

**EMBASSY SUITES**  
*Offers a Fresh Approach To Your Dining Experience in the Unionville Cafe*  
**"Cuisine Festival"**  
 Continues with A Special "Game" Celebration Featuring A Succulent Variety Of Culinary Entrées Prepared By Our Award Winning Chef Tom Isogal  
 During Christmas Season Plan To Celebrate The Holiday Traditions By Indulging In Our Pre-Christmas Luncheon Buffet November 17th - December 24th  
 And Our Pre-Christmas Dinner Menu November 24th - December 24th  
 December 25th  
 Christmas Day Brunch and Dinner  
 December 31st  
 A Splendid Five Course New Year's Eve Dinner and Dance  
 Sunday Evening's Only  
 Savour At It's Best  
 A Succulent Prime Rib Roast Beef Dinner  
 Don't Forget To Indulge In Our Freshly Baked Take-Out Desserts (905) 470-8500

# November is Diabetes Month

If you are over the age of 45, the Canadian Diabetes Association would like to give you some food for thought: there's a good chance you might be at risk for developing diabetes.

This fall, in possibly the largest and most visible diabetes awareness ever launched in Canada, Canadians over the age of 45 will be targeted in a public awareness campaign about the risks, signs and symptoms of diabetes.

Calling the disease a 'public health issue of epidemic proportions,' the Canadian Diabetes Association will attempt to reach all Canadians at risk of developing diabetes through TV and radio commercials, ads in magazines and newspapers, and at the door, during the November residential fundraising campaign, as November is Diabetes Month.

Given that roughly 90 per cent of dia-

betes cases occur after age 45, concern over the disease's impact on society is rising as the baby boomers age.

Currently, medical costs associated with this disease are estimated at \$5 to \$6 billion in Canada alone, and the financial burden is expected to increase dramatically if the projected number of new cases is realized over the next 20 years.

The medical toll of diabetes is significant:

- Over 1.5 million Canadians have been diagnosed with diabetes. Another 750,000 are estimated to have the disease, but remain undiagnosed.
- Diabetes is a leading cause of blindness, kidney disease and amputations. Diabetes also increases the risk of heart disease by three to six times.

For people who develop diabetes later in life, a diagnosis is frequently

made through what appears to be an unrelated medical examination.

Due to the subtle nature of some of the diabetes symptoms, a person may have had the disease for many years, and discovers this only after a doctor's appointment scheduled to find out if the blurry vision or tingling in the feet they experience in serious or "just old age".

Often occurring together, the common symptoms are:

- Increased thirst
- Tingling and numbness in hands and feet
- Frequent urination
- Tiredness
- Weight change
- Irritability
- Nausea and vomiting
- Itchy skin
- Blurry vision
- Slow healing and cuts and wounds

Though you may be over 45 and have never experienced these symptoms, you may still be at risk of diabetes if you have a close family member with diabetes, are overweight and inactive, are of Aboriginal, African or Latin American descent, or have given birth to a large baby (over 9 lbs or 4 kg.)

Though having any or all of these risk factors does not mean you will develop diabetes, it does mean that you might be at greater risk of developing diabetes in the future.

See your family doctor if you have experienced any of the above, or suspect for any other reason that you have diabetes. Or call the Canadian Diabetes Association.

As the primary source of diabetes education, service and advocacy in Canada, the Canadian Diabetes Association is a national, independent, self-financing volunteer organization with 170 branches across Canada and division offices in the provinces.

Dedicated volunteers and generous donors have ensured that the CDA is not only Canada's response to diabetes, but that CDA is the largest non-governmental supporter of research to help manage and find a cure for one of the leading causes of death in Canada.

CDA can be reached by calling 508-1506 or by calling the National office at 1-800-BANTING.

**Cruises 'n Cruises**  
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 A TRADITION OF EXCELLENCE

**ALASKA BOUND '98**

**"ON STAGE ALASKA"**  
 A live performance - Multi-Image TRAVEL SHOW

Wednesday November 5,  
 1:30 p.m. and 7:00 p.m.  
 Le Parc Conference Centre  
 8432 Leslie St., Thornhill (at Highway 7)

**CALL FOR FREE TICKETS**  
 SPECIAL DISCOUNTS  
 ON ALL ALASKA CRUISES & CRUISE/TOURS  
 DOOR PRIZES

**Cruises 'n Cruises**  
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**Markham Little Theatre**  
 presents  
**The Last Real Summer**  
 a play by Warren Graves  
 directed by Elizabeth Wyatt

November 5 to 8, 1997 8:00 P.M.  
 Markham Theatre for Performing Arts  
 171 Town Centre Blvd.  
 Tickets \$15.50  
 Seniors and students \$7.75 on Thursday  
 Box office 905-305-SHOW (7469)

An Association of Community Theatres Central Ontario Festival Entry  
 Produced by special arrangement with Playwrights Union of Canada

**SNOWBOARD SALE**  
 OCT. 31 TO NOV. 9

**Billabong**  
 SNOWBOARDS

**Complete Boards from \$299<sup>95</sup>**  
**Boots from \$99<sup>95</sup>**  
**Wax/Sharpen 1/2 price \$12<sup>50</sup>**  
**WSE-Water Skis etc.**  
**160 East Beaver Creek #8**  
**Richmond Hill (404 & 7)**  
**905-731-6082**  
 M-W 10-6 Sat. 10-6  
 T-F 10-7 Sun. 12-5

**VIN BON**  
 FINE WINE BEGINS WITH THE BEST GRAPE JUICES

**CHRISTMAS SPECIALS**  
 (For a limited time)

**100% PURE GRAPE JUICES \*NOT FROM\* CONCENTRATE**

Make a Cabernet Sauvignon, or a Sauvignon Blanc on Premise for only **\$65/20L** (approximately \$2.60/750 ml.)  
 (includes all taxes, corks, labels & shrink caps)

**OR**

Make an Ice Wine for only **\$411/375 mL** (min. 28 bottles per batch)  
 (includes all taxes, corks, labels & shrink caps)

Classic grape juices are now in.  
 Hurry! Make your Christmas wine now and customize your wine bottles with your own personalized labels

**VIN BON MARKHAM**  
 172 BULLOCK DRIVE, #19  
 FOR DELIVERY CALL **471 0124**

Map showing location: Kennedy Rd., Bullock Dr., Vin Bon, Laidlaw, Hwy #7, Steeles Ave.

In Concert  
**"Sine Cera"**  
 Performing contemporary Christian music.  
 Saturday, November 8th  
 7:00 p.m.  
 The Village Church of the Nazarene  
 218 Main Street North  
 (beside Varley Gallery)  
 Admission: A donation for the Sharing Place Food Bank.

**NEW TO MAIN STREET**  
**PIMENTO BITE RESTAURANT**  
 Italian Cuisine.

**We Welcome You**  
 Reservations now being accepted for  
**Christmas Dinners & Luncheon Functions.**  
 144 Main St. N.  
 Markham Village **471-3240**