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**HEALTHY LIFESTYLES**

**Take a moment to pamper yourself**

*It takes only a few minutes to make your workday less hectic*

As a working woman easing into spring, take a moment to pamper yourself by incorporating the following tips into your schedule.

✓ It only takes a minute and the results will keep you comfortable throughout your hectic workday.

✓ Take a fresh-air break.

✓ Get out of the office and go for a brisk walk. Going outdoors invigorates and refreshes the senses.

✓ Use ergonomically designed office products to alleviate pressure on your body. Chairs that

support your back, wrists for your keyboard and a soft mouse pad all eliminate stress on muscles and bones.

✓ Wear comfortable pantyhose

✓ Shoes with supportive soles and flat to medium heels make commuting and standing on your feet more comfortable.

Remember that although those high heels may look fashionable, if your feet hurt throughout the day, you are already at a disadvantage.

✓ Buy yourself fresh flowers once a week to keep at your desk. Their

colour, beauty and scent are uplifting and add something special to your surroundings.

✓ Keep a radio at your desk and play soothing

music. Classical or jazz music can be a great source of relaxation throughout the day.

Continued on next page

**ATTENTION Back Pain Trial**

**A RESEARCH STUDY EVALUATING AN INVESTIGATIONAL DRUG FOR THE RELIEF OF SUDDEN ATTACK OF LOW BACK PAIN WITH DURATION NO LONGER THAN 72 HOURS**

If you are between the ages of 18-70 and are now suffering from a **SUDDEN ATTACK** of low back pain with an **ONSET HISTORY OF NO LONGER THAN 72 HOURS**, you may be eligible to participate in this study.

For more information please contact:  
Study Co-ordinator  
(905) 471-8938  
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The simple pleasures of laughter, eating, even kissing can be uneasy experiences for those who are missing teeth.

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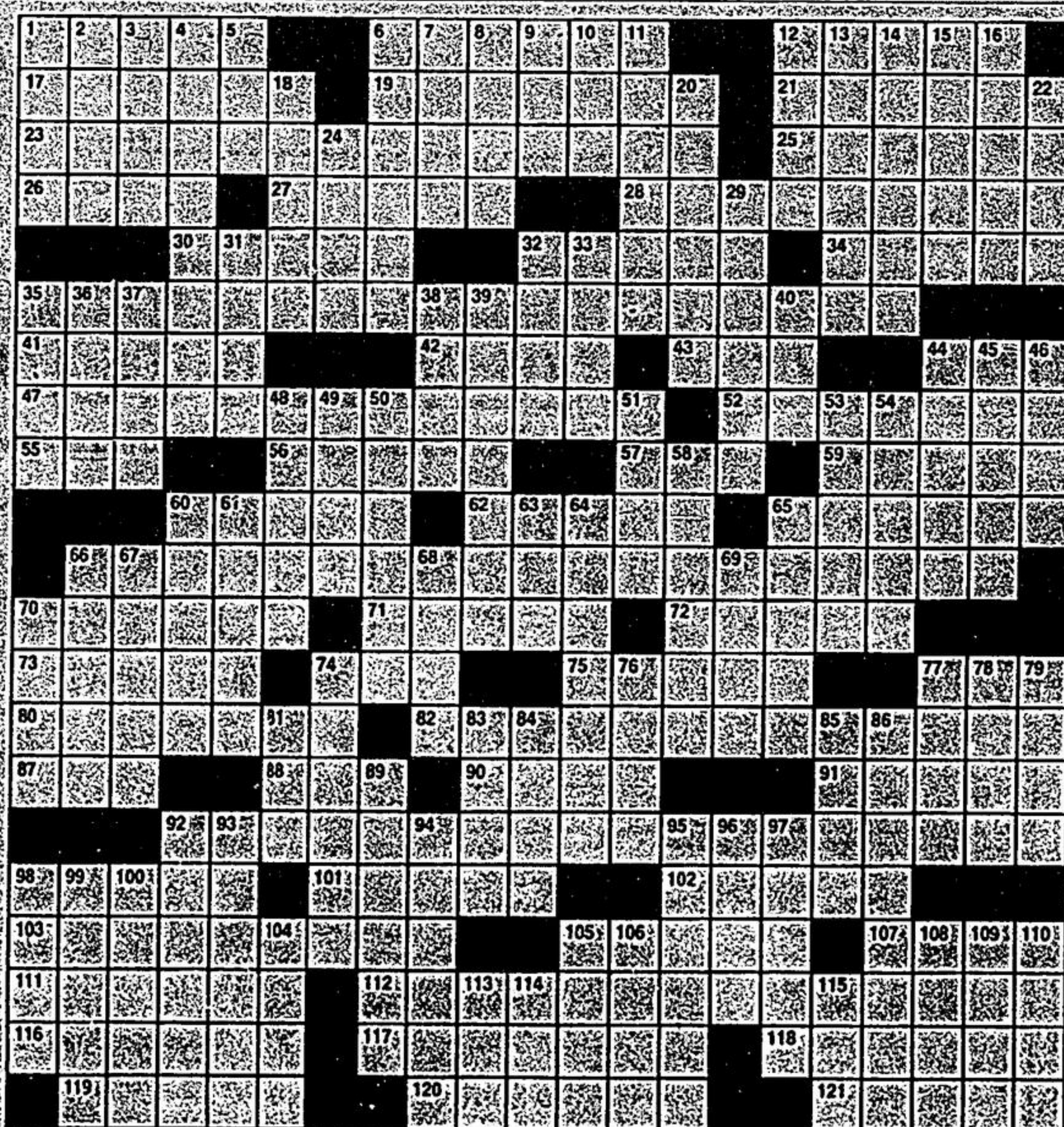


**— Dr. David Bernhard —**  
Implant & General Dentistry - 1 Mintleaf Gate,  
Markham  
**(905) 472-2091**

**POETIC INJUSTICE**

BY CATHY MILLHAUSER / EDITED BY WILL SHORTZ

- |                                       |   |  |  |
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| <b>ACROSS</b>                         | 62 "Taras Bulba" author                           | 112 Conclusion of many a poet?                 | 22 All there                                   |
| 1 Displaces                           | 65 Tamper-resistant                               | 116 Emmy-winning Rob                           | 24 Old-timer, of sorts                         |
| 6 Atomic                              | 66 Result of poetic license?                      | 117 Arabs, Hebrews, etc.                       | 29 Xylophone striker                           |
| 12 Lowly ones                         | 70 Crows  | 118 Hitches                                    | 31 Senator of 1967                             |
| 17 Portuguese city                    | 71 Stand for Steen                                | 119 She's married with ninos                   | 32 High Prefix                                 |
| 19 Batting a thousand                 | 72 "Eleni" director Peter                         | 120 Contend, colloquially                      | 33 Flatten, in Britain                         |
| 21 Mercury Sable Ford                 | 73 Too hot for tots                               | 121 Designer Simpson                           | 35 Babylon's land                              |
| 23 Poet's outlook on life?            | 74 "Brain Trust" Prez                             | <b>DOWN</b>                                    | 36 Perfume billed as "The forbidden fragrance" |
| 25 Fighting force                     | 75 Bats   | 1 More than simmer                             | 37 Swindle                                     |
| 26 Good earth                         | 77 Hi-fi buys                                     | 2 Machinating                                  | 38 Next  |
| 27 Grab                               | 80 Substance in soaps                             | 3 Provincial capital in the Dominican Republic | 39 Wild things                                 |
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| 30 Objective                          | 87 Outdated poet suffix                           | 5 Jeff's '77 Sunset Strip partner              | 44 10,000,000 ergs                             |
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| 34 With 68 Down, "Fame" actress       | 90 Kyrgyzstan's Mountains                         | 7 "The Gondoliers" nurse                       | 46 Ticked (off)                                |
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| 56 General assemblies                 | 111 Correction section                            | 16 Khartoum's country                          | 61 It's played with matches                    |
| 57 Meal starter                       |   | 18 Merin of football and TV                    | 63 Need to reimburse                           |
| 59 Don't waste                        |   | 20 Roof type                                   | 64 "The Fisher King" director                  |
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|                                       |   |  | 66 Film dom's Robert and Alan                  |
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|                                       |   |  | 74 Chevy Chase title role                      |
|                                       |   |  | 76 Sooner migrant                              |
|                                       |   |  | 77 Bats  |
|                                       |   |  | 78 Manx "Thanks!"                              |
|                                       |   |  | 79 Abide                                       |
|                                       |   |  | 81 Cabbage collector for short                 |
|                                       |   |  | 83 Ford "better idea" (old slogan)             |
|                                       |   |  | 84 Winged                                      |
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|                                       |   |  | 86 Protected in a way                          |
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**The New York Times CROSSWORD**

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