



**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

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 Toronto 150 York St. #800 (at Adelaide) (416) 410-6648  
 Toll Free • 1-877-727-2577

Email: Pat@PatRobinson.com Web: www.PatRobinson.com

**AFTER SHEDDING 49 LBS., STACEY HARRINGTON SAYS...  
 "HYPNOSIS PUT ME BACK IN CONTROL!"**

I dropped 49 lbs. in five short months. Being in hypnosis is serenity itself. I walk away from my sessions feeling refreshed, invigorated and in control of my life. When I'm full, I stop eating, I don't feel like I'm depriving myself.



After Hypnosis Her Husband said... "You're The Sexiest Woman Alive!"

"My weight went up and down like a yo-yo." Stacey Harrington before Hypnosis

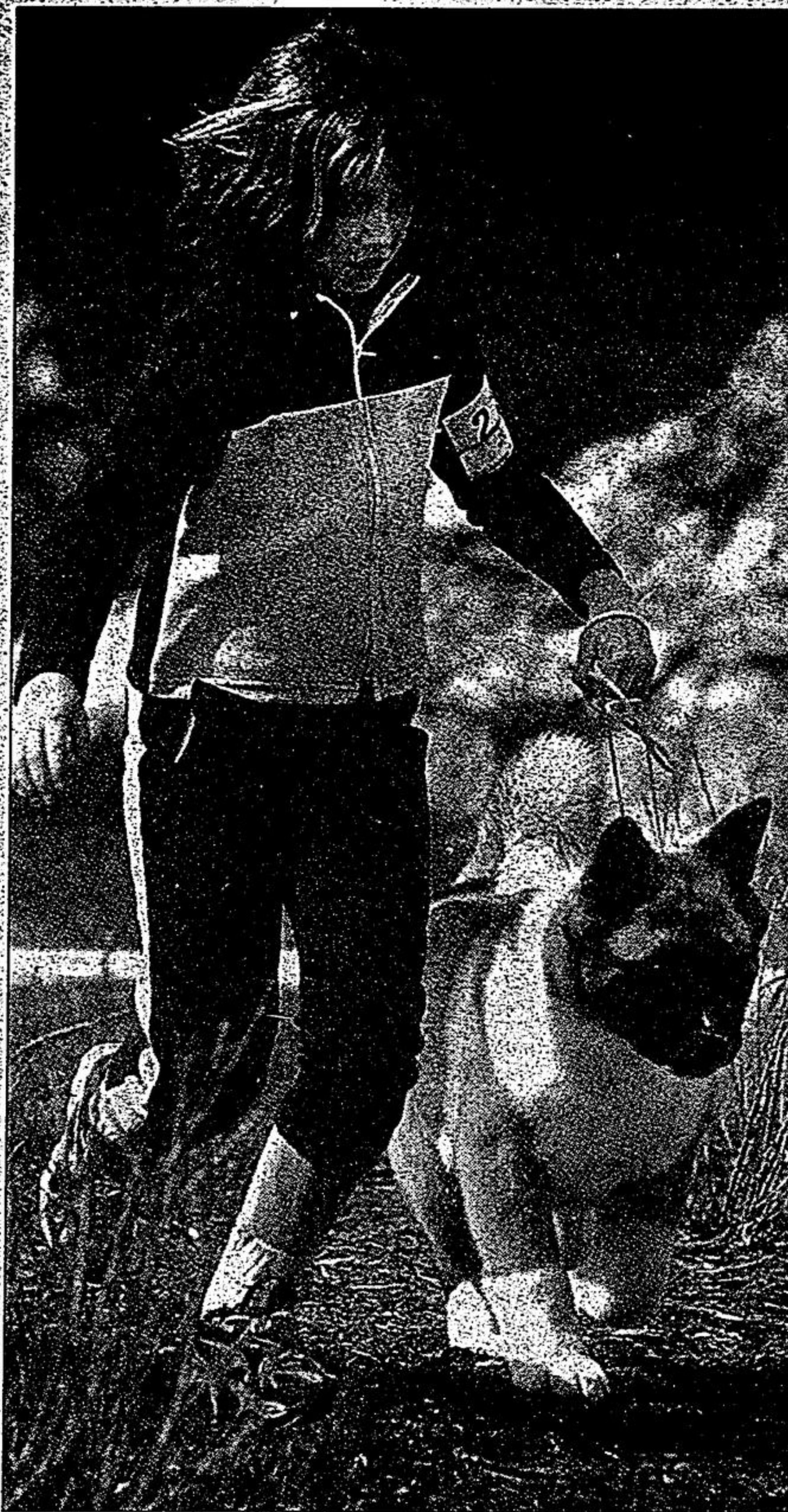
**OUR NO-RISK GUARANTEE**  
 Your success is our top priority. If at your first program session you are not satisfied for any reason, we will refund 100% of your money before you leave the building. No questions asked. You risk nothing.

If you are feeling miserable and desperate about your weight, won't wait another minute. Just pick up the phone and call. If you're

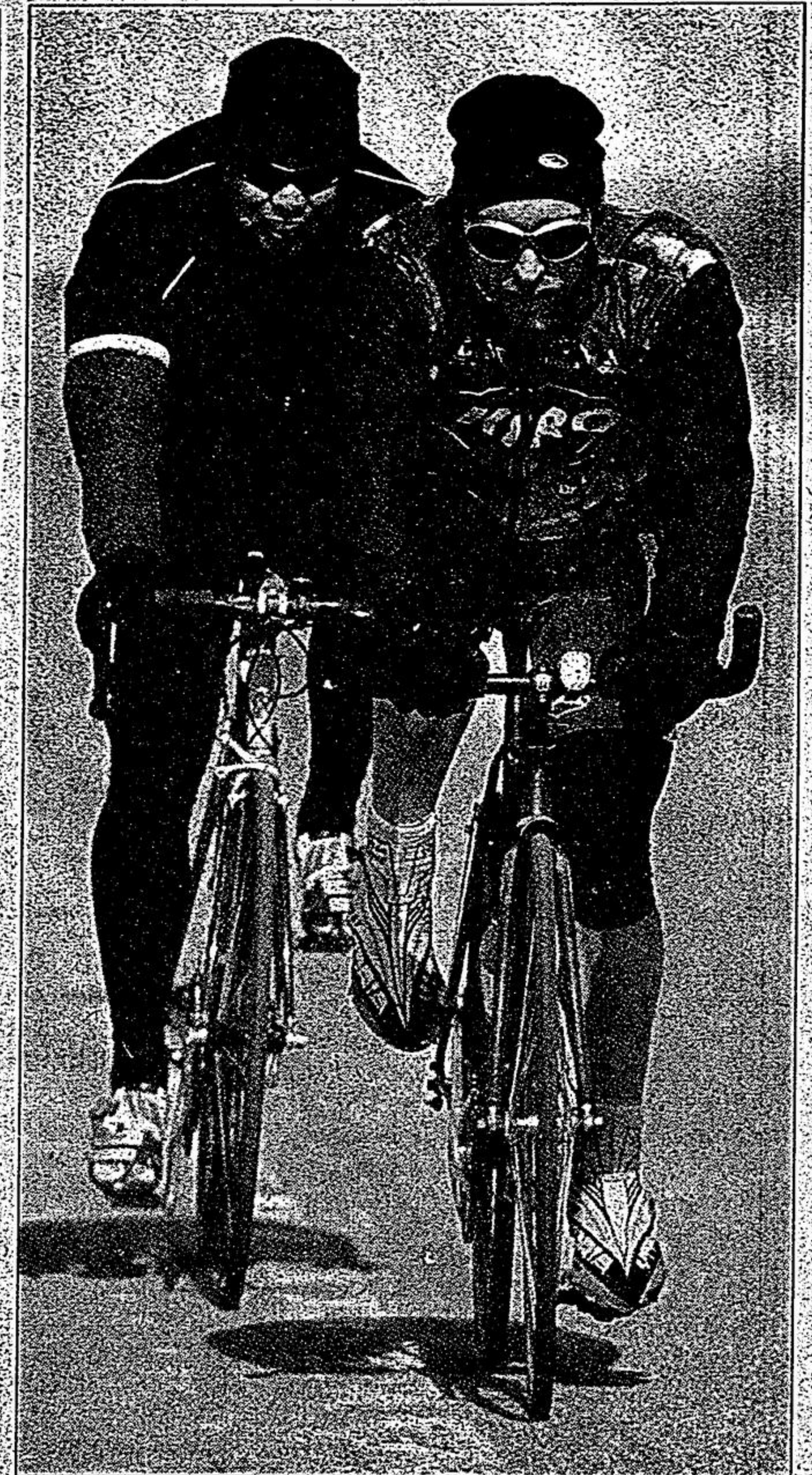
**OTHER PROGRAMS TO HELP YOU**  
 Accelerate Learning • Control Stress • Improve Confidence  
 • Conquer Fears & Phobias • Sales Mastery • Stop Smoking

**Call Now for Your FREE Consultation**  
 North York 386 Sheppard Ave. E. 416-913-7777  
 Scarborough 1200 Markham Rd. 416-430-0112

**rites of Spring... DELAYED A FEW DAYS**



Before Friday's ghastly snow and freezing rain, Kayla Brown, 9, was able to take Sume, a four-month-old Akita, out for some fresh air. This took place during a Markham Kennel Club sanction match at Ballantrae Community Centre.



Warm weather cycling enthusiasts Robert Chen (left) and Kevin Lehman were able to ride south along Kennedy Road past Stouffville Road during a 110-km trek. Hopefully, they'll be back at it soon.

Staff photos by Bill Roberts

**NOW OPEN!**

Wednesday, April 2 - Sunday, April 6

**Markham Running Room**

The Way The World Learns to Run™



The new Markham Running Room location is now open! Whether you need shoes, apparel, accessories, training, a race to enter, or just a group to run with, you'll find it at the Running Room! We're proud to be able to serve all of Markham's running needs. Drop by today!

Join us for our Grand Opening Celebrations!



achieve new balance®

New Balance 716  
 MEN'S & WOMEN'S

FREE\* CoolMax running socks with every New Balance shoe purchase.  
 \*As supplies last.  
 \*\*Quantity may be limited.

**CLINICS**

**LEARN TO RUN** sponsored by SAUCONY  
 Saturday, May 3 - July 12 @ 9:00 A.M.

**FOR WOMEN ONLY** sponsored by NIKE  
 Monday, May 5 - July 7 @ 7:00 P.M.

**10K TRAINING** sponsored by adidas  
 Wednesday, June 11 - Aug. 20 @ 7:00 P.M.

**WALKING** sponsored by REEBOK  
 Wednesday, May 7 - July 9 @ 6:30 P.M.

**HALF MARATHON** sponsored by NB  
 Tuesday, July 15 - Oct. 14 @ 7:00 P.M.

**FULL MARATHON** sponsored by NB  
 Thursday, June 19 - Oct. 16 @ 7:00 P.M.

Clinic fee includes technical Run Club shirt, detailed clinic manual, one-time discount coupon, a Running Room Magazine subscription, and complete access to on-line clinics.