



Markham Village Festival

Father's Day
Parade of Wheels

Sunday, June 18 at 12 noon

Hey kids! Get your Dad to help out and enter a Father and Child Decorating contest and be part of the Parade!

Enter one of the following Decorating contests.

Prizes for the winners

- | | | |
|--------------|----------------|---------------|
| * Bike | * Stroller | * Wheelbarrow |
| * Lawnmower | * Wheelchair | * Scooter |
| * Skateboard | * Rollerblades | * Wagon |

Write and tell us why your dad is the greatest. Maximum 100 words. Mail or drop off at 132 Robinson St., Markham L3P 5H5.

For more details and to register, call the Festival Hotline at (905) 472-2022.

Have your say on pesticides at Monday forum

Growing public awareness about the environmental and health impacts of pesticides has raised concerns about the use of the chemicals.

York Region is hosting a forum Monday evening to gather ideas from the public aimed at looking at the safe use of pesticides, their detrimental effects and healthier alternatives to the chemicals.

The forum will feature representatives from Health Canada, the Ministry of the Environment, the World Wildlife Fund Canada, the Canadian Network of Toxicology Centres, NutriLawn International Inc. and the Toronto Environmental Alliance.

The event runs from 6:30 to 10 p.m. in the Richmond Hill council chambers, 225 East Beaver Creek Rd.

Space at the forum is limited.

To register, call Donna Swan of the region's environmental health team at (905) 895-4511 or (905) 882-2081.

Volunteers wanted

The Literacy Council of York Region is looking for volunteers interested in tutoring basic literacy skills to adults on a one-to-one basis. Training will be held June 3, 7, 14, 21 and 28. Call 853-2679.

Work workshops

The next work Ontario March of Dimes orientation session for people with disabilities starts June 6. The workshops are held in Newmarket and Richmond Hill. Call 1-800-350-4621.

Horse show in June

The 79th annual Aurora Fair and Horse Show takes place June 10 and 11 at Machel Park. The event features a petting zoo, midway, horse shows, classic cars, pony rides and craft demonstrations. Call the fair hotline at 713-6773.

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Managing stress on a daily basis

Stress is the single leading cause of ill health in our society and accounts for up to 70 per cent of all visits to family doctors. The short-term effects of too much stress makes us more susceptible to colds, flues, insomnia, headaches and other minor illnesses. The long-term effects of stress have been linked to serious illnesses such as arthritis, cancer, heart disease and immune system disorders.

There are many ways to combat stress in our daily lives. The first thing to do is to recognize what is causing the stress and take steps to change your behaviour accordingly. Whether it's poor diet, lack of regular exercise or poor eating habits, zeroing in on the root causes will help you to deal with stress effectively.

Lack of exercise is a major cause of stress in our daily lives. Regular physical activity at least three times a week is an effective remedy is recommended. Even walking, cycling or aerobic exercises can reduce stress levels and have a positive effect on one's attitude.

Adjusting your diet can reduce stress in your life as well. Coffee, tea, chocolate and cola are drugs that may cause stressful reactions in the body. If you are consuming too much of these products, try reducing your intake - but gradually. A total caffeine withdrawal can trigger migraine-type headaches.

Relaxation and meditation techniques such as yoga, meditation, deep breathing or massage can reduce blood pressure and relax muscles.

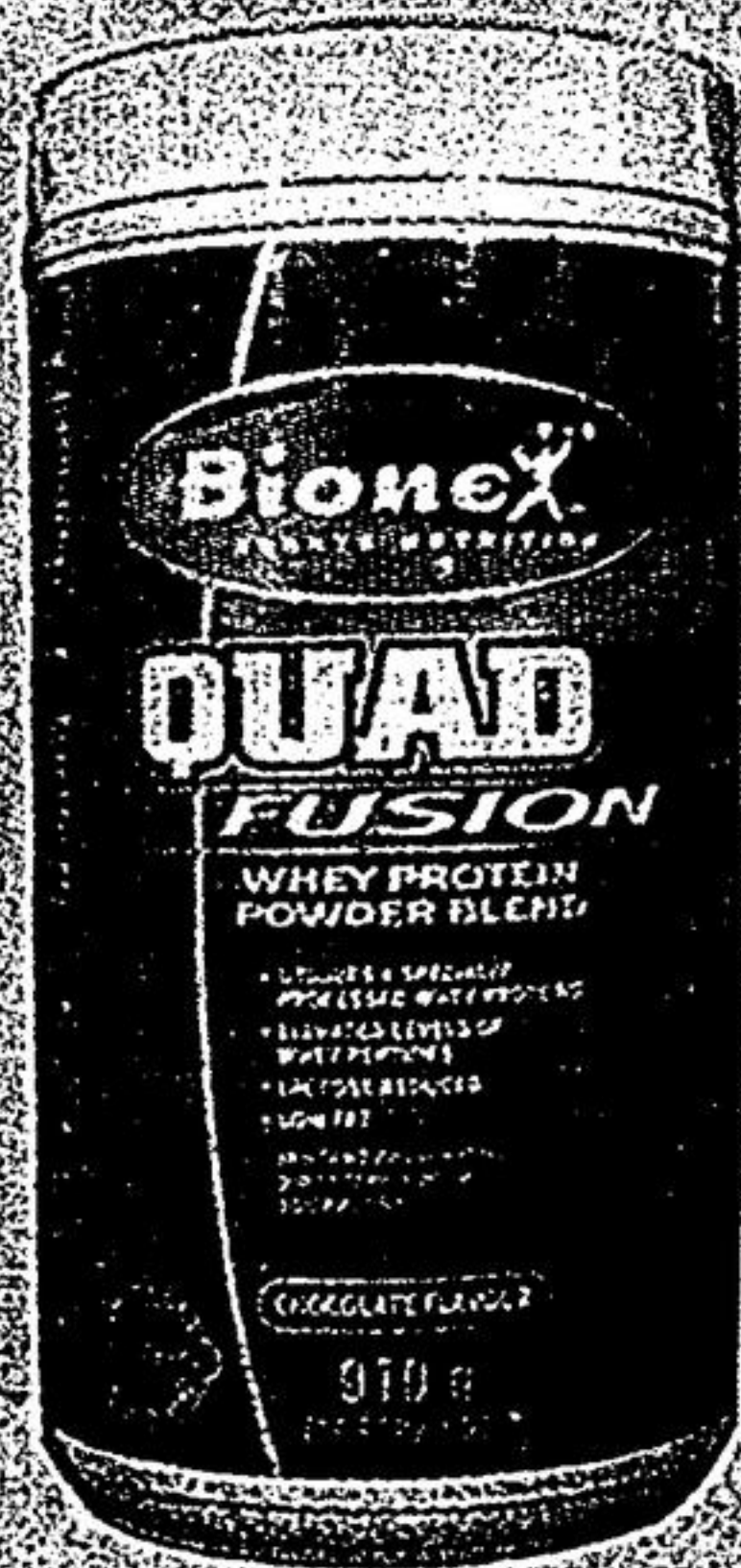
Getting enough sleep is an important way of reducing stress. Lack of sleep slows reaction time and puts added stress upon the body. Power naps of between five to 20 minutes can help to rejuvenate the body as well.

Relaxation time is a great way to reduce stress. We all need to take breaks during the day and pace your activities. Make sure to plan relaxation time into your schedule. This could entail reading, playing music, or going for a short walk. Some stress experts recommend taking short breaks every two hours throughout the day.

Lowering your level of stress can provide many benefits in your day-to-day life. You'll feel better emotionally, physically and mentally, and you will perform at a higher level at work or at school.

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(1 blk. S. of Hwy. #7)

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