

A Former Back Pain Sufferer Speaks Out

"I Got Rid Of My Back Pain Forever!"

My back pain was horrible! I tried everything imaginable to get rid of it but nothing worked. I tried Aspirin at first, but it didn't work. It hurt so bad I couldn't even pick up my children without wincing from the pain. I went to my doctor but he told me I would just have to live with the pain and take muscle relaxers and painkillers whenever my pain got bad. But it only got worse! I was about to talk about surgery until I attended a free workshop which revealed to me the truth about my back pain and the best proven way to get rid of it forever! I haven't had one attack of pain in 6 months! If you're even remotely curious about how to end your suffering, call (905) 640-4440 to book a seat at the next workshop Thursday, March 11th at 7:30 p.m., at Stouffville Chiropractic Health Centre.



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The Regional Municipality of York
**Major Mackenzie Watermains
 Schedule B Class Environmental Assessment**

NOTICE OF STUDY COMMENCEMENT

The Regional Municipality of York is undertaking a Class Environmental Assessment (EA) study to determine the preferred alignment for a new watermain along Major Mackenzie Drive from Pugsley Avenue to Woodbine Avenue. An expansion to the existing water distribution system is necessary to enable The Region to meet future water servicing requirements created by ongoing population and employment growth. The preferred alignment will be determined based on engineering requirements, environmental considerations, public input and information gathered during the study. The Region has retained MacViro Consultants Incorporated to complete the EA study.

The study is being conducted in accordance with the requirements for a Schedule B project as prescribed in the Municipal Engineers Association's *Municipal Class Environmental Assessment* document (June 2000), which requires the following be completed:

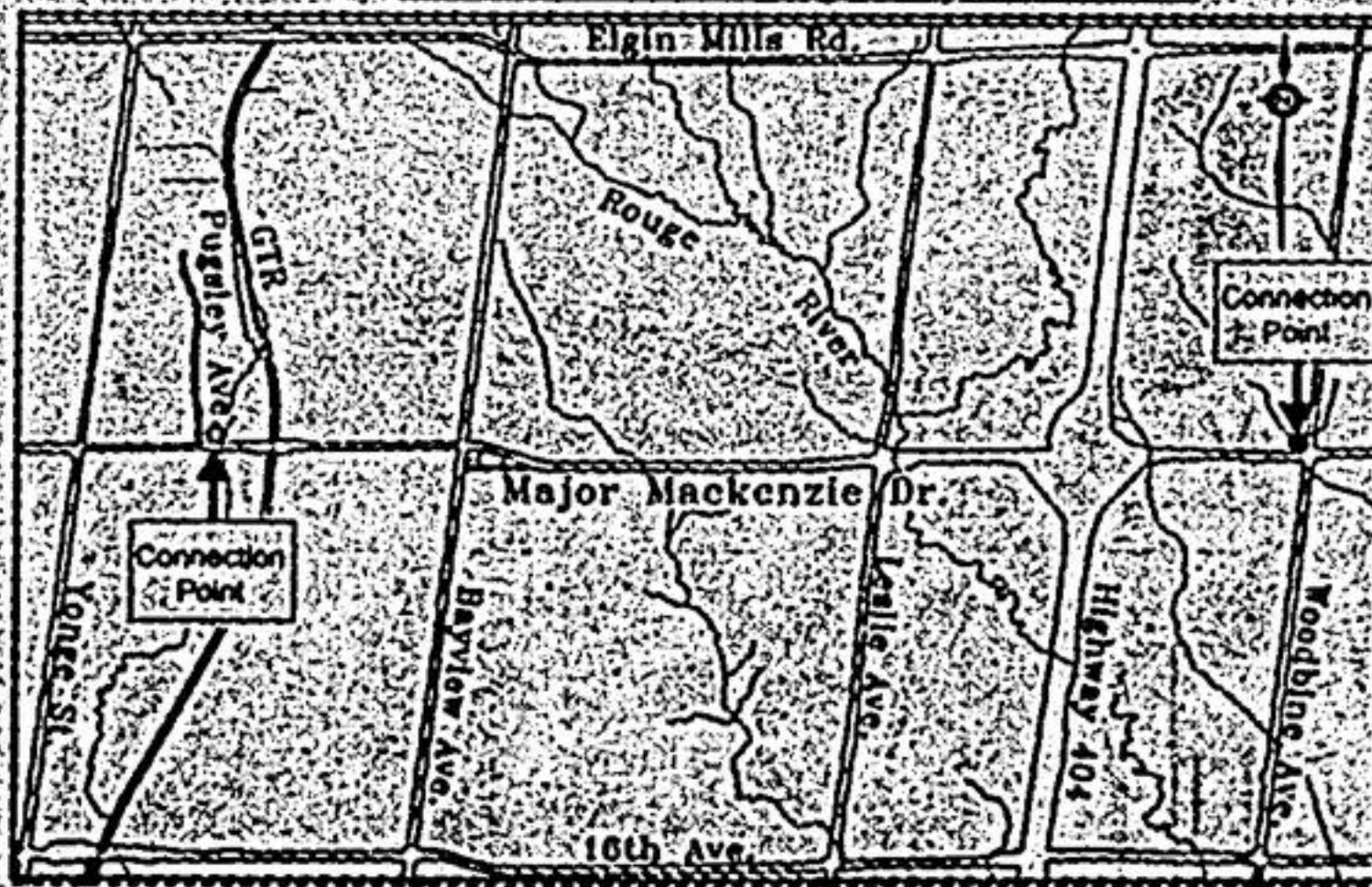
- Definition of the problem;
- Identification and assessment of alternatives, and;
- Selection of a preferred alternative.

The study will take place over the next few months with consultation and input from the public and government review agencies.

As part of the consultation process, a mailing list for notification is now being compiled. If you wish to receive an information bulletin describing the study and the assessment process as well as notification of public open-house(s), or if you have any questions regarding the study, please contact one of the following project managers:

Mr. Brian Barber, P.Eng.
 Project Manager
 MacViro Consultants Inc.
 90 Allstate Parkway, Suite 600
 Markham, Ontario L3R 6H3
 Phone: (905) 475-7270 Ext. 219
 Fax: (905) 475-5994
 Email: bbarber@macviro.com

Mr. Mike Rabeau
 Project Coordinator
 Infrastructure Design and Construction
 Transportation and Works Department
 The Regional Municipality of York
 17250 Yonge Street,
 Newmarket, Ontario L3Y 6Z1
 Phone: 1-877-464-9675 Ext. 5157
 Fax: (905) 836-4590
 Email: mike.rabeau@region.york.on.ca



STUDY AREA MAP

Bill Fisch - Regional Chair
 Kees Schipper - Commissioner of Transportation and Works

Thank you for your participation in this study.



Wind power investigated

BY MIKE ADLER
 Staff Writer

If, sometime in the future, you spot the blades of a large wind turbine on the Oak Ridges Moraine, thank the democratic process in Whitchurch-Stouffville.

The town has asked York Region to consider starting a "windmill energy" project in Whitchurch-Stouffville, four-fifths of which is on the moraine. Mayor Sue Sherban said she introduced the resolution because opponents had challenged her during election debates to support wind energy.

"Whitchurch-Stouffville residents have always been environmentally aware," Ms Sherban said this week, adding the town doesn't have large resources, so the regional government should help. "For us to take on a project like that would be difficult."

This week, the region's works committee asked staff to investigate the town's

request.

Improvements to turbine design and the opening of Ontario's electricity market to competition have made such projects feasible here. The province's cap on hydro prices, however, has left them unattractive to many investors.

The wind conditions that allow the large turbines to function properly are also thought to be fairly rare in this part of the province.

What little data exists does not suggest the town's section of moraine is suitable for turbines, but only testing can determine that for certain, said Brent Kopperson, spokesperson for the Newmarket-based Windfall Energy Co-op.

The co-op has been working with the Chippewas of Georgina Island First Nation to establish a wind farm of five two-megawatt turbines on Georgina Island in Lake Simcoe, where good conditions exist.

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 Guest Appearances on:

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6 Sessions:

NEWMARKET: Glenway Club, 470 Crossland Gate, Off Hwy. #9
 Tuesday, March 9, 1:00 P.M. and again at 7:00 P.M.

AURORA: Timberland Club, Library, 155 Vandorf Rd.
 Wednesday, March 10, 1:00 P.M. and again at 7:00 P.M.

STOUFFVILLE: Lemonville community Centre, 13453 McCowan Road
 (South of Bloomington Side Road),
 Saturday, March 13, 10:30 A.M. and again at 1:30 P.M.

For more information and to reserve a space please call Frank
905-985-3199

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