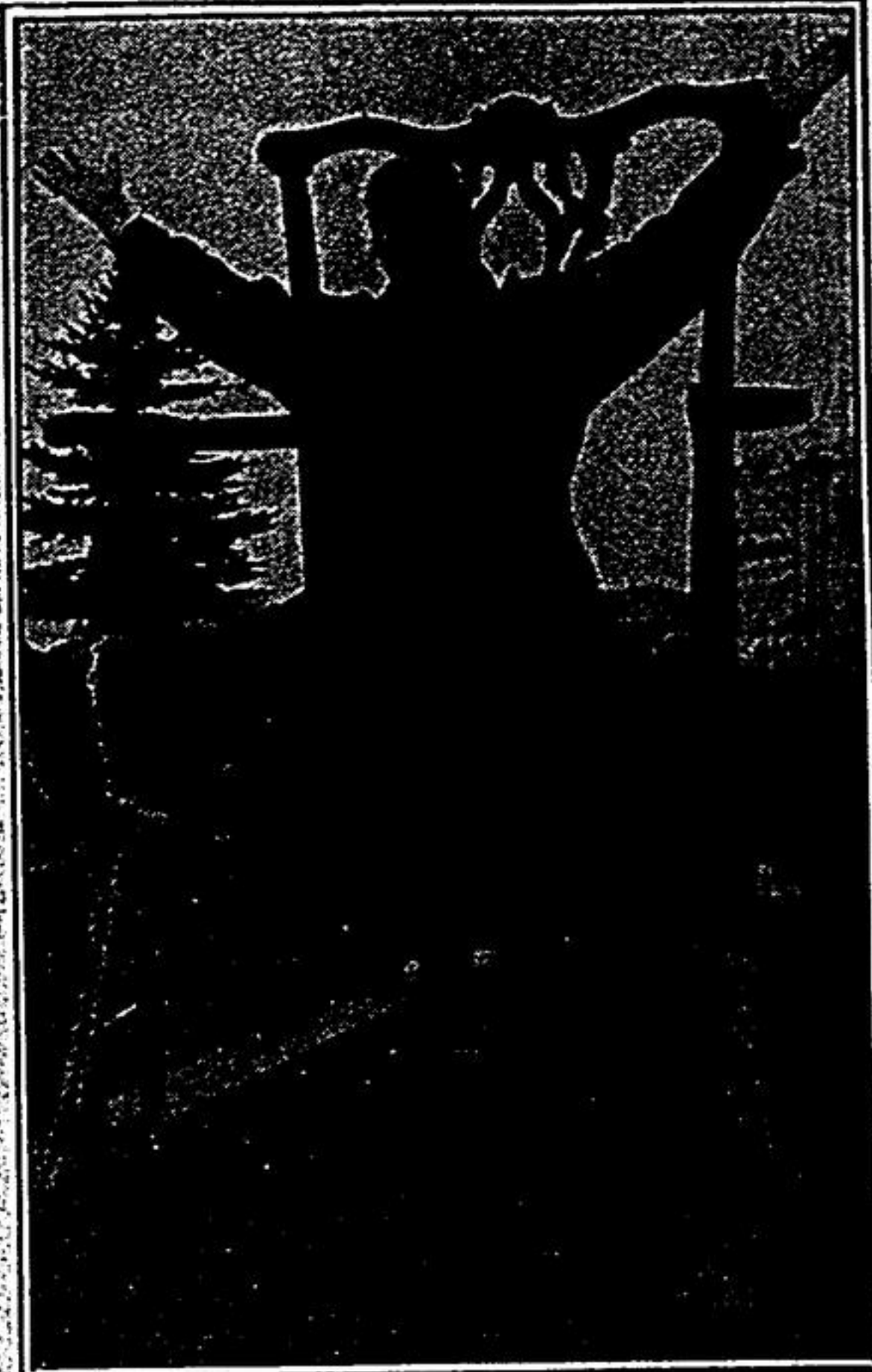


Hamilton Philharmonic Youth Orchestra coming to town

The 56-member Hamilton Philharmonic Youth Orchestra is coming to Stouffville. This renowned group of young instrumentalists, under the direction of Glenn Mallory, will present a 90-minute concert at Stouffville District Secondary School on Sunday, May 7 beginning at 3 p.m. The event is sponsored by the Music

Town Ontario Committee of Whitchurch-Stouffville. The orchestra includes 56 players, ranging in age from 12 to 22 years. These talented students rehearse every week and present up to 10 concerts a year including a combined performance with the senior philharmonic at Hamilton Place Forum. In addition to the standard orches-

tral repertoire, the orchestra will perform an original composition entitled Canadian Sketches by Dr. David Roe, Opal Cres., Stouffville. This 20-minute work, in four movements, is a series of music portraits of Canada. Roe will conduct this selection. Tickets will soon be available at The Tribune and at the door for \$5. The public is invited.



Seat of honor
Andy Munro takes a seat in his over-sized chair, that was stolen and found broken and abandoned in a field near Musselman Lake. Munro has resorted to chaining the chair which is used to advertise his business, Sheraton Antiques.

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ings alone though - the goal is to ultimately see a return on your money. The underlying investment must be a sound one, something you can understand. Now is a perfect time to start planning for your 1995 tax year. Give your financial advisor a call. You'll sleep better when you've got a plan in place.

This article is courtesy of Carolyn Davey, a friendly financial advisor who particularly enjoys working with seniors and their families.
For more information, call toll-free 1-800-363-9165.

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Senior years - an important time to eat right

As our bodies age and change, so do our eating requirements. Next to early childhood, the "senior" years are one of the most important times of your life to eat right. One important part of your diet is fiber. Fiber causes our bowels to work properly, thereby helping you to avoid colon cancer and constipation. Fresh fruits and vegetables are wonderful sources of fiber along with whole-grain cereals and bread. Your body also needs at least four to eight glasses of liquid and some exercise each day in order to keep your digestive and elimination processes running smoothly.

"To protect yourself from a calcium deficiency, you need to eat or drink two servings of calcium-rich food like yogurt, cheese and milk each day."

Calcium is another requirement for health in the later years. Lack of calcium is believed to cause osteoporosis, a thinning of the bones. Since thin bones break easily, heal slowly, and can lead to curvature of the spine, extra calcium intake is essential, especially for women. To protect yourself from a calcium deficiency, you need to eat or drink two servings of calcium-rich food like yogurt, cheese and milk each day. Calcium supplements are also available.

Some people find that chewing becomes a concern in their later years. Naturally soft foods like eggs, mashed potatoes, cottage cheese and applesauce are easy on the teeth and contain important vitamins and minerals. Preparing meat and vegetables in soups, casseroles and stews creates tasty dishes that have texture but aren't difficult to eat. Even though your dietary needs have changed, there is no reason why you shouldn't enjoy eating. With some extra planning and preparation, your diet can help contribute to your better health and longer life. Bon appetit!

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