



STAFF PHOTO/BILL ROBERTS

ALADDIN MARCH 5 AND 6

Rebecca Parry, 13 (as slave of the Ring), Rebecca Nicholls, 12 (as Wonkee), Ryan Sweeney, 14 (as Vizier) and Brian Hadaway, 13 (as the Genie) are featured in Aladdin, the 11th annual pantomime performance by Christ Church Anglican, at Latham Hall, Stouffville, March 5 and 6. For tickets and further information, call the church at 905-640-1461.

Pile lots of snow on garden

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that begin to swell and promise plenty of blooms, only to shrivel and die. The flower buds made it through the -20 C of December and January, but once they broke dormancy in a premature warm spell, the modest -5 C that followed did them in.

This is half the reason mulching is a good idea in our climate — as an insulating protection from the freeze/thaw cycle of late winter.

For the most part, our gardens are thickly insulated with snow right now and, as long as it stays put, all should be well.

Good snow cover can't be counted on in our part of the world, however. With the influences of our unique geography, it is normal for south central Ontario to experience severe swings in temperature that make it one of the most difficult places to garden in all of the temperate world (zones 7-4).

This is the only time I can be dragged out, with borrowed gloves and boots, to shovel snow.

The thaw is only a week or two away if patterns hold true and if I pile enough snow on top of the existing layer in the garden beds, it just may end up being a thick enough layer to keep the frost in the ground, where it belongs.

The best thing you can do to help your garden jump vigorously to life once spring arrives is to get out there now and pile on as much snow as you can.

Gather it from wherever it is and pile it high.

If you salt your driveway or walks, be careful to leave that snow where it is, though.

Also, the snow that is near a busy road may have accumulated toxins from car exhaust fumes, so leave it be, as well.

I'll never forget the look on a neighbour's face one winter when he saw me shoveling the snow off my lawn and into the

garden.

I know he wanted to ask me why I was shovelling the lawn instead of the driveway, but I had already established my reputation as a nutty gardener, so I guess he figured I was just winter crazed.

As I'm writing this, big fat flakes of snow are falling and I'm smiling.

As long as my car can still make it through the snow ridges and valleys that are the geography of my driveway at the moment and I don't have to go out and shovel it, I'm content.

Maybe, just maybe, enough snow will fall so that I don't have to do even that one-plant rescue shovelling.

Evelyn Wolf is a freelance garden writer, local gardening expert, and owner of Garden Possibilities Bookstore in Newmarket. Visit her website at www.GardenPossibilities.com for more gardening tips and advice.

Starch good to tame fire

From page 20.

side serving of yogurt with that spicy Indian dish, or ask for sour cream on a hot taco or burrito, she suggests.

If you are especially sensitive to certain foods, you may be part of a minority. Ms. Yeudall calls "hyper-responders." During an experiment she led in New Zealand, she found about one of every 30 students was in this category.

One out of each class would involuntarily jump back. They didn't like red wine or blue cheeses, said the assistant professor in Ryerson's school of nutrition. Her experiment was original.

ly meant to test zinc deficiency, a condition often characterized by the loss of ability to taste.

Restaurant owner Ajay Chadha says he offers mainly mild dishes because his Canadian customers can't handle cuisine that is too hot.

But for people wanting to spice up dishes, the owner of Motimahal Indian Cuisine and Banquet Hall in Markham recommends mint or red chili sauce. While most of his cuisine is mild, his restaurant also offers several spicier dishes, including chana masala, which is chick peas cooked in about 20 spices; rara meat, which is goat meat and gravy mixed with minced meat. He also recommends,

chicken tikka and kebab, which includes green chili, red pepper and Indian herbs.

For diners, who enjoy these spicier dishes but want to tone it down, he suggests using rice, naan, tamarind sauce or sweet sauce to tame any wild flavour.

If Thai food is your cuisine of choice, go for dishes that include basil. Ricky Lai, owner of Thai Golden Bell Restaurant in Newmarket, says his most popular spicy dishes contain this herb.

To reach Motimahal Indian Cuisine and Banquet Hall, call 905-943-9400. To reach Spezzo, call 905-886-9703. To reach Thai Golden Bell restaurant, call 905-954-

The Regional Municipality of York

EXPROPRIATIONS ACT

NOTICE OF APPLICATION FOR APPROVAL TO EXPROPRIATE LAND

IN THE MATTER OF an application by The Regional Municipality of York for approval to expropriate land described in Schedule "A", hereto, in the Town of Whitchurch-Stouffville in The Regional Municipality of York, geographically in the Township of Markham in the County of York, for the purposes of constructing the Markham Pressure District 6 Reservoir.

NOTICE IS HEREBY GIVEN that application has been made for approval to expropriate the land described in Schedule "A", hereto. Any owner of lands in respect of which notice is given who desires an inquiry into whether the taking of such land is fair, sound and reasonably necessary in the achievement of the objectives of the expropriating authority shall so notify the approving authority in writing:

- (a) in the case of a registered owner, served personally or by registered mail within thirty days after the registered owner is served with the notice, or, when the registered owner is served by publication, within thirty days after the first publication of the notice;
- (b) in the case of an owner who is not a registered owner, within thirty days after the first publication of the notice.

The approving authority is:
The Council of The Regional Municipality of York
17250 Yonge Street
Newmarket, ON L3Y 6Z1

The Regional Municipality of York
Denis Kelly
Regional Clerk
17250 Yonge Street
Newmarket, ON L3Y 6Z1

This notice first published on the 21st day of February, 2004.

SCHEDULE "A"

An estate in fee simple in the land described as follows:

Part of Lots 34 and 35, Concession 7, in the Town of Whitchurch-Stouffville in The Regional Municipality of York, geographically in the Township of Markham in the County of York, designated as Part 1 on a Plan deposited in the Land Registry Office for the Land Titles Division of York Region as No. 65R-26647.



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If you do not see your street here and are still interested in becoming a carrier please give us a call.