



Marissa Liana Nutrition

Whether you're seeking help with weight loss, digestive health, sports nutrition, or disease prevention, each client is individually evaluated by a professional Holistic Nutritionist and provided with a well-researched and comprehensive plan they can follow for the rest of their lives. Whether you're looking for nutritious recipes, or you need professional guidance in order to address a specific health issue.

MARISSA LIANA IS READY TO HELP YOU REACH YOUR DIETARY GOALS TODAY.
 www.marissaliana.com ~ Instagram: @marissaliana ~ email: is.marissaliana.cnp@gmail.com
Marissa Liana, CNP, BHSC Kin

Become Rooted In the Realm of Health that Mother Nature Intended

10% off
 with this coupon till October 1, 2014

289-251-7289

City Patties

Downtown Oshawa
 5 John Street W. (Simcoe & John)
 across from Memorial Park

Delicious Patties
 Vegi . Beef . Jerk Chicken .
 Ackee . Saffish . Callaloo
 and more. Catering available.
Open 7 Days a Week

Ontario Added 15,700 Jobs in February

Province Has Added 113,700 Jobs Since This Time Last Year
 Employment in Ontario increased by 15,700 jobs in February and the unemployment rate remained unchanged at 5.5 per cent.

According to the recently released 2017-18 Third Quarter Finances, the government is projecting to deliver on its commitment to balance the budget this year while making investments in the programs and services people and families rely on most.

Ontario's economy has shown steady growth. In fact, since 2014 Ontario's economy has grown more than Canada's and all of the other G7 countries, but the government knows that more must be done to ensure that the benefits of a growing economy are shared fairly across the province.

Ontario is committed to modernizing employment standards and labour laws while

helping businesses and the economy grow. This includes raising the minimum wage to \$14 an hour on January 1, ensuring part-time workers are paid the same hourly wage as full-time workers, introducing paid sick days for every worker, and enabling at least three weeks' vacation after five years with the same employer.

Ontario's plan to create fairness and opportunity during this period of rapid economic change includes a higher minimum wage and better working conditions, free tuition for hundreds of thousands of students, easier access to affordable child care, and free prescription drugs for everyone under 25 through the biggest expansion of medicare in a generation.

QUICK FACTS

Employment growth has occurred in many economic regions across the province, year-over-year increases include Stratford-Bruce Peninsula (4.3 per cent), Toronto (4.0 per cent) and Hamilton-Niagara Peninsula

(3.0 per cent).

The employment increase was led by monthly gains in the transportation and warehousing and educational services sectors.

Private-sector forecasters, on average, have estimated that Ontario real GDP increased by 2.8 per cent in 2017.

Ontario's Business Growth Initiative is a five-year commitment of more than \$650 million to grow the economy and create jobs by promoting an innovation-based economy, helping small companies scale-up and modernizing regulations for businesses.

"Our government is working hard to build upon the strong employment growth we've seen, and we know we can do more. We will continue to work hard to capitalize on the positive momentum by creating an economic environment that allows the private sector to create the good jobs that are the backbone of future economic growth."

— Steven Del Duca, Minister of Economic Development and Growth

Inattentive Driving Deadliest Behaviour on OPP-patrolled Roads for Fifth Consecutive Year

OPP Conducts Distracted Driving Campaign (March 12 -18, 2018)

Over March Break, the Ontario Provincial Police will be highly focused on what has been the deadliest kind of driver on OPP-patrolled roads for the fifth consecutive year - the inattentive driver.

Inattentive drivers were behind 83 road fatalities on OPP-patrolled roads in 2017, surpassing speed-related deaths (75), alcohol/drug-related deaths (46) and those that are linked to lack of seat belt use (49).

Since 2009 (the year Ontario Distracted Driving laws took effect), 692 have been killed on OPP-patrolled roads in collisions that involved an inattentive driver.

"By now, the majority of drivers and passengers have witnessed, had a close call or been involved in a collision with a driver who was texting, talking on their cell phone or engaged in some other form of distraction. Last year, the OPP responded to 8,711 crashes that were linked to driver inattention. These drivers have no regard for your safety, making it as important as ever that you lead by example on the road and be a strong voice in your community and on social media about this deadly driving behaviour." - OPP Deputy Commissioner Brad Blair, Provincial Commander of Traffic Safety and Operational Support.

DID YOU KNOW?

If convicted of distracted driving, a fully licenced driver will receive:

a fine of \$400, plus a victim surcharge and court fee, for a total of \$490 if settled out of court

fine of up to \$1,000 if you receive a summons or fight your ticket - three demerit points applied to your driver's record

Drivers who endanger others because of any distraction, including hand-held and hands-free devices, may still be charged with Careless Driving under the Highway Traffic Act or even Dangerous Driving under the Criminal Code of Canada. Both charges carry heavy fines and penalties.



**FREE
 FREE
 FREE
 DISPOSAL OF
 OLD
 COMPUTERS**

If you want to dispose of your computers, printer, scanner, fax machine, lap tops.

Give us a call 432-2657

WELCOME WAGON IS HIRING!

Be a part of the newly launched Digital Program



Must have computer and car
 Must be outgoing and interested in meeting local businesses
 Sales experience as asset but not necessary
 Part time, about 20 hours a week

www.welcomewagon.ca
careers@welcomewagon.ca