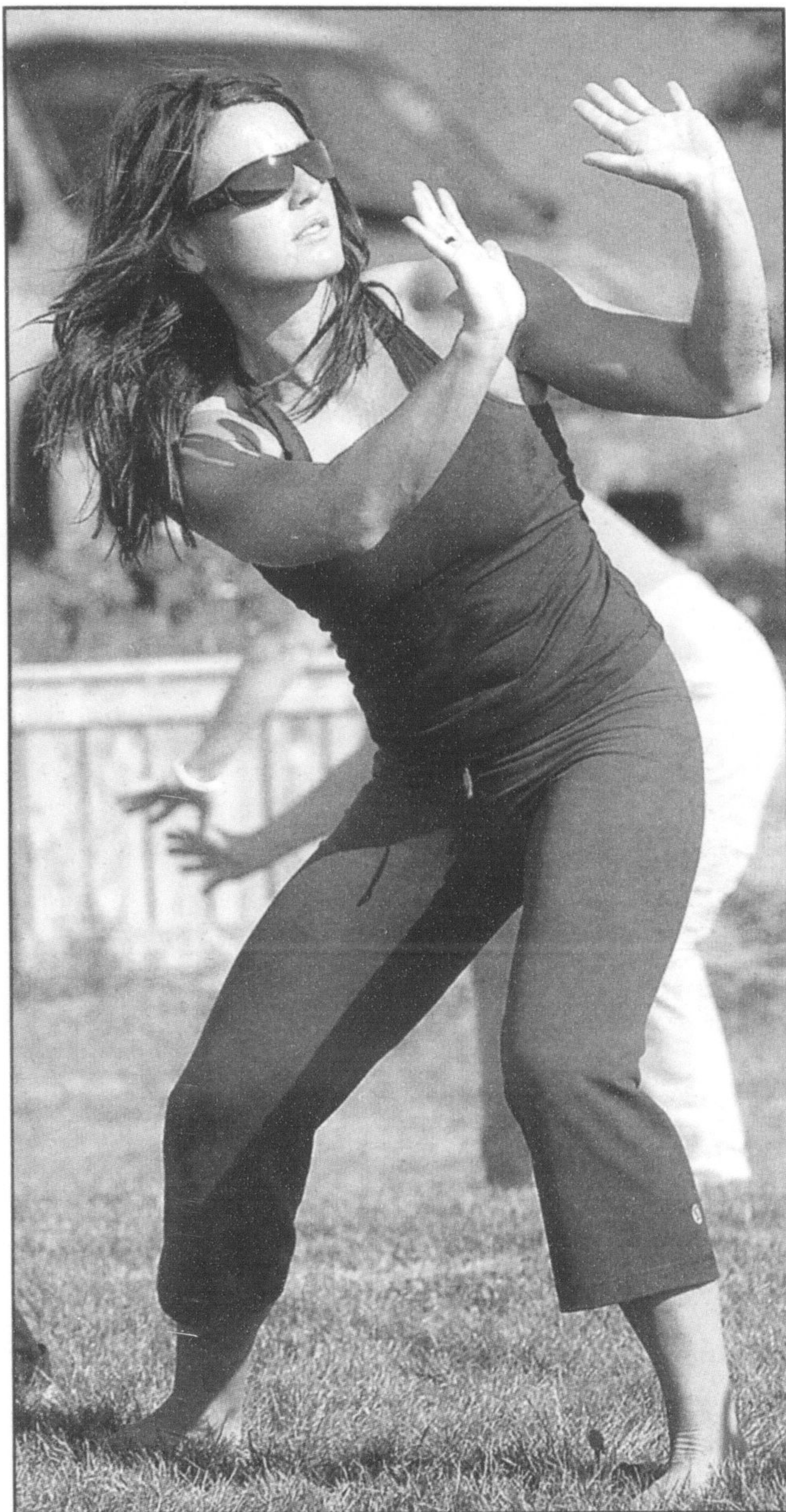


Champion Country

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Serenity Sunrise Celebration

At left, Colleen Thomson-Wall takes part in an outdoor Nia class — combining yoga, tai chi, Tae Kwon Do, belly dancing and jazz — put on during Serenity Valley Studio's Sunrise Celebration Saturday. The event was in support of Red Cross hurricane relief efforts and raised more than \$500. Above, participants (from left) Stacey Chudziak, Sheila Casagrande, Colleen Thomson-Wall and Gillian Reynolds take in the class.

Photos by GRAHAM PAINE

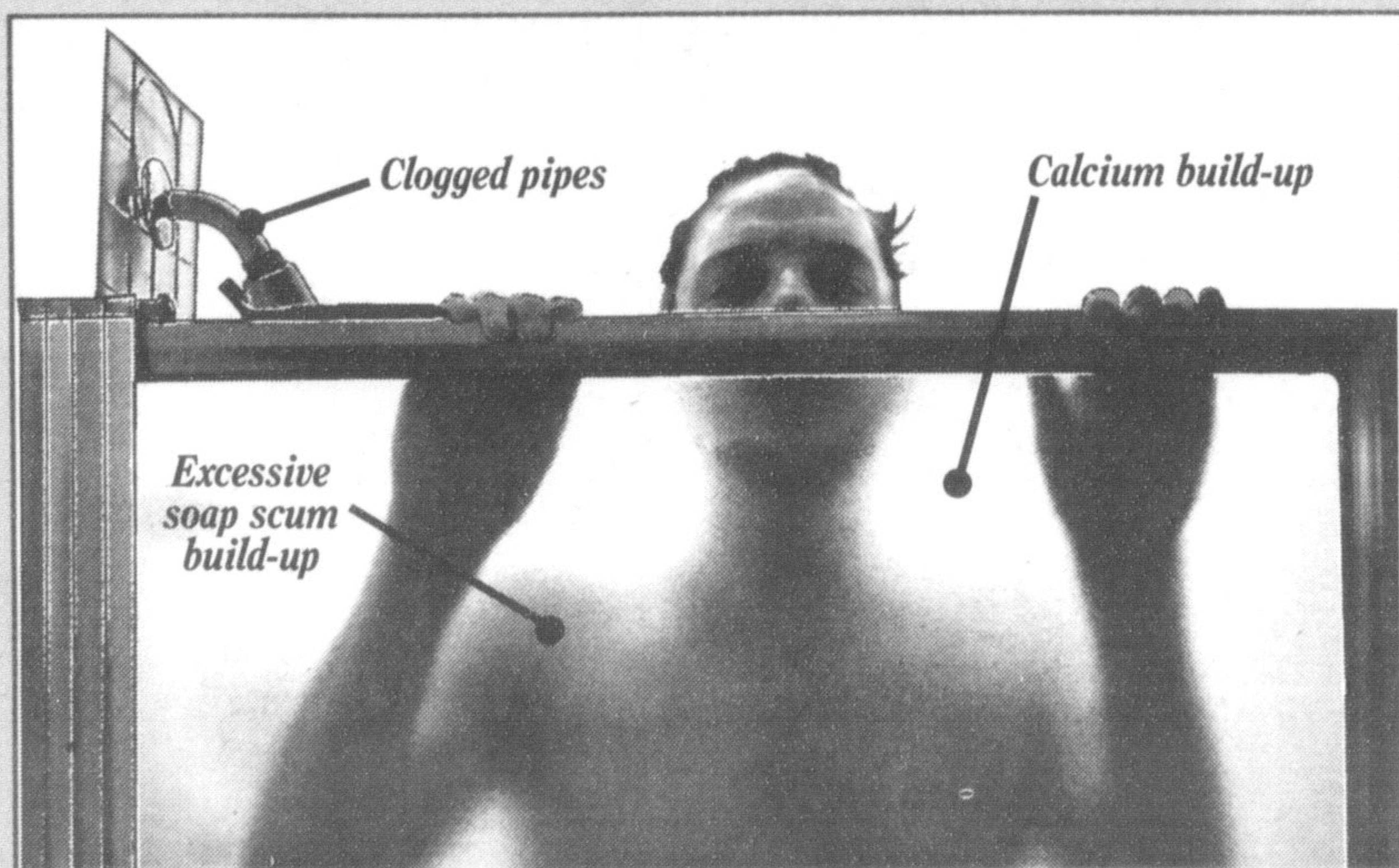
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