

Stouffville Veterinary Clinic

Voted #1 Veterinary Clinic in Stouffville
THANK YOU!

Dr. Paul Westermann
Dr. Gerry Thomson

Dr. Robin Smith
Dr. Kim Kilroy

Veterinarian on call 24 hours.

5847 Main St. Box 670



905-640-1641

Thank you Readers' Choice Voters

#1 RETIREMENT HOME

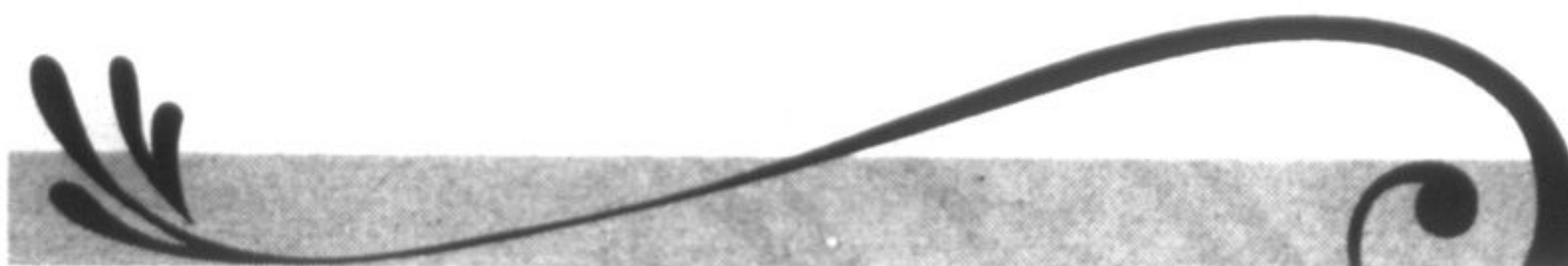
Parkview Village

12184 Ninth Line, Stouffville



Good Eat Chinese Restaurant

Thank you Stouffville for voting Good Eat for #1 Chinese Restaurant in town. Good Eat has been in Stouffville for 40 years and the current owners are the fifth owners. We have the oldest business phone number in town. We use only the best quality chicken breast, beef, pork and shrimp and shop our local farms in Stouffville. We would like to take this opportunity to thank our local farmers. The owner Raymond recently trained to be a new fusion chef. This means the best way to cook is fresh, tastes better and uses high quality vegetable oil that has less cholesterol. We do not use MSG, we use less grease in our cooking preparation which makes our dishes more healthy. We also do many catering events at the local Legion, Eastern Gate Seniors Home and many churches. They use our catering repeatedly and have great confidence in our food. Good Eat is located at 6294 Main St. and can be reached at 905-640-6565.



Cindy Mitchell

Dr. Cindy Mitchell, named Best Chiropractor in our Reader's Choice Awards, chose Chiropractic as a career following an injury she suffered during her time as a competitive diver.

"I went to a chiropractor and the experience, the result was so good, it left a big impression with me," says Dr. Mitchell. "The whole idea of being able to assist someone without the use of drugs was really attractive to me."

Today, 10 years later, she is the owner of the Stouffville Health & Wellness Centre, a busy health clinic featuring two chiropractors and three registered massage therapists serving the Stouffville, Markham and Uxbridge area.

One of the largest primary-contact health care professions in Ontario, chiropractic is a non-invasive, hands-on health care discipline and Dr. Mitchell's clinic is an integral part of the community's health care focus.

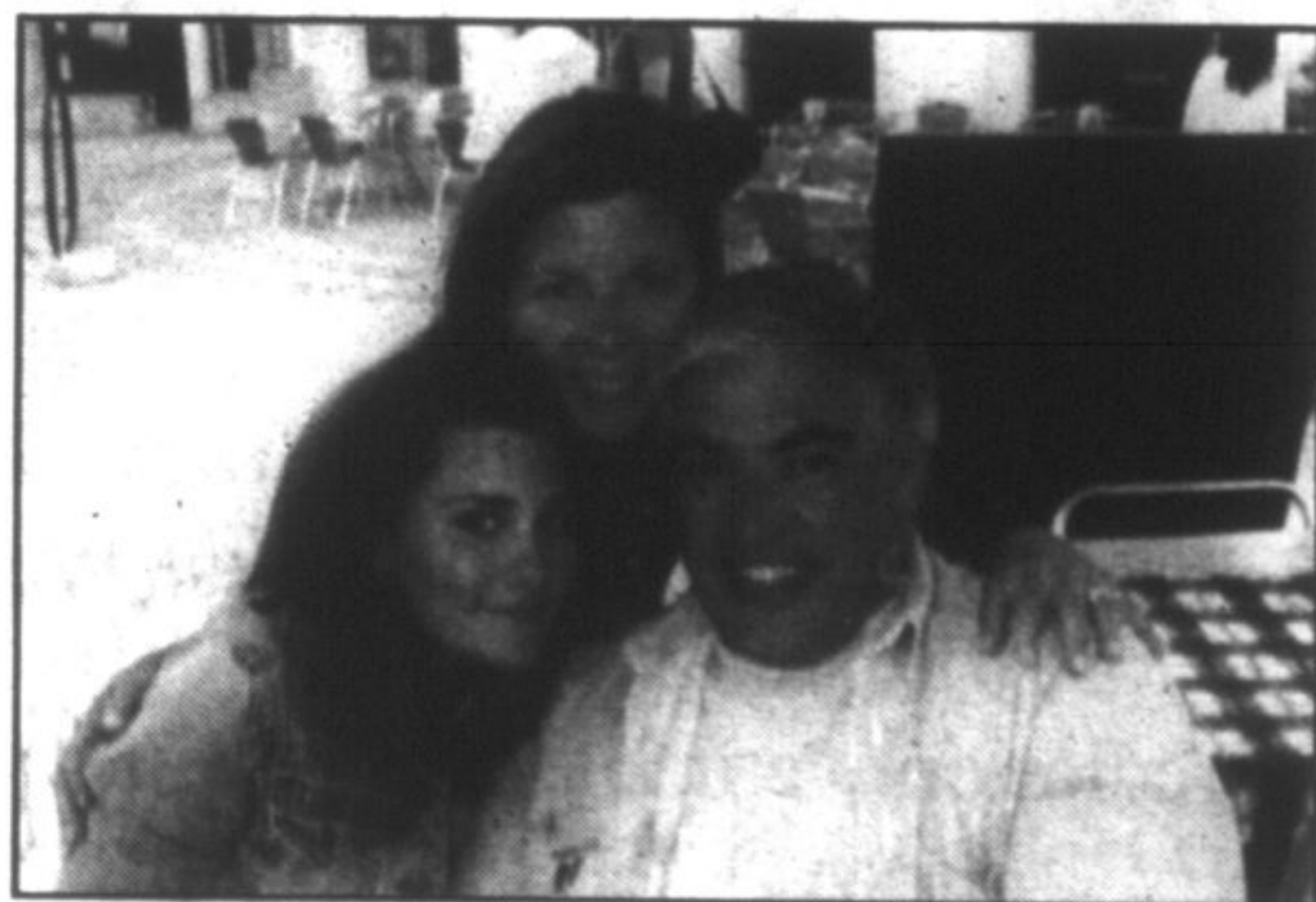
In fact, a recent research study funded by Ontario's Health Ministry showed that interdisciplinary care models that include chiropractors demonstrate excellent patient outcomes. A two-year study revealed the number of patients taking medication for neuromusculoskeletal conditions decreased by 23 per cent when treated by a chiropractor. "We're getting more and more referrals from the medical community," she says.

After taking a complete history and diagnosing a patient, Dr. Mitchell develops and carries out a comprehensive treatment plan, recommends therapeutic exercise and other non-invasive therapies and provides nutritional, dietary and lifestyle counseling.

Dr. Mitchell is also a specialist in Contemporary Medical Acupuncture, a university-based program for select health professionals. "Unlike the traditional Chinese acupuncture, Contemporary Medical Acupuncture is rooted in anatomy and physiology rather than energy-based," she says. "In North America, it's a simple and effective approach for the treatment of chronic pain conditions, arthritis, carpal tunnel and sports injuries."

The Stouffville Health & Wellness Centre is located at 6096 Main Street and can be reached by calling 905-640-3562.

Voted #1 Financial Investment Company



A Great Big THANK YOU From the Paulino Family
Kirstyn, Julia and John

As we approach our 10th year serving the Markham/Stouffville area, we will continue to support the many ongoing efforts to make our community a better place for everyone.

In our continuing effort to reflect the values of our friends and neighbours, our focus for 2009 is Socially Responsible Investment.

Please Join Us for the Following Informative Presentations

- April 28 Strategies to Protect your Investments
- May 26 Building your Financial Framework with Bonds
- June 9 Making Sense of Investing in Stocks
- June 23 Socially Responsible Investing-Going Green

Seating is limited, to reserve space call **905-640-9559**
or email Cindy.Hilsden@edwardjones.com

HELP KEEP YOUR RETIREMENT SAVINGS

WORKING FOR YOU
EVEN IF YOU'RE NOT.

How you handle your Registered Retirement Savings Plan (RRSP) investments will likely be one of the most important financial decisions you can make regarding your retirement.

For help with this decision, talk with Edward Jones. We'll start the process by meeting face to face and getting to know your retirement goals. Then we'll review your current needs before recommending possible solutions that can help you keep your retirement on track.

To help make sense of your retirement, schedule an appointment for a portfolio review today.



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