

Winter's
Gone
Time for
some Spring
service

MAIN STREET

AUTO SERVICE



\$89⁹⁵

\$99⁹⁵

\$129⁹⁵

LOTS of TIRES
in STOCK

\$32⁹⁵

\$63⁰⁰

\$88⁰⁰

\$95⁰⁰

\$109⁰⁰

*Balancing Extra

Main Street owner Tim Chasse

- Lube, oil & filter
- Tune-ups - Fuel injection service
- Air conditioning service & repairs
- Tires Repairs Installed Balanced
- Exhaust Systems Hestercores Rnds
- Brakes ABS Drum-Rotors-machine
- Alignments shocks struts suspension
- Computer Electrical repairs wiring
- Batteries Starters Alternators
- D.O.T. safety-cars bikes trucks trailers

905-642-9000

Motor Vehicle Inspection Station



6757
Main Street
Stouffville

Spring dedicated to the young at art

At the Gallery



Maura
Broadhurst,
Curator



PHOTO COURTESY OF LATCHAM GALLERY.

May is an exciting month at the Latcham Gallery and a wonderful time to celebrate spring. The Annual Juried Exhibition continues at the gallery until May 14. This year the jury considered 267 works of art that were submitted, and from them selected 42. Included are works by four Stouffville artists: Italo Abate, Ray McNeice, Steve Norhoof and Ralph Pohlman, who won one of the awards. Come see the diversity of work that is represented, including paintings, sculpture, photography, printmaking and more. And you can have your say too, by voting for the People's Choice Award; watch next month when we will announce the winner!

On May 18, come back and join us from 7 p.m. to 8 p.m. for the opening of Celebrations 2005. This annual exhibition presents artwork created by our elementary students. The gallery works in partnership with the local schools, and you will be amazed by the imaginative projects taught by the teachers, and the wonderful ways in which the children execute them. The gallery will be filled from floor to ceiling with colour, expression and fantastic ideas.

In addition to our exhibitions we have lots of hands-on activities this month. May 14 is a full day at the gallery. It is the last day of our Juried Art Exhibition, it is our Free Family Saturday and it is also the day that we are offering a special Japanese Paper workshop. You can drop by the gallery between 11 a.m. and 4 p.m. with your whole family to participate in a hands-on art activity inspired by one of the works of art on exhibit. When you are done, you can take home your creation. In the afternoon we are offering a workshop with artist

Public school students are enthusiastic participants in the annual Celebrations exhibition.

Judith Welbourn.

Judith is primarily a printmaker who often uses Japanese paper in her work. We are working with the Japanese Paper Place in downtown Toronto on this workshop, which will teach you the history of the paper, how it is made and different uses for it. You will walk away with a new understanding of this medium. Please call the gallery for more information and to register (905-640-8954).

Finally, registration for the gallery's Summer Art Camp is well underway with one session already full. We offer one-week camps for children between the ages of five and 15. Each week, campers work with a different artist, including Uxbridge artists Vanessa Perry and Noelene Byrne, Stouffville artist Shelley Painter and Mount Albert artist Amanda Brittin. They spend their days learning new techniques, experimenting with materials and exploring new ideas, all while making new friends.

It is an active time around the gallery — you won't want to miss out, so call today, because spaces are filling up quickly.

Ask The Professional



MARY KAY®

By: Judy Toupin

Q&A

How can using a skin care program improve the look, feel of my skin?

Everyday stress and pollutants can cause your skin to be very dry. The skin will look dull. Using a good cleanser with exfoliant and toner helps rid the skin of dead skin cells, moisturizing replenishes and hydrates to leave it feeling and looking healthy. Mary Kay offers fragrance free products to help even sensitive skin.

P.O. Box 31, Gormley
Tel: 905-888-5695
www.marykay/jtoupin

Medi Spa

By: Carolyn McDermott

Q&A

What about laser hair removal?

When considering Laser Hair Removal, it is best to schedule an appointment to determine a course of action best suited to you. Any reputable centre will gladly offer a private consultation to review your medical history and address your concerns and questions. Although most people can safely undergo Laser Hair Removal, it is important for the Laser Technician to identify any lifestyle choice which might lead to postponing treatment or to recognize a potential contraindication. At the time of the consultation you should be given an explanation on what to do before and after each treatment. The duration of the treatment depends on the area to be treated. The laser handpiece used in the treatment covers more than one hair follicle at a time and this results in a faster and surprisingly more comfortable treatment than most people imagine. Keep in mind that more than one treatment is necessary to achieve hair freedom!

6038 Main St, Stouffville
Tel: 905-640-0092 www.medispa.com

Pathways Hypnosis & Hypnotherapy

By: Carolyn McDermott

Q&A

What does hypnosis feel like, what can I expect?

Hypnosis is a very deeply relaxed, altered state of consciousness. Often people will claim that "nothing happened" because they could hear everything being said and were aware they could open their eyes at any time. These are normal sensations - you are not asleep. Hypnosis is almost identical to meditation with the exception that you are fully focused internally. You feel pleasantly mellow throughout the session. You are in control the entire time.

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