

Stouffville roots grow deep for Farmer Jack

By JIM THOMAS
Farmer Jack's growing business keeps right on growing.

The latest project proposed by Jack Burrows of Stouffville is the selling of masonry supplies.

He announced this venture at a gala wine 'em and dine 'em bash, Wednesday, held at Angie's Emporium, Ringwood.

From the size of the crowd, it appeared all of the 135 invited guests responded.

Most, according to Jack, are small landscape contractors in and around the Stouffville area.

"We lean towards the guy that works with his hands," Farmer Jack explains.

To accommodate the expanded operation that also includes the Garden Centre and Landscape Supplies, Jack will construct a \$2 million, two-storey office building adjacent to his present complex.

He hopes to turn the first sod in August and have the project completed by Christmas.

His business will occupy part of the ground floor with remaining office space for lease.

The total site now covers 20 acres.

He's the company president. It was 20 years ago that Jack Burrows, a former tool and die

maker, opened his first garden centre on Kennedy Road, R.R. 1, Unionville.

He later expanded this operation to include the present site at Hwy. 47, Stouffville.

As a supplier of masonry requirements including flagstone, brick, block, sand and cement, Burrows will have all ingredients available for pick-up or will deliver on request.

He plans to concentrate his efforts in an area that includes Markham, Unionville, Stouff-

ville, Uxbridge, Claremont and Gormley.

Additional employees will be hired, raising the mid-summer complement of staff to 25.

At age 49, Farmer Jack has seen his business take root and prosper. Now, he feels the time is right to grow in yet another direction.

It's an investment in the future — his and the community's.

Stouffville's Golden Mile will soon take on an added glow.



The future looks bright for Jack Burrows, owner of thriving Stouffville business Farmer Jack's, and his employees. Mr. Burrows just announced that his business is expanding to include masonry supplies. From left are Fred Klein, Debbie Gold, Russ King, Mr. Burrows, Sharon Hambly and Scott Ferris.

Safety precautions can save back pain

By JOHN D. BARE
More accidents happen around home than in the workplace and the zealous home handyman who rushes to get everything ship-

- ed muscles takes a lot more.
- The following are some tips:
- If you are using a ladder, get someone to hold it and make sure it is on a level footing.
- To lift something heavy, squat down and keep your back straight. Push up with your legs. Don't bend over the object or try to lift by straightening your back.
- Change the position of your hands and body often when doing a repetitive action such as painting or washing a wall.
- Wear shoes with a good tread and grip.

shape inside and out is at particular risk when warmer weather arrives.

Canadians make more than 10 million visits to the chiropractor's office often as a result of an accident at home. Low back pain afflicts an estimated three out of every 10 Canadians at any one time.

Editor's Note: John Bare is a Ballantrae chiropractor

Following sensible rules of safety may take a little time but treatment of sore backs and pull-

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