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Malcolm's celebrating
Name Dropping, 10



RECORD BREAKERS

Pickering swimmers make mark
Sports, 23



Ron Pietroniro/ News Advertiser photo

Goal-mouth scramble

PICKERING — The action was fast and heavy at the Carlo's Electric 13th Annual Bantam Classic in Oshawa this week, as Eric Nottbeck found out. The Ajax-Pickering Raiders goaltender took the worst of this encounter with the Clarington Toros Mitch Callieu. The two sides were tied up all night long, even on the scoreboard where the game finished 2-2.

Violent duo learns fate Monday

Swarming pair faces sentencing for beating, robbery

By Stephen Shaw
Staff Writer

DURHAM — Their faces masked, they roamed on bicycles in large groups and terrorized the town.

Their teenaged victims were chosen at random, surrounded and outnumbered, robbed and brutally beaten.

Three years after a summer of swarmings, the last two members of a brazen gang of street punks to be prosecuted for a series of violent shakedowns in Ajax will find out their fate Monday.

That's when Bryan Ferderick Styles, 23, and Hodari Harris Johnson, 21, will be sentenced for their roles in the most vicious of a slew of 2001 swarmings, the robbery and vicious beating of a 16-year-old boy and three

teenaged friends by approximately 20 assailants at Lakeside Park.

A Superior Court jury, after a recent trial in Whitby, found the two Ajax men guilty of nine charges, including aggravated assault, assault causing bodily harm, assault with a weapon (a tree branch), wearing a disguise and robbery in relation to the attack in the early hours of Aug. 16,

♦ See Teens page 4

Shifting its waste around

Pickering may hand program over to Durham Region

By Danielle Milley
Staff Writer

PICKERING — In an effort to extend organics collection throughout the entire city, Pickering council will decide tomorrow (Monday) whether or not to transfer the responsibility for waste services to Durham Region.

The issue is to be debated as part of the council meeting agenda.

In October, council passed a resolution in principle to extend organic waste collection to the entire city because of the success of the Amberlea pilot project. In 2001, 500 homes in that community began a composting program that delivered average waste diversion rates of 60 to 65 per cent.

The cost of the program is preventing the City from extending the program throughout Pickering.

ing.

"It would be really expensive to start it up and get it going," said Ward 2 City Councillor Bill McLean.

By transferring responsibility to Durham, the City can benefit from the Region's waste management reserve fund to subsidize the cost of an organic waste program for all residents.

Ward 3 Regional Councillor Rick Johnson has been pushing for the program for years and is in favour of the transfer.

"If Pickering co-operates with the Region then the funding is in reserve at the Region and we would then be able to use that funding to pay for a kitchen waste program in the City," he said.

If the Region takes over collection then it would pay the administration costs, including subsidizing up to \$20 per compost bin from reserves.

If a motion is passed Monday it would mean transferring the ex-

♦ See Cost page 5

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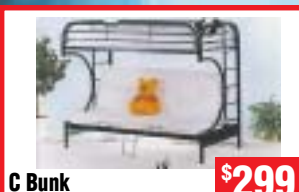
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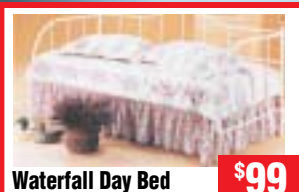
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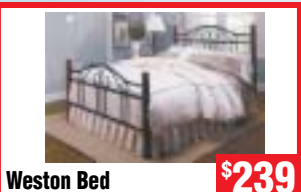
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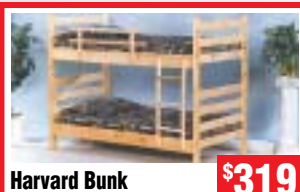
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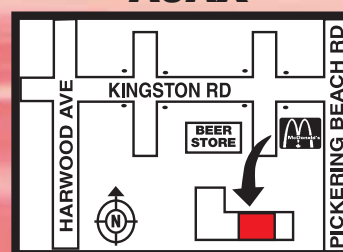
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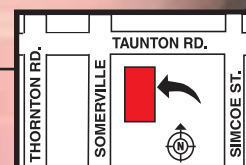
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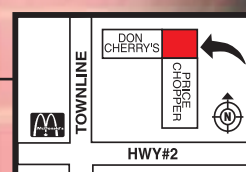
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Looking for some clout

Petition going to councils for support of local hospital

By Danielle Milley
Staff Writer

PICKERING – Local residents and medical staff are taking their concerns with service changes at their community hospital to Pickering council Monday.

Yvonne Bosch is scheduled to present a petition with more than 6,000 signatures, asking for services at the Ajax site of the Rouge Valley Health System to be maintained and enhanced. Dr. Romas Stas is also going to speak to council in a bid for support.

"We'll be asking (Pickering) to support some type of motion that services that have been cut should be reinstated and any further service cuts should not be made," he said Thursday.

Dr. Stas has practised in Ajax since 1972, both at the hospital and in his own office.

He has seen cuts and changes made to the hospital recently and feels there are more on the way, something he is concerned about.

"I'll be speaking as a concerned doctor... speaking on behalf of my patients and at least 6,000 concerned residents," he said.

He has had a copy of the petition available in his office to sign and he said some patients have requested a copy to get people they know to sign it.

"They are all extremely upset that services have been cut and (about) any further cuts. They're concerned about access to care," Dr. Stas said.

A motion is on the agenda requesting service changes be reversed, including the decision to not perform any deliveries with complications, and that public con-

sultations take place before any further restructuring decisions are made by the board of directors.

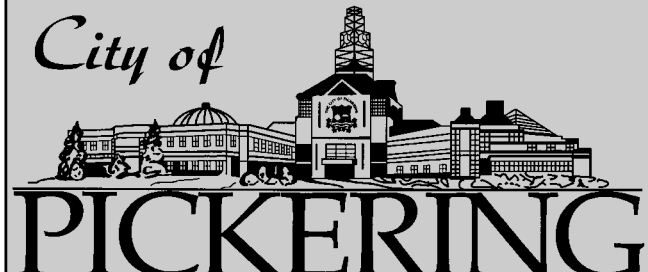
Katie Cronin-Wood, director of communications with Rouge Valley, said the hospital is planning to hold public consultations towards the end of February, as well as sessions with frontline staff.

"It's to make the community aware of the challenges that are facing the Rouge Valley Health System and the health system as a whole. Those challenges include funding and human resources shortages," she said. "There'll be plenty of opportunity for people to participate. If people have questions or concerns they shouldn't wait until that time, they should contact us now."

Kathryn Ramsay, chairman of Rouge Valley's board of directors, is also scheduled to make a presentation to council Monday.

Dr. Stas and Ms. Bosch are planning to speak at Ajax council Feb. 9.

City of



PICKERING

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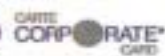
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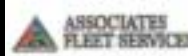
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Teens jumped while sitting at picnic bench

◆ Teens from page 1

2001.

The 16-year-old suffered a broken orbital bone after he was thrown down, punched, kicked and hit repeatedly with tree branches, court was told.

The teen and several friends were sitting at a picnic bench when a large group of young men on bikes rode past them into a wooded area. The sound of rustling and snapping of tree branches was heard, and moments later the group emerged from the forest, many with their faces masked by bandanas.

They surrounded the victims and demanded their wallets, jewelry and other personal possessions.

After the teens complied, three were swarmed, knocked down and beaten, court heard. The other victims received cuts, bruises and other minor wounds.

"This is a random and senseless example of a violent street crime... After the robberies were completed the beatings began," prosecutor Mike Newell said at a sentencing hearing Wednesday.

Mr. Johnson and Mr. Styles, who witnesses portrayed as the ring-leader of the group, were acquitted by the jury of another swarming-robbery that occurred near Emperor and Tulloch streets hours earlier, although evidence established both were present for that attack, said the Crown.

The two men were among numerous young people prosecuted for those attacks and others after a Durham Regional Police street-crime task force was created to end the summer swarming spree.

The two-week investigation led to 17 arrests and the laying of 405 charges in relation to numerous similar muggings across Ajax and Pickering in which teenaged victims were stripped of their belongings and beaten.

Robbery wasn't the sole motive, said Mr. Newell in addressing specifically the Aug. 16 attacks.

"The robbery and subsequent beatings were about violence but also about power and control. Mr. Styles and Mr. Johnson and their accomplices decided who was and who wasn't going to be safe on the streets of Ajax that night. There was nothing their victims could do about it," said the Crown, adding the assaults were planned and once selected, the victims were outnumbered and helpless.

A third adult was earlier convicted in the two Aug. 16 attacks. Kyle Andrew Corbin, 18, served eight months

pretrial custody and received time-served, or the equivalent of 16 months in jail. In sentencing Mr. Corbin, Oshawa provincial court Judge Donald Halikowski said that the robberies were "executed with determination, with stealth and with violence."

Justice Robert Clark, who will hand down sentence on Mr. Johnson and Mr. Styles, was urged by the Crown to impose reformatory jail terms ranging from 18 months to two years less a day.

Mr. Newell said the brutal nature of the Lakeside Park attack "grabbed the community's attention" and urged the judge to send a message to the public that such violence won't be tolerated.

"People knew that something awful happened at Lakeside Park that night," said the prosecutor.

Defence lawyers for Mr. Styles and Mr. Johnson called on the judge to give the pair conditional sentences, meaning house arrest.

The two men, neither of whom has a prior criminal record, were portrayed by their lawyers as generally law-abiding and educated young men who volunteered in their community.

Their crimes were out of character, given their backgrounds, and neither offender poses a threat to the public, said lawyers Michael Lacy and Mitchell Worsoff.

Both are high school graduates and had plans for the future, said the lawyers. Mr. Styles was working part-time and attending Durham College taking electronics until his arrest, while Mr. Johnson had been a graphic artist student at George Brown College, court was told.

"He's an independent thinker. He wants to make something of himself," Mr. Worsoff said of his client, Mr. Johnson, himself the victim of a street robbery in Toronto when he was 10.

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Mike Powchat/ News Advertiser photo

A trio of crafty guys

PICKERING — The Pickering Recreation Complex threw open its doors recently to offer residents a glimpse of all the services it provides. Brothers, from left, Sam, Matthew, and William Nehme took advantage of the craft tables.

Cost 'would still be the same' with transfer

◆ Cost from page 1

pense for collection from the local portion of the tax bill to the regional.

"The cost would still be the same to the homeowner," Coun. Johnson said.

Coun. McLean is in

favour of the motion because transferring collection would make the program uniform through Durham and it would save the City money.

"For us to be able to expand our collection of household waste and to

meet our (waste diversion) goals, we have to co-operate with the Region," he said.

The Region had hoped to have all eight Durham municipalities on the household compost pickup and disposal system in 2004.

The system is already up and running in Uxbridge, Brock, Scugog and Clarington.

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of Grade 12 to graduate. The Durham Regional Spelling Bee is a great way to earn some of those hours by working with younger students in an educational setting. Coaching and competitions begin in March.

If you are interested in assisting with this not-for-profit event, e-mail Ajax-Pickering News Advertiser news editor David Stell at dstell@durhamregion.com.

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Editorials & Opinions

SUNDAY, FEBRUARY 1, 2004 ♦ News Advertiser ♦ DAVID STELL, NEWS EDITOR, 905-683-5110 EXT. 249

Editorial

Win over Canada, not an election

Paul Martin must answer country's needs, not buy votes with throne speech

He officially became prime minister seven weeks ago. But the real action for Paul Martin starts tomorrow when he opens Parliament with his inaugural speech from the throne.

The rumour mill, always churning in Ottawa, has it an election is coming this May or June. So Mr. Martin, who slipped up in a CBC television interview in late December when he said, "I didn't get into this to become prime minister for four months," will have to prove this session of Parliament is more than just a kick-off to an election.

A number of potentially divisive subjects may come up in this session, with same-sex marriage and marijuana decriminalization right at the top of the list. These are bridge issues, the kinds of topics that tend to separate MPs along religious, generational and geographic lines. And, most dangerous of all for Mr. Martin, they offer fuel for his chief rivals in the Commons, members of the Conservative party.

Focusing on these hot-button topics takes away from the real work the Liberals must do. Mr. Martin has formed a new team in cabinet, one with many rookie ministers who have spent the past two months finding their feet. He needs to show he intends to lead differently than did his predecessor, Jean Chrétien.

Mr. Martin has promised more freedom and a larger role for backbenchers and everyday MPs. Will he provide this once the Opposition starts firing away every Question Period? More free votes will allow MPs to speak up for their constituents and vote according to their conscience, not strictly by party lines. More freedom is a position with which many Canadians would agree.

Mr. Martin must plan an attack on some of the major problems our country faces.

Any list must include a revitalization of our armed forces, including the purchase of badly-needed helicopters, more and better-paid recruits and a new place in the world; a better dialogue between the feds and the provinces that outlines exactly what each must do to best serve the taxpayer; a strategy to improve relations with the United States and to work to secure our common border against terrorist threats; a long look at our gun laws and a cleanup of the billion-dollar boondoggle at the justice department; and, finally, a long-range plan to drastically reduce poverty, especially child poverty.



Letters to the Editor

Help Pickering High by attending tomorrow's board meeting

To the editor:

On behalf of the Pickering High School community council, I would beseech all parents of current and future students to mark tomorrow (Monday) on your calendar. Plan to attend and support members of the SCC and the students as they make yet another plea to the Durham District School Board's standing committee for financial support to finally realize the repairs and renovations so desperately needed at Pickering High.

Ask your children about the showers no one will use due to the offensive smell, inadequate and overcrowded specialty rooms, a cafeteria too small to accommodate the student population, an out-

dated plumbing system, a heating system that requires major upgrades, leaking windows that need to be replaced, and deteriorating and falling exterior brickwork to name a few of the serious problems.

But worse still, students often remark how embarrassed they are to host events due to the school's present condition. Why are students and parents taking it upon themselves to clean and paint washroom walls, or wash walls and windows?

Show your support for the children and staff of Pickering High School by attending the meeting at 7 p.m. in the boardroom at the school board headquarters, 400 Taunton Ave. in Whitby.

We need 30 minutes of your time to attend this meeting. Your involvement will show your support for our students and will reflect the high quality of education the school continues to strive for.

Jocelyn Buchanan
School community council,
Pickering High School

Rename it the Super 'Spectacle'

So, where are you going to be for the big game today? Will it be at home with family, at a party with lots of friends, or at a local Ajax or Pickering bar? Wherever you are, you won't be watching this game alone by a long shot.

Millions of people around the world will be tuning in for the spectacle that is the Super Bowl. And the funny thing is, the game itself is not the biggest attraction for many people tuning in.

Commercials and the halftime show draw a huge audience by themselves. People tune in without even having an interest in which teams are vying for the Holy Grail of football. So what does it mean to us here in Durham? Well, many bars and pubs rely on this event as one of



David Stell

News Editor

their big days of the year for business. It's right up there in regards to single day sales with St. Patrick's Day and Halloween.

Outside of Christmas shopping, it must be the biggest time of year for electronics retailers to sell big-screen televisions.

As for the event, whether you tune in for the million-dollar com-

mercials, the glitz of the halftime show or heaven forbid, for the game itself, think about this: what ever happened to the Grey Cup?

In Canada we have our own big game every year. In fact, just over a decade ago, Grey Cup parties were still common. But it's an afterthought nowadays.

But back to today's big game.

If you didn't know, it features the New England Patriots, taking on the Carolina Panthers. The bookmakers in Las Vegas have made New England a seven-point favourite. To help you understand, the average point spread this season in the NFL was about three points per game. So the oddsmakers really like New England to win it.

If you're on your way to a Super

Bowl party today, and you like to have a little rooting interest and don't know where to throw your support or how to bet in the pool your hosts hold, here's a suggestion.

New England is going to win.

Carolina is a legitimate underdog and if you like underdogs, cheer on those Panthers. But for the smart bettors out there, give the seven points to anyone willing to bet on Carolina and have fun watching the Patriots win this relatively easy.

There's my prediction, for fun, so take it for what it's worth and enjoy the spectacle, or even the game if that's the reason you tune in.

David Stell's column appears every second Sunday. E-mail dstell@durhamregion.com.

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On your marks, get set, students can go and read

Annual Multiple Sclerosis Read-A-Thon pledges to help get Durham kids hooked on books

By Lesley Bovie
Staff Writer

DURHAM – Sometimes it pays to be a speed-reader.

Students in Durham Region are finding that out this month as the Multiple Sclerosis Read-A-Thon gears up for its 27th year.

The month-long program encourages young readers to collect pledges for every book they read. Proceeds go toward multiple sclerosis (MS) research and services.

Coming off a "soft year" in Durham in 2003, the MS Society of Canada says it hopes this campaign will be even more successful. "The work-to-rule campaign by Durham District School Board elementary teachers in 2003 meant 11 schools cancelled last year," said administrative co-ordinator Courtney Thompson-Ihnat.

A total of five schools - three public and two separate - raised \$6,900 in last year's Read-A-Thon, she said.

The program itself has raised more than \$37 million since 1977 for the disease, which affects the central nervous system, causing numbness, loss of balance, extreme fatigue and even paralysis.

Bill Thompson, principal of Hillsdale Public School in Oshawa, said the program is usually well received in the classroom.

"The goal is to get students in the library actually taking books out," he said.

"The kids, who like to read, get some recognition and the odd time you find a child read a book they've never read before."

Hillsdale P.S., which plans to take its Read-A-Thon up to the March break, encourages its older students to pick up more advanced and challenging reads, said Mr. Thompson.

Readers turning the most pages are awarded prizes from the MS Society but Mr. Thompson said he often encourages students to donate those items back to the cause.

"I just think it's important for the kids to get into their mind that they're doing something good for someone without any reward," he added.

For more information about MS or the Read-a-thon, contact 416-922-6600, ext. 2228 or 1-800-268-7582.

Education

ADVERTISING FEATURE

How to succeed in a parent-teacher conference

Mention parent-teacher conferences to most parents and you'll hear a groan. Many dread these meetings because it encroaches on their personal time. However, according to experts, kids whose parents regularly attend these meetings, take an interest in their education and schoolwork, and know what's going on in the classroom achieve higher grades than kids whose parents are not involved.

Most schools hold two or three parent-teacher conferences throughout the school year, typically near the beginning of each semester. If you are unable to attend the parent-teacher conference at the scheduled time, make other arrangements to talk to the teacher. It is important.

Before each meeting, ask your child if there is anything they would like you to discuss with their teacher. Perhaps your child needs clarification in one area, doesn't like where they're sitting or thinks the teacher is being unfair. Their input is critical to unearthing problems and finding solutions.

Most parent-teacher conferences only last 15 to 20 minutes, but a great deal of information is discussed, so be prepared to take notes. The first conference is the most important for you to attend as it outlines the academic goals for the entire year. You will learn what your child will be responsible for and how well they are progressing. You'll also learn in which areas they need to improve.

At each parent-teacher conference, find out if there are ways that you, as the parent, can stay in touch with what's going on in the classroom. Ask which projects will require parental involvement and what you can do to help your child stay on top of things. Listen carefully and express your appreciation to the teacher for taking the time to inform

you of your child's progress.

With the advent of the Internet, it is remarkably easy to stay in tune with what is happening in your child's classroom. Many teachers now have their own websites where they list their outlines, homework assignments and special project requirements as well as links to other noteworthy websites. Most schools also have e-mail as another vehicle by which parents and teachers can communicate. Find out from your child's teacher if these avenues are available to you.

More than likely you'll hear good things about your child at the conference, and when you get home, you can tell them how proud you are of them. You can also help them find ways to improve in areas that need it.

When parents, teachers and students work together, they form a winning team. By attending these meetings, you demonstrate to your kids that you care.



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Program offers support for tween girls

DURHAM – A new program hopes to address some of the pressures facing girls in their 'tweens' today.

'Free to Be Me' is available to girls ages 9 to 12.

Offered by Catholic Family Services, the program runs for five consecutive Tuesday evenings, from 6:30 to 8:30 p.m., running from March 23 to April 20. It takes place at the Oshawa Guide House, 121 Simcoe St. S.

This is a life skills, interactive program for girls, looking at such issues as positive body image, self-confidence, media pressures, friendship with other girls, the struggles of relational bullying, assertiveness and the importance of being one's authentic self.

Cost of the program is \$50. Subsidies can be provided on request.

All parents are encouraged to attend a parent workshop Tuesday, March 9 from 6:30 to 8:30 p.m. at the Girl Guide House. They will have an opportunity to ask questions about the girls' program and to receive a 'Free to Be Me' parent workbook.

For more information or to receive a registration package, contact 905-725-3513.

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Changing the way we protect ourselves

Technology puts cameras in the palm of hands; forces businesses to react

By David Blumenfeld
Staff Writer

DURHAM – Cellphone and camera technology is advancing so fast it's made municipalities in Durham Region shudder.

A recent advertisement, introducing "the world's smallest, truly wireless colour video camera," is touted to be the size of a quarter. It's so small it said "concealing" the camera is not a problem.

"See everything and record the action from up to 300 feet away," reads the ad. "Hide the camera virtually anywhere you can imagine!"

It's this kind of covert surveillance and image-recording public officials in Ajax, Clarington, Pickering and Whitby have tried to prevent, by banning the use of such devices in municipal washrooms and change rooms.

Now, some private health clubs in Durham

are following suit to protect their clients. Good Life Fitness Clubs implemented a similar policy in early January.

"It was brought down from head office, just because it's a privacy issue," said Wendy McWilliams, a Good Life employee on King Street West in Oshawa.

Ms. McWilliams urges patrons who are still weary of their image being captured on camera to use the club's change booths to disrobe, which are in dressing rooms at Good Life Fitness Clubs.

"That's one option," she said, explaining that each booth is similar to a cubicle with a curtain. Clients can use these to shield themselves from any digital or otherwise prying eyes.

"In general, just be aware of what's going on around you," Ms. McWilliams said.

Detective Constable John Bradley, of the Durham Police electronic crimes unit, said regional police have not had any negative reports regarding picture-enabled cell-phones, but added the onus is on the public to notify health club staff to enforce the proper use of

these electronics.

"If someone is in a place of privacy, or has an expectation of privacy, and someone is behaving suspiciously and is in possession of a digital camera or (camera) phone, while that in itself is not an offence, the best they can do is bring it to the attention

of the property owner or management," he advised.

Jay Arteaga, owner of Platinum Family Fitness in Oshawa, said hearing about camera-phone restrictions in other change rooms spurred him to think about putting into practice a similar policy in his club next month.

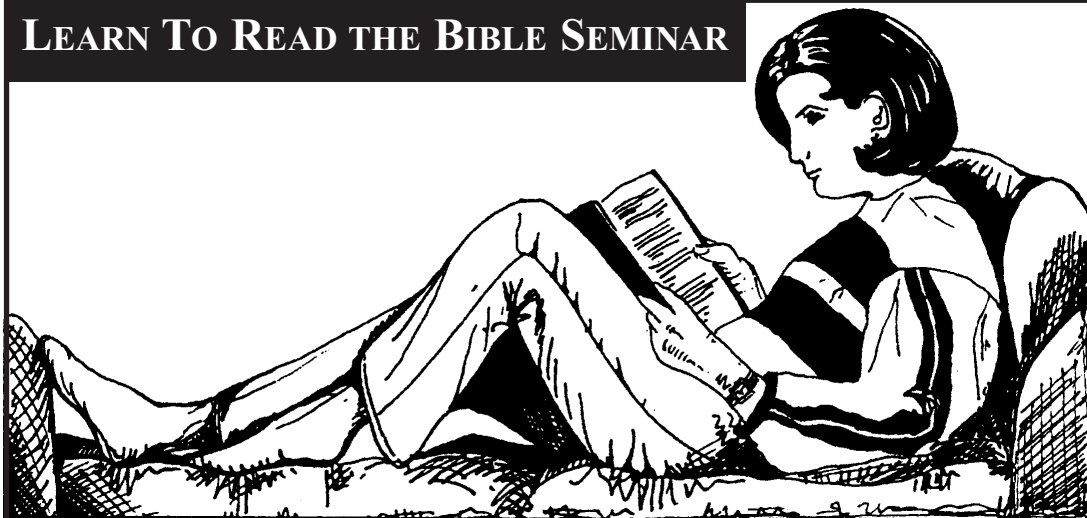
"We always tell our members to cautious; be aware. Just like protecting your valuables, protecting your privacy is always an issue. Nothing's ever happened up to this point...but we're (still) going to implement a rule," Mr. Arteaga said.

Durham Police Sergeant

Paul Malik said knowing what these electronic devices can do is the first rule of thumb.

"Everyone should be aware of the technology out there," Durham police sergeant Paul Malik said. "Some people may invade your privacy...you never really know."

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Talk a career in trades Wednesday

PICKERING – Learn more about careers in the skilled trades and apprenticeships at a session in Pickering this week.

The YMCA Durham Employment Services (DES) is holding a free, Talking Trades apprenticeship information session, Wednesday, Feb. 4.

Experts in the area of apprenticeships will be on hand to answer questions and help you start a career. A YMCA representative

will be there to talk about the employment programs available to help you find the job you're looking for.

YMCA DES, Tradeability.ca and the Pickering Public Library are joining forces to offer the session.

Talking Trades is at the Pickering Public Library, central branch. The event starts at 7 p.m. and the doors open at 6:30 p.m.

Seating is limited, so call Kelly at 905-686-7060 to reserve your seat.

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SUNDAY, FEBRUARY 1, 2004 ♦ News Advertiser ♦ KEITH GILLIGAN, STAFF REPORTER, 905-683-5110 EXT. 251

SEVENTH BIRTHDAY



"Happy seventh birthday Paige. Wishing you a great birthday Jan. 11. Lots of love from Mom, Grandpa, Lois, Wayne, Black and White, and all your friends and family."

BIRTHDAYS



Jan. 3 was a big day for Tyler and Eric. Tyler turned seven and Eric turned three. Happy birthday wishes, love, hugs and kisses came from Oma and Opa.

ENGAGEMENTS



Margie and Roger Pethick are pleased to announce the engagement of their children. Sarah is engaged to Michael Mortillaro, son of Lorraine Mortillaro and step-son of John L'Amoreaux of Scarborough. Andrew is engaged to Marie-Michele Breton, daughter of Michel and Louise Breton of Quebec City. Family and friends wish them many years of happiness.



50TH ANNIVERSARY



Happy 50th anniversary Tilly and Kees van der Vecht on Jan. 15. Love from Ingrid, Steve, Jennifer, Jeffrey, Linda, Doug, Alyssa, Joanne, Gord, Jessica and Danielle.

ENGAGEMENT



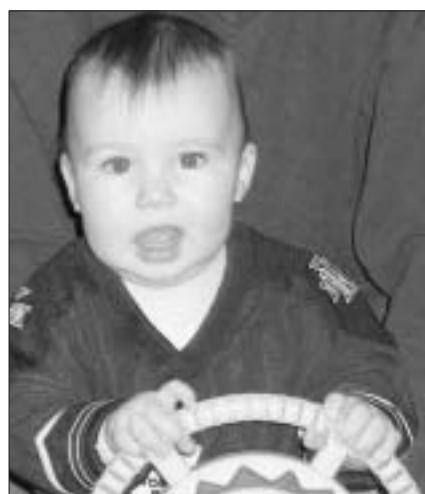
Margaret and Gerard Townley of Ajax are pleased to announce the engagement of their son Jonathan to Janice Van Koughnet, which took place on New Year's Eve 2003. "All the best to both of you, from all our family and friends. We are happy to welcome Janice into our family."

ENGAGEMENT



"Congratulations go out to Diana Yake and Ken McCrae, who, after 10 years of dating, were engaged Jan. 5 while vacationing in the Dominican Republic. Love and best wishes from Cindy Yake, Pat and Charles McCrae, and families."

FIRST BIRTHDAY



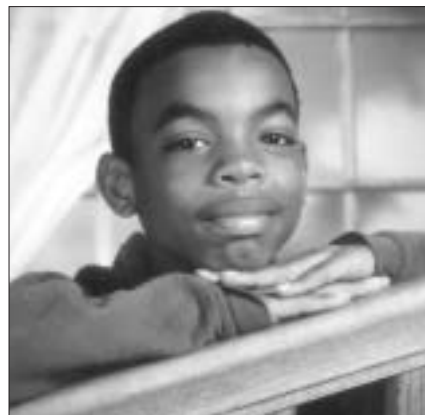
"Happy first birthday Jan. 20 for Zachary Jean-Richard Spracklin. Happy birthday from Mommy, Daddy, Nana, Grampa, Gramma, Grampa and all your aunts and uncles. We all love you very much!"

THIRD BIRTHDAY



"Big birthday wishes to our little princess Samantha, who turned three Jan. 16. Lots of hugs and kisses from Mommy, Daddy, Baxter, Grandma and Grandpa Maki, Grandma and Grandpa Taylor, and all your aunts, uncles and cousins. Samantha would like to wish her Grandpa Taylor a happy 65th birthday, also on Jan. 16."

12TH BIRTHDAY



A birthday message for Malcolm King McGowan, who made his first appearance 12 years ago on Jan. 29: "Malcolm King McGowan, I wish you the best birthday and may God bless all your dreams in the coming years. Lots of love from Mommy, Marcus and everyone else who you mean lots too."

FIFTH BIRTHDAY



Jan. 11 was a special day in the Humby household, as Kyle turned five. Wishing him a happy birthday, with lots of love, were Mom, Dad, Vicki, Justin and Pepper.

50TH BIRTHDAY



"Oh wow! Krazy Karl is 50 now. Love from your friends at Driftwood."

BIRTHDAY




Robert Garcia celebrated a birthday Jan. 30. "We're so fortunate to have a bit of heaven as you turn seven. You're cherished and loved by many. Big hugs and kisses, with love from Mom and Dad."

MARRIAGE



"Alexis, Victoria and Michelle would like to wish Joanna Domanski and Krystian Deryla all the best in the years to come as husband and wife. They were married Oct. 11, 2003."



1794 Liverpool Road
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THIS WEEK'S CAKE WINNERS ARE:

1. Zachary Spracklin
2. Kyle Humby
3. Samantha Maki

Winners may go directly to Baskin Robbins to receive their FREE cake. (Please provide identification)

PRIZE VALID UNTIL SAT., FEBRUARY 7, 2004

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

Metroland WINE CONNECTION

Our Experts' Valentine Selections

DISCOVERY PACK



"Complex reds and vibrant whites at amazingly low prices are the hallmarks of our Discovery Pack, featuring everything from the white chosen by our Legislature, to a merlot with the intensity of a fine Bordeaux. Enjoy." - GORDON STIMMELL TORONTO STAR WINE CRITIC

• Henry of Pelham 2002 Cabernet/Baco

The cassis and mint of the Cabernet dominate in this blend, but with a touch of Baco's spiciness to keep things kicking. Score: 88, Price: \$10.95

• Harbour Estates 2002 Chardonnay

Crushed pineapple + tropical ripeness must have attracted the attention of the Ontario Legislature when they chose this as their House wine. Now you can drink like your MPP! Score: 90, Price: \$12.95

• Pillitteri Estates 2003 Pinot Grigio, International Series

Bright aromas of crisp anjou pear highlight this zesty wine. 90% of the grapes were grown in Friuli, Italy with 10% in Niagara - artfully blended here by Sue-Ann Staff. Score: 87+, Price: \$10.00

• Creekside Estate 2002 Merlot

Toasty oak and violet aromas leap right out of the glass. Big, rich and fleshy blackberry fruit on the palate. Simply stunning value. Score: 91, Price: \$12.95

• Angel's Gate 2002 Vidal

A delightful wine with a floral bouquet and slightly off dry tangerine and mango flavours. This is an aromatic crowd pleaser. Score: 88, Price: \$11.95

• Willow Heights Estate 2002 Gamay

Aromas of sour cherry pie with a touch of clove spice. Similar to the 2000 but with far more structure. Score: 88, Price: \$10.95



\$69⁷⁵

Case of 6 as shown, also available as all red or all white, or mix your own case see website for details. BONUS: Just Add Gold \$18.95/case.

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- DAVID FARNELL WINE CONNECTION SOMMELIER

• **2002 Cabernet Franc** - This wine smells like a bouquet of violets floating in a vase filled with red currants and pomegranates. Think fine Cabernet with the elegance and vibrant fruit of Pinot Noir. Score: 90+, Price: \$18.95

• **2002 Inox Chardonnay** - Like beautiful white Burgundy. It is a pure expression of Chardonnay with an incredibly long finish. Score: 91, Price: \$24.95

• **2002 Merlot** - This is the new benchmark for Ontario Merlot. Dense black currant fruit with ripe tannins. This is an absolute joy to the palate. Score: 91, Price: \$19.95

• **2002 Ratafia 500ml** - A treasured aperitif in France, this 18% alcohol white wine is made very much like a port. With the complexity of a single malt and the delicate sweetness of a nectarine, it's like keeping the perfumed aromas of the harvest alive for months in your refrigerator! Score: 90, Price: \$29.95



\$93⁸⁰

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Optimist contests challenge youth

DURHAM – Scholarships are available for students who would like to enter the 2004 Optimist Essay and/or Oratorical Contest.

The essay contest is open to youths under 19 who write a 400- to 500-word essay. The prize is a \$650 scholarship from the District. The topic is "Being the Best I can Be." Clubs must receive essays before Feb. 20.

The oratorical contest is open to youths under 16. Speeches must be between four and five minutes, and prizes of \$1,500, \$1,000 and \$500 scholarships from the District will be awarded. The topic is "Thinking, Working and

Expecting the Best." The Durham Region Oratorical Contest will be held April 14 and those interested must register before March 9.

"Last year we had an excellent turnout of youth from the Durham area," says Optimist Scott McAthey. "This year we hope even more youths will be interested in competing for these scholarships."

For contest registration and mailing information, or for information on other upcoming Optimist community activities, check out the new Optimist Clubs of Durham Region Web site at www.ocdr.org.

Get hooked on group

AJAX – The Ajax Rug Hookers group is welcoming new members to its crafty team.

Those searching for an artistic endeavour can come to the group's next monthly meeting, Monday, Feb. 2 at the St. Andrew's Friendship Centre, 46 Exeter Rd. in Ajax. The

meeting starts at 7:30 p.m.

The club draws members from across Durham Region and encourages anyone interested to come out and experience rug hooking.

For more information about the club or craft, call Jayne Nevins at 905-686-9315.

Blood donations needed

Opportunity to give at upcoming clinics

DURHAM – A plea is being extended to the public as the Greater Toronto Area experiences an unprecedented demand for blood.

An announcement through Canadian Blood Services in Toronto states the demand is driven by the ongoing increase in surgeries, traumas and blood-related

therapies that are taxing hospitals to their limit.

With hospitals requiring a minimum four-day red blood cell inventory, Durham Region donors responded recently by raising the supplies from under one day, to one and a half.

So patients in their communities continue to receive blood and blood products, Canadian Blood Services is asking local residents to roll up their sleeves.

As long as they meet el-

igibility requirements, most people can donate blood every 56 days. One donation of blood can save up to three lives.

For more clinic and eligibility information, or to schedule an appointment to give blood, call 1-888 2 DONATE.

Upcoming local clinics can be found at the following locations:

Pickering Nuclear Generating Station, Information Centre, 1675 Montgomery Park Rd. Wednesday, Feb. 4 from 9:30 a.m.

to 2:30 p.m.

St. Bernadette Church, Parish Hall, 21 Bayly St. E. Ajax, Tuesday, Feb. 10, 1:30 to 7:30 p.m.

Holy Redeemer Parish, Church Hall, 796 Eyer Dr. Pickering, Monday, Feb. 16, 3:30 to 8 p.m.

Pickering Recreation Complex, O'Brien Room 1867 Valley Farm Rd. Pickering, Thursday, Feb. 26, 3:30 to 8 p.m.

McLean Community Centre, Banquet Hall, 95 Magill Dr. Ajax, Saturday, Feb. 28, 10 a.m. to 2 p.m.

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A FEATURE FOR TODAY'S FIFTY-PLUS LIFESTYLE

Freedom 65? Think again

Increasingly, more people are working beyond 'mandatory retirement'

Jeff Hayward
Special to the News Advertiser

DURHAM – Retiring at 65 or younger has long been the expectations of most seniors - but the times are changing.

Currently, there is no law in Ontario stating you must retire at a particular age. It is left up to employers to enforce their own policy, and most do. However, a growing trend is emerging: seniors just aren't ready to retire at 65, and some employers are allowing people to work well into their golden years.

There are a number of reasons for this, said Betty Penny, president of Penny and Associates Inc. accounting management services, which has offices in Oshawa and Port Perry.

"I think retiring at 65 is young and should be left up to the individual... I know many active people in their 70s that can still beat me in a game of chess and can challenge me mentally. Perhaps the (retiring) philosophy was about 20 years ago, but today we are more active and have healthier lifestyles."

Joe Dickson, president of Dickson Printing in Ajax, and on the executive of the town's

downtown Business Improvement Area (BIA), also disagrees with the mentality of retiring at a set age.

"I don't believe forced retirement is good," Mr. Dickson said, stating he has one member on his staff over the age of 65. "I think there is a feeling that people are stronger than they were 20 years ago. The life expectancy is longer, it's only natural to want to work longer."

Mr. Dickson said older employees are valuable for their experience and still perform at high levels.

Ontario Power Generation is one employer that still holds the tradition of retiring employees at 65. OPG spokesman John Earl said the policy is not about safety issues that pertain to working at the nuclear generating plant in Pickering.

Mr. Earl also explained that OPG employees have a "defined pension plan", meaning they agree on a retirement income deal upon being hired, as part of their union contract.

"They can retire early if they want," he added. "The main criteria surrounding (how much they will receive) is their age and years of service."

Dick Weatherall, an Oshawa resident, is 66 years young. Aside from volunteering his time at the local hospital and seniors' centre, amongst other endeavours, Mr. Weatherall works part-

time at the Home Depot on Harmony Road in Oshawa. He received no pressure from Home Depot to retire when he hit 65 — but has experienced setbacks to his pension because he is still receiving a working income.

"The government clawed back about \$100 from my pension cheque," Mr. Weatherall said. "I got a letter when I turned 65 from the government, saying I

had gone over the 'magic number' for how much money I could make."

He has his reasons for why he chose to work past the expected age of retirement.

"I like to keep busy and give something back (to the community)," he said.

He gives woodworking demonstrations at the store, an area he has had an interest in

for many years.

"It's also a great place to see all of my buddies who come in," he added.

Previously, Mr. Weatherall worked for General Motors for 42 years. He notes he has less spare time than he used to, with all of his activities.

"My wife complains that she never sees me anymore," he joked.



Jason Liebrechts/ News Advertiser photo

Dick Weatherall may be 65 but there's no slowing him down. Along with his volunteer work, he runs woodworking demonstrations as part of his job at Home Depot.

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FY Health

Triple A illness can be a killer disease

A healthy 60-year-old man played two sets of tennis and later in the day developed low back pain. He surmised he had simply strained his back. But by evening, he experienced severe abdominal pain, lost consciousness and was dead on arrival at the hospital.

A 50-year-old woman complained of chest pain after a heavy dinner and believed it was just heartburn. But when pain increased, she paid a visit to the hospital emergency. Doctors there suspected coronary attack, but blood tests and an electrocardiogram were normal.

Doctors then concluded that the pain was the result of severe indigestion and prescribed Pepcid and a painkiller. But as the patient was leaving the hospital, she collapsed and became unconscious. In this case she was at least in the right place at the right time and an emergency operation saved her life.

Mention the words "Triple A" to Americans and they immediately think of the American Automobile Association. But in this case, both patients had developed an abdominal aortic aneurysm (AAA). This triple A disease doesn't receive much press. But it's an efficient assassin, and lethal unless diagnosed and treated before rupture occurs.

Every year, 20,000 North Americans die from this abnormality.

The aorta is the main arterial pipeline that delivers blood from the heart to the entire body. It's about the size of a garden hose and after leaving the heart heads towards the neck for a few inches, then turns and travels down the back of the abdomen.

Studies show that about five per cent of men over age 65 have some degree of AAA. And, although supposedly the stronger sex, AAA is five times more common in males than females.

Aneurysms may be without symptoms until rupture occurs. But when an AAA reaches 4 cm (1.6 inches) in size, a pulsating mass can be felt on abdominal examination, except in obese patients.

The majority of aneurysms continue to expand, but usually at a relatively slow rate. Patients must have the size of the AAA monitored every



**Dr.
Gifford-
Jones**

The Doctor Game

six to 12 months by ultrasound, CT scans and MRIs to detect a change in dimensions.

How to treat an AAA depends on its size. Surgery is usually advised for aneurysms measuring five to 5.5 cm since they are likely to rupture. And when an operation is advised, experience counts.

Dr. Gilbert Upchurch, a vascular surgeon in Ann Arbor, Michigan, analyzed 3,912 patients who had abdominal surgery for an AAA. His study shows that for this type of surgery expertise is important. It's the old story that practice makes perfect.

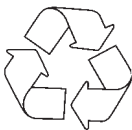
For instance, patients whose aneurysms were repaired by a vascular surgeon in a hospital where many AAAs were repaired had a mortality rate of 2.2 per cent. For those where the surgeon was doing fewer cases and with less experience, the mortality rate was 5.5 per cent.

In recent years, some patients with AAA are being treated by stents, devices that provide support to the arterial wall. Rather than using an abdominal incision, the stent is inserted through the femoral artery in the groin and then guided up to the weakened aortic wall.

So what is the best choice? Dr Bruce Perkins, a vascular surgeon at Johns Hopkins Medical School, reports that no one knows the answer at this point. By avoiding abdominal surgery, patients have an easier post-operative course. But he stresses insufficient time has elapsed to know whether stents will provide the same good long-time result as patients who had an AAA repaired by abdominal surgery.

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FY Health

Watch your back out there

And your neck and shoulders too

DURHAM – It's winter. Snow happens.

But that means shovelling it, which, in turn, can mean aches and pains if you don't do it the right way. Before you arm yourself with a shovel, it's best to arm yourself with some information and warm-up exercises, says Greg Grierson, a physiotherapist with Whitby Civic Physiotherapy Centre.

Snowfalls often mean an increase in patients at the clinic, he said.

"We get a lot of back, shoulder, neck problems. We get a lot of business from slips and falls," he said.

Snow shovelling isn't just something you can go out and do, especially if you aren't in shape, he said. Even those in shape need to be aware of the proper way to handle shovelling, he added.

According to the Canadian Physiotherapy Association, shovelling snow requires as much energy as running 15 kilometres per hour. While 15 minutes of snow shovelling benefits the

heart, maintaining or increasing cardiovascular fitness, most people don't realize shovelling, especially if the snow is wet, is like picking up heavy weights. One full shovel load of wet snow can weigh as much as 25 pounds, the association said.

"Most people don't realize you have to pace yourself especially if you're not in shape," Mr. Grierson said. "You have to realize it's a lot more exercises that you're used to. If you are in shape, you're more apt to cheat and not bend your knees and not use your back and twist."

Muscle, low back and/or shoulder pain, vertebral disc damage and even spinal fractures can result from snow shovelling, apart from heart attacks.

Mr. Grierson said the most important thing to remember is to shovel snow facing in the direction you are going to lift.

"People like to stand facing the bottom of their driveway and shovel forward," he said. "Then at the end, they have to lift and twist to put the snow to the side."

Instead, start in the middle of the

♦ See Tip page 16



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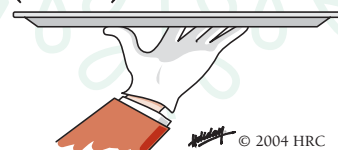
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Tip snow shovelling challenge in your favour

◆ Tip from page 15

driveway at either end and face either side, he said. This way, you push the snow in front of you for shorter distances, which is easier than lifting, and when you do lift, it's straight ahead, with no twisting, he said.

It's often better to shovel as early as possible, since the longer snow sits, the more chance there is of it getting wetter and, therefore, heavier, Mr. Grierson said. When it snows all day, shovel a couple of times, instead of once when the snow has stopped. You'll have a lighter load and it's easier on the back, he said.

The CPA has some back-friendly S.M.A.R.T. (stretch, move, add it up, reduce strain, talk to physiotherapist) tips for snow shovelling.

- Stretch. Relaxed, warm muscles mean less chance of injury. Here are some simple exercises to do before shovelling. Hold each stretch for 10 to 15 seconds and repeat three times. Repeat on the opposite side.

- Rotate your wrists to the left and right 10 times each. Do the same with your ankles. Slowly bring your right ear towards your right shoulder. Bring your right arm across the chest and pull gently on your elbow with your left hand. Lie on your back with knees bent. Bring one knee to your chest; pull gently towards the stomach. In the standing position, bend the left leg slightly, stretch the right leg forward and pull your ankle up feeling a stretch on the back of your leg. From a standing position-hold on to a chair or wall while you do this-slightly bend your right knee and pull your left ankle toward your buttocks with your right hand, feeling a stretch at the front of your hip.

- Facing a wall, with your body on an angle and hands on the wall, push your heels into the floor, feeling a stretch at the back of your legs. Variation: You can also stand with your toes on the edge of a stair, and let your heels drop slightly.

- During shovelling, it's important to stop every so often, straighten up, put your hands on your hips and bend backwards, Mr. Grierson said. Walk around a bit.

"Most people know to do that," he added.

- Move. Push the shovel to move the snow and avoid lifting whenever possible. Face the snow you're about to shovel. Always keep your back straight, your knees bent and throw the snow forward. Avoid twisting and throwing the snow over your shoulder.

- Add it up. Fifteen minutes of snow shovelling counts as moderate physical activity. Add up all you do in a day and aim for a minimum of 60 minutes of moderate physical activity every day.

- Reduce strain. Low back in-

juries are most common when shovelling snow. It usually takes place when a person bends forward and then abruptly twists to one side. To reduce strain, here are some tips.

- Choose a shovel that's right for you. Mr. Grierson said this is important.

"One shovel won't fit everyone," he said. "They've got lots of selec-

tion in most stores so get out and try them all."

- Lift the snow properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovel of snow with your arms outstretched puts too much

weight on your spine.

- Step in the direction in which you are throwing the snow. This will help prevent the low back from twisting and "next-day back fatigue" experienced by many shovellers.

- If you have a health problem or are not in good shape, do not even consider snow shovelling.

- Find someone ahead of time

to help.

Don't wait until there is a lot of snow on the ground before you figure out how to remove it.

- Talk to a physiotherapist. Physiotherapists can help you understand how the body moves, what keeps it from moving well and how to restore mobility.

For more information, visit the Web site www.physiotherapy.ca.



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Executive jobs reduced at local nuclear plants

PICKERING – There are fewer vice-presidents in the ranks at the Pickering and Darlington nuclear stations.

Until this year, at the Pickering 'B' station and Darlington, there was a site vice-president and a senior vice-president. Now

the two positions have been "collapsed" into one, Pat McNeil told the Community Advisory Committee on Tuesday.

A vice-president at the Pickering station, Mr. McNeil said the change is "an indication as to where we are in getting our act

together."

However, on the Pickering 'A' side, there will still be two vice-presidents "until a decision is made on" the future of the units, he added. "A decision is to be made by the government in March or April."

Billionaire Canadian talks wealth in Durham this week

DURHAM – Next week is your chance to ask a billionaire the secret to his success.

On Tuesday, Feb. 3, Michael Lee-Chin, one of the world's wealthiest individuals, discusses creating and maintaining wealth at Le Gala Banquet Hall, 65 Sunray St. in Whitby. The event is presented by the Whitby branch of the Berkshire

Investment Group, with registration at 6:30 p.m. and the evening's agenda at 7 p.m.

Mr. Lee-Chin is chief executive officer, as well as chairman of AIC Limited, which is Canada's largest private mutual fund company.

For tickets to the presentation or more information, call at 905-666-1604.

FINANCIAL PLANNING NEWS

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ADVERTISING FEATURE



Billionaire Michael Lee-Chin To Discuss Wealth Creation With Local Investors

The Whitby branch of Berkshire Investment Group Inc. and Berkshire Securities Inc. is pleased to announce that it will be hosting an evening with Michael Lee-Chin, one of Canada's wealthiest individuals and one of the world's richest people according to Forbes magazine.

The event will be held on Tuesday, February 3, 2004 at Le Gala in Whitby.

Michael is Chairman and CEO of AIC Limited, Canada's largest privately-owned mutual fund company, Chairman of National Commercial Bank of Jamaica and President and Chairman of Berkshire-TWC Financial Group Inc.

Michael started AIC Limited in 1986 with a single minded purpose - to create wealth for Canadians by following the discipline and logic practiced by the wealthy to create and preserve their wealth.

He studied the greatest modern-day wealth creators, such as Warren Buffett and concluded that logic and reason, discipline and rationality were the principles of their success. Ultimately, Michael's wealth creation philosophy is a triumph of discipline over speculation.

"We are extremely excit-



Michael Lee-Chin
Chairman and
CEO of
AIC Limited

explain how ignoring the market can actually be beneficial to one's financial health.

"Having the opportunity to ask questions of one of the wealthiest people in the world is likely a one-time event," says Steve. "We are proud to give Whitby residents this chance."

For complimentary tickets please call (905) 666-1604.


Berkshire-TWC Financial Group Inc., through its subsidiaries, including Berkshire Investment Group Inc., Berkshire Securities and Berkshire Insurance Services Inc., administers some \$10 billion of Canadians' investment savings and has over 300 offices across Canada with more than 1,000 advisors. Berkshire provides a wide range of investment and insurance products and services to the clients of its independent investment advisors.

ed to bring Mr. Lee-Chin to Whitby to share his views and insight on long-term wealth creation," says Steve Barnes, Berkshire Securities Inc. Branch Manager. "His discipline and determination are admired throughout the financial services industry and investors will definitely benefit from his commentary and advice."


Michael will discuss his common sense approach to investing, which focuses on the following objectives:

- Preserving principal over the long term.
- Growing the investments at a good rate.
- Minimizing taxation as much as possible.

Michael will also explain the negative role emotions can have on decision making and



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MICHAEL LEE-CHIN



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Spend an evening with Michael Lee-Chin and hear how you can apply these same principles to your long-term wealth creation.

Date: Tuesday, February 3, 2004
Time: 7:00pm

Location: Le Gala - 65 Sunray St.
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Whitby

For tickets, contact: Berkshire Securities Inc.* 905-666-1604
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Let kids be active to help deal with ADD

By Lisa Murray-Doran N.D.

Children diagnosed with ADD/ADHD are usually more of everything. They are more active, more creative, more intuitive, more sensitive and more intelligent than average.

In the medical community there is great debate today about the over diagnosis and treatment of ADD and even some suggestions that ADD is not a disease, but a sign of unrealistic cultural expectations of our children. There are some big problems with the diagnosis of ADHD. Often the diagnosis is made by a family physician based solely on documentation by a teacher on classroom behaviour. The symptoms are vague and subjective descriptions such as "difficulty following through on instruction", "impulsive", "fidgeting" and "has trouble waiting turns". There is not even a clearly defined behavioural pattern and there is no diagnostic test available.

Perhaps in many cases what we are seeing is a perfectly rational expression of extreme boredom and frustration with an incompatible and unrealistic environment for children such as extended periods of time indoors and sitting at a desk.

Boys are diagnosed 10 times more frequently with ADD/ADHD than girls. Knowing this we must ask ourselves, what are our cultural expectations of our boys? Are these expectations reasonable, given what we know about our boys? Not only is this debilitating label too frequently imposed on our children but many normal children are being diagnosed and treated as ADHD.

The drug of choice for the treatment of ADD/ADHD is the now popular rave drug and CNS stimulant Ritalin, a chemical relative to cocaine and there are many side effects:

- suppression of growth
- nervousness and insomnia
- decreased appetite
- dizziness, drowsiness and headaches
- nausea and abdominal pain
- palpitations
- loss of spirit and personality
- "sense of sadness"

The drug enforcement agency in the U.S. has investigated the use of the behaviour modifying

drug Ritalin in some parts of the U.S. where it is expected that overwhelmed parents are medicating and sedating their children rather than dealing with normal issues that arise as a child grows up. The incidence of Ritalin use in wealthy families is almost three times greater than the U.S. national average.

Treatment and prevention

ADD kids are usually allergic kids. Dr. Doris Rapp has stated that 65 per cent of children on Ritalin improved with diet modifications alone, many more with proper nutrient supplementation. This indicates that the number one culprit affecting a diagnosis of ADD may be our children's nutrition. Refined white sugar and preservatives are the most common causes of food sensitivities. Sensitivities to milk products is also a common concern. Banning all forms of refined sugar in your household for a period of four to six weeks is often a successful test of this theory.

Let them move!

As a mother of three boys I know how active they need to be, and I know what happens when they are not able/allowed to move they way that they need to - bad moods, aggressive behaviour, fighting with their siblings. We know now that often children diagnosed with ADD/ADHD are children whose neurological sensory filters are not working well, so they get overstimulated by what they see, by what they hear, by being touched. Imagine what this would be like in a noisy classroom, or in a hallway on the way to recess - everyone talking, so many things to see and everyone bumping into you - imagine how overstimulated you would become. And imagine being expected to learn in that overstimulated state. We now know that a child who is overstimulated through their senses will instinctively seek movement to calm themselves down. They will instinctively bounce and run and will absolutely not be able to sit in their seat or be able to wait for their turn in line. So, is this child's problem that they move or is this child's problem that they need help coping with the chaos of classroom life? So often these children are attracted to television and computer games - and it makes it easy for parents too - to have active kids sit for hours in one place. However, in understanding that

their visual and auditory systems are easily overloaded we can understand that these are the last things they should be using for hours on end.

In my house we have our rough and tumble play time every evening after school where we convert our kitchen into a gross motor play area while I make dinner and I can supervise. We have two or three physiotherapy balls that the boys bounce on and drum on and play on; we have a mini trampoline that they can jump on as well as a swing suspended from the doorway. We also have a balance board and a ball for punching and kicking bolted into the ceiling. All this equipments allows the boys to play as they need to. This makes for a lovely and peaceful evening meal where we can all sit together and have family time.

After dinner we usually play outside before we sit down to do homework, rain or shine, cold or hot; we spend a minimum of one hour a day outside. We roll down hills and toboggan and climb trees and explore ravines and balance on fallen trees and bike ride and ski and skate and rollerblade. Remember when you used to do all that as a kid? Kids are different from adults - they need to move, just like they need good meals and lots of love. So let them move! Provide an environment for them that is safe and fun and allows them to move in real rough and tumble ways.

12 ways to improve your child's attention span

1. Provide a balanced breakfast. Be sure they've had a morning meal low in refined

- sugars such as oatmeal, fruit or eggs, toast or musceli and rice milk or yogurt.
2. Limit television and video games. Go media free for a week and see what happens!
 3. Discover your child's personal learning style. Work together with them to understand how they gather and process information.
 4. Teach your child to visualize. Help them learn to calm their mind
 5. Provide many opportunities for physical movement
 6. Channel creative energy into arts such as painting or using modelling clay.
 7. Provide hands-on activities such as knitting, corking, water play.

Continued on next page

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Happy New Year! Now is the time to think about renewed health and vitality and the first step is through cleansing and detoxifying the body. For many, the holiday season is filled with entertaining and food, Christmas parties and alcohol, holiday dinners and desserts. This is all part of the season, but it is essential to regenerate the body after this abuse. By cleansing and detoxifying the digestive system, you will increase your energy and lose those extra holiday pounds plus more.

An overburdened system may present as constipation, skin rash, poor concentration, low energy, depression and weight gain, just to name a few. A cleansing diet of juicy fruits, green vegetables and a good quality, high fibre supplement will do wonders for the colon and will be your first step to optimal health. Detoxifying the liver and gallbladder is the next step. Again, there are particular foods and juices along with natural remedies, which will stimulate the liver to release unwanted toxins and therefore rejuvenate the whole digestive system. This along with moderate exercise, relaxation and whole, natural foods will result in decreased body fat, high energy, improved digestion and overall good health.

Remember a sluggish digestive system and a sedentary lifestyle is at the root of many health problems such as



SUSAN E. CABLE, RNCP

heart disease, diabetes, crohns, colitis, irritable bowel syndrome, some cancers, thyroid and obesity. By taking control of your health you can reduce your risk of illness and work towards your optimal health.

For more information and to reserve your spot for upcoming seminars contact Susan E. Cable, RNCP, South Ajax Chiropractic Clinic at (905) 683-8338.

Ways to improve your children's attention span

Continued from previous page

8. Offer your child real-life tasks such as folding laundry, peeling carrots.
9. Give your child choices.
10. Honour the rhythms of the day, and the rhythms of the seasons. Have a before-bed routine that you stick to each day and a morning routine that is predictable and stress free.
11. Use touch to soothe and calm. Big hugs, massage - kids love them!
12. Remove allergens from the diet. Explore the area of food sensitivities with a naturopathic doctor. The top ones are: wheat, dairy, corn, soy, sugar, and artificial chemicals such as food colourings and preservatives.

Lisa Murray-Doran is a naturopathic doctor in Ajax, and a busy mom of three growing, very busy boys. She works with many families, dealing with things from ADHD to chronic ear infections to fertility to menopausal symptoms to healthy weight loss. If you have any questions or would like to inquire about attending as a patient at the Pinewood Natural Health Centre, please contact Lisa Murray-Doran at 905-427-0057 ext. 3# or visit our website at www.barefootdoctor.org.



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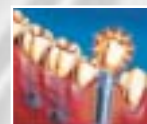
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Celia Klemenz/ News Advertiser photo

She's happy

PICKERING — It was French storytime at the Pickering Public Library's central branch recently, and Simone Shanks gave her all to the sing-a-long portion. Simone and mom Hazel joined storyteller Cynthia Spekkens in the French version of 'Happy and You Know It.' The program runs Wednesdays at 11:15 a.m. until March 10.

Advertising Feature

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Broadbent wants new relevance for the NDP

Former federal party leader, Durham MP back in the political game

DURHAM — He's been there and done that. Now, after more than a dozen years of working in public policy and academia, Ed Broadbent is right back in the political game.

Mr. Broadbent, who turns 68 in March, moved one step closer to a return to Parliament Hill when he easily won the New Democratic Party nomination for the riding of Ottawa Centre.

Probably the NDP's most well-known figure, Mr. Broadbent began his 21-year run as MP in 1968 to '90. He won seven straight elections in the Oshawa riding and served as his party's federal leader from 1975 to '89.

While Mr. Broadbent's nomination win on Jan. 20 was buried under the news of political neophyte Belinda Stronach's run for the Conservative Party leadership, it's doubtful the old politician will stay out of the limelight for long.

His candidacy is seen as a triumph for current NDP leader Jack Layton, who spoke to Mr. Broadbent last fall about running again.

The party has seen lean years since its longest-serving leader retired more than a decade ago. Despite the efforts of his successors Audrey McLaughlin and Alexa McDonough, the NDP seat numbers slipped in each election as did the relevance of the party.

Party stalwarts are hopeful Mr. Broadbent, never shy about expressing his views and always clear about his vision, will generate interest in voters looking for a left-wing alternative to the centre-right Liberals and far-right Conservatives.

"We're going to challenge Paul Martin's drift away from Canadian values and give the people of Ottawa Centre a strong voice for the issues that matter to them," said Mr. Broadbent at his nomination meeting.

"For far too long the Liberals have taken this community for granted. But I, along with the help of our growing coalition of progressive people, am going to do my best to change that," he added.

Over the past few months, Mr. Broadbent has clearly stated his distaste for Liberal policies, particularly for the moves Mr. Martin made as finance minister.

He believes Mr. Martin's emphasis on cutting costs has worsened existing social problems and has hurt Canada.

"Is it any wonder that in the UN ranking of nations in the last decade, Canada has dropped from No. 1 to No. 8?" Mr. Broad-



News Advertiser file photo

Ed Broadbent speaks to a group of supporters at an NDP breakfast in Durham back in 1987.

bent asked.

For Mike Breaugh, a longtime Oshawa NDP politician who served at Queen's Park and briefly in Ottawa, Mr. Broadbent breathes life into the party.

'If (voters) give us 40 to 50 seats, we will turn the Liberal priorities upside down. If they give us 50 to 100 seats, we will turn Canada right side up.'

ED BROADBENT

"Ed has stayed close to a large circle of friends in and out of politics and has been very involved in public policy issues and problems. He's not happy about the direction the country has gone in.

"He wants to come back and make an impact," said Mr. Breaugh.

"He's done an awful lot of things over the years," said one-time Oshawa NDP candidate

Brian Nicholson, currently a Durham regional councillor.

Indeed, Mr. Broadbent, who has bachelor, masters, and doctorate degrees from the University of Toronto, is well known as a professor, author and outspoken advocate for social change.

He's a constant presence at high-profile seminars and conferences around the globe.

It's not unusual to see his name on articles about human rights or economic inequality in national newspapers.

He recently edited the book, 'Democratic Equality: What went wrong?' an analysis of the economic and social policies Europe and North American nations have followed over the last decade.

Mr. Broadbent, who faces a tough battle to win the riding of Ottawa Centre against star Liberal candidate Richard Mahoney, is hopeful Canadians will buy into his party's vision and will support the NDP.

"If they (voters) give us 40 to 50 seats, we will turn the Liberal priorities upside down," Mr. Broad-

bent said at his nomination meeting. "If they give us 50 to 100 seats, we will turn Canada right side up."

A federal election is widely expected this spring.



Mr. Broadbent lent his support to unsuccessful NDP candidate Sid Ryan, right, and Ontario NDP leader Howard Hampton, left, during last year's provincial election race in Oshawa riding.

Ed Broadbent bio

Born: March 21, 1936 in Oshawa. Homes as a child: Lived on Jarvis and Burke streets in Oshawa; now lives in Ottawa.

Education: Attended E.A. Lovell P.S. and Central Collegiate University: University of Toronto, B.A., M.A. Ph.D. (Political Science).

Family: Mr. Broadbent and his wife, Lucille have two children - Paul and Christine - and four grandchildren.

Professional life before politics: Taught at R.S. McLaughlin Collegiate in Oshawa in 1959 and at York University in mid-1960s.

Positions post-1990: President of International Centre for Human Rights and Economic Development; International Judge on the Tribunal on Violations of Women's Human Rights at the UN Conference on Human Rights; Vice-president of the Socialist International; since mid-1990s has taught at Oxford University, Simon Fraser University, Queen's University and McGill University.

Political life: First elected MP for Oshawa-Whitby riding in 1968, re-elected in 1972, 1974, 1979, 1980, 1984, 1988. Retired from politics in 1989.

Leader: Ran for leader of the federal NDP in 1975, replacing David Lewis. Led NDP in elections of 1979, 1980, 1984 and 1988, increasing the party's number of seats in Parliament to 43 in his final election. Retired as leader in 1989 at age 53 to pursue other interests.

Honours: Officer of Order of Canada (1993), Companion of Order of Canada (2002); Honorary degrees from several Canadian universities.

Comeback: Announced in December 2003 he would contest NDP nomination in Ottawa Centre for upcoming federal election.

Nomination: Won NDP nomination for Ottawa Centre on Jan. 20, 2004.

Sports

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Tiny goalie turns in huge effort

Notre Dame Cougars ride Lisa Plenderleith to win over defending champs

By Al Rivett
Sports Editor

AJAX — Notre Dame's diminutive netminder proved to be a big reason the Cougars recorded a hard-fought victory over the St. Mary Monarchs in Durham Region girls' hockey action on Thursday.

Lisa Plenderleith was simply brilliant as she continually handcuffed the high-octane Monarchs offence in helping Notre Dame to a 3-1 victory in Lake Ontario Secondary School Athletics (LOSSA) action.

The Cougars handed the Monarchs their first loss of the LOSSA season, while also improving their league record to 4-1.

But, the story of the game was undoubtedly the play of Plenderleith who kicked out a flurry of Monarchs' shots, including a brilliant glove save on a St. Mary breakaway.

Plenderleith's ability to make numerous big saves, says Notre Dame coach Frank Gorringer, was the key to the victory.

"She's a very steady player and very disciplined. She covered the loose pucks very well tonight and came up with big saves on a breakaway and several point-blank opportunities," he says. "She's a very coachable young lady and we're very excited to have her on the team this year."

For her part, Plenderleith deflected attention away from her play, giving the credit to the players in front of her.

"We played with a lot of heart; we really wanted to win," says Plenderleith, who also plays goal with the Ajax Knights major bantam 'AA' rep boys' hockey team, which is currently embroiled in a playoff series with the Oshawa Generals bantams. "Defence was the first thing on our minds."

"We were totally confident about playing St. Mary. The defence played well in front of me and cleared the traffic, so I was



LISA PLENDERLEITH
Goaltender leads the way.

able to see all the shots."

For whatever reason, says Gorringer, the Cougars have, over the past two seasons, saved their best efforts for St. Mary. After upsetting the powerhouse defending champion Monarchs last year, the Cougar's confidence was high for this season's contest.

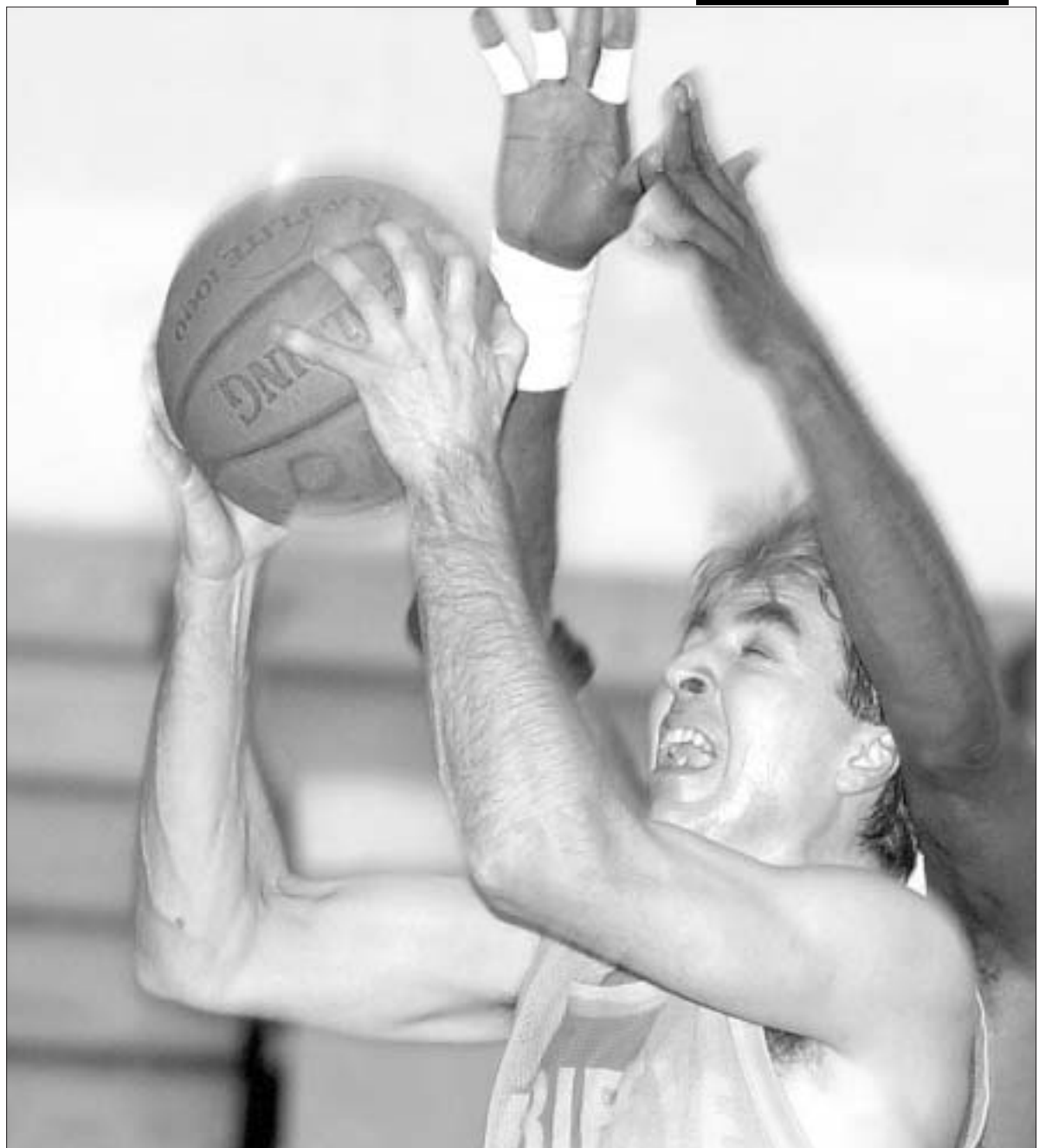
"Last year we beat them, which was unexpected. Both times the team rose to the occasion," he says, noting the Cougars' game plan was to focus on defensive zone coverage to limit St. Mary scoring chances. "The girls came to play today. They knew the challenge of playing a really good St. Mary team. They deserve full marks for their effort."

After St. Mary opened the scoring early in the first period on a goal by Nicole Ruta, the Cougars roared back to tie the game with 3:57 remaining in the period on a goal by Christine Taylor, who received a pinpoint pass from Danielle Bentley from the corner.

Bentley gave the Cougars a 2-1 lead with 1:14 remaining in the first period after poking home a loose puck in front of the net.

Bentley scored an insurance marker on a goalmouth scramble with 4:06 remaining in the second period.

Both St. Mary and Notre Dame have three games remaining in the regular season, which ends in late February.



Ron Pietroniro/ News Advertiser photo

Hands up

PICKERING — Verifeys Ivor Walker seems to have another set of arms as Frank Tuitt from the Ell-Rod Holdings team provides blanket coverage during Pickering Men's Basketball League action at Dunbarton High School on Monday night. Verifeys held off Ell-Rod 47-36. Playoffs begin next week.

Late goal sinks Panthers

PICKERING — The Pickering Boyer Pontiac Panthers were agonizingly close to earning at least a single point and possibly more in their contest against the Newmarket Hurricanes on Thursday night.

The OHA Ontario Provincial Junior 'A' Hockey League teams appeared destined to battle to a 1-1 tie with overtime looming, before disaster struck for the visiting Panthers.

Newmarket's Amar Nagra's shot beat Pickering netminder Brian Schermele with the go-ahead goal with a mere 16 seconds remaining in the game to give the Hurricanes a 2-1 victory over the Panthers.

The Panthers played Friday night at home against the Wexford Raiders with the result unavailable at press time. Pickering finishes regular-season play

on Tuesday in Oshawa against the Legionaires.

Thursday's game — a possible first-round playoff preview — was one that was dominated by defence and goaltending, especially the Panthers' Schermele who was brilliant in keeping the Pickering juniors in the hunt against a Hurricanes team that is vastly superior in the standings. Schermele made 31 saves in the contest.

Panthers' head coach John Winder notes Schermele was the difference maker, but he added that the team's improved defensive play was also a factor in keeping it a low-scoring game.

"Our defensive zone coverage was very good. Our forwards helped the defence and the defence won the one-on-one battles," says Winder. "Brian's in a groove right now and he's play-

ing good hockey, but the difference was that we had guys helping him out on defence."

After Newmarket scored just 25 seconds in, Pickering knotted the score at 1-1 at the midway point of the first period on a goal by Cory York, assisted by Phil McIlhorne and Richard Schofield.

Following Nagra's go-ahead goal, Pickering had a chance to tie the contest in the dying seconds, with Jeremy Whelan's shot grazing the post.

Thursday's loss was the second setback for the Panthers this week. On Tuesday night in Toronto, the Panthers were defeated 5-1 by the host Wexford Raiders, another team that could meet Pickering in the first round of the playoffs.

Chris Wood had the lone Panthers' goal.

City athletes are record setters at Winter Swim Fest competition

Heard, Gomba post winning efforts at meet, each break two Pickering club marks

PICKERING — Kaleigh Heard was definitely heard in the pool for the Pickering Swim Club (PSC) at its own Winter Swim Fest Meet at the Pickering Recreation Complex last weekend.

Swimming in the girls' 11 and 12 category, Heard, 12, established two new club records at the meet that attracted competitors from clubs across the GTA.

She smashed her previous record in the 400m freestyle, winning the event in 4:53.06, bettering her record of a year ago of 4:57.46.

Heard also shaded her previous record in the 400m individual medley, winning the event in 5:33.87. Her previous mark of 5:33.81 was set last year.

Danielle Gomba, 11, also established two new club records in her events in the girls' 10 and 11 age group. She beat a seven-year-old club record in the 25m free, winning in a time of 14.74. The previous mark was 14.91.

Gomba also set a new club

mark in the 25m butterfly with a swim of 15.69 seconds, beating the old mark, set in 1989, of 16.01 seconds.

In addition to winning the 25m fly and the 25m free, Gomba also recorded wins in the 100m I.M., the 50m back and the 50m fly.

Trevor Paterson, 10, swimming in the boys' nine and 10 age group, posted a new club record of 17.54 seconds in the 35m fly. The previous mark, set in 1998, was 17.97.

The Winter Swim Fest Meet also included a number of strong performances by PSC swimmers.

Alysha Lynden, 11, captured five first-place finishes in the girls' 10 and 11 age group. She placed first in the 100m free, 400m free, 200m backstroke, 200m fly and the 400m I.M.

Also registering five first-place finishes was Meghan Toswell, nine, in the girls' nine-and-under age group. She placed first in the 50m breaststroke, 25m fly, 100m fly, 50m fly and 25m back.

Brian Austin, 16, earned three first-place efforts in the 16-and-over 100m I.M., 100m breast and the 200m free.

Bradley Johnston, 15, recorded three victories in the 100m I.M., 50m fly and the 200m fly in the boys' 14 and 15 age bracket.



Pickering Swim Club's Danielle Serge is a picture of concentration while competing in the 200-metre breaststroke at the recent Winter Swim Fest meet at the Pickering Recreation Complex pool. Jason Liebrechts/ News Advertiser photo

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 People from all walks of life have taken advantage of Nelson Financial's investment opportunities from a Revenue Canada auditor to a self-employed charity fundraiser. Many have been with the company since its inception with an average \$75,000 investment.
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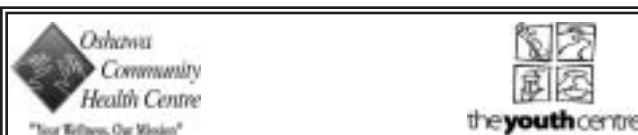
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The successful candidate will have a minimum of 3-5 years related experience, and must possess advanced skills in all aspects of administering a Windows 2000 Network Environment, developing and utilizing Access/SQL databases, and Netscreen VPN technology. The successful candidate will also possess advanced troubleshooting skills, experience in computer training, have a thorough knowledge of IT security and related issues, and be willing to travel and work from two sites (Ajax & Oshawa).

Interested individuals should send a cover letter (quoting reference #IT0402) and resume, by Friday February 20, to:

Hiring Committee
Oshawa Community Health Centre
777 Simcoe Street South
Oshawa, Ontario
L1H 4K5
Fax: 905 723 3391
Email: hiringcommittee@ochc.ca

Only those candidates selected for an interview will be contacted.

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ADMINISTRATIVE ASSISTANT



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An immediate opening exists for a professional individual to perform general administrative duties and provide secretarial support to the Human Resources Division. Typical duties include word processing documents, minute-taking, coordinating meetings, handling inquiries, performing basic research to compile and summarize data, filing and records maintenance.

The ideal candidate will have demonstrated, through superior performance, a commitment to continuous improvement and customer service. This opportunity will appeal to a results-oriented individual who has the experience and confidence to work effectively with all levels of staff in an active environment.

You will possess a post secondary business education diploma and have a minimum of 3 years progressive work experience, preferably in a human resources or legal environment. An effective communication style in the English language with the ability to exercise judgment, tact and discretion in handling sensitive, personal and confidential information is required. You must have advanced knowledge of windows based computer applications,

advanced minute-taking skills and be able to type a minimum of 65 w.p.m. with a high level of accuracy. Experience in the maintenance of a centralized corporate filing system is a strong requirement of this position.

Salary range: \$39,199/yr - \$44,546/yr (Based on a 35 hour work week)

Please reference Job Posting: 02 - 04

Please apply by **Friday, February 6th, 2004.**

Drop off or mail to:

Human Resources Division

City of Pickering
One The Esplanade
Pickering, ON L1V 6K7

By Fax: **905.420.4638**

By Email: hr@city.pickering.on.ca

Directly online at: cityofpickering.com

In accordance with the *Municipal Freedom of Information and Protection of Privacy Act*, the information gathered is collected pursuant to the *Municipal Act*, R.S.O.1990, c.M.45, and will be used to select a candidate.

We thank all those individuals who apply; however, only those applicants granted an interview will be acknowledged.

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FITNESS SERVICES SPECIALIST - MANAGEMENT POSITION

The Town of Whitby, Durham's Business Centre, a rapidly expanding and progressive community, is currently seeking a highly motivated and energetic individual for this challenging opportunity.

As the successful candidate, you hold a recognized University Degree/College Diploma in Business Administration, with a major/minor in physical education, recreation/leisure or sports administration, combined with a minimum of three (3) years of general management experience supervising a fitness/health club facility. Your demonstrated skills set and experience will include extensive business plan development and implementation, and your business planning expertise will include comprehensive development of marketing plans, involving the evolution of pricing, promotion, advertising and new product strategies. Preparing and managing operating and capital budgets related to fitness/health club operations is second nature to you. You will also possess demonstrated experience in programming, supervising and training fitness staff. Your fitness designation will be considered an asset. Your well-developed oral and written communication and interpersonal skills enable you to master the diverse needs of our community. You must possess a valid Ontario Driver's license, in good standing, and have access to a vehicle in order to effectively conduct corporate business (mileage compensated).

Reporting to, and under the direction of, the Supervisor of Recreational Services, the Fitness Services Specialist is responsible for coordinating the business operations of the Fitness Services for the Town of Whitby, including development, supervision, delivery, promotion and evaluation of fitness business and related programs and special events; ensuring the safety of health club members and fitness program participants; preparing and implementing business and marketing plans and budgets; overseeing the health club operation, fitness programs and equipment maintenance; and, planning and implementing short and long term directions for the business operations of the Fitness Section. Also responsible for the recruitment, training, and supervision of fitness staff in a unionized environment. The Fitness Services Specialist will be expected to assist with divisional and/or corporate initiatives and special assignments.

MINIMUM HOURS OF WORK - 8:00 a.m. - 5:00 p.m., Monday to Friday - and additional unpaid hours, including evenings and weekends, as required.

SALARY - Subject to skills, ability, qualifications and experience.

To be considered for this challenging opportunity, please fax, mail or e-mail your confidential resume, no later than **Wednesday, February 18th, 2004** to:

The Corporation of the Town of Whitby
Corporate Services Department - Human Resource Services Division
575 Rossland Road East, Whitby, ON L1N 2M8
FAX: (905)430-4340, E-MAIL: jobs@town.whitby.on.ca

We thank all those persons who apply, but advise that acknowledgement will only be forwarded to those applicants who are invited for an interview.

Personal information provided is collected under the authority of The Municipal Act.

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ADVERTISING SALES REP. Ajax publisher seeks an experienced ad sales rep. for trade magazine. Candidates should have a proven sales record in trade publishing. Email resume to Mr. R. Hurst, rnh@istrc.ca

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

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All interested candidates should forward their resume to:

Human Resources
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E-mail: hr@graniteclub.com

We wish to thank all candidates for their interest, however only those selected for an interview will be contacted.

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525 office help

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As a Chemical Production Operator, your responsibilities will include driving a forklift, manually handling materials, operating and monitoring process equipment, as well as performing other general processing duties. This position could lead to other responsibilities, including the operation of process control systems. The facility is a seven-day operation. Candidates must be willing to work a 12-hour rotating shift in a team environment, have excellent organizing and communication skills, and possess good computer skills. We invite all interested candidates to apply, although preference will be given to those with a minimum of five years of relevant experience in the chemical industry, or a community college diploma in Chemical Technology (or equivalent).

Rohm and Haas Canada Inc. is an equal opportunity employer that offers an excellent wage and benefits package.

Please mail or e-mail (no faxes or phone calls) your resume to: **Ms. T. Newall, Human Resources. E-mail: hrcanada@rohmmaas.com**

We thank all candidates who apply, however, only those individuals selected for an interview will be contacted.



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Candidates must demonstrate leadership and organizational skills, ability to problem solve, excellent communications skills, computer literate using Microsoft Word. Proof of successful completion of diploma or degree in Activation, Gerontology, or Recreation and have current work experience with senior sand co-ordinating volunteers. Candidates must be flexible.
Applications must be received by Feb. 14/04, to: Resident Program Manager, Extencicare, 82 Park Road N., Oshawa, ON Fax:905-579-1733

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NORTH WHITBY General Practice requires full-time Receptionist. Experience mandatory, computer literate. Please reply to File #945, Oshawa Whitby This Week, P.O. Box 481, Oshawa, ON. L1H 7L5

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OSHAWA, 3-bdrm semi, 4 & 2pc bathroom, family room w/gas f/p, updated Oak kitchen, windows, front deck/porch, roof, furnace, fencing, h/w floors, a/c. Pie lot on quiet court. 31/2% assumable mortgage. \$169,900 (905) 436-2185

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1-BEDROOM BASEMENT apt., Pickering, Brock/Hwy 2. Beautiful clean, 4 appliances, large living room, a/c, 1-parking, \$700/mo., available March 20th. No smoking/pets. 905-428-2015

2 BEDROOM basement apartment. Luxury, laundry and parking included. Westney/401/Hwy #2, beautiful, sunny. \$900 per mo. Available February 20. Credit check is a must. Call (905) 428-8752

2-BEDROOM APT. - Available immediately, \$750-hydro, first/last, Uxbridge downtown Brock St. No pets/smoking. references. Sam 905-709-8152.

212 MONTRAVE AVE. - large 2 bedroom apt. in upper level of triplex. Clean, bright, spacious. Newly renovated hardwood floors. New windows, roof and fridge. Laundry, parking, near O/C/401. Suit quiet person. No pets. Avail. March 1st/first/last. \$800/mo.+hydro. (905) 436-3379

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401/PARK, Furnished 1-bdrm. basement, private entrance, fireplace, cable, parking. Available immediately. Suits single working person, \$690/mo inclusive, Also furnished room, \$110/wkly., no pets. (905) 576-6127

534 Mary St. Whitby. Bachelors, 1, 2 & 3 bedrooms. Clean quiet low-rise building. Park-like setting, balconies, on-site laundry, close to downtown. Bus at front door. (905) 666-2450.

AJAX - 3-bdrm main floor apt w/hardwood floors, bright & spacious, 4 appliances, Jacuzzi tub, close to all amenities, 2-car parking, \$1100/mo + 1/2 utilities, avail. February 1st. Richard - Days 416-865-7865 Eve/wknds 905-686-9662

AJAX - one bedroom basement apt. 4 appliances, 1 parking, own entrance. Available immed. \$800/mo- inclusive. 905-426-7341

AJAX - Oxford Towers. Spacious apartments, quiet bldg, close to shopping, GO. Pool, sauna. 3-bdrm \$1065/mo, avail March 1st. (905) 683-8421

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AJAX South newly renovated one-bdrm apt in raised basement. Very spacious & bright. Air, parking, laundry, cable, Jacuzzi, first/last references. \$750-1/3 hydro. March 1. 905-683-5088

AJAX, 3-bdrm main floor apt., nicely decorated, h/w floors, 5 appliances, eat-in kitchen, 2-car parking \$1175+ 1/2 utilities. Avail. Feb. 1st. Call Mike days 905-427-4077 ext. 24, evenings 905-442-0020.

ALL NEW, available now, two apartments, one bedroom \$675 + \$750. all inclusive, downtown Oshawa. Please leave message 905-434-7012.

ANDERSON/TAUNTON, Whitby bachelor basement apartment, new home, full-bathroom, full-kitchen, 1-parking, laundry, storage, private entrance. \$700/month inclusive, available immediately. No smoking/pets. Call 1-905-874-4973 or 647-283-5687.

AVAILABLE IMMEDIATELY in Whitby. Apt. building, spacious, carpeted, newly painted, with balcony, close to bus, shopping, all utilities included, first/last required, no pets, 1 bedroom \$800, 2 bedroom \$900, 3 bedroom \$1,000. Call (905) 767-2565

BASEMENT APT. - with rec room, one bedroom, kitchen, 4pc-bath, laundry, parking, sep. entrance, Avail. Feb. 1st. near downtown Oshawa. \$560/all inclusive. 905-718-8949.

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CENTRAL OSHAWA, avail March 1st, 1-bdrm top floor, separate entrance, parking, \$795/mo inclusive, laundry, clean, quiet, no smoking/pets. First/last. (905) 884-6922

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CHURCH/HWY 2 - Immaculate 3 bedroom apartments. Close to schools/shopping. Go. (416) 444-7391 Ext. 241

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CLEAN, warm one bedroom, walk to O.C., coin laundry, parking, large backyard, use of BBQ, no smoking. Pets allowed. \$750/mo.(no last) or \$650/mo.(1st/last)+ hydro. Avail. Feb. 1st. (905) 579-7655

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COURTICE, 2-bedroom apt., on upper level of house, new carpets, appliances and paint. Parking, all inclusive. \$1150 monthly. First/last. No pets. Call (905) 665-1905.

DOWNTOWN WHITBY 2 bedroom apt, \$895 includes heat, hydro, air, 1 parking, laundry facility. No pets. Avail immediately. First/last References. (905) 430-8327

KING AND HARMONY - Small one bedroom apt. suitable for one person avail. immediately. \$625/month, utilities included. No pets/smoking. Call 905-579-3328, Mon.-Fri., 8:30-4:30pm.

LARGE 2-BDRM APT. Avail now. Completely redone, fridge, stove, laundry facilities. Close to Oshawa Centre. \$750/mo + hydro. First/last. No pets. Call 905-431-7762.

NE OSHAWA, Harmony/Adelaide. One bedroom basement apartment, separate entrance, gas fireplace, all inclusive. No smoker, no pets, \$680 month. Suitable for female. Leave message at (289) 314-4070

OSHAWA, 3-BEDROOM very clean, freshly painted, ample parking, extremely large yard, available immediately. Located in residential area. NO PETS/NO SMOKERS 905-259-7118

OSHAWA, near O.C. 2 bdrm. Clean, quiet & secure bldg. Avail. immediately. \$790-up. First & last. No dogs. 905-434-5225

OSHAWA, quaint, 1-bedroom apartment. Large country kitchen, porch, parking, coin laundry, bus at doorstep, non-smoker only. \$675 plus hydro. first/last (905) 786-2413, cell 905-431-3829

OSHAWA, Spacious sparkling 1-bdrm, main floor of quiet house, avail. immediately. \$690/mo inclusive, 1-parking, private entrance. First/last. (416) 284-7502.

PICKERING - Exclusive basement apartment, 2 or 3 bedrooms, fireplace, laundry room, parking, cable, air included. Starting from \$900 plus utilities. (905) 509-3063.

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170 apartments & flats for rent

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PICKERING 1-bedroom basement, spacious living room, eat-in kitchen, separate entrance, non-smoker/no pets, suits single working person. Avail. Feb. 1st. \$800/mo. inclusive. First/last. (905)427-8243.

PICKERING, Whites Rd/Hwy #2, 2-bdrm bsmt. March 1st. Spacious, a/c, laundry, parking, separate entrance, no pets/smoking. Suit working couple/person. First/last/references. 1 person-\$900/mo, 2 people-\$950/mo inclusive. (905)420-8584

PICKERING, WHITES/401, large 2-bedroom basement, separate entrance, 4 appliances, security, no smoking/pets, First/last, references, \$900+. Avail. immediately (905)420-9949

REGENCY PLACE - 15 Regency Cres. Whitby. 50+ Lifestyle Apt. Complex. Clean quiet building, across from park. Close to downtown. Daily activities incl. All utilities included. Call (905)430-7397. Open house-Saturday 9-3, Sunday 1-3.

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

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WHITBY - one bedroom basement apt. Sep. entrance, includes heat, water/hydro, cable. No pets. Parking. No smoking. \$565/mo. Call (905)668-3364

WHITBY EXCEPTIONAL 2-bd-room apt., walk to Go, newer bldg, laundry facilities. \$815 + hydro. No pets. March 1st. First/last. (905)723-8697 after 6pm.

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WHITBY Place, 900 Dundas St. E., One and two bedrooms units available, park like setting, close to downtown, low rise building, laundry facilities, balcony, parking. (905)430-5420. www.realtor.ca

WHITBY, 1-bdrm spacious bsmt apt. Gas f/p, 4 appliances, 2-parking, \$800/mo inclusive. Avail. Feb. 1st. Call Mike days 905-427-4077 ext. 24, evenings 905-442-0020.

WHITBY, 3-bdrm main floor of spacious house, gas f.p., a/c, 4 appliances, 2-parking, \$1100/mo + 1/2 utilities. Avail. Feb. 1st. Call Mike days 905-427-4077 ext. 24, evenings 905-442-0020.

WHITBY, Garden/Dundas. Very spacious 1-bedroom basement apartment. Separate entrance, parking, full kitchen, shared laundry, renovated bathroom. No pets/smoking, \$900+, first/last, available immediately. 905-444-9392.

WHITBY - 2 bedroom, \$860. 3 bedrooms \$950. Feb. 1st. Office hours 9 - 5 Monday - Friday & 6 p.m. - 8 p.m. Monday-Thursday. (905)665-7543

180 condominiums for rent

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185 houses for rent

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3 BEDROOM, main floor bungalow, 5 appliances, fenced yard, central air/vac. Walking distance to GO, schools, and shopping. Avail. immediately. 905-983-5433 or 416-676-2091.

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AJAX - 4 bedroom, 5 appliances, large yard with inground pool, detached garage, \$1500+. (705)444-7393

AJAX, 3-bedroom house, renovated, finished basement. Perfect for couple or small family. No smoking/pets. \$1350 plus utilities. Call 905-404-7555

AJAX, Available immediately, 4-bedroom house, garage, 2-1/2 baths, fenced, air, 2 mins. to plaza, schools, recreation centre, Go train. Easy 401 access. \$1450 plus utilities 416-274-2667.

AJAX, bungalow, main floor, hospital area, 2-bd rms, 2-parking, laundry, backyard, garage, all utilities & cable incl. Walk to schools, buses. First/last. \$1150/mo. March 1st (905)686-4703

AJAX, large semi, pets allowed. Ideal office with living quarters. \$1275/mo. Dave Claringbold (905)428-4557 Mincom New Choice Realty Ltd.

AJAX, spacious 3-bdrm house, 4 appliances, 2-parking, h/w floors, walk-out deck, \$1550-inclusive. Avail. immed. Call (905)426-7341

AJAX, WESTNEY/HWY #2, 2000sq ft 4-bdrm house, main & upper floors, huge familyroom, kitchen, deck & backyard, 3 bathrms, opposite bus stop, \$1400+. Avail. April 1st. No smoking/pets. Call daytime 416-822-5043 or evenings 905-686-5655

BOWMANVILLE, 401, 3-bedroom, full basement, finished garage, new ceramic/carpet/furniture, completely re-painted, incredible location. \$1200 plus utilities, available now, references required. No pets. Call (800)361-3228 or evenings 905-396-5333.

CUTE AND COZY 2 bedroom bungalow on 4 acres available immediately. Minutes from hwy 7. Brooklin. Call (905) 434-7235. Reference and credit check. \$1,200 per month plus utilities.

NEWCASTLE, quiet older neighbourhood. Clean, spacious, 3 bedroom bungalow, 2 + 1 bedrooms, 2 fireplaces, 5 appliances, finished basement. \$1500 utilities included. Available immediately. 416-821-2278.

PICKERING, ALTON/HWY #2, 4 bedroom executive home backs on ravine, quiet court, appliances, immediate, \$1750 plus, Condo/ly Management (905)428-9766.

SOUTH AJAX - Pickering Beach, steps to Lake, completely renovated bungalow, 2 + 1 bedrooms, 2 bathrms, finished basement/laundryroom, 5 appliances, No smoking/pets. \$1300+Util/month. Avail. March 1st. 905-706-6558.

WHITBY - Rossland/Anderson - Executive detached 4 bedroom, 2 1/2 baths, double garage, den/dining/kitchen/fireplace. Air, intercom, deck, fenced. Available immediately. \$1895+utilities. Days 905-579-7013; Eve. 905-940-3060.

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WHITBY, 3 bedroom main floor bungalow, hardwood floors, large treed yard, great area, close to downtown, 5 appliances, parking, laundry, suit professional couple. References. No pets, \$100 plus heat, March 1st. (905)985-3355

185 houses for rent

WHITBY, Garrard/Hwy #2 lovely clean 2-bedroom, huge private lot fireplace, security, deck, basement possible for short term rental, \$1265 plus utilities, Mar.1. Double car garage (905)576-5191 or 905-767-6704.

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SHERIFF'S SALE OF LANDS

UNDER AND BY VIRTUE OF A Writ of Seizure and Sale issued out of the Superior Court of Justice at Milton dated the 15th of May 2003, Court File Number 1210/03 to me directed, against the real and personal property of Eric Robert Treadwell, Defendant, at the suit of Canadian Imperial Bank of Commerce, Plaintiff, the Enforcement Office of the Superior Court of Justice located at 605 Rossland Road East, Whitby, Ontario has seized and taken in execution all the right, title, interest and equity of redemption of Eric Robert Treadwell, Defendant in, and to: Part of the west half of Lot No. 4, Concession 5, Township of Uxbridge, Regional Municipality of Durham as more particularly described in instrument Number D411443 and municipally know at 1629 Regional Road #1 Uxbridge, Ontario L0C 1K0.

All of which said right, title, interest and equity of redemption of Eric Robert Treadwell, Defendant, in the said lands and tenements described above, I shall offer for sale by Public Auction subject to the conditions set out below at the Superior Court of Justice, 605 Rossland Road East, Whitby, Ontario L1N 9G7 on Wednesday, February 11, 2004 at 2:30 p.m.

CONDITIONS:
The purchaser to assume responsibility for all mortgages, charges, liens, outstanding taxes, and other encumbrances. No representation is made regarding the title of the land or any other matter relating to the interest to be sold. Responsibility for ascertaining these matters rests with the potential purchaser(s).

TERMS:
Deposit 10% of bid price or \$1000.00, whichever is greater
* Payable at time of sale by successful bidder by cash, certified cheque or bank draft
* To be applied to purchase price
* Non-refundable
Ten Business days from date of sale to arrange financing and pay balance in full at 605 Rossland Road East, Whitby, Ontario L1N 9G7.

All payments in cash or by certified cheque made payable to the Minister of Finance Deed Poll provided by Sheriff only upon satisfactory payment in full of purchase price

Other conditions as announced

THIS SALE IS SUBJECT TO CANCELLATION BY THE SHERIFF WITHOUT FURTHER NOTICE UP TO THE TIME OF SALE.

NOTE: No employee of the Ministry of the Attorney General may purchase any goods or chattels, lands or tenements exposed for sale by a Sheriff under legal process, either directly or indirectly.

January 7, 2004

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Court Enforcement Officer
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A.J. Groen/ News Advertiser photo

On the run

AJAX — St. Wilfrid's Carlos Padilla works his way up the court, while being covered by St. Patrick's Kenneth Envidia during action in the Notre Dame Cougars Classic Elementary Basketball Tournament on Wednesday.

Schools set for hockey playoffs

By Paul Futhey
Staff Writer

DURHAM — Last year, the west was the best in LOSSA AAA senior boys' hockey.

This season, however, with the playoffs just days away, a number of beasts in the east have their eyes on the prize.

After an all-west division final last season, in which Pickering topped St. Mary, it might not be a stretch to see a pair of eastern squads duking it out for the LOSSA title in this year's final.

The first playoff round, featuring 16 teams, comes in the format of a two-game total points series and begins next week.

"We've certainly gone through a lot of adversity," commented Josh French, one of the coaches of the Eastdale Eagles, a serious title contender despite their LOSSA-enforced sixth-place finish.

The Eagles had returned to their customary powerhouse status after an off-year. Eastdale's 8-1-3 record, however, has since been trimmed to 5-4-3 after a clerical error forced a forfeit of three games - all wins. Anderson, 9-2-1 after picking up one of the forfeited games, jumps from fourth to first and will face winless Richardson in the first round. R. S. McLaughlin (8-2-2) and Courtice (8-2-2) stay in second and third in the east, while Henry Street (7-4-1) and Port Perry (7-4-1), climb to fourth and fifth, respectively.

In the west, St. Mary easily clinched the division, outdistanc-

ing Pickering, All Saints and Uxbridge.

Mike Dion, the head coach at St. Mary, commented the exam break came at an opportune time: to provide a break after the Monarchs, who draw Austin in the first round, lost their last two league games.

Pickering, the defending champion, finished in second (7-4-1) after winning its final three games and will face Bowmanville's St. Stephens (seventh in the east) in the first round.

The first round format is expanded from the one-game, sudden death setup of year ago. The change has been welcomed, especially by the higher ranked teams.

"You'll have a truer representative coming out (of the opening round)," said Chris Ordanis, head coach at Anderson Collegiate and one of the league conveners. Anderson has fielded highly competitive teams in the past two years, only to get tripped up in the playoffs. Last season, battling for first place in the division and a first round bye, Anderson lost to St. Stephen's during the last regular season game and then dropped a 3-1 decision to Denis O'Connor in the first round of the playoffs.

Glenn Ross, head coach at R. S. McLaughlin (the only team to beat Eastdale on the ice this season), has seen his squad compile an overall mark of 22-6-3 despite only having two AAA players on its roster. The Trojans are destined for a first-round bout with the Pine Ridge Pumas, seventh in

the west. Rather than being lulled into complacency, McLaughlin has every reason to be focused and prepared, said Ross. After all, one of McLaughlin's two losses came at the hands of Pine Ridge.

"I think they see it as a game they have to get up for," said Ross of his players.

Same thing for the Courtice Cougars. While they managed to beat first round opponent Dunbarton during the season, Cougars' coach Ron McNorton said it's vital for his team to stay disciplined in order to replicate regular season success in the playoffs. Courtice has lost just once in its last 11 league games.

"We've got to line up some practices before we start," said McNorton, who has overseen a balanced attack this season. "I've got a team that loves to take penalties."

While a number of eastern teams have compiled impressive records, it would be premature to dismiss the west entirely, the coaches agreed. Uxbridge (5-5-2), according to Dion, is as good as some of the teams in the east he's seen. Even fifth-place Ajax, while sporting a rather ordinary record of 4-5-3, has scored 16 more goals than it has allowed despite being beset by massive injury woes.

In the opening round two game total point series, should each team win once (regardless of margin), a four on four sudden death overtime period will ensue immediately following the second game.

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for Sun. paper



Jason Liebrechts/ News Advertiser photo

Gotcha covered

PICKERING — St. Mary Catholic Secondary School Monarchs' guard Duane Howard (23) keeps a close eye on St. Joan of Arc Knights' Christian Lucas during first-round action at the News Advertiser/St. Mary Classic senior boys' basketball tournament on Friday afternoon. The Monarchs won 64-59 over the Barrie squad. Howard led the way with 20 points, followed by Nathan Thomas with 16. Sixteen teams competed in the third annual event that ended with the final Saturday night at St. Mary at 7:30 p.m., played after press time.

Pickering belle 'A's are golden girls

Ringette squad beats Hamilton in final

PICKERING — The Pickering ringette belle 'A's have reason for celebration, picking up their first tournament gold medal of the season.

Pickering played host to the tournament last month and was able to withstand some fierce competition to walk away as champs after outlasting Hamilton 3-1 in the finals.

Lisa Flatman opened the scoring, but Hamilton answered quickly. Mykala Abel got the go-ahead marker and Krystan Jones added the insurance goal late. Melissa Dart, Danielle O'Brien, and Monica Pozzan picked up assists.

Pickering opened the tournament with a hard-fought 3-3 tie against Elora-Fergus. Pickering was down early but fought back with two goals by Abel, and a single from Martina Cawker. Assists went to Natasha Gray, Jones and O'Brien.

In a prelude to the final, Pickering took on Hamilton in the round robin, ending up with a 6-6 tie. Goal scorers were Flatman, Pozzan, Alex Edwards, Jones and Jessie Dunn, with two. Cawker, with three, Dart, with two, and Pozzan, Flatman, Gray, Dunn and Abel assisted.

Pickering then found its winning ways, posting 11-2 and 6-0 wins over West Ottawa and Richmond Hill respectively. Cawker, Jones, Dart, Abel all had two goals against Ottawa, while Flatman, Dunn and Pozzan chipped in as well. Shawna Silver had three assists, Megan King, O'Brien, and Pozzan, two each, and singles went to Edwards, Jovette McDonald, Abel and Jones. Cawker, Jones, Dunn, Dart and Abel, with two, scored in the 6-0 win. Assists were awarded to Jones, with two, Gray, Edwards, and Pozzan.

Vanessa Bastos and Niki Arnott were strong between the pipes all tournament long and played a strong role in the championship victory.

Durham West peewee girls almost perfect

DURHAM — The Durham West Lightning peewee 'BB' girls' rep hockey team skated with the Sharks and had to settle for silver at the recent Scarborough Sharks Girls' Hockey Tournament.

In the final, the host Sharks scored a 4-2 victory over Durham West, which carried an undefeated 3-0 record into the championship tilt.

Durham West opened the event with a 3-0 win over Peterborough, thanks to the shutout goaltending of Brook Cree.

The Lightning clawed the Oshawa Panthers 3-1 in Game 2 and finished preliminary play with a perfect mark

after scoring a 2-1 victory over a team from Michigan. Unfortunately, Robyn Crummey suffered a broken arm in the third period on a hard hit into the boards.

Other team members are Bobby-Lee Churly, Samantha Gray, Sally Hong, Meaghan McCloy, Danielle Fujiwara, Jaclyn Young, Jennifer D'Alessandro, Yvonne Mais, Erin Gorman, Bethan Davis, Sloane Stephenson, Carolyn Gummer, Meg Bowen and Danielle Cyr.

Chris Cyr coaches the team, assisted by Gord Young, Rob Crummey, and Ed McCusker. The trainer is Tracy Orzel.

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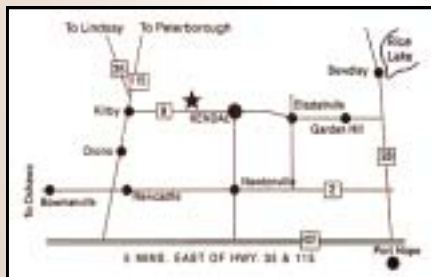
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MON. - THURS. 7-MIDNIGHT

FRI. 7-6, SATURDAY 8-4

UP TO \$1,000

✓ Bad ✓ No Credit ✓ Slow Credit

✓ Collections ✓ Repossession ✓ Bankruptcy

YOU'RE APPROVED!

1-800-296-7107

Some downpayment may be required. Interest rate varies from 0% - 24.95%

GRADUS

Rebate Up to \$1000

All previous ad specials expired. + Downpayment may vary with credit severity. Approval conditions may vary according to credit severity. Finance payments based on 48/60/72/84 mo. with \$2,900 down or equivalent & trade at 7.9% int. Fin. eg: \$10,000 @ 7.9% = \$141.60 mo. for 60 mo. CDB \$1,496 total obligation \$11,496. OAC. Plus lic. & admin * plus frt. & air tax (Dealer discounts applied). * Short term lease vehicles or daily rental buybacks. 0% financing or \$6,000 Dealer Discount available on selected new vehicles. If dealer discount chosen, effective interest rate could range 0% to 10%. OAC. All prices plus licence, taxes and admin. + On selected new cars. + On selected new 2002 vehicles. + These are limited time offers which may not be combined with any other offer except Graduate. Rebate applies to retail deliveries on most new in-stock 2003 vehicles. + Purchase/lease OAC Chrysler Financial Canada. \$1,600 km annual allowance, 15¢/km on overage. ** Cash purchase price & lease price exclude freight, lic., insurance, taxes, registration & admin. * 0% purchase financing up to 72 months on 2003 Caravans. Example: \$30,000 @ 0% APR/60 month term, monthly payment is \$500. Cost of borrowing is \$0. * Caravans, Grand Caravans, Durangos. See us for details. * \$3,000 rebate applied. + 48 mo. lease, \$3,000 down. Δ Save GST & PST on selected vehicles.