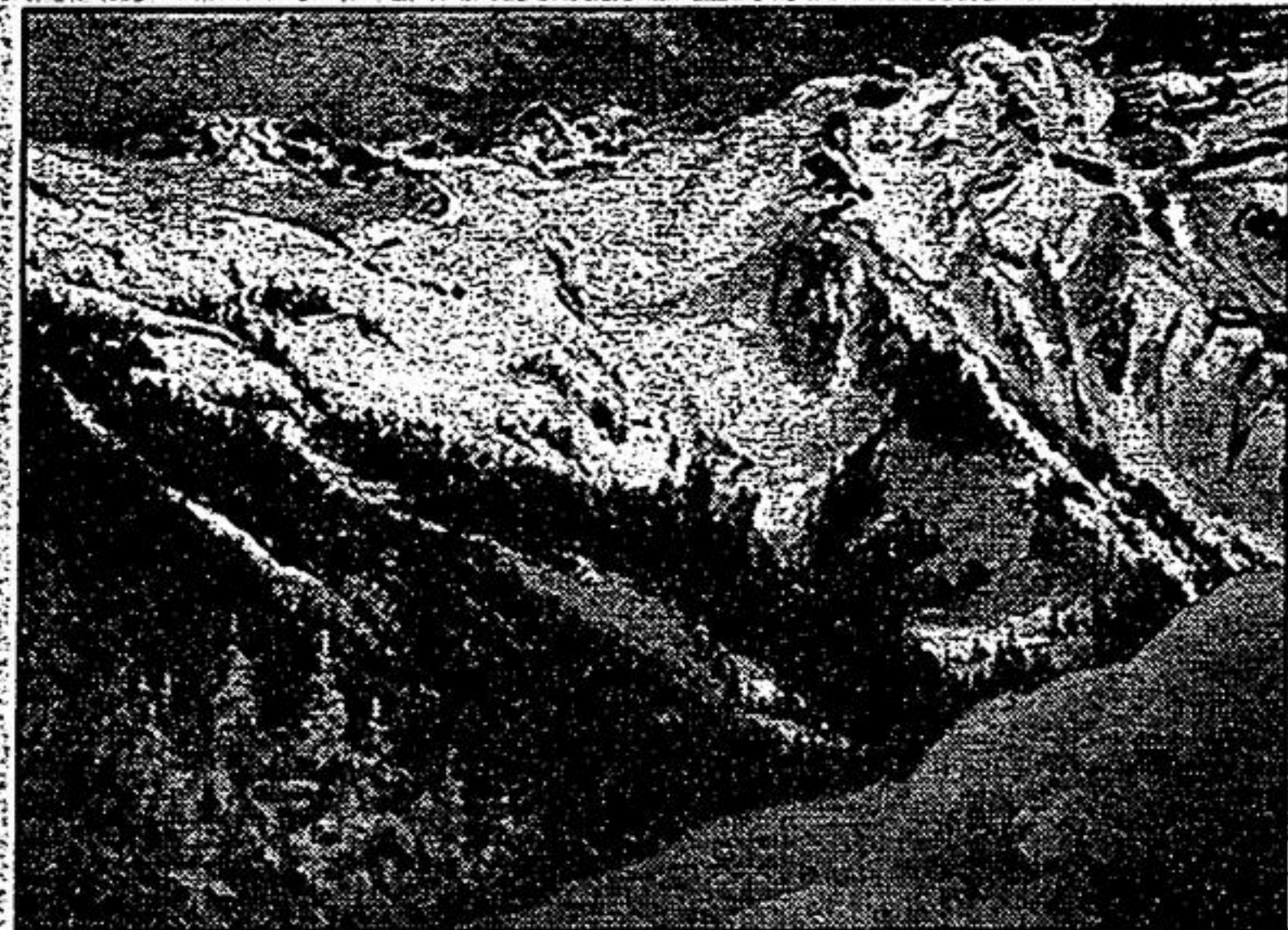


A message from **The War Amps** 

To order a *Spot the Danger!* video or the new *PLAYSAFE* Interactive CD-Rom, visit our Web site at [www.waramps.ca](http://www.waramps.ca) or call 1-800-250-3030.

This message brought to you as a community service of The EconomicSun-Tribune.

## Annual Art Show



*oils and watercolours*

by

**G. OTTO**

Nov. 22-23 10am-6pm

You are invited to come and enjoy the artwork and meet the artist in his studio/gallery at

5845 Aurora Rd.,

Ballantrae

1km East of Hwy #48

(905) 640-1807

[www.gotto.net](http://www.gotto.net)

## Junior lifeguards make splash at provincials

Several Stouffville youngsters came home with high placings in the 2003 TYR Ontario Junior Lifeguard Games recently.

The Junior Lifeguard Club is in its second year. Wednesday night sessions are coached by Yorick Tong, assisted by Nicole Sooley, while Shannon Smyth coaches the Thursday night group.

About 20 young swimmers come out each week to practise their lifeguarding skills and socialize with their

### Our Town

with Hannelore Volpe

friends in the club.

Seven of the 12 swimmers finished in the top 10 in their age category. Greg Clubbe, 11, received a first place standing in both the obstacle swim and the throwing accuracy category, with a fourth in the object support. Michelle Cinnamon, 11, received a first in the throwing accuracy competition.

Alyssa McManingwell, 10, came in fifth in the object support. This was the first competition for several team members. Ann Creighton, 9, got a first in the object support, fourth in the obstacle swim, fifth in the lifesaving medley and sixth in tow with fins. Elisa Tucci, 10, came in third in the throwing accuracy competition.

"The whole club is based around personal best," Nicole Ongman said. She's the program director of the department of leisure services. "The idea is for them to beat their own score from the last time."

The Mayors Youth Committee defrayed the cost of the entry fees for the 12 local competitors.

In November, the Stouffville team will participate in the Telegames, a competition held at local pools around the province with results posted on the Lifesaving Society's website. The Junior Lifeguard Club with travel to Mississauga in May for the national championships.

Swimmers who are seven to 15 years old, able to swim 50 metres and tread water for one minute can join Stouffville's Junior Lifeguard Club.

For more information, call 905-642-7529, ext. 323.

*National award for*

### Main St. pharmacist

Farid Wassef of Guardian Houston Pharmacy in Stouffville is this year's winner of the Commitment to Care Award for Patient Care.

The awards, now in their 11th year, are organized by Pharmacy Practice, Canada's leading pharmacy journal. Mr. Wassef received the award Friday in Toronto.

*He specializes in chronic inflammatory pain disorders and age-related diseases.*

In 1992, Mr. Wassef made his family-owned pharmacy, on Main Street in downtown Stouffville, more user-friendly by moving the over-the-counter section so customers would have easier access to them for advice.

The store features a lending library of books and videotapes on health-related topics. Mr. Wassef counsels patients on a one-to-one basis. He specializes in chronic inflammatory pain disorders and age-related diseases.

He recently co-authored *Breaking the Age Barrier* (Strategies for Optimum Health, Energy and Longevity).



### The Progressive Montessori Academy

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A Great alternative or supplement to Board-run programs  
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High academic standards  
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Special rate for 9am-2:55pm program

For More information, or to make an appointment, Please call 416-220-8070  
Located at 6528 Main St., Stouffville (At Stouffer St.)

### Coming to Stouffville...

A Change of **PACE**

A Women's Fitness Centre and MORE

30 minute circuit, cardio equipment, fitness balls, fitness classes, free weights!

Opening in December at 28 Saniford Drive (beside McDonalds)

We will be open Monday to Friday at 7:00 a.m. and open Saturdays and Sundays.

Call 905-642-6208 for more details.

# Clem & Sandi's

# Clothing Blow-Out!

Sheraton Parkway

in the Buttonville Rm

600 Hwy #7 E at Leslie Richmond Hill

Fri Nov 21 • 3pm - 8pm

Sat Nov 22 • 10am - 5pm

Sun Nov 23 • 10am - 5pm

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Rates to Fit Your Budget

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### Free Puppy Information Seminar



Saturday, November 22, 2003

1:30pm - 2:30pm

Please attend if you already have your puppy or are expecting your puppy arrival soon!

Pre-registration is required. Please call to reserve a spot. Limited seating available.

No admission fee is required.

We ask that you make a minimum \$5 donation to the SPCA.

Complimentary "goodie bag" with samples and information for every attendee.

You may register by telephone, email or stop in and see us.



6389 Main St.

(Beside Post Office)

905-642-8289

[info@K9sinKahoots.ca](mailto:info@K9sinKahoots.ca)