



OPEN EVERY  
SUNDAY 9 A.M. - 5 P.M.

# Love Me "Sweet" HEART!

Valentines Day  
February 12th


Visit the  
Pickering Flea  
Market On  
February 12th  
For Great Prize  
Giveaways

**WIN PRIZES  
Hear the King  
Perform**

COMING SUN. FEB. 26

**BUY or SELL  
Your Own Vehicle  
To Register Call:  
(416) 407-1845**

Metro East  
Trade Centre  
401 & Brock Rd.  
**Pickering**  
(905) 427-0754



**"NO  
WAITING LISTS"**

Specializing  
in the care of Residents with  
**ALZHEIMERS**

24 Hr. Registered Nurse on duty  
Assisted Nursing Care Available  
Activation Program ie: Movies, Outings, Entertainment

**BEDS AVAILABLE IMMEDIATELY**

We currently have beds available for long term care  
placement or 30 day trial placement

We also have a 3 year Accredited Nursing Home adjoining our  
Retirement Home. Come in for a cup of tea and a tour of the home.

"Green Gables is now accepting residents in need of oxygen therapy"

Call Kathleen Gordon at **(905) 640-1310**  
9th Line, Stouffville

**770 Daycare Available** **770 Daycare Available**



**Home  
Daycare**

When only the best is good enough.

Contact: Gabrielle Foster (905) 294-5949  
A Licensed Agency serving Markham, Unionville & Scarboro

**DEPENDABLE HOME DAY  
CARE FOR CHILDREN 6  
WEEKS & OLDER**

You can put your trust in the Wee Watch  
system; supervised, private day care, full  
or part time.

We offer:

- Unscheduled home visits ensure quality care for your child
- Fully trained Providers receive ongoing Agency support
- Reliable, local back-up covers Provider illness or holidays
- Complete insurance coverage
- Income tax receipts

**Wee Watch**  
A Licensed Agency

MARKHAM, UNIONVILLE,  
STOUFFVILLE, UXBRIDGE

**479-5789**

**DAYCARE** available in my home, Wootton Way & Hwy. 7. References & receipts. Babies welcome. Learn to read program. 472-9673.

**DAYCARE** in my home. Responsible mother of 2, full or part time. 3 years up. Call 905-470-0263, anytime.

**EXPERIENCED & reliable daycare service** available in my home. Brimley / Denison. Play area, next to schools. Non smoker. 905-475-5421.

**795 Health & Fitness**

**775 Daycare Wanted**

**BABYSITTER** wanted for 2 children in my home 3 days per week, live out. Non-smoker. Goodwood area. 642-5770.

**RELIABLE** nanny / housekeeper. Non smoker. Live out. Monday - Friday. References. Legal. Markham. 416-285-7554.

**PANIC ATTACKS**

Do not have to take over your life. Help is available. Call: **(416) 287-0298**  
8 am - 9 pm

**THE MORTGAGE FACTORY**

**FROM 7.8%**  
1st, 2nd 3rd Mtgs. to 95%

- Rental Properties & Cottages
- Re-financing
- Rural Properties
- Bad Credit
- Debt Consolidation
- Self-employed

**No Income - No Problem  
Prime Deals Below Bank Rates  
Fast Professional Service**

Since 1975  
**CALL 686-2557 WHITBY, ONT.**

**ONE TO ONE INJURY  
& PAIN CLINIC**

**PERSONALIZED TREATMENT USING:**

- MASSAGE THERAPY
- MYOFASCIAL RELEASE
- THERAPEUTIC STRETCH
- HYDROTHERAPY
- STRENGTH/CARDIO EXERCISE
- COUNTERSTRAIN TECHNIQUES
- STRESS MANAGEMENT
- NUTRITIONAL COUNSELING

144 MAIN ST. N., SUITE 207 (#48 & #7)  
MARKHAM, ONTARIO, L3P 5T3  
(905) 472-6340  
**INSURANCE CLAIMS WELCOME**

**M & W DECOR**  
Certified Interior Decorator

**Mariola Stachniak**

Call me for imaginative ideas which will not cost a fortune.

- Window treatments • Custom furnishing
- Wall covering • Flooring • Furniture layout

Initial Consultation FREE

Tel: **(416) 464-6669**  
3 yrs. in Markham

# FOCUS on BUSINESS

## Markville Physiotherapy & Rehabilitation Clinic provides multi-faceted treatment

The Markville Physiotherapy & Rehabilitation Clinic is founded on the philosophy that quality professional care, coupled with the active participation of the patient, can ensure the return of the patient's maximum performance level.

The facility is devoted to the rehabilitation of neck and back pain, musculo-skeletal conditions, sports and work-related injuries, as well as treatment of motor vehicle accident victims.

Initial examinations and regular reassessments are performed by physiotherapist, James Yam, who also maintains close contact with referral family physicians or specialists.

In order to be efficient and successful, treatment must be multi-faceted, he says. In addition to offering a wide variety of treatment modalities (digital traction, IFC, ultra sound, E M S, acupuncture, etc.), James Yam also stresses the importance of manual or "hands on" therapy.

This is performed in conjunction with a graduated exercise program, in which the patient actively participates, in the clinic's fully-equipped, in-house gym.

These components, along with patient education, are vital to the rehabilitation process, he emphasizes.

Furthermore, the clinic's concentrated back and neck programs for car accident

patients and work-related injuries, are implemented with different phases of pain modulation and a body reconditioning program.

The goal is to facilitate the patient's transition from a supportive rehabilitation environment to independent exercise program, so he/she may return to his/her regular daily activities as soon as possible.

The Markville Physiotherapy & Rehabilitation Clinic is currently registered in the College of Physiotherapists of Ontario.

Billings are completely covered by auto insurance companies, private/extended

health care plans and the Worker's Compensation Board.

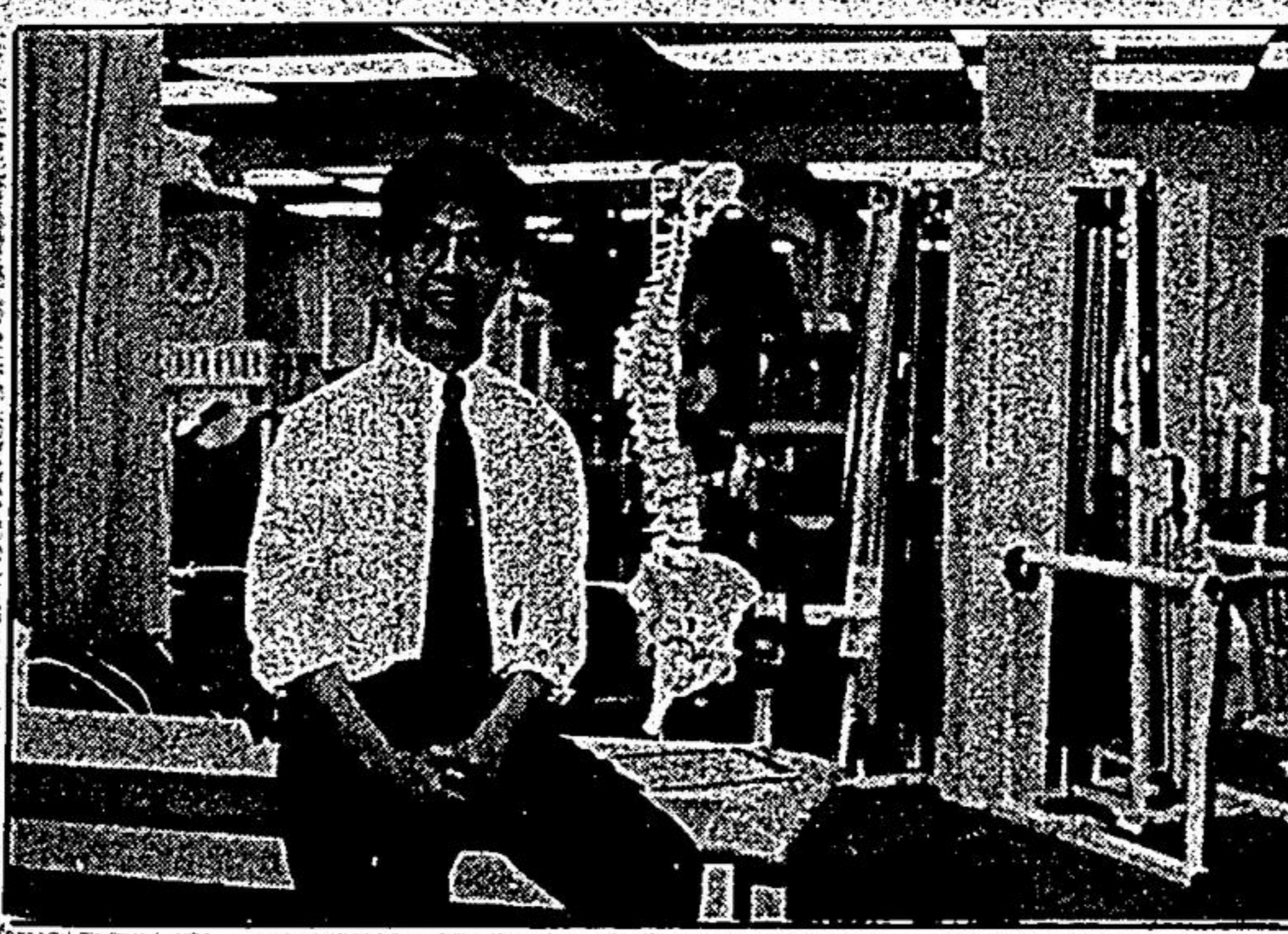
Open for six months, the private clinic currently has no waiting list for appointments.

Clinic hours are 8:30 a.m. to 7 p.m., Monday to Friday and 9 a.m. to 1 p.m. Saturday.

Initial assessments take approximately 45 minutes to an hour.

Subsequent treatment appointments, generally require about half an hour but vary depending on the injury.

Markville Physiotherapy is located at 8525 McCowan Rd. (at the north-east corner of Hwy. 7 and McCowan Road) Unit 6. For more information or to make an appointment, call James Yam, PT, MCPA, at 905-471-2892.



Markville Physiotherapy & Rehabilitation Clinic physiotherapist, James Yam, stresses the importance of the patient's participation in his/her rehabilitation. An in-house gym is provided at the private clinic and Yam designs and supervises exercise programs for his patients.

**NEECE  
ELECTROLYSIS  
& ESTHETICS**

4591 Hwy. 7E.,  
Suite 110  
(at Kennedy)  
946-8803

Angela Martino  
Certified Electrologist &  
member of the C.O.P.E.

**HOLISTIC HEALTH SERVICES**

- Tissue Cleansing & Detoxification
- Weight Management & Body Constitution Analysis
- Relaxation Techniques; Stress & Pain Management
- Healing Touch Therapies; Preventive Health Care

Modalities include: Clinical Iridology, Nutritional Herbology, Therapeutic Touch & The Radiance Technique®

**JEANNIE M. WARDLEWORTH, C.I., M.H.**  
905-513-6822

**EXPERIENCE  
PEACE &  
TRANQUILITY**

Spa Days, Weight Loss,  
Massage, Full Esthetic Services.  
Gift Certificates Available

The Serenity Spa 9011 Leslie St., #110 Richmond Hill 881-7915

Serenity Wellness Centre 6328 Main St. Stouffville 642-4374

**MARKVILLE  
PHYSIOTHERAPY  
& REHABILITATION CLINIC**

萬寧物理治療診所

Sports & Work Injury Back & Neck Pain Car-Accident

Walk-in Extended Hours Drug Plan, WCB, Auto Insurance Covered

**471-2892**

G/F, 8525 McCowan Rd.  
NE corner of Hwy. 7