

# Last 'day' for Ninth Line cenotaph

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that it was in an obscure location, impossible to approach and did not conform with the services it deserved.

In 1998, the Town of Whitchurch-Stouffville gave the cenotaph to the legion. It was placed inside a small garden dedicated to the memory of Princess Diana who died a year earlier.

However, come the middle of next year, when the legion moves to its new facility in the Beacon Hill Business park on Mostar Street, it will be decommissioned and a new cenotaph will be erected at the new site.

*'You have to be proud of the people who fought for your freedom.'*

"There's chips in it, it's cracking," said Jim Lyon, second vice of the Stouffville legion.

The new cenotaph will be larger and honour not only those who fought in the first two world wars and Korea, but also veterans from the Gulf War, Afghanistan and peace-keeping missions.

"It's much better looking than that little piece of stone," Mr. McQuaker said. "You have to be proud of the people who fought for your freedom."

The legion also owns a second cenotaph, which is located in the Stouffville Cemetery. However, there are no local veterans buried there, according to Mr. McQuaker. A ceremony will be held in the cemetery tomorrow at 1 p.m.

A larger service, on behalf of the Town of Whitchurch-Stouffville, will take place Nov. 11 at 10:52 a.m. at the legion cenotaph, 12278 Ninth Line.



SUN-TRIBUNE FILE PHOTO

The Ninth Line cenotaph will be replaced by a larger war memorial at the new legion site.



STAFF PHOTO/JIM MASON

Names of veterans and casualties greet visitors to Memorial Park.

## ASK THE Experts

### Jeweller

Scott Silver



Where did the engagement ring originate?



A diamond is considered to be the genuine expression of love. Precious diamonds leave tell tale signs of numerous romances from the past. It is said that the first engagement ring was unveiled in 1215 by Pope Innocent III, who desired a longer waiting period between engagement and marriage, and as a sign that a man and a woman are awaiting marriage, the engagement ring was born.

In those times, gold and other metals were used by the typical man, and diamonds were used by the aristocrats for their engagement rings. Considering that diamonds are a girl's best friend, they hold a special place in a woman's heart - and what better approach than to start your life together by offering her a diamond engagement ring?

**EVANGELOS JEWELLERY** 5892 Main St., Stouffville (beside Giant Tiger) 905.642.8028

### Dental

Dr. Jasmin Fitch



What is the origin of the Tooth Fairy?

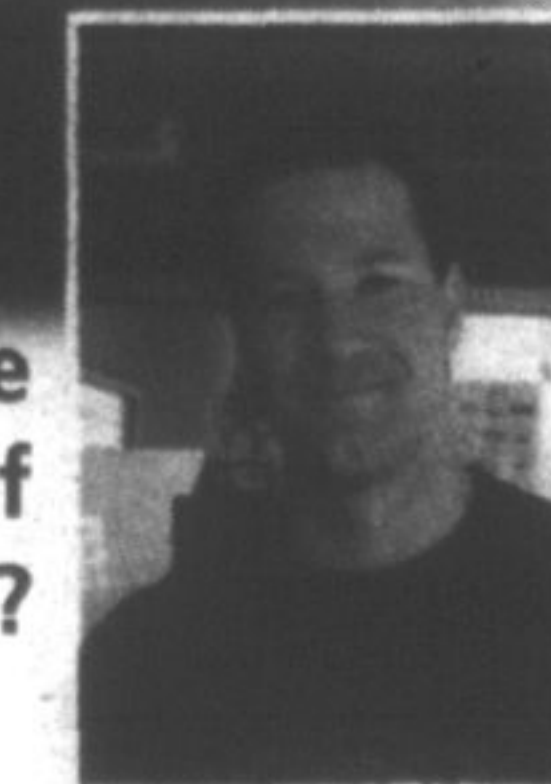


Many years ago, people would actually bury their children's teeth, to prevent witches from gathering them to use in spells. Eventually, the Tooth Fairy came about as a protector of these teeth, taking them far away where they would be safe, and replacing them with adult teeth. While the Tooth Fairy is first mentioned in American literature in the 1900's, the Tooth Mouse or Rat has been common in countries like Spain, Italy, France and Scotland since the 1800's. Today, the Tooth Fairy has evolved tremendously, usually leaving a monetary gift in exchange a tooth.

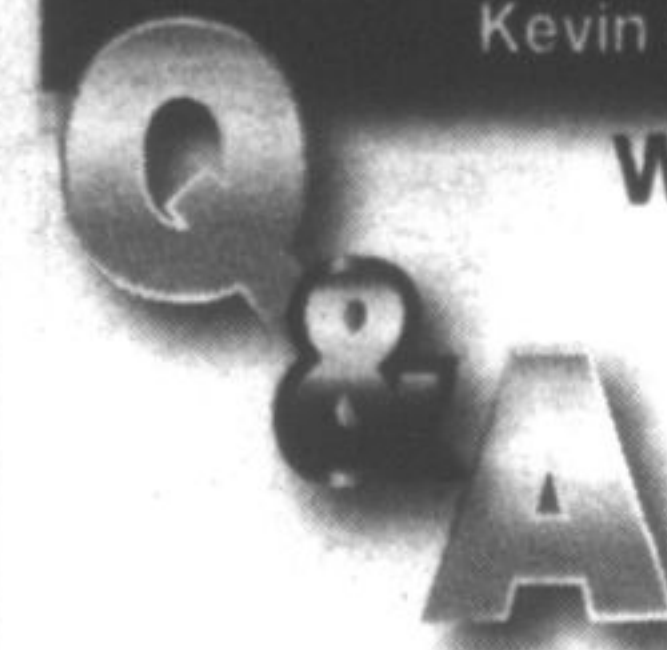
**Dr. Jasmin Fitch**  
Park Drive Dental Centre Stouffville  
905.640.6688

### Personal Trainer

Kevin Selwood



What are the benefits of exercise?



There are numerous benefits to exercise, both physical and psychological such as:  
**Higher Energy and Self Esteem** - Consistent exercise and a proper diet leads to increased muscle strength, endurance and fat loss. The increased energy will improve your self confidence which will benefit other areas of your life because of the discipline and commitment put forth in your exercise program.  
**Decrease in Heart Attack Risk** - Regular exercise combined with proper diet decreases cholesterol and lowers blood pressure.  
**Decrease in Depression** - Exercising, both resistance training and cardiovascular training, increases Endorphin levels, which is the hormone that makes you feel good. When endorphin levels increase, your feel good time will also increase.  
**Long Term Weight Loss** - Regular exercise will reduce body fat, decrease weight and keep it off. Producing one pound of lean muscle burns 50 calories per day at rest. That's 350 calories a week.



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