

**Mustard's**  
 Friday, March 5<sup>th</sup>, 5-8 p.m.  
**SPECIAL IN-HOUSE PRODUCT PROMOTION**  
 Try your luck at opening the  
**PRIZE VAULT**  
 Saturday, March 6<sup>th</sup>  
**NOBODIES BUSINESS** - back by popular demand  
 6545 Hwy #7, E. of Wootton Way  
 294-4925



**IN HARMONY**

Ron Snider, left, president of the Markham Men of Harmony, presents a cheque for \$3,000 to Russ Weeks, chairperson of the board of directors of the York-Durham Aphasia Centre, while the Men of Harmony look on during a Feb. 25 concert at the Aphasia Centre in Parkview Village auditorium. The money is to be used to fund the centre and to support the Music For Communications program. The funds were raised by the Markham chapter of Harmonize for Speech.

STAFF PHOTO/SJOERD WITTEVEEN

**Father's**  
 Thursday, March 4<sup>th</sup> **OPEN JAM**  
 Hosted by John Stewart  
 Friday, March 5<sup>th</sup> **TWO FOR THE SHOW**  
 Stand up Comedy & Music Routine  
 Saturday March 6<sup>th</sup> **52 PICK UP**  
 Monday, March 9<sup>th</sup> **HYPNOTIST "Virtual Jacquo"**  
 will be here to AMAZE you!  
 Call for details  
**294-0134**  
 Corner of Hwy. #7 and McCowan Rd.

Don't Miss This Weekend!

**NEWS**  
 Whether it happens next door or across the region, read about in...  
 Economist & Sun  
 Stouffville Tribune

**LEISURE**

**Regular activity key**

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physical fitness and excludes everything else."

He advised an all-round healthy lifestyle as the key to being fit.

"If a combination of inactivity for long periods of time is followed by an excessive amount of activity, it can put a great deal of strain on the muscles and bones and ligaments of the spine," he warned.

Nusbaum said the arrival of any major snowstorm is a sure signal his office will be visited by an influx of new patients.

He particularly cites the "Storm of the Century" that hit the Greater

Toronto Area in January.

"From that snowstorm, we must have had 10 or 15 people arrive at my office suffering from a combination of back and neck problems," he said.

He said what often happens is people start shovelling snow when they are unaware they have physical problems. Regular visits to medical professionals would reveal these problems and corrective measures can be taken before it's too late, he said.

Through it all, the fitness groups keep hammering away at one theme: The millennium is just around the corner.

Park the car.  
 Start walking.

**CORRECTION**  
 Col. Mustard's special In-House Production Promotion will take place on  
**Friday March 5th**  
 The Economist & Sun apologizes for the error in Tuesdays' advertisement

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**Crosby Memorial Centre  
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**March 10th  
 6:30 p.m. & 8:00 p.m.**

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**SHAW**