real, serious and treatable conditions.

Cognitive Behaviour Therapy (CBT) is a short-term, goal-oriented, evidence-based alternative to medication.

In fact, study after study has shown CBT to be as effective as pills for the treatment of depression and more effective than pills for the treatment of anxiety.

Regain control of your life. We can help.

Bilingual services now available

Centre For Cognitive Behaviour Therapy, in Ajax
Dr. David Direnfeld, Psychologist
905.427.2007

Call or email info@ccbt.ca for more information or to book an appointment

Enhance Your Life
by healing your body, mind, and spirit

Phebe-Jane Poole, Ph.D.
Psychotherapist and Hypnotherapist

Psychotherapy Hypnotherapy Spiritual Direction Coaching
Individuals Couples Groups

905-619-2131 phebe@isleofavalon.ca isleofavalon.ca
The Isle of Avalon, 582 Kingston Rd W. Ajax, Ontario L1T 3A2

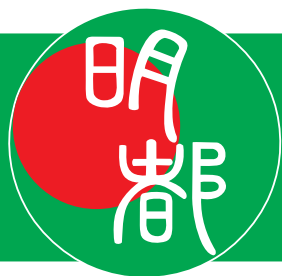
Your denturist can help!

FREE CONSULTATIONS

- Complete and Partial Dentures
- Removable Dentures on Implants
- Same Day Relines
- Repairs while you wait
- Custom mouthguard
- Evening and Saturday appointments
- No G.S.T. & No P.S.T. • All Insurance Plans Accepted

Pickering Denture Clinic
Andre Maragh, DD (Denturist)
1792 Liverpool Rd.
Pickering 905-420-2652

VISA MasterCard 2007 Award Winner



MING-DU

L.L.B.O.

ALL YOU CAN EAT BUFFET

Roast Beef & Sushi Every Night • Chinese Canadian & other Oriental Cuisine

Some of MING-DU Buffets **FEATURE ITEMS** include:

BBQ Ribs, Grilled Seasonal Fish, Calamari, Mussels, Sushi, Seasonal Veggies,
Fresh daily salads (Crab legs and Prime Ribs - Weekends only)

MING-DU CHINESE FOOD TAKE-OUT MENU

Ming Du Take-out Menu 905-619-2000

SOUP

Wonton Soup with B.B.Q. Pork.....	2.95
Chicken Noodle Soup.....	2.50
Egg Drop & Mushroom Soup.....	2.50
Hot & Sour Soup (().....	3.25

APPETIZERS

Veggie Spring Roll.....	1.00
Seafood Spring Roll.....	1.50
Egg Roll.....	1.00
Barbecued Pork.....	7.95
Barbecued Pork Spare Ribs.....	8.50
Deep Fried Chicken Wings.....	7.50
Sweet & Sour Wonton.....	4.50
French Fries.....	2.75
Onion Rings.....	4.25
Chicken Dumplings (8).....	4.95

CHOW MEIN/CHOP SUEY

(Traditional Chinese Canadian dishes, bean sprouts instead of noodles, Stir Fried Bean Sprout with Mushroom, Onion, Celery.)

Plain Chow Mein.....	4.50
Veggie Chow Mein.....	5.50
Chicken Chow Mein.....	6.25
Beef Chow Mein.....	6.25
Pork Chow Mein.....	6.25
Shrimp Chow Mein.....	10.50

FRIED RICE

Plain Fried Rice.....	4.50
Chicken Fried Rice.....	5.50
Beef Fried Rice.....	5.50
Pork Fried Rice.....	5.50
Shrimp Fried Rice.....	7.25
Special Fried Rice.....	7.50
Young Chow Fried Rice.....	7.95
Veggie Fried Rice.....	5.50
Steam Rice.....	1.50

NOODLES

Shanghai Noodles.....	8.75
<i>Sauteed with shrimp & BBQ pork</i>	
Szechuan Noodles with chicken (().....	8.50
Szechuan Noodles with Beef (().....	8.50
Stir Fried Egg Noodles.....	5.95
Cantonese Chow Mein or Lo Mein.....	10.95
<i>Chicken, Pork, Shrimp & Veggie over Egg Noodles</i>	
Beef Lo Mein (Soft Egg Noodles).....	7.50
Chicken Lo Mein (Soft Egg Noodles).....	7.50
Shrimp Lo Mein (Soft Egg Noodles).....	10.95
Veggie Lo Mein (Soft Egg Noodles).....	6.50
Singapore Noodles (().....	8.50
<i>Vermicelli rice Noodles with Shrimp & BBQ Pork</i>	
Beef with Flat Rice Noodles (Ho Fan) in Black Bean Sauce.....	8.50
Work Fried Flate Rice Noodles (Ho Fan) with Beef.....	8.50

PORK & SPARERIBS

Barbecued Spareribs.....	8.95
Honey Garlic Spareribs.....	8.95
Sweet & Sour Spareribs.....	6.50
Peking Style Pork.....	8.25
<i>Fried Pork Sauteed with Peking Sauce</i>	
Pineapple Sweet & Sour Pork.....	7.95
Ma Po Tofu (().....	7.25
<i>Soft Tofu & Minced Pork in Spicy garlic sauce</i>	
Pork with Almonds & Diced Vegetables.....	7.50
Peking Style Pork Chops.....	9.95

Our Food is freshly prepared and individually cooked to your order



P.S.T & G.S.T. not included

BEEF

Beef with Almonds & Diced Vegetables....	7.50
Beef with Broccoli.....	8.25
Beef with Mushrooms.....	8.25
Beef with Green Pepper.....	8.25
Beef with Mixed Veggie.....	8.50
Beef in Black Bean Sauce.....	8.95
Pepper Beef (().....	9.25
<i>Beef with Green Pepper & Onions in Black Pepper Sauce</i>	
Ginger Fried Shredded Beef (().....	9.95
Garlic & Pepper Beef (().....	9.50
<i>Stir Fried with Sliced Carrot & Onion</i>	
Yellow Curry Beef (().....	8.50
Teriyaki Beef.....	8.95
Szechuan Beef (().....	8.95

CHEF SPECIALTIES

Tai Dop Voy.....	9.50
<i>Sliced Chicken, Pork & Shrimp with Veggie</i>	
Seafood Tai Dop Voy.....	12.95
<i>A combination of shrimp, Scallops & Imitated Crab meat with Veggie</i>	
Chicken & Beef with mixed veggie.....	9.95
Shrimp & Chicken with mixed Veggie....	12.95
Yu Hsiang Egg Plant (().....	8.25
<i>Stir Fried Minced Pork & Veggie with a Spicy Aromatic Sauce</i>	
Duck A L'orange.....	13.95
<i>Boneless Duck topped with a Special Tasteful Gravy then placed upon veggie</i>	

VEGETABLE DELIGHTS

Plain Almonds & Diced Vegetables.....	5.25
Pan Fried Broccoli.....	5.25
Pan Fried Mushroom.....	5.25
Pan Fried Mixed Chinese Vegetables.....	6.25
Bean Curd Home Style (().....	7.25
<i>(Tofu with Mix Veg.)</i>	
Sweet & Sour Eggplant.....	7.25
Four Kinds Veggie in Black Bean Sauce....	7.95
Mixed Vegetables w/3 kinds of mushroom	7.95

All prices subject to change without notice

CHICKEN

Sweet & Sour Chicken Balls.....	8.25
Lemon Chicken Soo Gai.....	8.95
<i>Deep Fried Breaded Chicken with Lemon Sauce</i>	
Almond Soo Gai.....	8.95
<i>Deep Fried Breaded chicken with Crushed almonds and gravy on side</i>	
Chicken w/ Almonds & Diced Vegetables	7.50
Chicken with Broccoli.....	8.95
Chicken with Mixed Veggie.....	8.95
Moo Goo Gai Pan.....	8.95
<i>Chicken with mushroom & Broccoli</i>	
Orange Flavoured Chicken (().....	9.25
<i>w/ sliced Green Pepper, Carrots & Chillies</i>	
General Tao Chicken (().....	9.25
<i>w/ sliced Green Pepper, Onion & a variety of Flavours Sauce</i>	
Kung Pao Chicken (().....	8.50
<i>Chicken with Diced Veggie & Chillies</i>	
Szechuan Chicken (().....	8.95
Yellow Curry Chicken (().....	8.50
Honey Chicken Wings.....	7.95
Teriyaki Chicken.....	9.25
Chili Chicken (().....	9.95

SEAFOOD

Breaded Jumbo Shrimps.....	10.50
Shrimp with Almonds & Diced Vegetables	9.95
Shrimp with Mixed Vegetables.....	10.50
Shrimp with Mushroom.....	10.50
Shrimp with Broccoli.....	10.50
Shrimp with Lobster Sauce.....	10.50
<i>Shrimp with Minced Pork in Black Bean Sauce (no Lobster)</i>	
Sesame Prawns.....	10.50
Scallops with Broccoli.....	14.95
Scallops & Shrimp with Mixed Veggie....	16.95
Salt and Pepper Squid (().....	9.95
New Zealand Kiwi Mussels in Black Bean Sauce.....	9.75
Yellow Curry shrimp (().....	10.95
Chili Shrimp (().....	12.95
Szechuan Shrimp (().....	12.95

Let us know in advance, we may alter the degree of spice or ingredient according to your tastes

Mild (() Hot (() Extra Hot available on request (()

25%* off LUNCH OR DINNER BUFFET

Enjoy 25% off the regular price Buffet for up to 4 people

Valid 7 Days a Week, Dine-in Only

May not be combined with other offers/discounts. See store for details. *Expires March 31, 2008.



\$20.95* MEAL FOR 4

for pick-up only

4 egg rolls, chicken chow mein, sweet & sour chicken balls, chicken vegetables & almonds, Chicken fried rice, fortune cookies

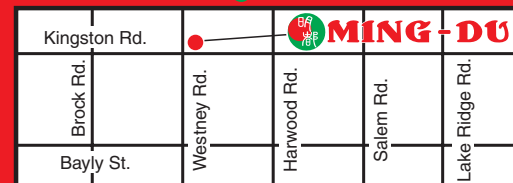
May not be combined with other offers/discounts. See store for details. *Expires March 31, 2008.



BUFFET HOURS

Lunch	Adult	Child(5-12yrs)	Dinner	Adult	Child (5-12yrs)
Mon to Fri: 11:30am - 3:00pm	\$7.95	\$5.50	Mon to Thur: 5:00pm - 9:30pm	\$12.95	\$6.95
Brunch			Fri & Sat: 4:30pm - 10:00pm	\$15.95	\$7.95
Sat & Sun: 12:00pm - 3:30pm	\$9.95	\$5.95	Sun & Holidays: 4:30pm - 9:00pm	\$15.95	\$7.95

(Prices subject to change without notice)



15 Westney Rd. N. (Westney Heights Plaza)

905-619-2000

website: www.ming-dubuffet.com

SPORTS

◆ E-mail game scores to Al Rivett, arivett@durhamregion.com ◆ Get local 24/7 newsdurhamregion.com



AJ Groen/ News Advertiser photo

Ajajian a 'Star' at St. Lawrence U.

Roach notches three goals in two games

AJAX — An Ajax resident and a former member of the Durham Junior Lightning intermediate 'AA' women's hockey team had a big weekend offensively for the St. Lawrence College Saints (Canton, New York).



Kirsten Roach, a freshman forward, was named as the university's 'Star of the Week' as she played a pivotal role in helping the Saints record victories over Brown and Yale.

Kirsten Roach

Last Friday, in her first multi-goal game of the season, Roach scored twice in St. Lawrence's 5-3 victory over Yale.

And, against Brown on Saturday, she scored a goal to give her the most productive weekend of the season.

A few weeks ago, Roach was moved from defence to forward and, so far, she's thrived with that move.

Can't get loose

PICKERING — Whitby Wildcats' Jeremy Briggs, left, and Pickering Panthers' Cory Wells go after a loose puck during OMHA minor bantam 'AA' quarter-final playoff action at the Iroquois Park Sports Centre on Wednesday night. Entering the game, the best-of-five series was tied at one game apiece.

Howard rink gets ready for Briar

By Jim Easson
Special to the News Advertiser

AJAX — Twenty of the top men's and women's curling teams in the country will compete for the 2008 Strauss Canada Cup at the Interior Savings Centre in Kamloops B.C. from Feb. 27 to March 2.

Reigning world curling champions and current Ontario champion Glenn Howard rink, with Pickering resident Richard Hart at vice, Brent Laing at second, and Craig Savill



Richard Hart

as lead, will get lots of competition. The Strauss Canada Cup offers a \$150,000 total purse for men and women (with \$25,000 to each winner). Further, the winners will also be part of Team North America (vs. Team World) at the 2008 Continental Cup in Camrose, Alberta, in December, advance to the pool of teams eligible for the 2009

Tim Hortons Canadian Curling Trials, and earn automatic berths into the 2009 Strauss Canada Cup.

Bob Turcotte of Ajax curled in yet another OCA event, the 2008 Tim Hortons Masters Ontario Championship, at the Sun Parlour Curling Club that ended Feb. 16.

It ended with the round-robin results only and Turcotte ended up with a 5-3 record tied for second. He was curling out of the Scarborough Golf and Country Club with Roy Weigand, Don Moseley-Williams and Wayne Lowe.

The foursome had won their zone and regional playdowns to advance to the Provincial.

Blair Metrakos of Annandale won the 'A' side of the 12-team Colts Zone at the Port Perry Community Curling Club from Feb. 9 to 11. That advanced the team to the regionals played at the Oshawa Curling Club on the weekend, but they were sidelined there with a 2-2 record. He had Chris Van Huyse at vice, Andrew Klein as second and Phil Hemming at lead.

durham recruitment
Career Training • Skilled-Technical • Careers

- Career Training
- Skilled Technical
- Careers



DIAMOND INSTITUTE
of Business and Computer Technology
(905) 427-1922 diamondinstitute.ca



CENTRAL FUNDING GROUP LTD



ITS
INTERNATIONAL TRAINING SERVICES INC.



HOWARD MARTIN COMPANY LTD



Fisher Scientific



Investors Group



SAMCO Sport



Manheim



Oshawa



ISUZU TRUCK CANADA



DENTAL ADMINISTRATIVE SOLUTIONS

Please See Pages 25 & 26 for this Feature

Durham Region's Premier Banquet Facility Invites You To Attend Our...

Bridal

OPEN HOUSE AT
THE ROYAL ASHBURN GOLF CLUB

• Getting Married • Planning A Wedding
Sunday March 2nd 12:00 Noon To 4:00 p.m.

View our banquet facility, outdoor gardens and Bridal Ceremony locations. Meet on a personal basis with some of Durham's finest wedding service providers to help you plan your special day.

❖ Valerie Morgan ~ Harpist	❖ I Do Wedding Celebrations
❖ Sight & Sound DJ Service	❖ Rides For Brides
❖ Lasting Expressions Floral Design	❖ Sweets Galore
❖ Sugar Chalet Cakes	❖ Rev. Gordon Kushner
❖ Chair Wraps	❖ Moores Clothing for Men
❖ Water Street Photography	❖ The Perfect Tier
❖ Silver Touch Studios	❖ I Do For You
❖ The House of Golden Aire	❖ Rosebuds & Blossoms
❖ Bliss Bridal Boutique	❖ Grenville Pinto ~ Violinist
	❖ Mary Kay Cosmetics

Admission is free ~ Refreshments will be served
995 Myrtle Rd. West
Ashburn, Ontario
Tel: (905) 686-1121
www.royalashburngolfclub.com



The Big "M" Drive In
 The Best in Take-Out Since 1965
 Thank you for Readers Choice Award for
 The Original Homemade Hamburger
 Plus
 Ted's Famous Steak on
 a Kaiser & Onion Rings
 711 Kroso Blvd., Pickering 905-837-9332
NEW Chicken Souvlaki on a Bun

ADVERTISING FEATURE
**Spotlight
 on Business**
 2007 RRSP Contribution Deadline
 – February 29, 2007

**RRSP DEADLINE
 February 29, 2008**
 Call us to make your contribution or for a free 2nd opinion of your portfolio.
RRSP loans available. 30 years experience.
 Call Richard S. Price, Senior Financial Advisor
 Dundee Private Investors Inc.
 244 Kingston Road East, Ajax 905-427-7000

*Celebrating
 35 Years*
 We're celebrating our
 35th Anniversary
 and being awarded
 The Consumers
 Choice Award.

Passing these savings on to you:

- NO GST
- 6 months NO Interest, NO Payments O.A.C.
- \$100 Gift Certificate on all window orders over \$2,500

Chouinard Bros.
 ROOFING • ALUMINUM • WINDOWS
 120 Gibson Dr., Markham
 905-427-1488 or 1-800-521-3229

The Registered Retirement Savings Plan (RRSP) is probably the single best long-term savings vehicle available to Canadians. You can deduct your contributions from your income and you are able to shelter your earnings from taxation for as long as they remain inside the plan.

For some clients, contributing to their RRSP is harder to do than visiting the dentist. Last year Canadians used just 7% of the total room available to eligible tax filers, despite a record 6.2 million Canadians contributing.

Richard S. Price is a Senior Financial Advisor with Dundee Private Investors Inc. This year marks his 30th year in the Financial Planning Industry and his 2nd year in the historical McKay House located in the heart of Ajax. He brings to his clients a wealth of knowledge, experience and integrity. Having both lived and worked in the Durham Region since he first began his career, he has helped thousands of families achieve their financial goals.

To make your 2007 RRSP contribution before the deadline or for a free 2nd opinion on your portfolio, give Richard and his team a call at 905-427-7000.

DUNDEE WEALTH MANAGEMENT
 Dundee Private Investors Inc.
 Dundee Wealth Management is a DundeeWealth Inc. Company

**LADIES WITH MOPS
 Cleaning Services**
 Let Us Provide Worry Free Cleaning
 Sparkling Clean Results, Back to the Basics Cleaning
 Environmentally Safe Products Used
 Reliable, Honest & Trustworthy
 Bondable & Insured **NOW HIRING**
 Call For A Free Estimate: (905)683-4609
 Ladies with Mops, Cleaning Services

accelerate your business with
GasPedal PROMOTIONS
 gaspedalpromotions.com
 781 Aspen Road, Pickering, ON L1V 3P4 PHONE: 905-831-6163 FAX: 905-831-3645
 Barb CELL: 416-569-3325 EMAIL: barb@gaspedalpromotions.com
 John CELL: 416-806-8878 EMAIL: john@gaspedalpromotions.com
 impressive products for impressive businesses

AJAX SOCCER CLUB
 House League Registration
 Rep. Team Try-Outs* 2008

**SPOTS STILL AVAILABLE!
 REGISTER TODAY!**

GIRLS

League	Contact	Phone	Team Name
U8G DGSL 2000	Ric Estrela	905-576-6168	Sting
U9G DGSL 1999	Michelle White	905-421-8757	Dynamite
U9G DGSL 1999	Kevin Anderson	905-428-3381	Turboz
U9G DGSL 1999	Alan Southard	905-619-0038	
U10G CESL 1998	Derrick Klotz	905-428-3539	Foxfire
U10G CESL 1998	Zenon Pasternak	905-428-1769	Chargers
U11G CESL 1997	Mario Bruno	905-665-8362	Thunder
U11G CESL 1997	Steve Horwood	905-426-2231	Hornets
U11G CESL 1997	Patricia Foster	905-831-6622	Panthers
U12G CGSL Level 4P 1996	Jim Keating	905-683-9872	Cobras
U12G CGSL Level 4A 1996	Dave Berger	905-837-9018	Arrows
U13G CGSL Level 3 1995	Bob Langford	905-697-8120	Strikers 95 Warriors '95
U13G CESL/CGSL 1995	Paul Boyle	416-434-5355	
U14G CGSL Level 3 1994	Grant Farrer	905-428-7276	Lightning
U14G CGSL Level 4A 1994	Carol Link	905-683-9123	Phoenix
U14G CGSL 1994	Raymond Edwards	905-576-3680	Mustangs
U15G CGSL Level 4P 1993	Tanya Williams	905-427-6903	Thunder
U16G OYSL 1992	Nick Nicolopoulos	905-428-6267	Storm
U16G CGSL Level 3 1992	Bob Tilley	905-852-1200	Warriors
U17G OYSL 1991	Hugh Crumplen	905-436-6515	Invasion
U17G CGSL Level 4P 1991	Ford Luet	905-686-3862	Jaguars
U18G CGSL Level 3 1990	Alex Bianchi	905-427-7106	Titans

BOYS

League	Contact	Phone	Team Name
U8B DBSL 2000	Les Smith	905-686-7383	Avengers
U8B DBSL 2000	Diarmuid O'Connor	905-427-3846	Tornadoes
U9B DBSL 1999	Scott Hardie	905-686-5475	Impact
U9B DBSL 1999	Mark Purdy	905-686-9250	Madrid
U9B DBSL 1999	Elizabeth Hazelton	905-831-7447	
U10B CESL 1998	Chris Southard	905-619-2582	Wolves
U10B CESL 1998	Bob Zincone	905-239-0572	Dragons
U11B CESL 1997	Blayne Daniels	905-428-0782	Venom
U11B CESL 1997	Jose Flores	905-426-6378	Pumas
U12B CSL Level 3 1996	Alex Bianchi	905-427-7106	Thunder
U12B CESL Div 2 1996	Winston McCallum	905-427-9491	Lightning
U12B CESL Div 3 1996	Angelo Medica	905-839-8444	Attack
U13B CSL Level 4B 1995	Dave Murphy	905-428-1066	Tornados
U13B CSL Level 3 1995	Rupert Greaves	905-427-1621	Eagles
U14B OYSL 1994	Dario Gasparotto	905-619-9724	Strikers 94
U14B CSL Level 4B 1994	Vernon Gratton-King	905-509-7761	Vipers
U14B CESL Div 1 1994	Richard Prendergast	905-426-3191	Nitro
U15B OYSL 1993	Tom Croft	905-665-7192	Gunners
U15B CSL Level 3 1993	Mike Campitelli	905-619-2736	Strikers 93
U15B CESL 1993	Ray Nieminen	905-428-8514	Bulldogs
U16B CSL Level 3 1992	Karen Michalicka	905-839-1266	Rapids
U16B CSL Level 4-1 1992	Eamon Henry	905-426-1854	Rampage
U17B OYSL 1991	Cyril Connon	905-426-7454	Admirals
U17B CSL Level 4 -3 1991	Dan Ford	905-686-7754	Rangers
U18B CSL Level 4P 1990	Clive Barriffe	905-683-3603	Stingers

House League registration is open to girls and boys ages 4 and up.

Registration Nights:
 Wednesday Evenings: 6 – 8 pm
 Ajax Soccer Clubhouse
 77 Centennial Rd
 Thursday, February 28: 6 – 9 pm
 Ajax Soccer Clubhouse
Online through our website anytime.

Costs:
 Born 2002 – 2004: \$100 after March 1: \$125
 Born 1998 – 2001: \$150 after March 1: \$170
 Born 1989 – 1997: \$160 after March 1: \$180

SUMMER CAMPS AVAILABLE.
 Address: 77 Centennial Road,
 Ajax, Ontario L1S 4S4
 Phone: (905)683-0740
 Fax: (905)683-7197

Visit our website at www.ajaxsoccerclub.ca

*Please note that not all Rep. Teams are conducting try-outs. Please contact the appropriate coach listed above for details.

Local News For People On The Go
 mobile.newsdurhamregion.com



durham recruitment

Career Training • Skilled-Technical • Careers

Advertising Feature

Interviewing Tips

What Not To Say In The Interview

1. Negative comments about your current or past employers and co-workers.
2. Requests for special hours or equipment unless you have a handicap that necessitates special accommodations.
3. Avoid initiating salary discussions or making demands in the early interview stages.
4. Asking about vacation days, sick days or holidays.
5. Don't give a list of the things you won't do.
6. Asking, "What is it your company does again?"
7. "I don't know, I just saw your ad and I thought I'd give this a try."
8. "I don't have any negative points."
9. Avoid argumentative statements.
10. No whining or complaining.
11. Do not make dishonest or misleading statements.
12. It goes without saying that slang and expletives should not be used.

7 Tricks For Getting An Interview

Ok, you've tried everything - You've emailed your resume out, you've used a resume distribution company, etc... And no one is calling you back. Its ok, you're not alone. For every 100 resumes you mail out, statistically you should get 10 interviews and one job offer. However, these are rough averages. To stack the decks in your favor and stand out from the others, below are the top seven tricks we've found for getting your resume to stand out.

1. Use a **different colour paper** for mailing out resumes. Chances are you're using a cream, white or gray paper colour. Yes? So is everyone else. Be creative, and use a non-resume paper. Be original and stand out.
2. Use a **different size paper** for your resume. Why you ask? Have you ever shuffled a stack of papers. Do you ever have one/a few pieces of paper that your shuffling are a different size than the others. They stand out right? Of course they do, they stand out from the rest - it's simple, but it does make your resume stand out.
3. **Inside contact.**
4. **Certified Letter** - Have you ever sent a certified letter? All it requires is going to the post office, and paying a few dollars to send it certified with confirmation. This means that the recipient of the letter must sign for it.
5. **Send your resume with a gift.** Yes, a gift. Head over to the local florist, pizza place, etc. - get creative.
6. **Deliver the resume in person.** What do you have to lose? Walk into the office, and ask for the hiring manager (by name). Sound crazy? It works - they will see you as being determined, proactive and outgoing.
7. **The Post-It Note trick.**

Interview Tips

- Preparation**
Preparation will make or break your interview
- Personal** - Know your own qualifications and how they relate to the position. Almost every interviewer will ask you: "Tell me about yourself." When answering, put yourself in the employer's shoes. If you were hiring someone for the position, what would you want to know?
- Industry** - Know everything you can about the industry. Find out as much as you can about the position, the company and its needs.
- First Impression**
The first few minutes are critical, and will set the tone for the interview. To succeed, you must project enthusiasm about the position, show confidence and competence. Your goal is to convince the interviewer that you would be an asset to the company.
- Visual Image** - Dress appropriate for the position you're seeking.
- Be Prompt** - Be on time! Allow extra time for traffic, parking and slow elevators. Do whatever it takes to arrive a few minutes early.

DIAMOND INSTITUTE of Business and Computer Technology

Become a....
Paralegal - Advocate

Under Ontario's new Bill 14, which regulates Paralegals, those who wish to enter this rewarding field must meet the Criteria set out by the Law Society of Upper Canada. In order to practice as a Paralegal in Ontario, you must now complete a qualified program that will allow you to be accepted for Paralegal Certification Exam that is administered by the Law Society and pass their exam.

This program is designed to provide the skills and knowledge required to work effectively as a Paralegal and to provide you with the educational requirements to be accepted to write the Paralegal Certification Exam.

- Paralegal Requirements
- Ethics and Professional Conduct
- Legal Writing
- Legal Research
- Court Procedures and Practice
- Criminal Code
- Provincial Offences Act
- Employment Standards
- Landlord and Tenant Act
- Highway Traffic Act
- Surveillance
- Employment Opportunities
- Computer Skills
- and much, much more



Call today to find out more
905-427-1922 1-888-25 LEARN
www.DiamondInstitute.ca
Ajax GO Station - 100 Westney Rd. S.

To Advertise In This Monthly Feature Please Call Classifieds @ 905-576-9335



FULL-TIME SUMMER STUDENT POSITIONS WAREHOUSE OPPORTUNITIES

Our National Distribution Center in Whitby is responsible for the inbound movement of goods from suppliers around the world and services customers across Canada.

We have opportunities for employment in the following positions: **picking, packing, shipping, receiving** in a Radio Frequency environment supported by a warehouse management system.

Minimum requirements:

- Minimum Grade 12 diploma – Enrolled in a Post Secondary Program
- Must be able to work day and afternoon shifts
- Basic computer knowledge skills
- Detailed oriented; Ability to work independently
- Team player; Good communication skills
- Experience working in a warehouse is an asset
- Knowledge of WHMIS program is an asset

To apply, we invite you to submit a resume to careers@fishersci.ca or by visiting our website at www.fishersci.ca and apply under our careers section.

We are committed to employment equity. We would like to thank all applicants in advance and advise that only candidates selected for an interview will be contacted.



Howard Marten Company Ltd. Quality. Commitment. Creativity.

Since 1950, Howard Marten Company has applied innovation solutions to attain recognition as a leader in the design, fabrication and assembly of circulating oil lubricating systems. With our head office in Pickering, we provide unparalleled support to our customers.

We are currently seeking an **EXPEDITOR** for our manufacturing division in Pickering.

Duties Include:

- Review late purchase orders and Expedite all products with suppliers to meet production or subcontractors requirements
- Represent purchasing department at weekly production mtgs
- Return unused, incorrect or defective parts for credit

Experience:

- Computer-Excel, MS Word
- Math skills, organized, detail oriented, analytical
- Good communication skills
- High School Diploma minimum, Post Secondary education an asset
- Knowledge of transportation, customs and skills in customer service

Send resume to:
michael.sharpe@howardmarten.com
No phone calls please.

HowardMarten.com



MORTGAGE BROKERAGE

Commissioned Agents required immediately!

No desk fees. Financial experience an asset, but will provide top level training.

A mortgage broker acts as an intermediary who sources mortgage loans on behalf of individuals or businesses.

Traditionally, banks and other lending institutions have distributed their own products. However as markets for mortgages have become more competitive, the role of the mortgage broker has become more popular. Today in most developed mortgage markets mortgage brokers are the largest distributors of mortgage products for lenders.

The majority of mortgage brokers are regulated to ensure compliance with banking and or finance laws in the jurisdiction of the consumer; however, the extent of the regulation depends on the jurisdiction.

**Fax resume to: 905-666-2367
or email: goence@on.aibn.com**



durham recruitment

Career Training • Skilled-Technical • Careers



Machinery Limited
Roll Forming Machinery and Tooling Specialists Since 1972
 315 Nantucket Blvd., Toronto, Ontario M1P 2P2
 www.samco-machinery.com

SAMCO MACHINERY LIMITED, located at Kennedy and Ellesmere in Scarborough, designs and manufactures rollforming equipment for custom manufacturing industries worldwide.

We currently have the following employment opportunities available:

- Plant Manager
- Industrial Electricians
- Shipper/Logistics Co-ordinator
- Tool & Die Maker
- Experienced Machine Fitters (Millwrights)

To join a **growing** company, please email your resume to
 hr@samco-machinery.com
 or fax to 416-285-1353

Check us out at
 www.samco-machinery.com

Time...
 to think about being paid what you're worth.



Take control, be your own boss and enjoy the benefits of an income as unlimited as the potential success of your business. At Investors Group, we are ready to help you build your own practice as a professional Consultant. We offer...

- THE ADVANTAGE OF THE BEST TRAINING IN THE BUSINESS
- THE ADVANTAGE OF A PROVEN MENTORING AND COACHING PROGRAM
- THE ADVANTAGE OF OUTSTANDING PROFESSIONAL SUPPORT

Visit us at <http://investorsgrouppickering.com/> and find out how we can help you build a practice that can bring you financial and professional rewards far beyond those associated with a regular job.

INTERESTED CANDIDATES SHOULD FORWARD THEIR RESUME TO:
 Investors Group Financial Services Inc.
 #313-1550 Kingston Rd.
 Pickering, ON. L1V 1C3
 Phone: 905.831.0034
 Fax: 905.831.0130
 Toll Free: 1.866.476.1535
 walter.alonso@investorsgroup.com
<http://investorsgrouppickering.com/>



**Trademarks owned by IGM Financial Inc. and licensed to its subsidiary corporations. Insurance products and services distributed through I.G. Insurance Services Inc. Insurance License sponsored by The Great West Life Assurance Company.



Oshawa

1845 South Service Road, Courtice, Ont. L1E 2R1
 Main: (905)404-6633 Fax: (905)404-8833

Employment Opportunities

**OFFICE CLERK
 TELEMARKETER**
 3-5 days/week approx. 9:30 a.m. - 2:30 p.m.
 Duties: General office duties and telemarketing. Requirements: Service oriented, basic computer skills, cheery, outgoing, good natured personality.
Contact: Michelle at (905)404-6633
Email: michelle.morrissey@manheim.com

**YARD WORKER/
 VEHICLE INSPECTOR**
 Full-time days 9 a.m. - 5 p.m. Monday - Friday
 Duties: Inspect vehicles completing an electronic condition report. Stage vehicles, security, etc. Requirements: Ability to work outdoors year round. Valid driver's license. Accuracy, attention to detail.
Contact Steve at (905)404-6633
Email: steve.thorburn@manheim.com

DENTAL ADMINISTRATIVE SOLUTIONS

DENTAL OFFICE TRAINING

YOUR NEW CAREER AWAITS YOU...
 BE PART OF A FAST GROWING INDUSTRY WITH UNLIMITED POTENTIAL

- Considering a career in Dental Administration?
- Want to join one of the fastest growing industries?

This training is for:

- Dental Assistants wanting to be a part of the Administrative team.
- Junior Administrative team members eager to advance their already existing career in this exciting field.
- New candidates wanting to have a career in the Dental industry.
- Flexible training schedule


VISIT US AT
www.dentaladministrativesolutions.com
 Call 905-530-2343

**Owner Operators:
 Join the ITS team
 today and get
 going in the
 right direction.**



We offer \$1.16 loaded/empty, company cards, fuel premium, benefits, weekly pay, PeopleNet®. 2003 or newer. Toronto or Belleville based.

We are very busy year round with no lay offs.
Phone: 800-267-1888 or 613 961-5144
Contact Chris McMillan x123 or Pam Haggarty x114
Email: chrismcmillan@itsinc.on.ca.
 Fill out an application on our **website** at www.itstruck.ca


We are a new ISUZU Truck Dealership in Ajax, Ontario. We currently require a

SALESPERSON
For N-Series Medium-Duty Trucks

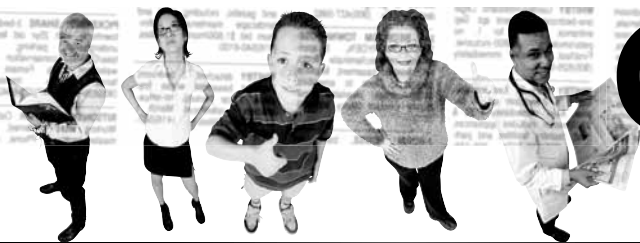
Excellent communication skills required. Able to work independently and in a team setting. Good work ethics and self motivated. Effective presentation and interpersonal skills. Present new vehicles to potential customers and assist with all sales inquiries.

Must have previous sales experience and be OMVIC Licensed. Familiar with computer software and truck specification requirements.

We offer Excellent Pay, Health and Benefit Plan, Salary + Commissions.



Please fax or e-mail your resume to the following: 905-426-2771 Or emontgomery@durhamtruck.com



News Advertiser Classifieds

In Association With
Local Marketplace



To Place an Ad Call (905) 683-0707 or Tor. line (416) 798-7259

Email: classifieds@durhamregion.com

Website: localmarketplace.ca

career training career training career training career training careers careers careers careers careers

OSHAWA CAMPUS
419 King St West
Oshawa, ON.
L1J 2K5
905.723.1163
Programs starting in February

TRAIN NOW to become a
DENTAL HYGIENIST or ESTHETICIAN



www.trilliumcollege.ca



OSHAWA CAMPUS
419 King St West
Oshawa, ON.
L1J 2K5
905.723.1163
Programs starting in March!

TRAIN NOW to become a
MEDICAL LAB TECHNICIAN or PERSONAL SUPPORT WORKER



www.trilliumcollege.ca



careers careers careers careers

Trillium College Oshawa Campus, a leader in Private Education in Ontario, is currently seeking to expand its faculty in the following positions:

- Dental Hygiene Instructor
- Medical Laboratory Technician Instructor

If you are interested in joining a highly skilled and motivated environment, Please forward your resume to: resume@trilliumcollege.ca
No phone calls please.

Sales Professionals
in college admissions.

If you are a born communicator with a proven track record of sales excellence and a major appetite for growing relationships and results, we invite you to explore the potential of joining the Oshawa Trillium Admissions team. If you are interested in joining a highly skilled and motivated environment, forward your resume to: resume@trilliumcollege.ca
No phone calls please

PHYSIOTHERAPY ASSISTANT required to work part-time in Retirement Home in Pickering. Send resumes to rehab.wellness@sympatico.ca or call 416-209-4251

CHRISTIAN ACCOUNTING firm seeking Senior Accountant. Successful candidate must have 10 years experience on Profile, BV, Clipbooks & Bookkeeping and a willingness to grow with the company and learn other software packages. Only interested applicants please apply. Call 905-666-5071 or email resume to lisa@a-managementsolution.com

Please read your classified ad on the first day of publication as we cannot be responsible for more than one insertion in the event of an error.

career training career training career training

A-Z Truck License

40 Lessons
2 Road Tests
& Air Break
\$1,999

Serve Durham Region & GTA

416-603-0990 or 905-422-0040

STOCK TRADERS WANTED. Become an independent professional trader. We will provide complete training on a proven process by 18 year Bay Street veteran. Professional trading room, fun atmosphere. 10K risk deposit. Whitby office, at 401, call Dave 905-556-1442, www.tptradetechn.com

Place your ad at 905-683-0707

career training

Call for an appointment today!

- * Whitening \$75
- * Dental Cleaning \$25

OCOHP
100 Westney Rd. S. Ajax, ON L1S 7H3
Tel: (905)428-0784 Toll-free: 1-866-380-1142
Website: www.oco hp.ca Email: info@oco hp.ca



I'M LOOKING FOR: JE CHERCHE :

A CAREER I'LL TAKE PRIDE IN

Interested in knowing more about the Canadian Forces? Come and meet one of our recruiters at our Open House.

Why? To find out about our wide range of part- and full-time career opportunities.

When? Friday, February 29, from 9 a.m. to 9 p.m. and Saturday, March 1, from 10 a.m. to 5 p.m.

Where? Oshawa Armouries, 53 Simcoe Street North, Oshawa

Visit us. Opening our door might open up a lifetime of opportunities for you.

FIGHT WITH THE CANADIAN FORCES

UNE CARRIÈRE DONT JE SERAI FIER

Vous voulez en savoir plus sur les Forces canadiennes? Venez rencontrer un agent de recrutement à notre événement portes ouvertes.

Pourquoi? Pour découvrir toutes les possibilités de carrières à temps partiel ou à temps plein qui s'offrent à vous.

Quand? Le vendredi 29 février, de 9h à 21h et le samedi 1^{er} mars, de 10h à 17h

Où? Manège militaire d'Oshawa, 53, rue Simcoe Nord, Oshawa

Rendez-nous visite. La porte que vous franchirez chez nous pourrait être celle qui vous ouvre toute une vie.

COMBATTEZ AVEC LES FORCES CANADIENNES

www.forces.ca
1-800-856-8488

general help general help general help general help general help

Whitevale Golf Club
located minutes from Markham & Pickering, currently accepting applications for:

- Turf Department
- Backshop
- Cooks/ Servers/ Bartenders

Ideal for retirees or university students. Full and part-time seasonal positions available. Please fax or email resume to: info@whitevalegolfclub.com Fax: 905-294-5115

"BECOME A DECORATOR"
Looking for people who love decorating to start your own business. Low start up, great support, unlimited income potential. Debbie 905-999-0300

\$15/HR. PART TIME
Canvassing for home renovations. Training provided. Own vehicle. Call (905)686-2445 after 4pm. Ext. 250.

A GREAT OPPORTUNITY. \$20 avg/hr. CASH BONUSSES PAID DAILY. Registration Work. 905-435-1052

A MEANINGFUL CAREER

*Get paid for helping families solve financial problems
*High earnings potential
*Set your own hours, *F/T or P/T

Fax resume to Don Zynomirski 1-866-202-9710

A PET NANNY PLUS is looking for qualified pet sitters and associated staff. Various full time and part time positions available. Eligible pet lovers please send cover letter and resume to: recruiter@apetnannyplus.com.

PART-TIME HELPER required. Could turn into full-time employment in the near future. 905-686-9838.

ARE YOU FORTH-MINDED? Growing marketing firm, looking for dynamic people. Must like music and money. \$360/week to start up to \$800/week. No phones. No experience. No problem. Paid weekly. Call Jessica 905-668-5544.

AUTOMOTIVE ACCESSORY salesperson. Experience NECESARY. Sales/customer service, accessories, hitches, auto video, etc. Well developed growing family business, Oshawa. Salary negotiable, benefits available. monroeauglass@rogers.com.

CLEANERS NEEDED URGENT for fast-growing maid service. Permanent position. Room for advancement. Excellent pay, great working environment. Not suitable for students. Call 905-723-6242

EXPERIENCED WAITSTAFF required for established steak & seafood restaurant. Experience preferred. Managerial duties not required. Full time position available. References required. Steven 905-809-0400.

Thibodeau Saguelac Marcan

Marcan Transport Division

CUSTOMER SERVICE FOR OUR PICKERING TERMINAL

TRANSPORT inc.

- Must be completely fluent in French and English
- Previous customer service experience would be an asset
- Must have excellent communication skills as well as above average problem solving abilities.
- Must have a pleasant telephone manner
- Must be able to work in a fast paced atmosphere
- A working knowledge of the province of Quebec and Ontario would be an asset.

This position offers a real sense of self satisfaction, and personal achievement.

If you are that person please forward your resume to: Darrell.Northern@groupe-thibodeau.com

general help

IMMEDIATE OPPORTUNITIES

Long and Short Term Assignments
\$10.00- \$11.00/hr

OPEN HOUSE
Mon. Tues. Wed. Feb. 25, 26, 27

If you meet the following criteria and have the desire to work within a busy team environment, we need to talk to you.

- Ability to work 8 hour rotating shifts
- Proof of Grade 12 Diploma
- Ability to pass a Criminal Background Check
- Work boots
- Previous Packaging or Production experience advantageous

Please bring with you current copy of your resume together with 2 references, 2 pieces of photo ID and copy of your Grade 12 Diploma

Spherion Staffing Solutions
419 King St West
Oshawa Centre Executive Tower
6th floor Suite 601
905-579-2911 or fax 905-579-6050



Earn \$45,000 to \$65,000

If you can say that you meet one of the following requirements, you may qualify for one of our placements or programs:

- No experience but a desire to start an exciting and rewarding sales career
- A bright energetic individual with strong communication skills
- Recently been layed off
- Have recently been in receipt of EI benefits within 36 months
- Have a desire to take control of your career and your earnings

If any of these five descriptions describes you, register by calling
905-723-7700 or toll free at
1-877-723-7701 or email info@salesinstitute.ca

1st Registered Sales College in Canada

1077 Boundary Road, Suite 107, Oshawa, Ontario
www.salesinstitute.ca

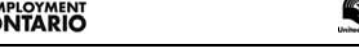


Student Summer Job Fair

Wednesday, February 27, 2008
10:00am - 2:00pm
YMCA Durham Employment & Community
1550 Kingston Rd.
(Highway 2 and Valley Farm Rd.) Suite 16
Pickering, Ontario
(905) 427-7670

Employers hiring for positions in:
Sales, General Labour, Day Camps, Nursery and Restaurant positions and more

Bring Your Resume!
Register for the Summer Jobs Service Program!
For students 15-24 returning to school in September. Call for details.



We are a Printing Company located in the Pickering area with a need for a Customer Service Representative, a Pre-Press Artist as well as Press Helpers.

Ideally the Customer Service candidate will have a experience in the Promotions industry.

Pre Press Artist should have experience in flexographic print. Familiarity with Nexus, Illustrator, Photoshop & CS2 required.

Press Helpers to assist in set up & clean-up of printing presses, ensure stock ready for press runs, assist in die cutting & packaging finished goods. Please e-mail resumes to:
stomlinson@labelcraft.ca
Fax to: 905-428-3847

PROOFING AND SHEET METAL company in Pickering, is looking for general laborers, with a valid Ontario Drivers license. Must be able to drive a one ton truck. Be comfortable pulling a trailer, must be reliable, willing to learn and willing to work. No experience necessary. Call (905)837-9990 or (416)677-0424.

general help

Automotive Parts Warehouse (Scarborough)
Excellent Full-time opportunity, we need dedicated, experienced workers!!!
Picking, packing /shipping, receiving/Inventory
Must be able to work Rotating shifts: days and evenings
Apply Mon-Fri 10am to 3pm with resume to Global Human Resource Centre
185 Brock St N # 206 Whitby or 777 Warden Ave Suite 217 (S. of Eglinton)

Handyman CONNECTION
EXPERIENCED CONTRACTORS
For the home repair & renovations market.
Phone: 905-686-7236
or apply on-line:
www.handymanconnection.ca

CYW'S DSW'S, D.L.C. Residential Services requires CYW's/DSW's to work Full-Time, Part-Time and Nights with severely delayed children and youth with developmental disabilities and autism in the East Scarborough area. Experience with complex and aggressive behaviours is essential. Shift work involved requiring day, evening, and weekend availability. Part-Time positions require minimum availability of every second weekend and two shifts during the week. G-Class driver's license required for Full-Time position. C.P.I., First Aid, C.P.R. an asset. Criminal Reference Check and Pre-Employment medical necessary. Only those selected will be contacted, no phone calls please. Fax resumes to 416-281-4529 or email debdcl@on.aibn.com

DELIVERY/REPAIR POSITION
Full time position with benefits. Durham Medical requires an individual, with positive attitude to deliver and repair equipment and supplies to clients in Durham Region. Fax Resume: (905)728-4734 No phone calls

DO YOU LOVE YOUR JOB?
Your Boss? If you do, then stop reading, but if you want flexible hours, great pay, and recognition for your work, then you need to e-mail chefcarr@sympatico.ca

DRIVERS WANTED Earn CASH DAILY! Full and part time shifts. We will train you. Call Jane at 905-440-2011 or call 905-244-0094. Blue Line Taxis is now hiring for Oshawa, Ajax & Pickering.

EXPERIENCED SALES Representative required for manufacturing plant located in Pickering. Primary functions are to generate new leads and follow-up on current leads. Must have own transportation as some travel is required. Please forward resume with salary expectations to markdefreitas@lazartherm.com or fax to (905) 839-6426.

FULL-TIME WORKERS NEEDED! Call now, start tomorrow! Paid training, travel, advancement and FUN! No sales, no experience, no problem. \$360/week to start, up to \$800/week. Paid weekly. Ask for Amber. 905-668-5544.

GENERAL BEARING Services Inside Sales Position / Counter Sales experience or mechanical ability an asset. Fax resume to 905-668-6310, Whitby.

HOMEWORKERS needed!! To Assemble Products- Mailing/ Processing Circulars, On-Line Computer Work, PC/Clerical Work Available. Up to \$1,500/week. No Experience Needed! FREE information at www.Jobs-WorkAtHome.com Reference 2-107

LOOKING FOR LABORER to work P/T (Possibly F/T) in the satellite and cabling installations. Vehicle required. (905)404-3176 jim.webb@rogers.com.

MILLWORK HOME CENTRE, requires full time department supervisor. Competitive salary with excellent benefit package. Fax resume to attention Human Resources (905)728-8589.

ORDER TAKERS NEEDED \$25/hr avg. Full Time We Train You Call 905.435.0518

PRESCHOOL TEACHER required immediately. Experience working with special needs children. 25 hours/week. Supply staff also needed. Fax 905-428-8463

RESIDENTIAL CLEANER needed, part-time position for a hard-working, energetic person, must be bondable, own transportation necessary, please call Jenn (905)493-1811

SHORT ORDER COOK required full-time or part-time for Port Perry restaurant. Please call (905)982-0155, ask for Bill or George

SPORTS GARDEN CAFE at Iroquois Park Sports Centre currently seeks weekend cleaner, part time. Please fax resume to: 905-666-4651.

REFLECT DAY SPA and Salon, Port Perry requires Hair Stylist immediately; R.M.T. Part-Time & Gel Technician. Apply with resume, 112 Water St. or call Mandy or Jacqui 905-982-1958.

THE FACIAL PLACE requires receptionist & massage therapist for Pickering and Estheticians to do manicures, pedicures and waxing in Whitby. Send resume to spa@thefacialplace.com

general help

Dynamic, fast-paced Oshawa area custom automated machinery builder is accepting resumes for:
~ CNC set up machinist for mills or lathes
~ Manual lathe/mill (general) machinist
~ EDM wire set up / operator
~ Welder/Fitter for machinery fabrication
Competitive wages and benefits.
Fax to (905) 434-6409 or email to mfgjobs1@yahoo.ca

office help

LEGAL REAL ESTATE CLERK
Busy Oshawa Law Firm requires Full Time Real Estate Clerk. Must have minimum 3 years experience. Proficiency in Word Perfect, Conveyancer and Teraview
Fax resume to 905-721-1217 or email: mail@diancengland.com

office help

TORONTO / GTA AREA
Call Centre Reps • Inventory Clerks
Administrative Assistant • Junior Accounting
28k - 55k • 1-3 years Experience
General Office Skills & Problem Solving Abilities
Call 416-214-1556 or
Email: info@joblocatermd.com

hospital/medical/dental

TELEMARKETING
Part time evenings, mature individuals with experience preferred. \$10/hr. Call 905-686-2445, ext. 305

THREE SELF MOTIVATED PEOPLE: 50 year old distribution company expanding globally, need on-line trainers. Flexible hours, work from your PC, training provided. www.homebiztrainers.com

TORONTO'S LARGEST Landscaping Company pays \$100-\$500 DAILY for outdoor Summer work. Hiring honest, energetic individuals to fill our many Summer positions. Email gaspringwork@hotmail.com.

UPSCALE RETIREMENT RESIDENCE, Lynde Creek Manor, is now hiring for the position of Dietary Aide. Food Handlers Certificate an asset, previous serving experience a must. Please fax your resume to: Attn: Amy at 905-665-7018

WATSON'S GLEN GOLF Course Lake Ridge Road/Highway 7 area. Position Available: Head of Gardening dept, responsible for all design, and purchasing. Resume: turl@watsonsglen.com or fax 905-665-7361

WORK FROM home, put your PC to work. \$1,400 part time, \$5,000 full time monthly. Apply on line only www.homeoffice4u2.com

salon & spa help

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

HAIRSTYLIST OR BARBER CHAIR for rent. Also Nail and Esthetic room available. Very good location. Hair Salon in Pickering, Lynda for information, (905)427-4110.

JANE'S DAY SPA is currently looking for a self-motivated and enthusiastic full-time esthetician to join our team. Please email resumes to dayspa@rogers.com or call 905-579-8777.

MAGICUTS has the following positions available: Full/PT stylists, & a licensed Asst. for the Durham area. We offer: hourly wage & commission, wky mgmt bonus, profit sharing, monthly contests/prizes, benefits. Join the Magicuts team. Call Sabrina (905)723-7323

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

PART-TIME ESTHETICIAN. Must be available Saturdays. Drop off resume to Lake Winds Health & Beauty Spa, 56 Perry St., Port Perry or call 905-985-7727.

REFLECT DAY SPA and Salon, Port Perry requires Hair Stylist immediately; R.M.T. Part-Time & Gel Technician. Apply with resume, 112 Water St. or call Mandy or Jacqui 905-982-1958.

THE FACIAL PLACE requires receptionist & massage therapist for Pickering and Estheticians to do manicures, pedicures and waxing in Whitby. Send resume to spa@thefacialplace.com

skilled & technical help

Dynamic, fast-paced Oshawa area custom automated machinery builder is accepting resumes for:
~ CNC set up machinist for mills or lathes
~ Manual lathe/mill (general) machinist
~ EDM wire set up / operator
~ Welder/Fitter for machinery fabrication
Competitive wages and benefits.
Fax to (905) 434-6409 or email to mfgjobs1@yahoo.ca

office help

LEGAL REAL ESTATE CLERK
Busy Oshawa Law Firm requires Full Time Real Estate Clerk. Must have minimum 3 years experience. Proficiency in Word Perfect, Conveyancer and Teraview
Fax resume to 905-721-1217 or email: mail@diancengland.com

office help

TORONTO / GTA AREA
Call Centre Reps • Inventory Clerks
Administrative Assistant • Junior Accounting
28k - 55k • 1-3 years Experience
General Office Skills & Problem Solving Abilities
Call 416-214-1556 or
Email: info@joblocatermd.com

hospital/medical/dental

Home Relief Health Services Inc.
Community Shift Nursing
RPN's Part time nights
RN's Night Shift/Pediatric and Adult

• Competitive Pay Rates
• Flexible Scheduling
• Educational Opportunities
• Specialized & Individualized training
• Car Required
Send Resume to: Fax: 905-472-0862 or email home@homerelief.on.ca

skilled & technical help

ARCHITECTURAL Millwork company seeks full time experienced AutoCad Operator in Oro. Please fax resume to: 905-433-1463

office help

CONSTRUCTION LABOUR wanted ASAP for a long term project in the Port Perry area, we need a person with framing, finish carpentry and dry walling experience, cabinet making skills an asset. Email: constructionmanagement@live.ca or fax 905-982-9609

MARKETING DEPARTMENT Receptionist required for a company with an international clientele is looking for a dedicated, outgoing and interested person to join our office team. The position requires a person with an active approach to running the reception area and supporting our office staff. Good phone manners are a must. Daily duties include managing the phones and various office and marketing support related tasks. The ideal candidate would have experience in Dreamweaver and Adobe Creative Suite, as supporting tasks may include updating our website. Working skills in Windows XP and Microsoft Office are essential. Position is located in the Whitby area. Email: account_receivables@hotmail.com

skilled & technical help

DRY CLEANER, suit presser wanted. Full time, Monday-Friday. In Whitby, Call (905)666-0741.

ELECTRICIAN WANTED, 4th, 5th, or licensed. Residential and commercial. Own vehicle, own tools. Good rate for right person. Immediate start. Fax resume (905)493-2466.

LICENSED PLUMBER 3rd or 4th year apprentice required for 24 hr Service Company. Truck/phone and above average pay. Must have experience in residential and commercial service. Call 905-439-7741 or Fax resume to: 905-728-0680

LOCAL CONSTRUCTION company seeking, carpenter/renovator for kitchen and bathroom renovation projects. Minimum 10 years experience. Wages based on experience. Please fax resume: (905)686-0199.

MECHANIC/4th-5th year apprentice needed. Reliable, thorough, knowledgeable, for a fast paced environment. Only qualified applicants please. (905)626-6893.

PREP PERSONS required for large auto collision repair facility. Must be experienced and take great pride in producing top quality work. 905-420-3501.

office help

FULL-TIME ADMINISTRATIVE ASSISTANT required. Must have Real Estate experience. Please send resumes att: Loraine Ioannou via fax 905-427-6524 or please e-mail resume to: jointheteam@rogers.com

DECORATOR WANTED for Shop-at-Home sales of custom drapes, blinds and shutters. You must have experience with design and quoting custom window coverings. Own vehicle required. Fax resume to: Sunshade Blinds & Drapery at 905-428-6217.

skilled & technical help

Dynamic, fast-paced Oshawa area custom automated machinery builder is accepting resumes for:
~ CNC set up machinist for mills or lathes
~ Manual lathe/mill (general) machinist
~ EDM wire set up / operator
~ Welder/Fitter for machinery fabrication
Competitive wages and benefits.
Fax to (905) 434-6409 or email to mfgjobs1@yahoo.ca

office help

LEGAL REAL ESTATE CLERK
Busy Oshawa Law Firm requires Full Time Real Estate Clerk. Must have minimum 3 years experience. Proficiency in Word Perfect, Conveyancer and Teraview
Fax resume to 905-721-1217 or email: mail@diancengland.com

office help

TORONTO / GTA AREA
Call Centre Reps • Inventory Clerks
Administrative Assistant • Junior Accounting
28k - 55k • 1-3 years Experience
General Office Skills & Problem Solving Abilities
Call 416-214-1556 or
Email: info@joblocatermd.com

hospital/medical/dental

Home Relief Health Services Inc.
Community Shift Nursing
RPN's Part time nights
RN's Night Shift/Pediatric and Adult

• Competitive Pay Rates
• Flexible Scheduling
• Educational Opportunities
• Specialized & Individualized training
• Car Required
Send Resume to: Fax: 905-472-0862 or email home@homerelief.on.ca

skilled & technical help

ARCHITECTURAL Millwork company seeks full time experienced AutoCad Operator in Oro. Please fax resume to: 905-433-1463

office help

CONSTRUCTION LABOUR wanted ASAP for a long term project in the Port Perry area, we need a person with framing, finish carpentry and dry walling experience, cabinet making skills an asset. Email: constructionmanagement@live.ca or fax 905-982-9609

MARKETING DEPARTMENT Receptionist required for a company with an international clientele is looking for a dedicated, outgoing and interested person to join our office team. The position requires a person with an active approach to running the reception area and supporting our office staff. Good phone manners are a must. Daily duties include managing the phones and various office and marketing support related tasks. The ideal candidate would have experience in Dreamweaver and Adobe Creative Suite, as supporting tasks may include updating our website. Working skills in Windows XP and Microsoft Office are essential. Position is located in the Whitby area. Email: account_receivables@hotmail.com

skilled & technical help

DRY CLEANER, suit presser wanted. Full time, Monday-Friday. In Whitby, Call (905)666-0741.

ELECTRICIAN WANTED, 4th, 5th, or licensed. Residential and commercial. Own vehicle, own tools. Good rate for right person. Immediate start. Fax resume (905)493-2466.

LICENSED PLUMBER 3rd or 4th year apprentice required for 24 hr Service Company. Truck/phone and above average pay. Must have experience in residential and commercial service. Call 905-439-7741 or Fax resume to: 905-728-0680

LOCAL CONSTRUCTION company seeking, carpenter/renovator for kitchen and bathroom renovation projects. Minimum 10 years experience. Wages based on experience. Please fax resume: (905)686-0199.

MECHANIC/4th-5th year apprentice needed. Reliable, thorough, knowledgeable, for a fast paced environment. Only qualified applicants please. (905)626-6893.

PREP PERSONS required for large auto collision repair facility. Must be experienced and take great pride in producing top quality work. 905-420-3501.

office help

FULL-TIME ADMINISTRATIVE ASSISTANT required. Must have Real Estate experience. Please send resumes att: Loraine Ioannou via fax 905-427-6524 or please e-mail resume to: jointheteam@rogers.com

DECORATOR WANTED for Shop-at-Home sales of custom drapes, blinds and shutters. You must have experience with design and quoting custom window coverings. Own vehicle required. Fax resume to: Sunshade Blinds & Drapery at 905-428-6217.

sales help & agents

EXPERIENCED TELEMARKETER for business-to-business sales required by Pickering-based publishing/training company est 1996. Resumes to tammy@electricityforum.com

FITNESS DEPOT. Pickering and Markham locations are hiring individuals who enjoy creating client relationships, and sharing benefits of healthy lifestyles. Fitness or sales background would make you an ideal candidate. Fax resume to Jason 416-849-0205.

retail sales help

SALES HELP for Your Good Health, Pickering Town Centre, 30 hours per week, knowledge required, Apply in person.

hospital/medical/dental

DR. OMIWOLE FAMILY PRACTICE, 214 King St. E. Bowmanville, L1C 1P3, requires 2 full time or part time medical secretaries and one nurse. Please call (905)697-8300 or fax your resume to (905) 697-8264 or email oomiwole@yahoo.com

HYGIENIST NEEDED for Bowmanville office. Please Fax Resume to 905-697-9711

MARNWOOD LIFECARE CENTRE has a position available for a full time director of care/educator, must hold a current RN registration. Fax resume attn Tracey Werheid (905)623-4497 or email twerheid@extendingcare.com

PHYSIOTHERAPIST & OCCUPATIONAL therapist. Part-time, for Whitby/Oshawa areas. Community work. Need car. Contact Angela Dye at Integrated Rehab Professionals. 905-839-5248, ext. 224, angela.dye@2irp.com

hotel/restaurant

SPORTS GARDEN CAFE at Iroquois Park Sports Centre currently seeks Wait staff and kitchen staff. Experience preferred. Please fax resume to: 905-666-4651.

THE WING SHACK is looking for experienced Cooks & Drivers. Call Jeff, (Whitby) (905)665-6007 or Lisa (Ajax) (905)426-3339

WAIT STAFF & DINING MANAGER, Part-time. Bring resume in person to EggsCrepes Restaurant, 250 Bayly St. W., Ajax, or call (905)683-3535. Buy one breakfast/lunch for regular price, second for half price! Expires March 10, 2008.

teaching opportunities

DAYCARE IN PICKERING has several full-time ECE positions available. Competitive salary. Please email resume to: info@valleyfarmdaycare.com

SWIMMING INSTRUCTORS NEEDED/ASSISTANT instructors. Must be Red Cross/Royal life certified. Shifts available, daytime, evenings or weekends. Please call (416)358-2510.

domestic help available

MATURE, experienced cleaning lady available. References, trustworthy, hardworking. 905-723-1087, 416-335-0645

houses for sale

*** PUBLIC NOTICE**
Free list of Durham Region distress sales & foreclosures now available to public.
1-800-596-2052
ID #1042
Free recorded message

AAA EXCEPTIONAL 3-bedroom older home, completely renovated and updated, very clean and maintained, excellent neighbours, \$199,900. Information and photos www.HomesByOwner.com/64566

sales help & agents

CANADA'S LARGEST CEMETERY company requires motivated individuals to help sell our services to the community on a pre-arrange basis. Candidates will be community-minded and career oriented. Car is essential. We offer paid training, generous commission structure, full benefits, pension plans and excellent working conditions. Find out more! Call Manager Gary Gentles at: (905)427-5416. www.pineridgecemetery.ca

Government of Canada is offering assistance \$20,000.00/person to purchase your first home. Free report available at 1-800-596-2052 ID #1053 Free recorded message

OPEN HOUSE SUNDAY Feb. 24th 2-4 p.m. 39 Stockbridge Cres. Ajax. 3-bdrms, 1-1/2 baths, shows well, many upgrades, move-in condition, \$249,000. Call Bu Gustafsson, Sales Representative, Sutton Group Tower Realty, 416-783-5000

OPEN HOUSE SUNDAY Feb. 24th 2-4 p.m. 39 Stockbridge Cres. Ajax. 3-bdrms, 1-1/2 baths, shows well, many upgrades, move-in condition, \$249,000. Call Bu Gustafsson, Sales Representative, Sutton Group Tower Realty, 416-783-5000

townhouses for sale

8-MONTH NEW, 3-Storey Town, 3-bed, 3-wash, Fully Upgraded, Brock and Finch, Pickering. Amazing location, tenanted till 2010. Excellent investment, \$275,000.00, Call 647-239-4663

offices & business space

COMMERCIAL OFFICE SPACE for lease. Prime north Oshawa location. Second floor space. 560 sq.ft. Parking available. Available immediately. Call 905-576-0958 for details.

EXECUTIVE OFFICE SPACE - Whitby downtown. Individual, upscale offices, 1st & 2nd floor space available. Call Snyder Rental 905-655-5000 for details.

SEVERAL LOCATIONS for rent at the French Community Centre. Ideal for professionals or small business. Ample parking. All attendants are secure with private alarm system. Also suitable for non-profit organization. For inquiries contact R. Brideau 905-432-1334.

business opportunities

BUCK OR TWO, great franchise opportunity available North East of Pickering. Well established business, turn key package, electronic purchasing ordering

apartments & flats for rent

apartments & flats for rent

apartments & flats for rent

apartments & flats for rent

houses for rent

tenders

tenders

tenders

tenders

2 & 3 BEDROOMS FROM \$890
Move in NOW!



Ask us about AIR MILES & REWARD MILES !!

- Friendly community
- Located near shopping, GO & 401
- Transit at your door.
- Attractive & spacious 2 & 3 Bedroom suites from \$890
- Utilities included
- Seniors' Discounts Available
- Beautiful Scenery

Highland Towers, 200 White Oaks Ct. Whitby (905)668-7332 www.caprent.com



2 & 3 BEDROOM APARTMENTS

Close to schools, shopping, hospital. On site superintendent and security

WINDJAMMER APTS
33 Falby Crt., Ajax (905)686-0841
www.ajaxapartments.com

2 & 3 BEDROOM APARTMENTS

Close to schools, shopping, hospital. On site superintendent and security

77 Falby Crt., Ajax (905)686-0845
www.ajaxapartments.com
RAM-LAND PROPERTY MANAGEMENT

BRIGHT WALKOUT BASEMENT sep. entr., 5 appl., fireplace, 1 bedroom. Min. to direct Go Train stop. Avail. immed. \$800 + share utilities. Non smoker(s) with ref. Contact: bitmdina@yahoo.ca 905-424-9178

Clean One Bdrm Basement Apt.
Sep. entrance
Parking, laundry
\$625 Amenities incl.
No smoking/pets
905-239-1158 Ajax

COURTICE: 2-BEDROOM ALL INCLUSIVE! Lower unit, 1200sq. ft., HUGE family room, LARGE windows, lots of sun! Laundry, storage, one-acre lot, off-street parking. No pets/smoking. \$1200/month. Available now. 905-448-3520.

COZY UP WITH A NEW APT. 1, 2 & 3 bdrm from \$950 on Park St, incl. water, some suites with balconies, mins from Oshawa Centre, Community Centre, directly on bus rte, 1.888.310.7000 GOtransglobe.com

NEW UPSCALE 1-bdrm apt on 2 acres ravine. Brock St./Taunton, double french-doors walk-out, breakfast bar, private laundry. No smoking/pets. \$850/mo inclusive. 416-712-8178, 416-855-0717

NORTHEAST Oshawa, cozy 1-bedroom +den upper floor, central air, suitable for professional/couple. Avail. immediately/March 1st. First/last, no smoking/pets. \$800/mo inclusive. (905)720-2307.

ONE BEDROOM basement apt. Hwy 2/McQuay. Near transportation, sep. entrance, parking, laundry, appliances, \$700/mo/inclusive. References. Professional female non-smoker preferred. Avail immediately. (905)430-1915

OSHAWA 2-bedroom basement w/kitchen, separate entrance, use of laundry, 4-pce. bath, c/a, 1-parking, no smoking/pets. Avail. March 15th. References. \$800/mo. inclusive. (905)728-4792 (905)995-2594

OSHAWA a main floor of older house for rent. Separate dining-room, large livingroom, one bedroom, finished recroom, laundry, \$1150-inclusive, first/last Call Dan 905-449-3777.

OSHAWA - OLIVE/HARMONY. 3 and 2-bedroom 2-storey units available. \$850/month, plus utilities. Parking included. 905-571-1994. Pls leave message.

OSHAWA 2 bedroom, Athol & Ritson, main floor of house, new paint, fridge, stove, laundry, parking, cable, no pets. \$950.00 inclusive. Call 905-852-5783

OSHAWA APTS. Clean quiet security monitored newer bldgs. Bachelor, 1 & 2 bedroom included, parking, laundry on site, no dogs. 905-260-9085, 905-743-0287.

OSHAWA, THORNTON/Ade- laide, Ground-level, bright 1-bedroom walkout apt in house. Excellent neighborhood, appliances, laundry, \$875/inclusive. March 1st. 2-car parking, own driveway. No smoking/pets. (905)706-2200.

OSHAWA, TWO large 1-bedroom apts. in triplex, features cable, parking, hardwood floors, show fireplace. Main level \$675. Basement \$625. All inclusive. April 1st. (905)436-7411, (905)903-5523

OSHAWA, WINTER SPECIAL! Newly renovated 1 & 2 bdrms & bachelor. Senior lifestyle bldgs. Large units. New kitchens & appliances, carpeting, windows, security. Near schools/bus stop and amenities. Available March/April. 1-866-601-3083 905-432-6912. www.apartmentsinontario.com

OSHAWA, WINTER SPECIAL! Under new Management. 1 & 2 bdrms, adult lifestyle bldg. Large units, new windows, security, Near bus, shopping. Avail. March/April. Call 905-723-1009 or 1-866-601-3083 or 905-728-3162 www.apartmentsinontario.com

OSHAWA- Ritson and Bloor, nice and clean 1 & 2 bedroom apts for rent. \$675 & \$850, first/last, everything included, available March 1st. Coin laundry, no dogs. (905)432-7740 or (905)995-8316.

OSHAWA-1-BEDROOM Basement apartment, Large separate driveway, separate entrance, laundry, recently renovated, large windows, near all amenities, large eat-in kitchen. Excellent area. April 1st. \$755/inclusive. (905)432-1533

PICKERING 1-bdrm main floor. Appleview/Dunbarton \$825. Immed, cable, laundry, parking, a/c, bathtub, no smoking/pets. On beautiful safe street. Suited for single person. Clean! 905-420-4451.

PICKERING VILLAGE 2-bedroom, walk-out basement apartment. Above ground. Executive home. Separate entrance, kitchen, laundry, 1.5 bath. 2-parking. \$1200/month, all inclusive. Available now. (905)239-1122.

PICKERING, HWY 2/liverpool, professionally renovated bachelor apartment, open concept, separate entrance, including, utilities, cable, close to amenities. No smoking/pets, \$750/negotiable. (905)839-8267.

PICKERING, Liverpool/Bayly, 2-bdrm bsmt apt. Large bright professionally renovated. Parking, laundry, wireless internet, utilities. \$850/mo inclusive. No smoking. Avail. April 1st. 905-839-2617

PICKERING, ROSEBANK/Shepard. New 2-bedroom basement. Kitchen. Dining room. 4pc. bath. Private entrance. Share laundry. Parking. \$700+35% utilities or \$800 inclusive. No smoking/pets. April 1st. (905)837-5146

PICKERING/WHITES, S of 401, 2-bedroom, very nice, bright, clean, basement apt, ceramic and carpet floors, large 4-piece bathroom, separate entrance own laundry, A/C, eat-in kitchen with dishwasher, parking, \$825/month, all inclusive, (905)686-8612.

PORT PERRY SOUTH, large 1-bdrm basement apt., sep. entrance, fridge/stove, satellite, first/last. \$800/mo inclusive. No smoking. 905-985-8986

PORT PERRY, Walk to Lake Scugog. Enjoy a peaceful, beautiful town. Spacious 2 & 3-bdrm. in well-kept, quiet 3-storey apt. building. Balcony, 1-parking. Security Video. No dogs. First/last. Call 905-985-0748 or 905-430-7816.

REGENCY PLACE Apartments 1 & 2 Bed. Util. incl. Security & pking. Laundry, social room & additional storage. Min. to shopping & parks. Access to Hwy 401 & public transit. 15 Regency Cres. (Mary St. & Hickory St) 905-430-7397 www.realtor.ca

RITSON / OLIVE - 2 bedrooms, parking, all utilities included. Porch, yard, laundry, available March/April. \$795/month (416)657-2117.

START FEB IN A NEW SUITE! 1 & 2 bdrm from \$925 on Marland Ave, w/ balcony, near Oshawa Centre, HWY 401, parks, in a quiet area, onsite laundry, Incl. heat/water/hydro. 1.888.310.7000 GOtransglobe.com

TESTA HEIGHTS 1, 2 & 3 bed, w/upgraded finishes. Util. incl. Security & parking. Landscaped grounds, private patios & balconies. 2 Testa Rd. (Reach St. & Testa Rd) 905-852-2534 www.realtor.ca

VERY QUIET one bedroom basement apt, close to downtown Oshawa, furnished optional, parking, suit one person, \$550 all inclusive, leave message (905) 434-7012.

WHITBY 1 BEDROOM basement apt in triplex. Wash/Dryer, fireplace, parking, large yard. No smoking, no pets. \$725/mth inclusive. April 1 905-427-9437

WHITBY BORDER, NORTH 2-bedroom walk-out bsmt apt. Separate entrance. Laundry, 2-car parking included, 1100sq ft. \$950 all inclusive. Avail March 1st. or later. Call 905-665-7823.

WHITBY Byron/Dundas, 4-corners. Large, beautiful 1-bedroom on second floor, 1-parking, large deck. \$825/month everything included. First/last. Available now. No smoking. Call 905-430-2814.

WHITBY Garden/Rossland Legal one-bedroom basement apt. Sep entrance, parking for 1 no pets/smoking. \$800-inclusive. First/last. Available immediately (905)626-0919

WHITBY Mary St. East immaculate 1 & 2-bedroom apt, in sixplex, Avail. immediately. \$785 & \$922/month includes appliances, heat, laundry facilities and parking. (905)666-1074, 905-556-0455.

WHITBY PLACE 1 & 2 bed. Landscaped grounds. Balconies, laundry & parking. Access to Hwy. 401 & public transit. Near shopping & schools. 900 Dundas St. E. (Dundas St. & Garden St) 905-430-5420 www.realtor.ca

WHITBY SOUTH - Spacious 1&2 bdrm starting \$750-\$880/month. Laundry, first/last, minutes to GO, Avail. March 1/last. No dogs. Daytime viewings only Mon - Fri, references. Days (905)666-3338, evenings (905)832-2722.

WHITBY SOUTH- Spacious 2 bdrm starting \$890/month. Laundry, first/last, minutes to GO, Avail. April 1. No dogs. Daytime viewings only Mon - Fri, references. Days (905)666-3338, evenings (905)832-2722.

WHITBY, 2-bedroom suites from \$960/mo. all inclusive. Bachelor suite \$800 inclusive. Close to all amenities. Office hours 9-5. Monday - Friday. (905)430-1877

WHITBY, 2-bdrm, triplex, bright w/large windows, walk-out basement, own backyard, 1-parking, \$900/mo inclusive. 505 Harris St. 2-bdrm in 6-plex, \$845/mo+hydro, 1-parking. 107 Wellington St. Available March 1st. No pets. Call (905)430-7567 after 6pm.

WHITBY, Anderson/Bradley, Large 2 rooms, private entrance, kitchen, fireplace, parking. Shared laundry. \$850/mo+utilities. References req'd. Avail. March 1st. 905-706-8765

WHITBY, COCHRANE/HWY #2, 2-bedroom lower level, walk out to patio. Appliances, laundry on site, parking. \$800/month, all inclusive, available March 1st. Dave (905)925-9110.

WHITBY, ROSSLAND/Thickson, large 2-bedroom basement apartment. Private entrance and parking, 3-appliances. \$995/month One Month FREE! first/last/ references! No dogs! Available March 1st (905)666-3050.

condominiums for rent

3 BEDROOM CONDO, 1-1/2 bathrooms, Pickering Parkway location, close to all amenities, balcony, parking, no pets/smoking, first/last. (905)432-8026.

3 BEDROOM CONDO- AJAX, 2 bathrooms, A/C, en suite laundry, parking, balcony, pool. Close to all amenities, GO transit, 401. No smoking/pets. First/last. 416-407-9454.

BOWMANVILLE Condominium Apartment - Gorgeous 2 Bedroom ground floor condo. Freshly painted. All new flooring. Five appliances. Private patio! Available immediately. \$1000 plus utilities. Call 905-442-6415

LUXURY CONDO, approx. 1,750 sq. ft. in Oshawa's finest condominium building. 2 bedrooms plus den, all utilities included except phone. Prefer executive. No smokers or pets. 1-2 yr. lease. \$1,900/month. Credit check and references. Call Rick (905)259-4936 for info.

PEACE AND QUIET, without moving to the country. You can rent this bright, spacious Whitby 2-bedroom condo. Minutes to 401/Go, shopping/rec-centre. Ensuite laundry and storage plus under ground parking. Showing this Sunday, February 24th, 2-5pm, Brock/Dryden. \$1250+utilities. (416)768-9241.

PICKERING, BROCK/401, 1-bedroom, minutes to Go and 401. Ensuite laundry, underground parking, 5-appliances, furnished/un-furnished. \$1100/month, inclusive. (905)427-4325.

houses for rent

! \$0 DOWN- AN UNBEATABLE DEAL! own your own home. OAC. Minimum income required per household is \$40,000. Please call Aurelia Cosma, Remax Spirit Inc. (905)728-1600, 24 hr. pager.

3 YRS NEW 2 storey Det.House 2-car garage, priv drive, 4-bdrm, 3-bth, hwd mainfloor, mainfloor laundry, Alarm syst. Avail immediately \$1750/mth+utilities. Call 416-837-2715

3-BEDROOM farm house. Little Britain area, available immediately. \$1100 monthly plus utilities. First/last required. Call 1-888-550-3687.

A SPACIOUS 3 BEDROOM BUNGALOW! Whitby, Garden/401. Hardwood. Amenities. Large bedrooms. Family-friendly. Finished basement. Backyard faces park. \$1375. No pets/smoking. Available. 905-999-9371.

ABSOLUTELY ASTOUNDING! 6 months free (or equivalent) then own any house from \$779/ month (PIT) (OAC) require good credit and household income of \$40,000/yr +. Why rent? Call me to-day. I'll qualify you on the phone! Bill Roka, Sales Rep, Re/Max Spirit Inc. (905)728-1600, 1-888-732-1600. I have helped hundreds! Call to-day!

AJAX WESTNEY/DELANEY-3 bedroom detached house plus 1-bedroom apartment in basement, w/separate entrance, new kitchen with stainless steel appliances. \$1800/month plus utilities. (905)426-5295 or (416)671-2726.

BOWMANVILLE, 4-bdrms, 1-1/2 baths, 5-appliances, c/a, c/v, gas heat, 1400-sq ft plus partially fin. bsmt. \$1500/month+. Immediate. Call 905-213-5719

BRAND NEW 4 BEDROOM, 3 1/2 washroom, 5 appliances, Audely & Rossland, \$1475/month+utilities. Call if interested. 416-268-7778 or 416-888-9097.

DUNDAS/WELLINGTON, totally renovated. 3-bdrm main floor, large livingroom/diningroom, large new 4-pc bath w/ceramics, new eat-in kitchen w/ceramics. \$1300/mo inclusive, yard, no pets. (905)668-3482

NORTH OSHAWA/WHITBY, spacious bungalow, 4 bedrooms, 2 bathrooms, excellent neighbourhood, large lot, C/A, all appliances, finished basement, \$1250/month, plus utilities. No Dogs/smoking, (416)704-4570.

OSHAWA 3 bedrooms fridge, stove, \$1,295 plus utilities. Available immediately. No pets. No smoking. Call 705-876-0186, 905-259-5119.

OSHAWA CENTRE AREA, 4-bedroom, upper level of home. 2.5 bath, \$1400/month, plus 2/3 utilities. 2-bedroom basement apartment, \$800/month, inclusive. Available immediately. Roger (416)830-9387.

OSHAWA NORTH - Somerville. 3 bdrm., main floor, clean, A/C. Quiet, responsible couple preferred. \$1100/mo. No pets, first/last. Call 905-263-4644.

OSHAWA, 3 bedroom, newer home Ritson/Taunton area, Parking, laundry, garage access. Near all amenities. Absolutely no pets/smoking. Available immediately. \$1350+utilities. 416-562-2542.

PICKERING Liverpool/Bayly. Large sparkling completely renovated detached home, main floor only, three bedrooms, own laundry, appliances, avail. now. 1350 inclusive. Condolyn Mgt. 905-428-9766

PICKERING Whites/Bayly. Large-bedroom detached bungalow. C/Air, C/Vac, laundry, \$1325+60% utilities. Available April 1. Close to 401 & Frenchman's Bay (905)420-4583, 416-400-9444

PORT OF WHITBY, 3-bdrm bungalow with loft & 2-bdrm bsmt apt, large lot, close to go/401, \$1600/mo+ utilities. Call Frank 905-243-2751


RENOVATED 3 BEDROOM bungalow for rent, located 5 min. east of Clarendon. Minutes to 407. All new appliances. \$1,100, plus utilities. Call Trevor (416) 989-0566.

RENT TO OWN - Low Down Payment, Easy Qualifying, Seller Will Finance. Choose Your Dream Home Today. Visit http://www.HomeOwnerSoon.com or call 1-866-702-4334.

THORNTON/ROSSLAND, luxury, 4-bedroom, 2.5 bath, custom built home, 65ft lot. Large garage, new efficient c/a,c/v and furnace. Fireplace, and spiral staircase, with oak wainscoting and skylight above, main floor laundry, 2,400, sqft. 6-appliances, includes window coverings, private deck 30x16 and access to 32 x 16 pool and gazebo, including, pool and landscape maintenance. Minimum bid \$1600/month + utilities. (416)540-6100.

WHITBY, 3-bdrm mainfloor bungalow, 5-appliances, a/c, parking, shows well. Central location. March 1st. \$1250/mo+utilities. Smoke-free home, no pets. References. Call Bo Gustafsson, Sales Representative, Sutton Group Tower Realty, 416-783-5000

WHITBY, 3-BEDROOM main floor, \$1400/month, includes utilities, cable & laundry. No pets/smoking, close to shopping & schools. References required. (905)683-6863



The Durham District School Board Request for Proposal

RFP 08- 02

INVITATION FOR PREQUALIFICATION PROPOSALS TO GENERAL CONTRACTORS, MECHANICAL AND ELECTRICAL TRADE CONTRACTORS, FOR PROPOSED ELEMENTARY SCHOOL CLASSROOM ADDITIONS AT VARIOUS DURHAM LOCATIONS

The Durham District School Board proposes to construct approximately seventeen (17) elementary school classroom additions in various Durham locations over the next two (2) years.

Prequalification will be for the following combinations:

4 classroom additions	various locations	approx. 5,200 sq. ft. each
6 classroom additions	various locations	approx. 7,200 sq. ft. each
8 classroom additions	various locations	approx. 10,000 sq. ft. each

General Contractors and Mechanical and Electrical Trade Contractors interested in prequalifying for tendering on these projects are requested to indicate their interest in writing, and forward a fully completed CCDC-11 (current edition) Canadian Standard Form of Contractor's Qualification Statement.

General Contractors (but not Trade Contractors) should **also** include:

- * Specific written confirmation from a Surety Company of the Contractor's bonding limits and current bonding commitments, along with evidence of their capacity to obtain bid bonding and Performance and Labour & Material payment bonding for projects of this size;
- * A detailed description of the contractor's Health & Safety Policy and written confirmation that all Health and Safety policies will be followed for the duration of the project;
- * Submission of the latest CAD 7 Calculations and equivalent Workplace Injury Summary Report as issued by the WSIB;
- * Current WSIB Clearance Certificate; and,
- * An Insurance Certificate from a recognized Insurance Company detailing the contractor's current liability insurance coverage of at least \$5,000,000 per project, with the capacity to name the Durham District School Board as an additional insured.

Proposals should include the names of site superintendents who will perform on the projects. Submissions should provide relevant experience for the immediate five years in school projects of similar size and construction value and with similar schedule constraints.

Proposals are to be forwarded to the Durham District School Board, Purchasing Department, 400 Taunton Road East, Whitby, Ontario L1R 2K6, in envelopes with contents clearly marked **"RFP 08-02 Prequalification Submission for Proposed Elementary School Classroom Additions at Various Durham Locations"** before the closing time and date:

Before 3:00 p.m. (Local Time) Tuesday, March 11, 2008

It should be noted that facsimiles and electronic submissions will **not** be accepted.

These projects will be tendered separately in the next few months. Additions may be tendered separately or packaged into approximately two or three schools. Drawings, Specifications, and Tender Documents will be made available only to a limited number of General Contractors and Mechanical and Electrical Trade Contractors who have been deemed by the Owner and the Architects to be prequalified to perform on these projects.

Contractors selected to bid on these projects will be required to provide a Bid Deposit, and letter of Surety for Agreement to Bond, where applicable.

The Board reserves the right to further prequalify contractors for projects subsequent to initial selected list.

The Board reserves the right to reject any or all submissions. All projects are subject to Board approval.

D.M. Homeniuk, C.P.P., CPPO
Manager of Purchasing

David J. Visser, Hons. B.B.A., C.A.
Superintendent of Education
Facilities Services

townhouses for rent

3-BEDROOM + 3-1/2 bathroom, Whitby Shores townhouse, clean, bright, \$1,350 + utilities. No pets, no smokers. Available April 15th. Contact (647)297-4057.

AJAX, ALMOST NEW 3-bed townhouse. Prime location. Open concept, stainless steel appliances, laminate, air, garage remote. No pets/smoking. April 1st. \$1350+utilities. Please call 416-258-1530


AJAX, KINGSTON ROAD & Chapman Drive, brand new 3 bedroom townhouse for rent. 5 appliances. A/C. Garage. Amenities. Available March 1st. \$1400/month. First/last. 416-358-3345.

AN OSHAWA SOUTH townhouse, 3-bedroom \$975+ utilities. Close to schools & shopping. First/last. 905-579-9956.

BRAND NEW TOWN HOME. Located in a great area. Hardwood/Bayly (Brand new corner lot). 3 bedrooms. 2.5 bathrooms. Near GO station, schools, grocery, hospital...416-333-0165.

BROOKLIN TOWNHOME Watford/Winchester area. 3-bdrms, 5 appliances, 1-1/2 baths, deck, garage, fenced yard, near schools. Available April 1st. \$1300+utilities. No smoking. 416-618-4149.

CARRIAGE HILL 2 & 3 bed townhouses. In-suite laundry, util. incl. Balconies, patios, courtyard. Pking. avail. Near DT, shopping, restaurants, schools, parks. 122 Colborne St. E. (Simcoe N. Colborne E) 905-434-3972 www.realtor.ca



Ontario Lottery and Gaming Corporation Request for Quotation # 0708-160

Ontario Lottery and Gaming Corporation is currently accepting quotations for Landscaping Service for OLG Slots at Ajax Downs located at 50 Alexander Crossing, Ajax, Ontario.

Services will include lawn cutting, fertilization, weed control, shrub and tree maintenance, and flower maintenance.

The Request for Quotation document may be obtained by fax or e-mail from:

Karen Marlow Procurement Specialist Ontario Lottery and Gaming Corporation 70 Foster Drive, Suite 800 Sault Ste. Marie, ON P6A 6V2 Phone: (705) 946-6450 ext 8912 kmarlow@olg.ca

Identify Corporation Name and reference project number in request for document.

A Mandatory Site Visit will take place at OLG Slots at Ajax Downs, 50 Alexander Crossing, Ajax, ON, on Wednesday, February 27, 2008 at 10:00 A.M.

The Closing Date and Time for quotations is Friday, March 7, 2008 before 4:00 P.M. Eastern Time.

Suppliers of goods and services to OLG gaming sites will require to be registered with the Alcohol and Gaming Commission (AGCO). Further information regarding this requirement is available on the AGCO website www.agco.on.ca or through OLG Vendor Compliance Coordinator, Melony Robinson at 905-946-6996, mrobinson@olg.ca.

Place your ad at 905-683-0707

vendors wanted

vendors wanted

Auctions

Auctions

Auctions

cars for sale

cars for sale

cars for sale

cars for sale

Health matters
mind + body + spirit

HEALTH EXPERTS NEEDED

We are looking for professionals in traditional and alternative health to join the 2008 Durham Health Matters Expo on Sunday March 2, 2008. This one day show will feature speakers, panels, demos and more. If you would like to be a part of this Expo please call Cori-Ann 905.683.5110 ext. 228

NETRDLAND DURHAM REGION MEDIA GROUP

coming events

Exhibitors Wanted

Durham Parent

FAMILY SHOW

Saturday, April 26, 2008
9 am - 4 pm

Pickering Recreation Complex

For more information, contact Audrey Dewit at 905-426-4676 ext. 257

www.showsdurhamregion.com

12th ANNUAL HOME GARDEN SHOW

EXHIBITORS WANTED

for the 2008 Spring Metro East Home & Garden Show

March 28 - March 30
Pickering Markets Trade Centre

Call Audrey at 905-426-4676 ext257

townhouses for rent

NORTH OSHAWA townhouse-good condition with 3-bedrooms and a full basement. Short walk to shopping. Rents \$925/month plus hydro. Call 905-261-7744.

TAUNTON TERRACE 3 bedroom townhouses. Ensuite laundry. Landscaped grounds w/pool & playground. Private backyards. Sauna & ping avail. Near shopping & schools, public transport. 100 Taunton Rd. E. (Taunton Rd. & Simcoe St.) 905-436-3346 www.realtor.ca

rooms for rent & wanted

ROOMS FOR RENT South Central Oshawa Weekly or Monthly (905)576-8340

Share kitchen & bath, parking available. Non-smoking, newly renovated & furnished. Cable, central air, suits skilled & technical workers.

ROOMS FOR RENT. Simcoe/Conlin area, close to all amenities, share kitchen & common room, \$450/month. Call 905-431-2164 or 905-983-1053

shared accommodation

AJAX, North, Westney/Sullivan separate entrance, available immediately, close to all amenities. No smoking/pets. (905)683-1180, (416)303-1090

AJAX (HARWOOD/HWY 2) Furnished room for rent in clean/quiet home. Laundry, cable, A/C included, no smoking/pets. First/last. Avail. Immediately Contact Jeffrey or Janet 905-239-1379

AVAILABLE in Oshawa, furnished room, bright very clean house, share kitchen & bathrooms, run of house, non-smoker, parking, laundry, high-speed internet, near all amenities, \$490/month. (289)314-1949

FURNISHED & UNFURNISHED ROOM for rent-basement apartment. \$375 and to OC. stove, parking. No pets/smoking. Close amenities. Single person preferred. Available. 905-831-7909, 647-838-0614.

LARGE CLEAN, FURNISHED room, close to OC. No pets. Share kitchen & bath, ideal for working person. First/last. Phone 905-436-1420.

ROOM FOR RENT, Spacious, clean room. Share kitchen/bath-room, \$450/month inclusive, includes cable/laundry. Preferred quiet non-smoking male, 40+. No pets. Available immediately. (905)429-7144.

rooms for rent & wanted

ROOMS FOR RENT South Central Oshawa Weekly or Monthly (905)576-8340

Share kitchen & bath, parking available. Non-smoking, newly renovated & furnished. Cable, central air, suits skilled & technical workers.

ROOMS FOR RENT. Simcoe/Conlin area, close to all amenities, share kitchen & common room, \$450/month. Call 905-431-2164 or 905-983-1053

shared accommodation

AJAX, Finley/Westney, 1-bedroom in 3-bdrm house, near lake, GO, Bus & amenities. Parking, share kitchen/bathroom, laundry, \$500/mo. Avail. immediately. First/last. No smoking/cats. (905)427-6419

AT BLOOR & SIMCOE, Oshawa. Share furnished apt with 2 males. Near all amenities, bedsitting room, cable/internet, parking included. Available immediately, 1st/last, \$450/mo inclusive, Viewing (905)433-4088.

BUILDING NEW HOUSE closing in April. Taunton/Wilson. Parking. Prefer. fireman/police/paramedic. Non-smoker. \$700.-inclusive. (905)723-0037

NORTH WHITBY, house to share, near all amenities, private bath, use of all facilities, parking. Avail April 1st. First/last. 905-442-2483 after 5pm.

SHARE LARGE luxury lakefront home, over 5,000 sq.ft. sunset view over Port Perry. A true resort lifestyle. 5 private decks, bonfire pit, pool-table, 905-985-4202 or cell 416-726-7994.

SHARED ACCOMMODATION close to Oshawa Hospital, 2 1/2 storey older home. Loft or bedroom avail. \$425-625 inclusive. Linda or Brad 905-668-6285

SIMCOE/BLOOR, share home with owner, 1 or 2 bedrooms, partly furnished. Available March 1st. Viewing (416)598-0262.

ROOM FOR RENT, Spacious, clean room. Share kitchen/bath-room, \$450/month inclusive, includes cable/laundry. Preferred quiet non-smoking male, 40+. No pets. Available immediately. (905)429-7144.

ONE-DAY ONLY!!! MAJOR LIQUIDATION SALE!
DIRECT FACTORY AUTHORIZED LIQUIDATION SALE
ALL ITEMS MUST BE SOLD!!!!!!

Acting under instructions received: we will sell:

UNCLAIMED ITEMS* OVERSTOCKS* BANKRUPT INVENTORIES* RECEIVERSHIPS* SHOWROOM SAMPLES* MISGUIDED FREIGHT* DESIGNERS SAMPLES* RENTAL RETURNS* CLOSEOUTS* NEW HOME FURNISHINGS* BEDROOM SUITES* LIVING ROOM SETS* DINING TABLES & CHAIRS* HAND CARVED MAHOGANY DESIGNER'S ACCENTS* JEWELLERY* TIFFANY GLASS LAMPS* SPORTS MEMORABILIA* LEATHER SOFA

BY:

"IMPORTANT EVENING SESSION"

PUBLIC AUCTION
FRIDAY EVE. MARCH 07 - AT 7:PM (Preview: 6: PM)
AJAX COMMUNITY CENTRE - H.M.S. AJAX ROOM
75 CENTENNIAL ROAD (OFF Monarch or Clements)

Partial listing only: Brand new imported Fine quality Leather sofa, loveseat & chair groupings, Recliner theatre sets with top grade leather hides from Italy etc. Bedroom suites with full cabinetry and mirrors, Quality deluxe Box & Mattress sets, New designer style 9 pc Pub sets, selection of 7 pc dining tables and chairs, storage ottomans, French tables, desks, Hand Painted Bombay chests, commodes, unique designer marble top vanity and sinks, Grandfather clocks, Gallery mirrors, Sleigh beds, quantity of occasional tables, Armoires, Commodes, dining table & chair sets, Hand carved mahogany furniture (designers choice) - wine racks, china cabinets, executive partners desks, bar chairs, bookcases, whatnots, salon chairs Marble top vanity/sink/taps Framed art, Group of Seven & Wildlife, Glassware, Crystal, German cookware, 18/10 Stainless cutlery, Staffordshire, Limoges, Royal Regal, Fine Porcelain, Sports memorabilia, Jewelry, Ironstone, tea sets, Tiffany glass lamps, ASFOUR, SWAROVSKI, crystal jewelry sets and many more items too numerous to mention.

Terms: Cash, Visa, MC, debit, Buyers Premium in effect, Delivery available, as per posted & announced at sale. Early registration available one hour prior to sale time. Limited seating, arrive early. Additions & Deletions, List may change without notice.

ROYALTON INTERNATIONAL LTD.
www.auctioneer.ca - contact us: email-info@auctioneer.ca

boats & supplies

2 1995 GTX seadoos with double bunk trailer. Great condition with low hours. \$5000 o.b.o. Will sell separately Call 905-434-5686

2 SEADOOS- 2003 GTI, 3 seater, 2002 RX, 2 seater both have low hours, includes double trailer, 2 water lifts, lifejackets & tubes. Both in great condition- \$14,000-905-697-8850

snowmobiles

1971 SKI-DOO SKIBOOSE Mark 2. Good condition. \$650 obo. Please call 905-985-8247 after 6 pm.

2005 ARCTIC CAT touring, 660 turbo with double wide trailer, very low mileage, trailer new. Inquire 905-686-2309, Dave Scott

pool and supplies

SWIMMING POOLS and Rock Waterfalls. Book early. Over 19 years experience. (416)554-8195 or (905)985-3491 www.poolscape.ca

lost & found

LOOKING FOR OWNER, orange/white cat. Near Peabreeze or Beachview, Pickering Beach. 905-683-5110.

personals

ERASE YOUR CRIMINAL Record. We succeed where our competition can't. We give free consultations. Our cost just \$475. Apply online: www.governmentpardons.ca Call Robyn 1-800-298-5520

daycare available

FINDING CHILDCARE Has never been easier! Connecting providers, parents and nannies. Not an agency. View free list today at: www.durhamdaycare.com 289-404-2222

articles for sale

\$399.99 CENTRAL VACUUM, New Canavac. 360-degree swivel hose w/switch, power nozzle, installation kit for most roughed-in homes up to 3500-sq-ft. Oshawa Vacuum (905)720-9991

+ PIZZA TABLE (\$150), Good condition. 416-930-9603.

+CARPETS, LAMINATES & HARDWOOD, 3 rooms. Berber carpet installed. \$389 (30 Yds.). 12.3 mm laminate from \$1.49, hardwood flooring, 3 colours from \$5.39 sq. ft. installed. Free in-home quotes. Sallian Carpets, 1-800-578-0497, 905-242-3691, 905-373-2260.

HOT TUB (SPA) COVERS Best Price, Best Quality, All Shapes & Colours. Call 1-866-585-0056 www.thecoverguy.ca

HOT TUB COVERS Custom covers, all sizes and shapes, \$399 tax and delivery included. Pool safety covers. We will not be beat on price and quality. Guaranteed. 905-259-4514. www.homeandentire.ca

MESA BOOGIE F50 HEAD with 2X12 roadster cabinet, has never been "on the road", 1.5 yrs. old. \$1100. Call 905-434-2970.

PEARL SNARE DRUM wanted. No export series please. Call (905)686-8351

articles for sale

Auction Sale
Haydon Auction Barn
Sat. Mar 1 @ 4 pm
Quality Coins & Currency & Household Items
www.donstephensonauctioneer.com
Auctioneer Don Stephenson
905-263-4402 or 705-277-9829

articles for sale

LOWERY PAGEANT ORGAN, roll-top model. Model M-150-Solid state amp. Bench included. Reasonable. If interested call (905)434-2757

MILLWRIGHT'S TOOL BOX'S, must be seen to be appreciated. Too many tools to be listed! Asking \$10,000. Call (905)655-7304

NEW CRAFTSMAN Lathe with stand, \$400, Router with table and safety switch, \$300, O.B.O. Contact (905)655-6504.

OAK PEDESTAL TABLE, 6 chairs \$1000; Oak computer desk \$200; encyclopaedia Britanica \$100; scuba complete set \$500; new pool table, sacrifice \$1000. (905)697-8504

OFFICE CONTENTS, including complete telephone system, photocopier, HP printer, computers, dicta phone, secretarial desk. 905-683-8787.

PIANOS AND CLOCKS, NO TAX EVENT for the Month of February only! We have the best prices on new & used pianos. Not sure if your kids will stick with lessons...try our unique rent-to-own system. 100% of all rental payments apply! Large selection of upright and electronic pianos and Howard Miller clocks. TELEP PIANO 905-433-1491, www.Telep.ca WE WILL NOT BE UNDERSOLD!

POOL TABLE, 1" slate. New in box. Cost \$4395 sell for \$1395. 416-524-2018

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

TANNING BED for sale. \$2,000. Telephone (905)436-9303

TRUCKLOADS OF NEW SCRATCH & DENT APPLIANCES new coin washers \$699, also reconditioned coin washer and dryers available, new Danby apt. size freezers \$209, new 24" and 30" ranges \$399., wide selection of new and reconditioned appliances available. Call us today, Stephenson's Appliances, Sales, Service, Parts, 154 Bruce St. Oshawa, (905)576-7448

VENDORS WANTED at Courtice Flea Market. Rent starts at \$185/mo for 10'x10' booth. Approx 250,000 people/year. Located 2 minutes off 401 between Oshawa & Bowmanville. Call 905-436-1024 www.courticefleamarket.com

WASHER, DRYER, fridge, stove, freezer - like new. \$1000 for all. Telephone (905)436-0983.

MILITARY PARAPHILNIA swords, daggers, bayonet, rifles, folding knives, helmets, scopes, binoculars, night vision goggles, compass, survival gear, field jackets, military toys. 416-817-6785.

17 INCH RIM, 10 spoke, 2006 Buick Lucerne. 905 431 9727

REGISTERED GERMAN Shepard Puppies, great temperament, family raised, reasonable. (905)986-0425.

SHIH TZU PUPPIES for sale, non allergic, no shedding, vaccinated, dewormed, vet checked \$450 each. Call 905-260-8855.

2001 PONTIAC GRAND AM \$3999, 2001 Hyundai Sonata \$3999, 2000 Acura Integra \$6699, 1995 F-150 only 126K \$3999, 1996 F-250 extended cab 4x4 with roof racks \$4499, 10 vehicles under \$2000, certified, e-tested. Free 6 month warranty (Kelly & Sons since 1976) 905-683-1983 or (905)263-1041. Cell (289)314-3679.

2001 PONTIAC GRAND AM \$3999, 2001 Hyundai Sonata \$3999, 2000 Acura Integra \$6699, 1995 F-150 only 126K \$3999, 1996 F-250 extended cab 4x4 with roof racks \$4499, 10 vehicles under \$2000, certified, e-tested. Free 6 month warranty (Kelly & Sons since 1976) 905-683-1983 or (905)263-1041. Cell (289)314-3679.

2003 INFINITY G35 sedan, pearl white on black leather. Fully loaded. \$19,500. (905)426-4246.

77 DUCATI 900 Super Sport, \$4500, great condition. 11 800 mi, silver, clear title, engine: 900 cc. VIN# DM860SS086170. judymayos@gmail.com or (514)-448-9140.

articles for sale

LOWERY PAGEANT ORGAN, roll-top model. Model M-150-Solid state amp. Bench included. Reasonable. If interested call (905)434-2757

MILLWRIGHT'S TOOL BOX'S, must be seen to be appreciated. Too many tools to be listed! Asking \$10,000. Call (905)655-7304

NEW CRAFTSMAN Lathe with stand, \$400, Router with table and safety switch, \$300, O.B.O. Contact (905)655-6504.

OAK PEDESTAL TABLE, 6 chairs \$1000; Oak computer desk \$200; encyclopaedia Britanica \$100; scuba complete set \$500; new pool table, sacrifice \$1000. (905)697-8504

OFFICE CONTENTS, including complete telephone system, photocopier, HP printer, computers, dicta phone, secretarial desk. 905-683-8787.

PIANOS AND CLOCKS, NO TAX EVENT for the Month of February only! We have the best prices on new & used pianos. Not sure if your kids will stick with lessons...try our unique rent-to-own system. 100% of all rental payments apply! Large selection of upright and electronic pianos and Howard Miller clocks. TELEP PIANO 905-433-1491, www.Telep.ca WE WILL NOT BE UNDERSOLD!

POOL TABLE, 1" slate. New in box. Cost \$4395 sell for \$1395. 416-524-2018

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

TANNING BED for sale. \$2,000. Telephone (905)436-9303

TRUCKLOADS OF NEW SCRATCH & DENT APPLIANCES new coin washers \$699, also reconditioned coin washer and dryers available, new Danby apt. size freezers \$209, new 24" and 30" ranges \$399., wide selection of new and reconditioned appliances available. Call us today, Stephenson's Appliances, Sales, Service, Parts, 154 Bruce St. Oshawa, (905)576-7448

VENDORS WANTED at Courtice Flea Market. Rent starts at \$185/mo for 10'x10' booth. Approx 250,000 people/year. Located 2 minutes off 401 between Oshawa & Bowmanville. Call 905-436-1024 www.courticefleamarket.com

WASHER, DRYER, fridge, stove, freezer - like new. \$1000 for all. Telephone (905)436-0983.

MILITARY PARAPHILNIA swords, daggers, bayonet, rifles, folding knives, helmets, scopes, binoculars, night vision goggles, compass, survival gear, field jackets, military toys. 416-817-6785.

17 INCH RIM, 10 spoke, 2006 Buick Lucerne. 905 431 9727

REGISTERED GERMAN Shepard Puppies, great temperament, family raised, reasonable. (905)986-0425.

SHIH TZU PUPPIES for sale, non allergic, no shedding, vaccinated, dewormed, vet checked \$450 each. Call 905-260-8855.

2001 PONTIAC GRAND AM \$3999, 2001 Hyundai Sonata \$3999, 2000 Acura Integra \$6699, 1995 F-150 only 126K \$3999, 1996 F-250 extended cab 4x4 with roof racks \$4499, 10 vehicles under \$2000, certified, e-tested. Free 6 month warranty (Kelly & Sons since 1976) 905-683-1983 or (905)263-1041. Cell (289)314-3679.

2003 INFINITY G35 sedan, pearl white on black leather. Fully loaded. \$19,500. (905)426-4246.

77 DUCATI 900 Super Sport, \$4500, great condition. 11 800 mi, silver, clear title, engine: 900 cc. VIN# DM860SS086170. judymayos@gmail.com or (514)-448-9140.

2001 PONTIAC GRAND AM \$3999, 2001 Hyundai Sonata \$3999, 2000 Acura Integra \$6699, 1995 F-150 only 126K \$3999, 1996 F-250 extended cab 4x4 with roof racks \$4499, 10 vehicles under \$2000, certified, e-tested. Free 6 month warranty (Kelly & Sons since 1976) 905-683-1983 or (905)263-1041. Cell (289)314-3679.

2003 INFINITY G35 sedan, pearl white on black leather. Fully loaded. \$19,500. (905)426-4246.

77 DUCATI 900 Super Sport, \$4500, great condition. 11 800 mi, silver, clear title, engine: 900 cc. VIN# DM860SS086170. judymayos@gmail.com or (514)-448-9140.

CREDIT-ZONE
Canada

***Need a Car Loan- Call Credit-Zone you're approved!**

Bad Credit? O.K. • New to Country? O.K. • Bankrupt? O.K. • Slow Payment's? O.K.

To Contact Us Call: 1-800-519-9566, 905-668-1838
Apply on-line at www.creditzonecanada.com

O/A 1527619. Some down payment may be required

vendors wanted

FAST & FURIOUS - Northumberland Motorsports Show 2008. Vendor space available for March 29 to 30. Cars, Boats, ATVs. If it races, this is the show for you. Call Kerry @ 905-373-7355 ext 234 or email: kmgovern@northumberlandnews.com

FAST AND FURIOUS, Northumberland Motorsport Show 2008, vendor space available from March 29th - 30th. Cars, bikes, boats, ATVs. If it races, this is the show for you! Call Kerry at 905-373-7355, ext 234 or email kmgovern@northumberlandnews.com

firewood

AA-AJAX FIREWOOD - The best quality wood, seasoned cut, split, delivered. Call 905-424-1735.

HARDWOOD FOR SALE, free delivery, 12X16 inch firewood. \$75/face cord. 416-716-4332, 905-449-2100.

MILLS LANDSCAPING & FIREWOOD 12" or 16" face cords or bush cords. Picked up or delivered. Call (905)432-0259 or (905)986-1977

pet/supplies, boarding

3 1/2 MONTH OLD rabbits for sale. One black, two black and white spots. Half Floppy/half Dwarf. \$30 each. 905-427-6375.

BEAUTIFUL GOLDEN retriever puppies. Experienced breeder since 1967. First shots, dewormed, vet checked. 5 yr. guarantee. Supplier of service dogs. \$500. Judy (905)576-3303

BOXER PUPPIES, ready to go February 8, 2008. \$800 3 brindles/ 5 fawn available. Contact: 705-799-1660

CHIHUAHUA (MALE) short-haired, 14 weeks old. First shots, trained & friendly. Available to a good home, \$675 neg. Call (905)432-9088

CHIHUAHUA puppies for sale. Home raised, 2.5 months old, wormed, first shots, great with children, dogs & cats. \$700. Call (905)666-5166

CHOCOLATE LAB PUPS, males/females available March 8th. CKC registered, vet checked, tattooed, dewormed, both parents on site, family raised. (905)344-7093. www.arbraekennels.com

CHOCOLATE LABS, first shots, dewormed, vet checked, home raised, ready to go. \$500. Call (705)932-1502

FREE CATS, suitable as mousers in barns or warehouses; already spayed/neutered and vaccinated. Call ARK at 705-652-3427 to arrange delivery/pickup.

GERMAN SHEPHERD PUPS, Registered C.K.C., dewormed, papers, first shots, tattooed, 3 males left. References available \$975 each. (905)987-1677

GOLDENDOODLE PUPPIES, F1's cream with beautiful wavy low shed coats & F1B's gorgeous Blacks with wavy to curly no shed coats. (705)437-2790, or visit www.doodletreasures.com

PURE BRED MINI SCHNAUZERS for sale, tails and dew claws done, non allergic and non shedding. 905-352-

cars for sale

WOW! CARS FOR UNDER \$2,000 Certified. 1998 Ford Taurus, 4-door, auto, loaded. 1996 Mazda 626, 4-door, loaded. 1996 Grand AM, 4-door, auto, loaded. All cars excellent running condition. (905)718-1111.

cars wanted

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

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

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

ABLE TO PAY up to \$10,000 on scrap cars & trucks running or not. Free Towing 24 hours, 7 days. (905)686-1899 (Pickering/Ajax) or (905)665-9279 (Oshawa/Whitby).

JOHNNY JUNKER WANTED DEAD OR ALIVE. Has the best cash deal for your good scrap cars and trucks. Speedy service. (905)655-4609 or (416)286-6156.

KEEPING DURHAM CLEAN. Cash for junkers. Quality auto repairs, boosts, unlocks, tows etc. Call (289)688-0592 or (905)922-8318. 24 Hour Service.

\$150+ TOP DOLLARS - Ajax Auto Wreckers pays for vehicles. We buy all scrap metal, copper, aluminum, fridges, stoves, etc. 905-686-1771; 416-896-7066

\$100-\$1000 Cash For Cars
Dead or Alive
Fast Free Towing
7 Days a Week
(416)893-1594
1-866-256-2883

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

trucks for sale

2004 DODGE DAKOTA pickup, club cab, 2WD, auto, 54,500kms. \$11,500 certified, e-tested. For more info call (905)786-0625 or 1-289-240-3330

vans/4-wheel drive

1996 FORD AEROSTAR, auto, 6-cyl, 7-passenger. White, tinted windows, 250,000km. Looks good, runs great. AM/FM/Cass, a/c, works. Certified/e-tested. \$1700. Mike - 905-626-0542.

2003 PONTIAC MONTANA Ext Van, Air, Cruise, PW, PL, PS/Drs, AM/FM/CD/DVD, On Star Package, capt.seats, 117,000kms, excellent condition, \$8,500, ET, and Cert. (905)571-7424.

2005 GMC Jimmy ZR2 Like new loaded, power everything, black interior, autolock, 4wd towing pkg, warranty, never off road. \$14,900 or b/o. 905-410-0532 day 905-434-1679 evenings.

DODGE Grand Caravan Sport - 95,000 km. \$10,500. Fully loaded, mint condition. 905-668-2104

WHEELCHAIR LIFT 2000 Chevy AstroVan AWD Loaded. Green/tan. Great condition. Cert. E-Tested. Asking \$14,000 neg. 905-449-1597 Oshawa.

motorcycles

2005 YAMAHA TTR 125, low hours, great condition, runs great! \$2300. Call 905-697-8850

adult entertainment

Busty Blonde
Green-eyed beauty
Call **SHAYNA**
Discreet & Independent
8a.m - 6 p.m.
905-441-1661

adult entertainment

BLONDE BEAUTY
Hour Glass
Figure
Pretty & Sexy
905-550-0428
7 am - 7 pm

ERICA
Busty, Blue-Eyed Brunette
Escape
& relax
with me
Hours: 8am-7pm
905-242-0498

Victoria & Stephanie
36DDD-29-36
Beautiful Brunette Babe
Playful, Sexy & Outgoing
24 - 7
In/Out Calls
Daytime Specials
(905)621-2255

massages

AAA PICKERING ANGELS
★★★★★
Relaxing Massage
VIP Rooms & Jacuzzi
905 Dillingham Rd.
(905)420-0320
pickeringangels.com

OSHAWA
The Holistic **\$35** you want
Ritson Rd. / Bloor
905-576-3456

Service & Business Directory

Call (905) 683-0707

home improvements

HY-GRADE
STEEL ROOFING SYSTEMS
Durham Region

The last roof you will buy for your home!

Over 5,600 satisfied customers
50 Year Non-Prorated Transferable Warranty. Installs Easily Over Existing Roof. Self-Ventilating. Sheds Snow & Debris.
Call **RalphBerry** today **905-428-6592**
www.hygraderoofting.com

home improvements

home improvements

Dreamscape Renovations
"Building your Dreams into Reality"
Home Improvements

Dave Draper
Tel.: (905) 427-2932
Cell: (905) 424-9059

Fully Insured and Bondable

home improvements

Bathroom Renovations
& Repairs By
Quality Construction
FREE ESTIMATES
905 626-3771
www.QBATH.com

painting & decorating

Always Painting & Decorating
Interiors / Exterior • Commercial / Residential
Over 25 Years Experience • Competitive Prices
Call Dan for a FREE Estimate
905.436.9823 or Cell: 905.243.1459

painting & decorating

Handyman CONNECTION
EXPERIENCED CONTRACTORS
For the home repair & renovations market.
Insured, Bonded, 1 Year Warranty
905-686-7236
or apply on-line:
www.handymanconnection.ca

HELP ME!
Home Services
No Job is too small
Basement & Bathroom renovations
Decks & Fencing
Let me help you get rid of your
TO-DO Lists
For an estimate call Ian at
416-606-0195

painting & decorating

ALL PRO PAINTING AND WALLPAPERING
Repair & Stucco ceilings
Decorative finishes & General repairs
20% off for seniors
(905)404-9669
Tor. Line 647-868-9669

gardening, supply, landscaping

SCARLETT'S TREE SERVICE
Tree Removal, trimming & limbing
FREE ESTIMATES
Special Winter Rates in Effect!
fully insured & WSIB
Bruce Scarlett - Utility Arborist
Ph: (905)433-7140 Fax: 905-240-4800

moving & storage

DOAEC
MOVING/DELIVERY
✓ fully insured and bonded
✓ honest & reliable
✓ reasonable rates
(905) 426-4456
(416) 704-0267

flooring, carpeting

HARDWOOD FLOOR SPECIALIST
Hardwood & Laminate Installations
Sanding, staining and finishing of old floors
20 years experience
Call John
(905) 655-3492
(416) 220-4768

DOORS "R" US
NEW GARAGE DOORS, OPENERS, (We install), FIX BROKEN SPRINGS, CABLES, ROLLERS.
Sales, Service & Repairs
905-837-0949

Need a Handyman?
Full basement renovations
Bathrooms, Kitchens
Framing, Drywall
Painting
Some plumbing, basic electrical
22 yrs experience
Fire & Water Technician
Mould Specialist
Guaranteed Work
(905)728-8973

garbage removal/hauling

A1 1/2 PRICE JUNK REMOVAL!!
All Junk Removed.
Homes, Yards, Businesses, etc.
We do all the loading.
Seniors Discounts.
Cheap and fast Service!
In Service for 25yrs
John (Local) 310-5865

TMS PAINTING & DECOR

Interior & Exterior
European Workmanship
Fast, clean, reliable service
(905)428-0081

Please read your classified ad on the first day of publication as we cannot be responsible for more than one insertion in the event of an error.

METROLAND presents...
OSHAWA

HOME & GARDEN SHOW

2008

General Motors Centre

Friday, March 7th • 3pm-9pm
Saturday, March 8th • 10am-6pm
Sunday, March 9th • 10am-5pm

www.metrolandshows.com

Purchase your Home Show E-Z PASS online!

Allows you to enter the show at five different locations and you can use the receipt as a ballot for the Home Show prizes.

This Year Featuring 2 Arenas!

hey kids!

Larry Potter (NOT HARRY, LARRY) THE MAGICIAN
Sat. March 8th - 12 Noon
& Sun. March 9th - 12 Noon
& Jumpin Castle All Weekend

WIN!!
all Seasons Gardening & Maintenance Ltd
\$2000 Landscape Package ORA
Approx. Value **\$7800**
MARQUIS SPAS

2 for 1 ADMISSION
Valid on Sunday, March 9th ONLY
Hours: 10am-5pm

To book your booth space, please call your Sales Representative or Devon Leblanc or Wendy Weber TODAY! **905-579-4400**

Sponsored by
Blue Cat REALTY INC. BROKERAGE
Kawartha Homes & Property
all Seasons Gardening & Maintenance Ltd
beachcomber HOT TUBS
BATH FITTER

**NEED A CAR, BUT SHORT ON CASH?
DON'T WORRY!**

HUGE

COMBINED PURCHASING POWER

LET US PASS THE SAVINGS ON TO YOU!

NO PAYMENTS FOR 1 YEAR AVAILABLE

Scarborotown



Eastway

Eastway Chrysler Dodge Jeep Ltd.

\$7,888 2003 CHRYSLER PT CRUISER
Full Luxury, Only 55kms, Stk #21834

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$7,888	\$84	60	8.59%

\$7,888 2004 PONTIAC GRAND AM
All Options, V6, Low Kms, Stk #66572

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$7,888	\$84⁶⁰	60	8.59%

\$10,995 2006 NISSAN SENTRA SE
4-cyl, Auto, Air, PW, PL, Keyless, Stk #99241

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$10,995	\$89	84	8.59%

\$34,995 2007 JEEP GRAND CHEROKEE
3.0L Diesel, Leather, Stk #99153

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$34,995	\$269*	84	8.59%

\$9,888 2006 HYUNDAI ELANTRA
Air, Auto, Low Kms, Stk #21869

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$9,888	\$90*	72	8.59%

\$7,888 2002 PONTIAC MONTANA
Local Trade, All Power, Stk #88071

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$7,888	\$84	72	8.59%

\$20,988 2006 FORD MUSTANG CONVERTIBLE
4.0L V6, Auto, Leather, AM/FM/CD, Cruise, Tilt, Stk #999183A

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$20,988	\$182*	72	8.59%

\$16,995 2007 JEEP COMPASS
4-Cyl, Auto, Air, Tinted Glass, Stk #75307A

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$16,995	\$139*	84	8.59%

\$10,988 2006 NISSAN SENTRA
All Power, Rental, Stk #S21825

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$10,988	\$100*	72	8.59%

\$9,988 2005 DODGE CARAVAN SE
Incoming Lease Return, Stk #CC2

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$9,988	\$104*	60	8.59%

\$17,488 2006 MAZDA 3 GT SPORT
4 Cyl, 5 Speed, Leather, Moonroof, AM/FM/CD

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$17,488	\$84*	72	8.59%

\$18,995 2006 JEEP GRAND CHEROKEE LAREDO
V8, Auto, PW, PL, Cruise, Tilt, Alloy Wheels, Stk #99287

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$18,995	\$158*	72	8.59%

\$15,988 2004 JEEP TJ SAHARA
Only 55kms, Air, 5-Spd, Stk #21848

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$15,988	\$164*	60	8.59%

\$13,988 2008 DODGE AVENGER SE
All Power, All Luxury, Stk #21979

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$13,988	\$169^{61*}	72	8.59%

\$10,995 2005 SATURN ION
4-Cyl, 5 Spd, Leather, Moonroof, Stk #79024A

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$10,995	\$99*	72	8.59%

\$15,995 2005 SUBARU IMPREZA 2.5
4-Cyl, Auto, PW, PL, CC, Tilt, Stk #77337A

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$15,995	\$149*	72	8.59%

\$14,988 2004 HYUNDAI SANTA FE AWD
All Options, Trade, Low Kms, Stk #78852

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$14,988	\$154*	60	8.59%

\$16,988 2004 CHRYSLER PACIFICA TOURING
Leather Interior, Power Moonroof, Stk #CC1

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$16,988	\$135*	84	8.59%

\$16,999 2007 DODGE GR CARAVAN STOW'N GO
V6, Auto, Rear, Air, PW, PL, Alloys, Stk #99263

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$16,999	\$140*	84	8.59%

\$14,988 2006 DODGE GR CARAVAN STOW'N GO
V6, Auto, AM/FM/CD, PW, PL, Tinted Glass, ABS Brakes, Stk #99286

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$14,988	\$128*	72	8.59%

\$15,488 2008 DODGE CALIBER SXT
Auto, Air, All Power Equip, Stk #CC4

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$15,488	\$112*	96	8.59%

\$23,988 2007 CHRYSLER 300C HEMI
Hemi, V8, All Power, Moonroof, Stk #21992

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$23,988	\$188*	84	8.59%

\$10,995 2005 DODGE CARAVAN SE
6-Cyl, Auto, PW, PL, Air, 7 Passenger, Stk #990056

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$10,995	\$99*	72	8.59%

\$11,995 2004 DODGE GR CARAVAN SPORT
6-Cyl, Auto, PW, PL, Air, 7 Passenger, Stk #99267

PURCHASE PRICE	BI-WEEKLY	MONTHS	A.P.R.
\$11,995	\$129*	60	8.59%



**4960 SHEPPARD AVE. E.,
SCARBOROUGH
1-800-550-0356**



**2851 EGLINTON AVE. E.,
SCARBOROUGH
1-888-739-3716**