

**WALKER DUFFINS STROKE NUMBER**

**STROKE WARNING SIGNS**

- WEAKNESS** Sudden weakness, numbness or tingling in the face, arm or leg
- TROUBLE SPEAKING** Sudden temporary loss of speech or trouble understanding speech

**VISION PROBLEMS** Sudden loss of vision, particularly in one eye, or double vision

- HEADACHE** Sudden severe and unusual headache
- DIZZINESS** Sudden loss of balance, especially with any of the above signs

**1-888-HS-F-INFO**  
www.hartfordstroke.com

This message brought to you as a community service of the Economist & Sun/Tribune. Call 911 or your medical emergency number immediately.

# Sunday rally to push 'Green Door' protection

BY MIKE ADLER  
Staff Writer

It's been a "priceless" public asset for 25 years but the area known as Toronto's Green Door needs your help, local conservationists say.

Groups involved in the Rouge Duffins Greenspace Coalition want the public to speak up for the rural area in eastern Markham and north Pickering.

They are planning a noon-to-5 p.m. rally tomorrow at Wild Things, 2825 York Durham Line north of Steeles Avenue —

home of Norm Collier, gentleman farmer, sculptor and poet.

Along with discussions on smart growth, organizers promise live bands, food, games, solar power demonstrations and visits with Mr. Collier's farm animals.

The Green Door was named by members of a group, People or Planes, who in the 1970s fought federal and provincial plans for an airport and a city on 43,500 expropriated acres in Markham, Pickering, Uxbridge and Scarborough.

All the land remained in public

hands until the mid-1990s. Since then, the governments have sold thousands of acres and reserved some large areas for parkland.

The coalition wants more of the Green Door protected from urban development, including 3,000 acres of prime agricultural land in Markham that the province decided to sell in 1996.

More information is available by going to the coalition's website, www.rougeduffins.ca, and clicking a butterfly on the title page.

**Dale's Pharmacy**

**Your Family Pharmacists**

**EXCLUSIVE PROVIDER OF APOTHECARE HOME MEDICATION MANAGEMENT SERVICES**

**471-1234** **881-1616**

377 Church St., Markham (next to Markham Stouffville Hospital) **OPEN 7 DAYS A WEEK**

8200 Bayview Ave., Thornhill (1 blk. S. of Hwy. #7) **FREE DELIVERY SERVICE**

**Pat Robinson INC.**

**Trustee in Bankruptcy**

*Call for a free personal discussion.*

- Help with creditor problems
- Proposal to creditors
- Personal & Business Bankruptcy

**PAT ROBINSON - TRUSTEE**

<b>Aurora</b>	15105 Yonge St. #201 (at Church)	(905) 727-2577
<b>Richmond Hill</b>	9555 Yonge St. #401 (at Weldrick)	(905) 508-9493
<b>Toronto (North)</b>	45 Sheppard Ave. E. #201 (at Yonge)	(416) 410-6648
<b>Toronto (Downtown)</b>	150 York St. #800 (at Adelaide)	(416) 410-6648

Toll Free • 1-877-727-2577  
Email: Pat@PatRobinson.com Web: www.PatRobinson.com

## "Still Aching From Your Car Accident?"

Car Accident injuries are often misunderstood. The pain from automobile accident injuries can last weeks, months, even years. After an accident, many feel frustrated because they don't know how they should feel, how long it should take to get better and what they should do. A free report has recently been available to accident victims that reveals:

- ✓ A common condition that keeps many accident victims from ever feeling normal again
- ✓ How to determine if you may already have this seldom discussed condition
- ✓ How to protect yourself from insurance company abuse

To get a copy of this free report  
Call 1-800-479-3176  
(Toll free 24 hr. recorded message)

**Grandma's Run**

A 5K Walkathon/Run for MARKHAVEN

SATURDAY  
**SEPTEMBER 7TH**  
STARTING TIME - 9:30 AM  
Corner of Parkway Ave. & Paramount Rd.  
In Markham

**Lead Sponsor**

**HARRY JAMES FINANCIAL**

**FREE T-SHIRT MATCHING SUN VISOR FOR PLEDGES OF \$50 OR MORE.**

**BBQ MUSIC BY The Markham Melody Makers**

**PRIZES**

- Lucky Draw (everyone eligible)
- Top finishing runners
- Top fundraising team
- Top individual fundraiser
- Pledges in various categories

**GARDEN BASKET**

**ADVANCE REGISTRATION**

Aug. 12<sup>TH</sup> — Sept. 5<sup>TH</sup>

**For Runners & Running Teams**

**RUNNING FREE**

708 Denison St. Markham  
(905) 477-7871  
www.runningfree.ca

**For Walkers & Walking Teams**

**MARKHAVEN FOUNDATION**

227 Main St. N. Unit 102 Markham  
(905) 472-4779

**REGISTRATION DAY OF EVENT**

7:45 am to 9:00 am  
St. Joseph's School, 55 Parkway Avenue,

**PLEDGE FORMS in BROCHURES available at:**

- McDonald's Restaurants in Markham
- Local Retail Outlets
- Markhaven Foundation
- Running Free.

**SPECIAL PRIZE MOUNTAIN BIKE**

Donated by

**WHEELS 'N BOARDS INC.**

Wheels 'N Boards  
4560 Hwy #7, Unit 500 Markham

Pre-register by Sept. 5th to be eligible to win.

*Walk/Run for YOUR grandma and all the grandmas who call Markhaven home.*

**LIVING ROOM**

A place in Markham for people ages 16 and up to:

- Meet friends
- Use a computer
- See movies
- Learn to cook
- Receive supportive counselling
- Find out about local services

**A safe, open and fun environment**

The Living Room is a program of the Canadian Mental Health Association, York Region.

Call 905-201-0432

CANADIAN MENTAL HEALTH ASSOCIATION / ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

A member agency of United Way of York Region

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

**Boatndock**

Hewitt Lift & Roll-a-dock

Life Jackets  
Fenders  
Safety Equipment  
Ladders & Steps

Dock Edging  
Dock Bumpers  
Flag Poles  
Cleats & Line  
Cleaning Supplies & More!

Boat & Dock Marine Equipment Sales Inc.  
461 Alden Rd., Unit #34A  
Markham, On. L3R 3L4  
Mon-Fri 10:00-5:30  
Sat 11:00-4:00

Phone: (905) 415-2770  
Fax: (905) 475-3223

Vertical lift Boat Rail System  
Cantilever lift PWC lift  
Roll-a-dock

check us out on the WEB  
boatndock.com

**Treasures FASHIONS** SINCE 1986

**BOXING DAY SALE!**

Yes you read it right. Just as fantastic as our December Boxing Days!

Cool off with Boxing Day Pricing!  
**5 DAYS ONLY! August 1-5**

**1/2 PRICE FASHIONS\***  
**1/2 PRICE SEAGULL PEWTER\*\***

**DOORS OPEN AT 8:00 AM THURS August 1<sup>st</sup>**  
Additional 5% discount (to max. of 70%)  
Until 10:00 am Thurs August 1<sup>st</sup>

**THIS IS ONE SALE YOU WON'T WANT TO MISS!**

See you soon

*Karen*

**7 Days a Week**

**159 Main St. Unionville 905-477-4077**

\*Some exceptions \*\*While quantities last