

Bahen honoured by NHL selection

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through the weekend draft in an effort to become a contender, Torres feels he's entering an ideal situation.

"Right now I'm not disappointed at all. I'm happy because I've put in a lot of work to get where I am today.

"It looks like I'll definitely have a chance to play here. But I don't want to rush into things. If I have to wait two years I'll wait. I'm only 18 years old and I've still got a lot to learn and I've still got to get stronger."

His initial discussions with Islanders general manager Mike Milbury went smoothly, Torres said, adding no discussions of money, however, have surfaced.

"All he (Milbury) said to me was to have a good summer and we'll be in touch and just to make sure you work hard and come to camp ready to play."

Torres doesn't plan on taking it easy in the off season. In addition to working out each day in the gym, he will be returning to Calgary Aug. 3 for seven days to take part in the Canadian junior national team's mini camp.

Torres wasn't the only York Region resident to be selected in the two-day draft.

Chris Bahen, 19, was the 189th player chosen overall in the sixth round by the Colorado Avalanche.

Completing his first year at Clarkson University, in Potsdam, New York, the six-foot, one-inch, 190-pound defenceman was the club's rookie of the year, amassing eight goals and 10 assists.

Playing alongside Torres three seasons ago as a member of the Thornhill Rattlers, Bahen was happy to be taken by the Avalanche.

"It's really exciting and it's a huge honour to go to a team of that calibre," the Brother Andre Catholic High School graduate said. "It's every kid's dream to be drafted."

After driving home from a Florida vacation Sunday, Bahen received a telephone call from an Avalanche representative.

"I was just told by the teams that I should wait by the phone. I just tried to keep my mind away from the draft. I was a little nervous. But it was kind of a surprise when they called. But it was a nice surprise."

The Avalanche was one of three teams that interviewed Bahen in Toronto recently.

What might have increased Bahen's stock were reports from the NHL's central scouting bureau, which noted his play had improved toward the end of his collegiate season.



CHRIS BAHEN: Drafted by the Colorado Avalanche.

OUR PEAMEAL BACON

We sell a lot of this bacon because a) we use centre cuts only — no ends b) we use a low-salt cure c) we trim it lean so that there's next to no fat d) we don't pump it with brine to the extent that it becomes watery (a common practice of peameal) and e) we don't "extend" the product as I see that many others do when you see on the package label "12% protein added". What that means is that the weight ends up being 12% more than when they started. This is accomplished by using tumbling machines which increase product yield (read: more profit) at the expense of product quality. It's what we don't do that makes our bacon so good! So if peameal is on your menu this week, get your knives out, sharpen them up and come and see us, cause your peameal deal is back!

By the piece
Reg. \$4.99 lb.

P.S. if your knife is really dull, bring it too. We'll sharpen it!

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LB.



HAWAIIAN PINEAPPLES

We have received a shipment of Hawaiian Pineapples this week. They are delicious and sweet despite withstanding their green exterior. We have size 10's which are medium.

Medium/Large

2.99
EA.

Extra Large

3.99
EA.

Ask for a sample taste — you'll be impressed.

FARMER'S SAUSAGES!

Our Farmer's Sausages are made with a touch of our English seasoning and finished with some of our German Bratwurst spice. One of our butchers, Charlie Rand (who's English and a soccer nut), suggested that we call them Group 1 Losers Sausage after both England and Germany lost. You'll call them delicious once you try them!

Reg. 3.99 lb.

(I thought they were playing cricket over there)

1/3 OFF THIS WEEK

MUSKOKA LETTUCE

For the last couple of years, we've had the good fortune to connect with an organic farmer from Muskoka who grows the most amazing lettuces, tomatoes and various types of squash. She's back this year with the first shipment of lettuce. We'll have a full variety of leaf lettuces. They come with the root to maintain freshness, they're delicious.

2.99
EA.

OUR APPLE PIES

This is a long weekend dessert extra ordinaire because (a) it travels well (b) it waits for you while you complete all your chores (c) it's large enough to serve you and your friends and (d) it's very delicious. Our pies are available with a pastry top or a butter crumble top.

Reg. \$8.95 ea. 9" size.

25% OFF THIS WEEK

WE'LL BE CLOSED ON CANADA DAY!

We always thought that our store was included in the tourist area of Unionville which permits holiday opening. Apparently it's not — so we'll be closed this and future holidays until our application for this exemption is approved. You may wish to shop a bit earlier this week because our store will be a bit crowded on Thursday and Friday. Sorry for the inconvenience.

WHAT'S FOR DINNER!

This week we have some down-home comfort food — Doreen's chicken pies. They're made with Free Range Chicken, a slow-cooked gravy and with a made-from-scratch pastry top.

It's as comfortable as it gets.

Reg. 13.95 ea.

Serves 3-4

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HAVE NOW ARRIVED FRESH DAILY!

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You could win one year of free shopping in our store, a Chrysler P.T. Cruiser for a year, or any of three other great prizes. See in store for details.

HASS AVOCADOS

We sell the Hass variety of avocados almost exclusively because they have a much better flavour than the larger smooth-skinned Florida variety. These are identifiable by having a rougher skin — in fact, they're sometimes called Alligator pears on account of this bumpiness. Not that these are small — in fact, they'll serve 2. My wife Cathy sometimes cuts these into a tossed salad to excellent effect.

However you eat these, you'll love them.

Size 14's

2.99

OUR WARM SMOKED FRESH ATLANTIC SALMON

At the Grocer, we use farmed Bay of Fundy salmon exclusively. Why? Because it arrives at our doorstep much fresher than any other salmon available. This means peak flavour — and more menu-planning leeway.

We also use this salmon to make our incredibly popular warm-smoked deli salmon. We completely debone and trim these fish, cut them into chunks and season them to cure. They are then smoked over warm oak coals so they cook while they smoke (unlike traditional thinly-sliced cold-smoked salmon).

The result is a flaky, moist and truly delicious treat which is best served at room temperature. It's very popular, so hurry down!

Reg. \$3.99/100 g

1/3 OFF THIS WEEK



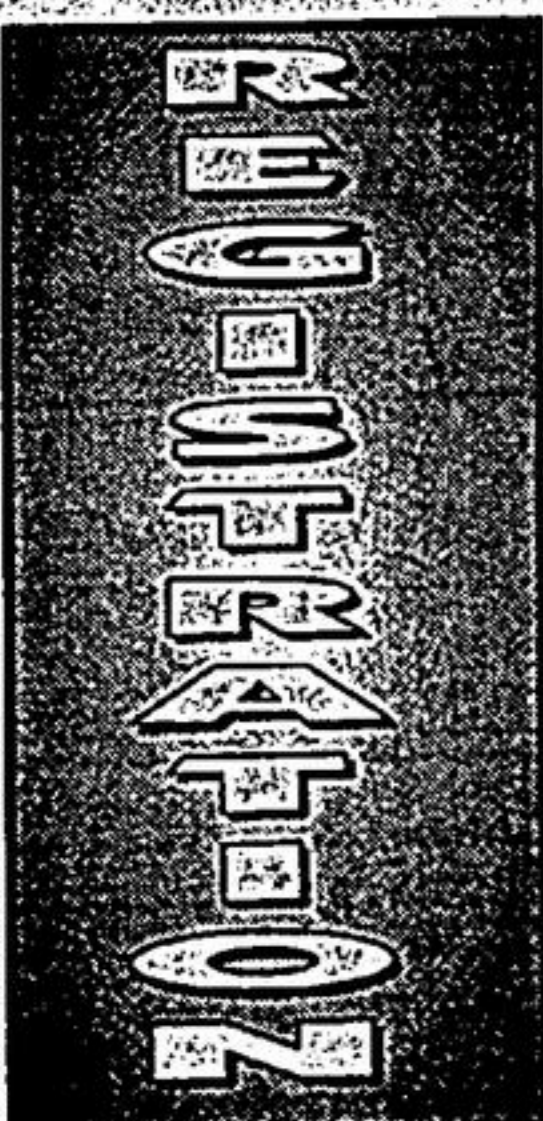
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