

The Heritage Medical Centre
DR. MARY NOWAK
 With special interests in:
 • Diet Counselling • Nutrition
 • Family Planning • Psychotherapy
 • Dermatology


has joined
DR. KEN NG
 In Family Practice

Heritage Plaza
 11 Wootton Way N., Markham
 2nd Traffic Light East of Markham Rd.
 on Highway 7

294-4990

HOURS:
 MON. TUES. THURS. 8:30 am - 8:00 p.m.
 WED. 8:00 am - 8:00 p.m.
 FRI. 8:00 am - 6:00 p.m.
 SAT. 9:00 am - 1:00 p.m.

All I Want For Christmas Is My Figure Back



DIET CENTER

LITE YEARS AHEAD
471-4500
 TREMONT HOUSE (UPSTAIRS)
 200 Main St. N., Markham, Ont.

Village Box Meats

RED COHO SALMON STEAKS

\$15⁹⁹

3 LB. BOX
REG. \$17.99

BREADED FILET OF SOLE
(Heat & Serve)

\$17⁹⁹

3.5 LB. BOX
REG. \$22.75

STUFFED BREADED VEAL
 A la Suisse, A la Rouge, A la Neptune

\$7⁹⁹

8/143 g. REG. \$8.95

CHICKEN BREASTS
(Bone-In)

\$11⁹⁹

5 LB. BOX
REG. \$13.99

PORK SAUSAGE ROUNDS

\$4⁴⁹

24/50 g.
16¢ ea. REG. \$5.25

ITALIAN MIXED VEGETABLES

\$4⁹⁹

5 LB. BAG
REG. \$5.99

BACON WRAPPED FILET MIGNON
8/175 g. (Approx. 6 oz.)

\$20⁹⁹

2.63 ea.
REG. \$23.95

OFFER EXPIRES NOV. 19/85 OR WHILE QUANTITIES LAST!

WE OFFER

WE PROMISE

WE GUARANTEE

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471-5260
 1 Block North of Hwy 7
 Beside the Buns Master

STORE HOURS
 MON-FRI 9:30-5:00
 TUE-SAT 10:00-5:00
 SUNDAY 10:30-4:00



Too young to remember-too old to forget

The annual Remembrance Day Service was held Sunday in the Stouffville Legion Hall with Rev. David Moran of the Pentecostal Church and Rev. Douglas Gray of the Missionary Church in charge. A participant in the wreath-laying ceremony was six-year-old Gregory Drummond, Hawthorne Avenue, a member of the 3rd Beaver Pack.

—Jim Thomas

Prophecy comes true

STOUFFVILLE — Last year, John Nikifork, Principal of Stouffville Dist. Secondary School made a prediction that's come true. In his address at Commencement Exercises of 1984, he said academic excellence was riding the crest of a wave that would carry over into '85 and perhaps years beyond.

On Friday evening, he reminded his audience of that forecast in relating the accomplishments of diploma recipients.

Not only had S.D.S.S. graduated 20 Ontario Scholars but the "Class of '85" had excelled in all areas of high school endeavors, he said.

"We're at an all-time high in school spirit, school activities and teacher involvement," he said, "and I'm confident this trend will continue."

He called it a "people school".

With specific reference to those leaving S.D.S.S. as graduates, Mr. Nikifork said they had established a high standard of excellence for others to follow.

The principal also praised the community for its involvement pointing to the long list of academic awards as an example of interest and enthusiasm.

Former vice-principal Bob Krol, now retired, confirmed Mr. Nikifork's remarks. "In my 33 years as an educator, you are equal to any graduating class I've ever seen," he said. "I thank you for allowing me to go out a winner."

Harry Bowes, Whitchurch-Stouffville's representative on the York Region Board of Education, also praised the achievements of students and staff at Stouffville High. He mentioned a number of successes in the past year that, he said, had placed S.D.S.S. in the forefront of academic and extra-curricular accomplishments in the Region of York.


In his address to the graduates staff teacher, Wayne Black said Stouffville Dist. Secondary School has a tradition that makes it unique. He cited active involvement as an area of prime importance. "You pitch in rather than wait," he said.

Mr. Black singled out Kelly Cowan, Student Council President of 1984-85 for special praise. He said in his close to 20 years in the profession, he had never seen her equal in leadership qualities.

He said the practise of "people working together" is something the entire country could emulate.

"You," he said, addressing the graduates, "have passed on the lighted torch so that students to come can find their way."

Woodside Square



Santa Arrives!

by pony drawn carriage!

Saturday, November 16th, 12 Noon.

CLOWN BAND! WALKAROUND CHARACTERS • GIVEAWAYS
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 5X7-SINGLE 4.75
 3 FOR \$9. — 6 FOR \$15.

Your Centre of Attention

MON-FRI. 9:30-9:30. SAT. 11-6 P.M.

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