

ASTHMA?

We can help. Call The Lung Association



This message brought to you as a community service of The Economist & Sun-Sun-Tribune



Pat Robinson INC.

Trustee in Bankruptcy

Call for a free personal discussion:

- Help with creditor problems
- Proposal to creditors
- Personal & Business Bankruptcy

PAT ROBINSON
TRUSTEE

Aurora (Head Office) 15105 Yonge St. #201 (at Church) (905) 727-2577

Richmond Hill 9555 Yonge St. #401 (at Weldrick) (905) 508-9493

Sutton West 100 High St. (at Middle) (905) 722-3170

Toll Free for any location • 1-877-727-2577

Email: Pat@PatRobinson.com Web: www.PatRobinson.com



ADULT BEREAVEMENT SUPPORT GROUPS

• 8-week Circle of Hope group begins January 15

• Drop in Bridges of Hope Group on January 25

Continuing on the 4th Sunday every month

Sharing common experiences may help you heal

(Children and teen groups also available)

SUPPORT GROUP FOR FAMILY CAREGIVERS

2nd Sunday and 4th Tuesday every month

Support from others coping with similar issues

At Evergreen Hospice (Hwy 7 and Markham Road)

No fee for these programs but registration is required.

Call 905-472-5014

www.evergreenhospice.org

SPIRITED CONTEST

Ontario Junior Hockey League Central Division action at the Ray Twinney complex in Newmarket Monday featured the Stouffville Spirit vs. the St. Michael's Buzzers of Toronto. Here Stouffville defence man Brandon Walker, left, battles a St Michael's player in the first period. The Spirit won the game, 5-2. See story on page 8.



STAFF PHOTO/SUSIE KOCKERSCHIEDT

SupperWorks®

Taking the work out of supper

New Year...New Menu...New Deal

Start the New Year off with a delicious addition.

Buy 6, 9 or 12 entrées and you'll receive an extra entrée for free.

Free Entrée

Order 7, 10, or 13 entrées for the same price as
6, 9 or 12 entrées (\$28.00 value)

Order on-line at www.SupperWorks.com

Cannot be combined with any other offer. Limit one coupon per customer.
Please present coupon at time of your session/pickup. Expires January 31, 2009

January Menu Samples

Visit www.SupperWorks.com to view our full menu

Best Baked-Up "Fried" Chicken (oven).

New! Skinless, boneless chicken breasts stay moist and tender beneath our flavourful herb coating. Easy, delicious, low-fat and kid-friendly!

Herbed Shrimp with Pasta (stovetop).

Shrimp, garlic, olive oil, fresh rosemary, and pasta are a treat for the taste buds in this fast-cooking favourite! Pasta (regular, whole wheat, or gluten-free) and Parmesan cheese included.

Horseradish Sirloin Roast (oven or grill).

Here is a treat for the meat-lovers! Juicy, boneless Sirloin roast coated with a flavourful horseradish rub.

190 Bullock Drive, Unit 17, Markham
905-294-0144 | www.SupperWorks.com

