

# Move your bones for better health next weekend

A regular stroll along with a wild and wiggly walk will be held in Claremont on May 23.

The special event is Claremont's contribution to the 1998 Canada Osteoporosis Walk.

and moo...velous cow leggings to exciting grand prizes will be offered," said Henderson.

Osteoporosis affects one in four women over the age of 50. Over 1.4 million Canadians suffer from the disease," said Henderson.

Osteoporosis is a debilitating disease characterized by low bone mass and deteriorating of bone tissue. The result is often fractures of the hip, spine and wrist, causing chronic pain, lack of mobility and reduced quality of life. "One in eight men over the age of 50 are also affected," Henderson pointed out.

Regular physical activity, a diet rich in calcium and Vitamin D, and early diagnosis "is our best defense against osteoporosis," said Susan Johnson, another local organizer. "It's never too late to improve our bone health. We hope people of all ages will join in Canada's Osteoporosis Walk and move their bones to better health," said Johnson.

For some extra fun, the Bone Express Relay will take place at 10:30 a.m. just before the main walk begins. Teams may register and take part in this wild wiggly walk.

For more information call 649-1863 or 649-2295.

~ Joan Ransberry

**THE WINE PLACE**  
WINEFULLY YOURS

## MAY SPECIALS

**PREMIUM QUALITY WINE**

**CALL NOW**  
6545 Hwy. #7 • Markham  
(905) 294-7515

**Dr. Michael Pollak DDS**  
GENERAL & COSMETIC DENTISTRY

- Special Interest in Cosmetic Dentistry
- Bleaching, Bonding, Implants
- Porcelain Veneers

ARRANGE YOUR INTRA ORAL VIDEO EVALUATION TODAY!

- Emergency Care • General Dentistry
- Children's Dentistry
- Convenient Location • Extended Hours
- (Sunkist Plaza) • Hwy 48 & 16th Ave., Markham
- **472-2454**
- **FREE DENTAL CONSULTATION**

## Register at Uxpool

Registration for swimming lessons at Uxpool are now underway. Registrations begin Monday, May 25 for Uxbridge residents only and to others on June 1. Registration takes place at Uxpool or call 852-7831.

Summer day camp registration begins Saturday, May 23 at Uxpool. Call 852-7831.

For more experienced swimmers, summer leadership development option A: Bronze medal, senior R/A and CPR, option B: Bronze cross, senior RA and CPR registration begins the week of June 22 and continues to June 26.

**Fax letters:**  
**640-5477 or**  
**852-4355**

*Private Dance Lesson*  
from Salsa to Tango to  
Individuals or Couples  
*Our Studio*  
(905) 763-8100  
20 years exp. NEW location

RRSP ONT. NFDL HQ RRIIF  
Government Guaranteed Securities  
**6.50%**  
minimum \$25,000  
ask about our monthly pay  
Bernard Fitzpatrick or Scott Lawrence  
Investment Advisors  
1-800-382-4964  
Rate subject to change and availability  
assume investment held until maturity

**TD EVERGREEN**  
WEALTH MANAGEMENT

# Topless!

50 to Choose from!

**PONTIAC SUNFIRE CONVERTIBLE**

Official Auction Buyer took advantage of a great buy on '97 Pontiac Sunfire convertibles, and we've passed that savings on to you. These vehicles all come with air conditioning & lots more. Mileages from 14,000 - 19,000 kms. Balance of a 3 year, 60,000 km. factory warranty, bumper to bumper. Power windows off right - 60 TOPLESS! Various colours available. Sold on a first come first served basis. This offer will not be repeated - trades welcome!

**\$297 PER MONTH\***

\*36 month lease with \$3,000 down or trade equivalent. Plus 1st & security, O.A.C. Taxes extra.

**Colonial**  
CHEVROLET-OLDSMOBILE LTD.

YONGE ST. & DAVIS DR., Newmarket • (11 & HWY. 9) • 905-995-1171  
EMAIL: colonial@colonial.ca | Internet Web Page address: www.colonial.ca/colonial

COME TO COLONIAL AND EXPERIENCE AUTOMOTIVE RETAILING IN THE 90's!

**The Salvation Army**  
9329 McCowan Rd., Markham  
presents

## PRAISE HIM

\$10.00 PER PERSON with BRASS AND VOICE \$20.00 PER FAMILY  
Guest vocals & Brass from BERMUDA  
2 Concerts  
May 22 & May 23  
7:30 pm

Gospel Choir Brass Band | Jubilation Solos & Duets

For more information contact Lieut. Owen COGDEL JAZZ or Sandra Budden (905) 471-1038

*Commercopia*  
106 Main St. N. • 471-7820 • Markham

# SALE!

50% off Crabtree & Evelyn while supplies last  
30% off Fitz & Floyd  
25-50% off selected pictures  
and so much more!

Open 7 days a week  
10am - 6pm - Thurs. until 8pm - Sun. 12 Noon - 5pm