

Severe Neck or Back Pain?

It appears that a technology exists that may show hope for people suffering from herniated, bulging and slipped discs, cases with arthritis and degenerative back conditions, and cases that may be on their way to elective surgery.

Now there is a back pain guide that your doctor may not even know about that you can receive for free entitled, "The Severe Neck, Back, And Sciatica Pain Guide" that reveals a relatively new surgery free, non invasive technology designed to treat severe low back, neck and leg pain along with herniated and slipped discs.

So if you are wondering if there is anything else at all that can be done even though every treatment you've tried may have failed then you should order the free guide entitled "The Severe Neck, Back, And Sciatica Pain Guide".

Discover why your back treatments have failed and a technology relatively new to Canada that may provide a solution. For your free copy, call 1-888-271-8605 (Toll-free 24 Hour recorded message) or go to: <http://www.getbackreport.com>

Supplies are limited - act now.

Stouffville fiction writer makes contest final

BY JIM MASON
Staff Writer

Stouffville's Kimberley Howe's novel, *One Shot, Two Kills*, has reached the final round of Romantic Times' American Title III Contest, the fiction writer's version of American Idol.

Each month, the two contestants with the lowest number of online votes are eliminated from the competition while the survivors battle for the grand prize, a writing contract with Dorchester Publishing in New York.

The contest is down to two writers, Jenny Gardiner of Keswick, Va., and

Ms Howe

Voting in the current segment ends March 4.

"It would be incredible to win," said Ms Howe, who has already signed with a New York literary agent.

More than 250 manuscripts were entered and narrowed down to 10 for the contest.

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Chapter one of the romantic sus-

pense novel is posted at yorkregion.com/yr/yr4/PenPixel/

You can click on the link at the bottom of the page and vote for her novel. You can also vote by sending an empty e-mail to webmaster@romantictimes.com with One Shot, Two Kills in the subject line.

The contest winner will be announced during the RT Booklovers Convention in Houston April 27 and in the June issue of RT BOOKreviews.

Ms Howe also works as a medical writer.

For more on the contest, go to romantictimes.com

TOWN OF WHITCHURCH-STOUFFVILLE "Country Lifestyle Close To The City"

Municipal Class Environmental Assessment McCowan Road Reconstruction From Bloomington Road to Aurora Road

THE STUDY:

URS Canada Inc. has been retained by the Town of Whitchurch-Stouffville to undertake a study of McCowan Road Reconstruction from Bloomington Road to Aurora Road. This project is being planned under Schedule B in accordance with the Planning and Design Process for Municipal Class Environmental Assessment (June 2000).

THE PROCESS:

This project will utilize a multi-disciplinary team approach to ensure that the full range of issues and concerns of provincial ministries, local municipalities, agencies and the public are included and addressed.

Consultation will be an integral component of this project. The public is invited to a Public Information Centre to update the project status and obtain comments so your input can be considered in the planning of this project.

Details of the Public Information Centre are provided below:

DATE: Wednesday February 28, 2007
TIME: 6:00 p.m. - 8:00 p.m. Drop-in Centre
7:00 p.m. Presentation

LOCATION: Lemonville Community Centre, 13453 McCowan Road
Stouffville, ON L4A 7X5

All comments and material will be maintained on file for use during the study. With the exception of personal information, all comments will become part of the public record.

If you are unable to attend the Public Information Centre, but would like to provide us with your comments, please provide us with your name, address and telephone number or e-mail to either of the contacts listed below.

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This Notice issued February 15th, 2007.

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Sat. Feb. 24, 2007

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Fieldstone Windows update ranch bungalow

Homeowners John and Eris knew it was time to change the windows in their 'Rustic Ranch' bungalow. They were poor quality "builder grade" windows that were drafty and difficult to operate. Even the rear doors were beginning to deteriorate.

After speaking with a consultant from Fieldstone Windows, the couple realized that this was the perfect opportunity to make improvements to the style and function of their home.

"There were a lot of changes we made, that we might not have considered if Kevin hadn't suggested them," says John.

"We knew we wanted to change the colour to something more sophisticated, but hadn't thought about enlarging and making structural changes too."

With Kevin's help, John and Eris decided to replace the rear - 6' patio

door with a spectacular 12' set of sliding french doors. Replacing the existing square windows with "cambertop" shaped windows to match the brick openings, was another idea that involved structural modifications. All the other windows were changed too and updated with 1 1/2" external muntins, for added drama. Fieldstone's goal is to have the finished window renovation look as though it belongs and has always been there. "The brickwork and moldings are flawless," says Eris. "There are no tell-tale signs of our home's former identity. We love it, but just wish we had done the front door at the same time."

Fieldstone Windows Ltd.

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