

M&M MEAT SHOPS

Hundreds of meal ideas. One aisle.

Chicken Breasts
Economist Special! Individually frozen.
Our low fat and wholesome chicken breasts are perfect to grill or bake, can be sliced in your kitchen oven, casserole or pasta dish. Once you've had them you'll wonder how you ever got along without them. Freshly removed, seasoned.
12.99 1.36 kg / 3 lb
LIMIT OF 3 SAVE \$5

Chicken Nuggets
All purpose, mild and tender chicken breast pieces that are ready to pop in the oven.
6.99 200 g / 7 oz SAVE \$2

Cheese & Spinach Cannelloni
Cannelloni tubes filled with a combination of soft cheese, mushrooms and chicken breasts, topped with a richly spiced tomato sauce.
5.99 200 g / 7 oz

Fettuccine Alfredo
All purpose fettuccine noodles in a rich, creamy sauce made with Parmesan cheese, garlic and crushed pepper.
5.99 200 g / 7 oz NEW

All products are discounted from their regular price. Prices in effect Saturday, Feb. 19 until Friday March 3/2000

MARKHAM 9275 Markham Rd. Hwy. 48 472-2028 (in Sunnyside Plaza)

UNIONVILLE 4261 Hwy. 7 474-1891 (in Shoppes of Unionville)

STOUFFVILLE 5812 Main Street 642-9334 (next to Stouffville Chrysler)

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FOR A FREE INFORMATION PACKAGE CALL: ECONOMIST & SUN STOUFFVILLE TRIBUNE 294-2200

Chess coaches needed

JENNIFER KEE
Correspondent

Parkview Public School parents are searching for adults or seniors to teach children the game of chess.

"Anybody interested in helping out is absolutely welcome," said organizer Christiane Bergauer-Free.

"We'll work out a schedule after we have volunteers."

Coaches will be needed once a week at Parkview in the afternoon or lunch hours, depending on the schedules of volunteers.

"The idea is to have the older generation teach the younger generation the wonders of the game of chess," Bergauer-Free said.

Interested chess coaches can call Christiane Bergauer-Free at 474-1824.

UNIONVILLE THEATRE COMPANY PRESENTS

GOOD DOLLS

March 1 - March 4, 2000 8:00 p.m.
March 4 - Saturday Matinee - 2:00 p.m.
Markham Theatre For Performing Arts

For Ticket Information Call: (905) 305-7469

Producer: Celeste Pelliccione
Director: Julie Wood
Musical Director: Doug Manning
Choreographer: Meghan Bowness

Sponsored by: Longo's Fruit Markets
SPECIAL ARRANGEMENTS BY MUSIC THEATRE INTERNATIONAL

THE KIDNEY FOUNDATION OF CANADA

Give the greatest gift... The gift of life

We're out to make kidney disease obsolete

This message brought to you as a community service of The Economist/Tribune

Focus on Faith

The winter "blahs"

Here we are again in the middle of the winter "blahs." They seem to occur right at the midpoint between Christmas and New Year celebrations and the income tax deadline.

Sloshing through slush and shovelling snow further compounds the epidemic.

The media hype that it's going to get worse before it gets better doesn't help at all.

But there is some relief available. Effective treatment is within reach.

To combat the cold, try the warmth of a visit to a shut-in or an ill neighbour or friend. That'll control

The days are getting longer, the snow will melt, the warmth will return.

the "blahs" for at least a week. A cheery note or a phone call to someone now far away can be a stimulating tonic for your sense of well-being.

Praying for someone you know who is in need and following up your prayers with some form of practical assistance will do a lot for your own outlook, even in the midst of winter. Prayer not only brings the blessing of God to those for whom you pray, but blessing to the prayer as well. Prayer will help keep your heart warm towards God. Another good therapy for the winter "blahs" is taking

a good dose of "truth" every day, that is, reading a passage of Scripture and meditating on it during the day. This will help keep your mind up on solutions rather than down on your malady's symptoms.

And, we need to keep in mind also that like most things in life, winter has "come to pass." The days are getting longer, the snow will melt, the warmth will return. So, think Spring! and in the meantime warm your days with practical demonstrations of love for others.

Submitted by Paul Fawcett, Christian Blind Mission

ST. ANDREW'S UNITED CHURCH
32 Main St. N., Markham - 294-0351
SUNDAY SERVICE - 10:00 A.M.

"Worship and A Living Faith"

When Jesus talked about private worship, he described a secluded, intensely personal experience of self-examination intended to liberate the conscience and yield fresh insights.

Jesus advised his disciples: "Go into your own room, close the door so that you won't be disturbed, and then carry out your personal meditation with your God."

Often people think that going to church is simply the opportunity for regularly scheduled private worship. This is not so, as such private worship would be more effectively carried out in total seclusion! Instead, we gather together as a body in corporate worship to interact. We gather together to plan and work as members of a team committed to battling that which dehumanizes, to counter poverty, exploitation, injustice and prejudice.

Effective corporate worship requires not that we remain secluded but that we open ourselves to each other. We must risk sharing who we really are, communicate our humiliation and successes, fears and hopes, so that we can heal each other with the vision of fresh possibilities. So empowered, we can then stride out into the world with renewed vigour to tackle yet again the destructive forces of hopelessness, hatred and death.

The goal of church worship is not to get a dose of reality big enough to last until next week. It is to heal and be healed and strengthen and be strengthened into the world to give our love in these days that are ours.
Dr. Frederick A. Styles

CENTRAL UNITED CHURCH
131 Main St., Unionville 474-0183
Visit us at www.unitedchurch.com
Services 9:30 & 11:00 a.m.
"Misusing The Name of God"
A warm welcome awaits you.

BETHESDA LUTHERAN CHURCH
20 Union St., Unionville - 477-1731
(Near Hwy. 7 & Main)
Sunday School - 9:30 a.m.
Worship - 10:30 a.m.

CENTENNIAL COMMUNITY CHURCH
A Fellowship Baptist Church
A Church To Call Home
9:45 a.m. Sunday School
11:00 a.m. The "Do Your Own Thing" Society
Pastor Grover Bradford
Service in Cantonese also at 11:00 a.m.
8176 McCowan Road (just south of Hwy. 7)
Markham, ON Tel: 905-475-7695
Home of Centennial Child Care Centre

The Lion's Den
Christian Book Shoppe
Serving Your Family and Church
115 Main St., North Markham Village
Tel: (905) 472-8412
Diana Whitehead

MARKHAM MISSIONARY CHURCH
Evangelical Missionary Church of Canada
Sunday, February 27, 2000
9:30 a.m. Family Christian Education Hour
10:55 a.m. Pastor Loughheed speaking
6:30 p.m. Pastor Thurton speaking
Please call church for information regarding other programs available to you and your family.
5438 Major MacKenzie Dr. E. Markham (905) 294-5081

World Day of Prayer Service
March 3rd - 2:00 pm
Heritage Centre
17 Anna Russell Way
Unionville

St. Andrew's Presbyterian Church
Everyone is welcome to join us
Sunday at 11 for Worship & Church School for all ages.
143 Main St. Markham
(905) 294-4736

To advertise your church services please call Susan O'Brien 294-2200