## New owners have big plans for new-look Spring Lakes Golf Club

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Spring Lakes Golf Club is undergoing a major rebranding.

Within that master plan, Bob Lean would like to see erased the negative stigma once associated with Stouffville's 54-hole private course he calls the largest private club in North

Recently taking on the reins as the club's chief executive officer and managing partner and still serving as club professional, Lean has incorporated several initiatives to make Spring Lakes an enticing place to play.

"Things are going off the charts. We've got a lot going on and it's all great," he said.

immaculate playing condition, Lean has taken immediate steps to bolster the club's social amenities. That was an aspect which sorely needed an upgrade, he said after negotiations had been ongoing over the last five months to purchase the 800-acre facility for an undisclosed amount from Beth Frost.

Among the immediate and noticeable changes that have begun is the paving of the parking lot. Lean said they're attempting to change the atmosphere by opening the bar. Those entering will notice a big screen TV now in place and patrons can enter wearing golf shoes, which was a faux pas in the past.

To upgrade their food and beverage menu, Lean said they've brought in a new chef in Gra-

"In the past there were a lot of rules in place. What was missing was the social aspect and we want to make it an attractive place to be for the members and their guests," he said.

Additional renovations are also being carried out in the clubhouse pro-shop, locker room areas along with the washroom facilities

Former members can rejoin and have initiation fees waived and the annual fee will be prorated, Lean said, while new members can expect a reduced initiation fee to \$2,000, for anyone who joins in June.

While Spring Lakes was at one time purchased in 1989 for close to \$90 million before that group defaulted and the Frost family repurchased the course in 1994, Lean said this time around the club is in solid hands and with no fear of being sold to developers.

For details, log on to springlakesgolf.com





# The Runner's Solution for

IF YOU suffer from low back pain and sciatica, you are one of over 2 million adults in Canada with this often crippling spinal condition.

Things are even worse for you if you are a regular runner and not just the average person. Because the pain caused by these debilitating conditions can either lay you up, and all you can do is watch your fitness disappear like smoke, or if you can still go for a run the condition will rear it's ugly head at every possible inconvenient opportunity

#### Back Pain and Sciatica Can:

- ✓ Cause pain in the hip, groin, buttock, ham string, knee, calf, ankle and foot
- √ Cramps of the buttock, hamstring, calf and foot
- √ Predispose you to more frequent pulled muscles and strains
- √ Weakness and muscle wasting if allowed to persist
- √ Crawling or tingling sensations anywhere between your waist and your toes
- ✓ Numbness anywhere between your waist

Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

### That is, until now...

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Advanced Bio Structural Correction Technique

The excellent results of Chiropractic treatment have been published in major medical journals, with great success rates. Some back surgeons and Medical Doctors are recommending their patients try this treatment first before having back surgery

In Stouffville, you can try Advanced Bio-Structural Correction at Elite Care Chiropractic - the office of low back pain and sciatica relief Chiropractor Dr. Zunaid Kagdi.

Dr. Kagdi and his team of fully trained spinal care staff have helped over 1,000 patients find relief from their agonising back pain and sciatica.

According to Dr. Kagdi, "We focus on precisely diagnosing the cause of your low back pain and sciatica; and a programme for reconstructing the damaged area causing the pain; this means long-term results for most people.

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

Patient Sean M. from Richmond Hill says "My back pain was unbearable but the worst

thing was the searing burning pain I felt in my buttock and leg.

I couldn't work or do anything useful and the drugs my MD prescribed hardly did anything.

I am so happy with the results. I no longer live in pain and fear of the future... I only wish I knew about Chiropractic sooner.'

#### Your invitation for a comprehensive consultation and examination to pinpoint the cause of your low back pain and sciatica...

Stouffville Sun-Times has teamed up with Elite Care Chiropractic, to help runners find relief from their persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic examination and a comprehensive easy to understand report on your state of health is call 905-554-8444.

Mention this article (CODE: LOWRUN) and Dr. Kagdi will happily reduce his usual consultation fee of \$167 to just \$27. But hurry, due to obvious reasons - this is a time limited offer.

My advice, don't suffer a moment longer.. Find out if Advanced Biostructural Correction can help you, book a consultation with Zunaid and his team now by calling 905-554-8444, they are waiting to take your call today

They actually treat the cause of your health problem, not just your symptoms

#### That's why hundreds of grateful nationts tell them "Chiropractic gave me back my life!"

Over the years, they've treated thousands of patients with back problems and sciatica. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered have told them they gave them back their lives!

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$27, the normal cost of such an exam is \$167 so you will save \$140!

Don't suffer from the pain and immobility any longer. Discover the natural treatment that may eliminate the cause of your problem and give you the safe, lasting relief you deserve.

Call them now on 905-554-8444and cut out or tear off this valuable article now and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem - and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message.

Call 905-554-8444 NOW and leave a message if it's the weekend or the line is busy - they promise they will get back to you as soon as they can. So call now on 905-554-8444 and quote this special discount code: LOWRUN