

FOCUS ON BUSINESS

Noteworthy

THERE IS A NEW PULSE IN THE HEART OF UNIONVILLE

Paper Boutique

Don't Miss Our Grand Opening!

205 Main St., Unionville
905-944-9066

Roger Carlsen Photography
(905)294-2722
rogerc@idirect.com

Weddings



Call Today for a Better Tomorrow!

Individual, Couple & Family Counselling

Sharon Gernon, B.A., M.T.S.
905-470-9994

To creatively seek, enjoy and help others find freedom.



Curves for women

"30 minute fitness & weight loss centers"

The World's Largest Women's Fitness & Weight Loss Franchise

MARKHAM 348 Main St. 905-201-9211
UNIONVILLE 2 Corby Rd. 905-479-4640
STOUFFVILLE 6306 Main St. 905-642-4392

MARKHAM FURNITURE

Upholstery/Reupholstery

Reupholster your existing furniture for less than buying new or Buy quality built sofas & chairs at manufacturers prices.

CALL: 905-947-9575
1001 Denison St., #12, Markham
www.markhamfurniture.com

CompuClick
Computer & Business Training Centre

Computer Classes Kids & Adults

KIDZ MARCH BREAK COMPUTER CAMP Register Now

Mention this ad & receive **10% OFF** Microsoft Office Courses

- Introduction to Computers • Microsoft Windows
- Microsoft Office • Web Design
- Corporate Training available
- Dreamweaver • Photoshop • Illustrator • Flash

5261 Hwy. 7 at McCowan **905-471-9168**

Noteworthy Paper Boutique

Receiving a personalized note or hand written letter on elegant stationary sends a very special message: it tells the recipient that they are important, and that you have taken the time to create something unique for them.

Noteworthy, paper boutique is a new retail store that specializes in all forms of paper products. Custom invitations, personalized stationary, greeting cards, gift bags and Japanese paper are some of the unique products that are available.

"I have always loved paper products," says Lori Lievonen, owner of Noteworthy, paper boutique. "Whether you need wedding invitations or personalized stationary, we have the paper products that will capture your guests' attention."

The process of selecting and ordering wedding invitations is an enjoyable exercise at Noteworthy, paper boutique. Lori and her staff will take the time to help you select premium quality invitations or announcements.

Noteworthy, paper boutique is committed to providing a relaxed, informal atmosphere for its customers.

"We have a designated area where customers can sit down and create their own cards and invitations," says Lori. "We



provide friendly, personalized service for individual and corporate customers."

All design and printing services are handled in-store. An experienced graphic artist is on staff who will design custom greeting cards, invitations and letterhead.

Looking for a special gift or novelty item for a friend or loved one? Noteworthy, paper boutique also carries an assortment of Rogers' Chocolates. These world-famous chocolates are beautifully wrapped in classic velvet boxes and are a pleasure to receive on any occasion.

Noteworthy, paper boutique carries a complete line of Fisher Space pens and Filofax Organizers in many styles and colours. Gift wrapping is available.

For all of your unique paper products, visit Noteworthy, paper boutique. If you are too busy to drop into the store, phone orders are accepted.

Hours are Monday to Saturday (10-5:30) and Sunday (11-5:30).

Noteworthy Inc. Paper Boutique is located at 205 Main St. in Unionville. They can be reached at (905) 944-9066.



Curves for Women

Many people find it difficult to maintain a regular exercise routine - especially during winter. Curves for Women offers a unique exercise program for women of all ages that doesn't require a huge commitment of time. The Curves for Women concept is unique in the exercise service industry and provides both exercise and weight-loss guidance for women in a fun environment.

Curves For Women is built around a breakthrough in exercise - a complete workout in just half an hour. The Curves circuit is a system of exercise that alternates hydraulic resistance machines with aerobic recovery stations. As you move around the circuit, enjoying the music and being motivated by an instructor, you perform both a cardiovascular and strength training workout at the same time.

This 30-minute total workout ends with a stretching routine and burns as much as 500 calories. Because you're moving fluid rather than weights, it's safe for women of any age or condition.

"When you diet alone, 40% of the weight that you lose is muscle," says Mary Duval, co-owner with Norma Lockwood of Curves for Women in Markham. "Muscles are the engines of our bodies that require fuel. If you drastically lower your body's energy needs each time you diet, you will always gain your weight back. The key to permanent results is lean muscle."

When a woman loses 20 pounds at Curves, it is predominately body fat. Strength training protects and increases lean tissue while raising metabolism. The Curves workout is strength training that women will do.

Curves on-site weight-loss guidance program is the first international program to blend exercise and diet. Simply dieting to lose weight does not work over the long haul. You must also exercise for lasting results. Curves for Women is the first program to meet both these needs in



the same place for the same price.

"We're winning the weight-loss war," says Norma. "A thirty-minute total workout, in a women's only environment and with complete weight-loss guidance, makes health and fitness an achievable goal. Our \$39 monthly fee makes it a great value."

Regular exercise has also been linked to stronger bones and muscles. People who exercise even moderately have a lesser chance of developing osteoporosis. Although weight training is considered to be a young person's pastime, it's actually important to weight train later in life. Moderate weight training can help to maintain muscle strength and bolster atrophied muscles.

It's never too late to start some form of regular exercise program. Even starting to exercise in middle age or late in life can yield many health benefits. If you don't enjoy exercising alone, find a partner. Exercising with someone can be a lot more fun, and can help to keep you motivated.

Curves for Women is located at 6306 Main Street in Stouffville and can be reached at (905) 642-4392; 348 Main Street North in Markham and can be reached at (905) 201-9211; and at 2 Corby Road, Unit 2, in Unionville, and can be reached at (905) 479-4640.

Personalized Investment Advice

For Individual Investors

- GICs
- Bonds
- Stocks
- RRSP Loans
- Mutual Funds
- RRSPs
- RRIFs

Levi B. David
6061 Hwy. #7 E, Suite D
Markham, Ont. L3P 3B2
(905) 471-9005
www.edwardjones.com
Member CIPF

Edward Jones
Serving Individual Investors



SHERLASE clinic

Specializing in Advanced Skin Treatments

- Laser Hair Removal
- Vein Treatments
- Facial Resurfacing
- Restylane Injections
- Botox Treatments

383 Main Street N, Unit 7
Markham, Ontario
Tel: (905) 201-8005



DESIGN SEMINAR

"Defining Your Colour Personality"

THURSDAY FEBRUARY 21ST
10:00 - 1:00 p.m.
COST: \$55.00 plus gst.

Queensbridge Mill
4160 - 19TH Ave., Markham
Call Queen's Pantry (905) 477-4625 for registration.
Queen's Pantry
176 Main Street, Unionville, 477-4625
website: www.queensbridge.com

SANDY'S AUTO SERVICE

Did you fail your Drive Clean Emissions Test? Bring us your test and receive a **FREE ANALYSIS & DIAGNOSIS** of your test when WE do the repairs \$90.00 Value


Appointments have priority
176 Bullock Dr., #8, Markham-905-294-3868
*Not to be used in conjunction with any other special.
Expires March 4/2002

WINTER SPECIAL
BUY NOW, PAY SUMMER 2002

NO MONEY DOWN PAYMENTS INTEREST FOR 6 MONTHS

Call About our SELF-CLEANING WINDOWS

ENCORE HOME IMPROVEMENTS
Markham's Leading Window Company
450 ALDEN RD., UNIT 7, MARKHAM
(905) 470-0750
www.encorewindows.com



Bright Horizons
FAMILY SOLUTIONS

- Challenging developmental program
- Modern state-of-the-art facility
- Serving children 6 weeks to 12 years of age

8250 Warden Ave., Markham
Just South at Hwy. 7
905-477-9339
markham@brighthorizons.com

