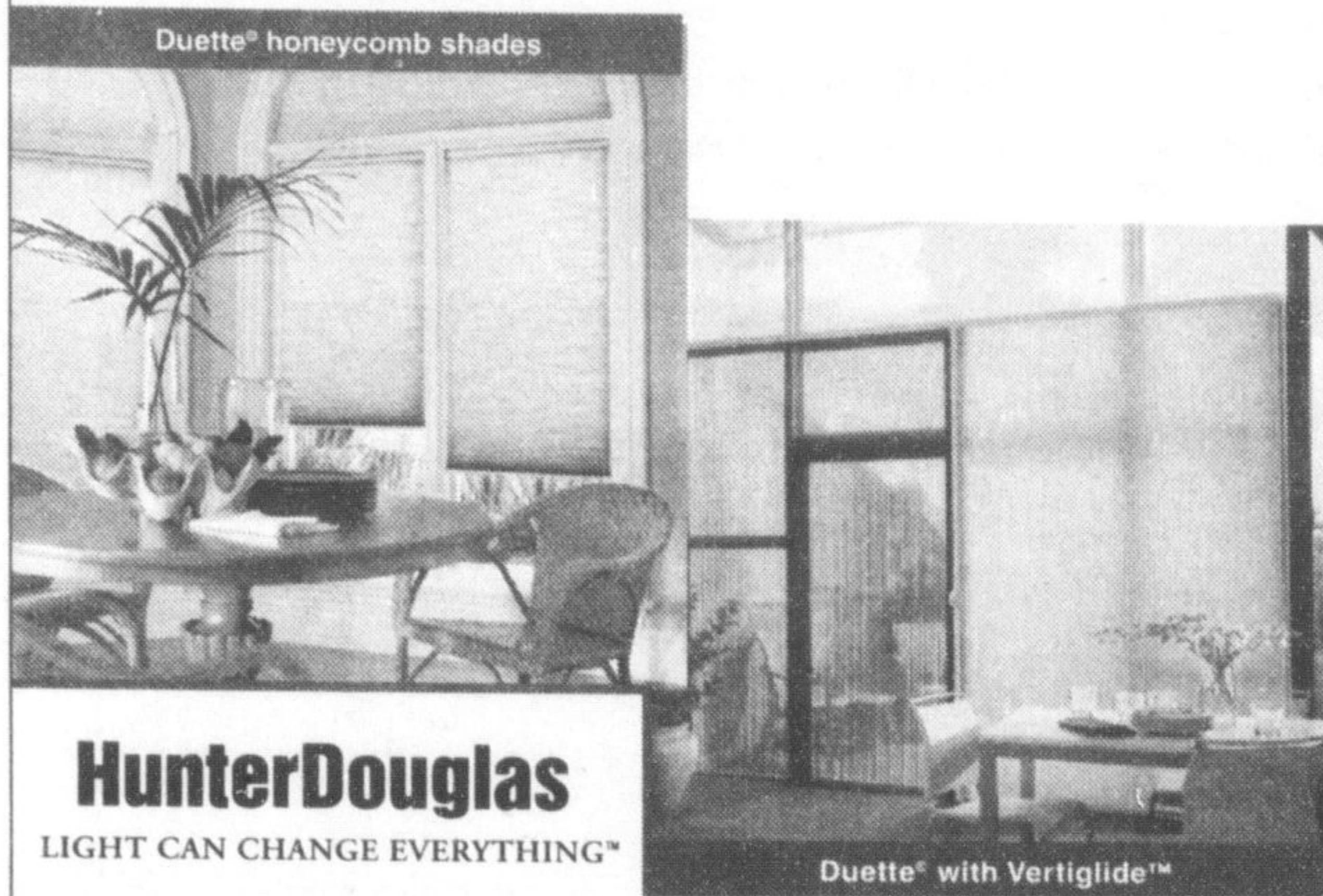


Discover how beautiful
ENERGY EFFICIENCY can be.



HunterDouglas

LIGHT CAN CHANGE EVERYTHING™

Contact us today to discover how our family of honeycomb shades has the energy-efficient solution that's right for you.

Come in and
SAVE TODAY

Blinds Are Us

o n M a n i t o u

Now serving
Guelph, Milton & Oakville

905-693-9318

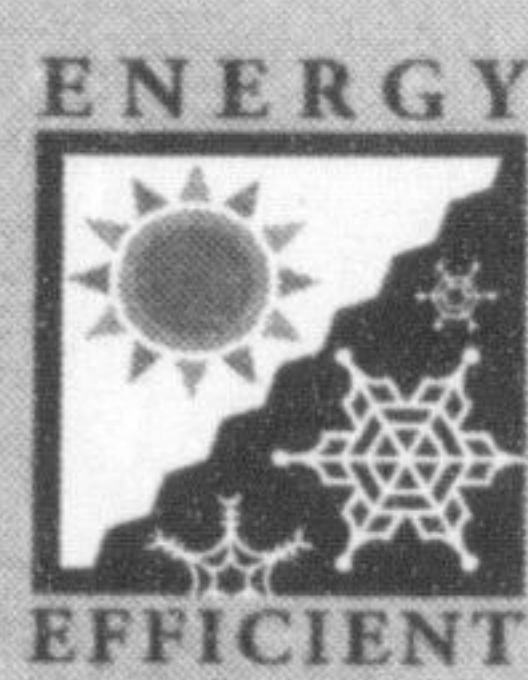
www.blindsareus.ca

6 Months
NO INTEREST, NO PAYMENTS
O.A.C.

Ask In-Store For Details

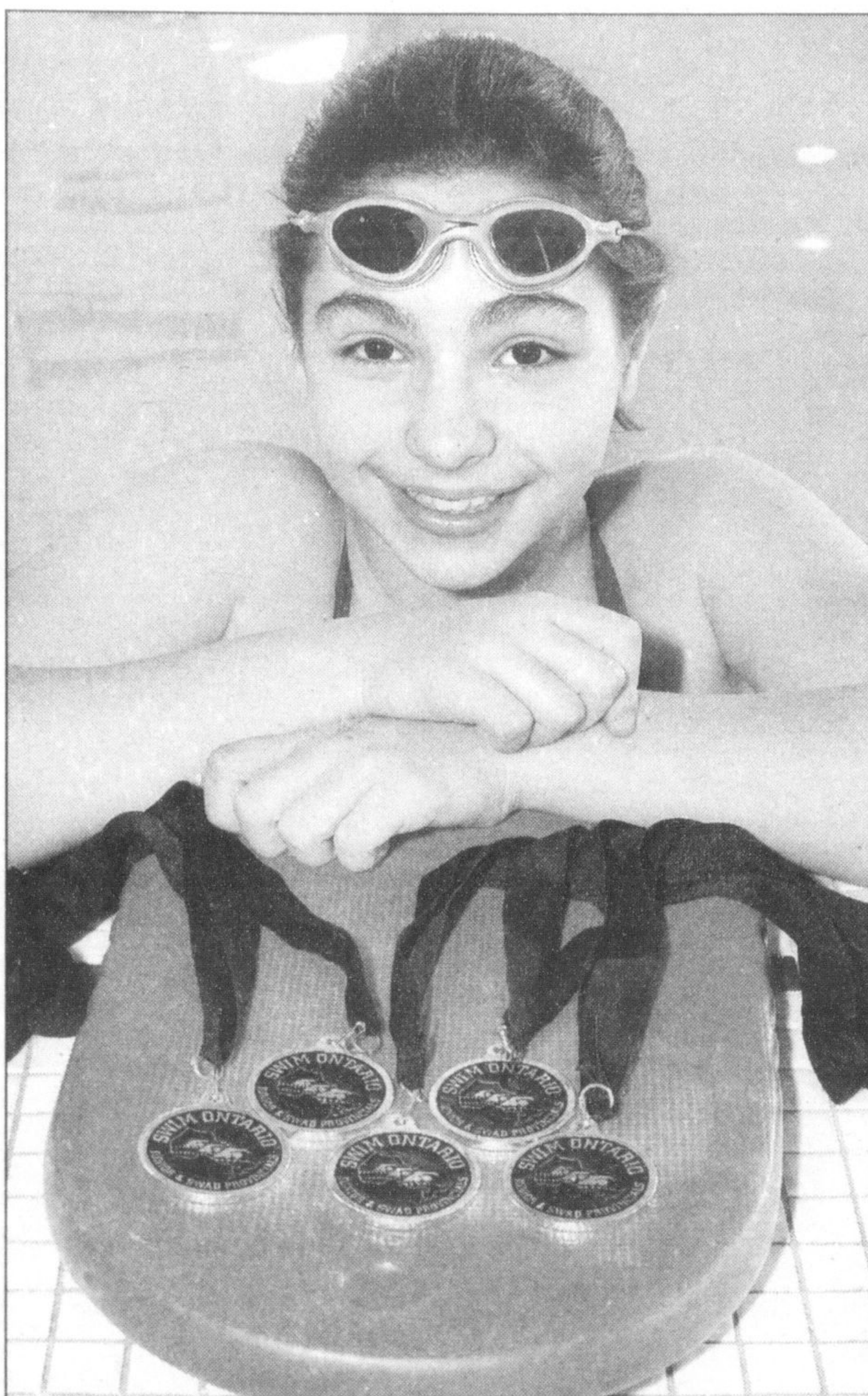
\$100

Cash Back
for every 4
Duettes®
Honeycomb
Shades



Buy Now And Save!
Offer valid on purchases
made from Jan. 1/06 - Apr. 30/06.

Negru stellar at junior provincials



But 14-15 boys' viral infection hurts Marlins' overall showing in London

It was a good news, bad news weekend for the Milton Marlins.

On the plus side, 10-year-old Ioana-Maria Negru enjoyed a breakthrough performance at the junior provincial championships in London — capturing five medals.

Four were of the golden variety, with the young swimmer prevailing in both the 200 and 400-metre freestyle as well as the 100 and 200m individual medley. Negru also struck silver in the 100m freestyle and rounded out her efforts with fourth-place finishes in the 50 and 100m butterfly.

The freestyle victories earned her 'Iron Woman' status at the meet, which for the local club also featured a major dose of misfortune. It came in the form of an ill-timed viral infection that put the entire 14 and 15-year-old boys contingent out of action for most of competition.

The only medal that age group would secure was David Dimitrov's silver in the 400m individual medley. He was also fourth in the 200m freestyle.

Other top eight finishes for the Marlins were as follows:
Brent Burke, 13 — 5th in 200m breaststroke, 7th in 100m freestyle, 100m breaststroke and 200m IM

Nadiya Safonova, 10 — 5th in 400m freestyle, 8th in 50m backstroke

Colm Whitford, 12 — 5th in 800m freestyle

Will Wright, 15 — 6th in 100m butterfly, 7th in 50m freestyle

GRAHAM PAINE / CANADIAN CHAMPION

HEFTY HAUL: Ten-year-old Ioana-Maria Negru displays the four gold medals and one silver she amassed at the junior provincial championships.

RONA
Home & Garden

Attend
**Ladies
Night**

Wednesday,
March 8 &
March 22
7:00-9:00pm

3115 Argentia Road
Mississauga

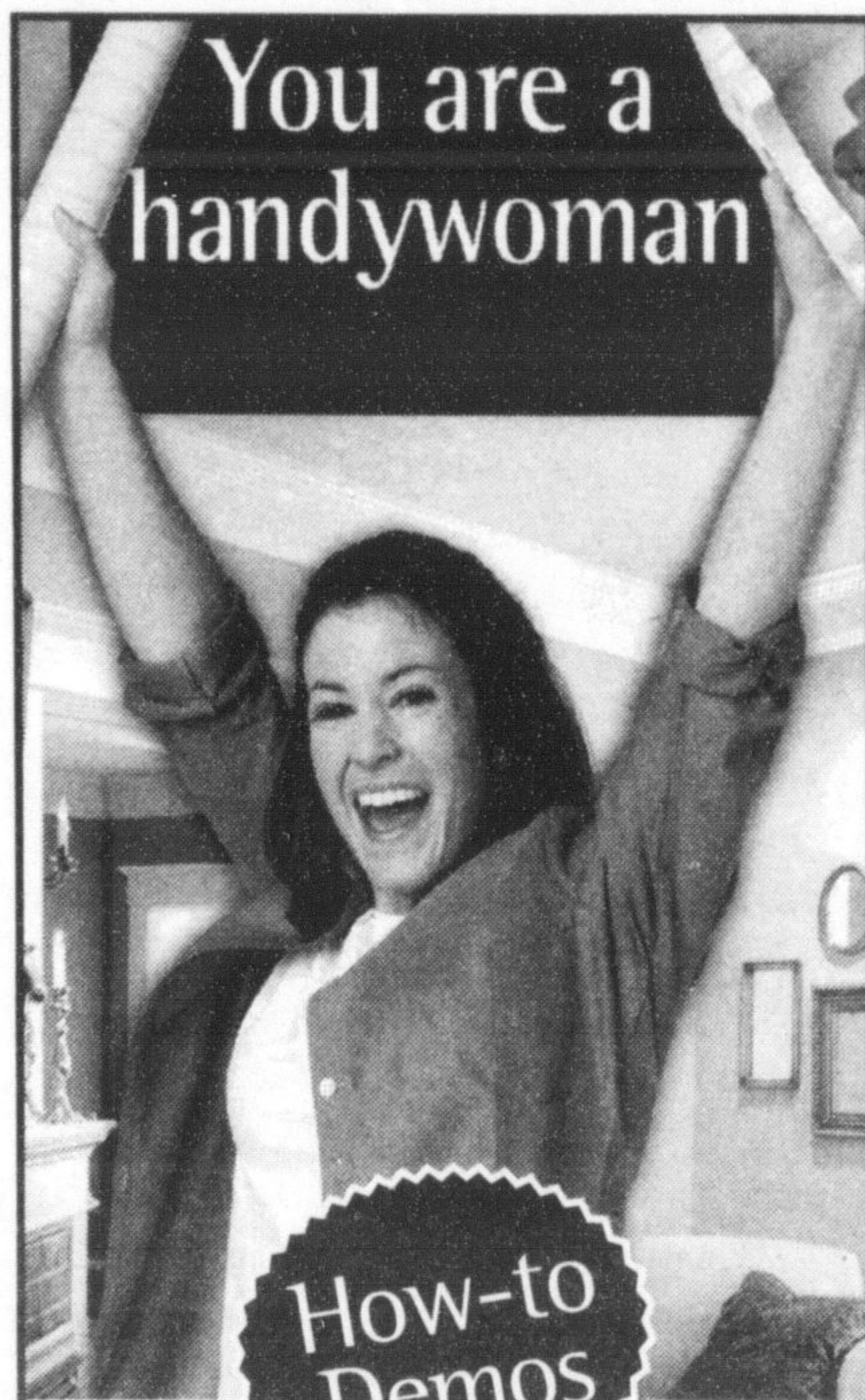
Pre-registration is required.
Call: 905-824-1865 x480

Through hands-on demonstrations and seminars we will teach you how-to renovate and decorate your home. With some help from Rona, You Can Be a Handywoman!

3115 Argentia Road, Mississauga
905-824-1865 x480

RONA The How-To People. PROUDLY CANADIAN

Learn How-To be a
Handywoman



How-to
Demos

Wednesday, March 8

• Lawn & Garden Care
Pre-register by March 6, 2006

Wednesday, March 22

• Indoor electrical
• Indoor painting
• Flooring
Pre-register by March 20, 2006

Subpar weekend for Porenta at university swim nationals

But U of T competitor not discouraged by performance

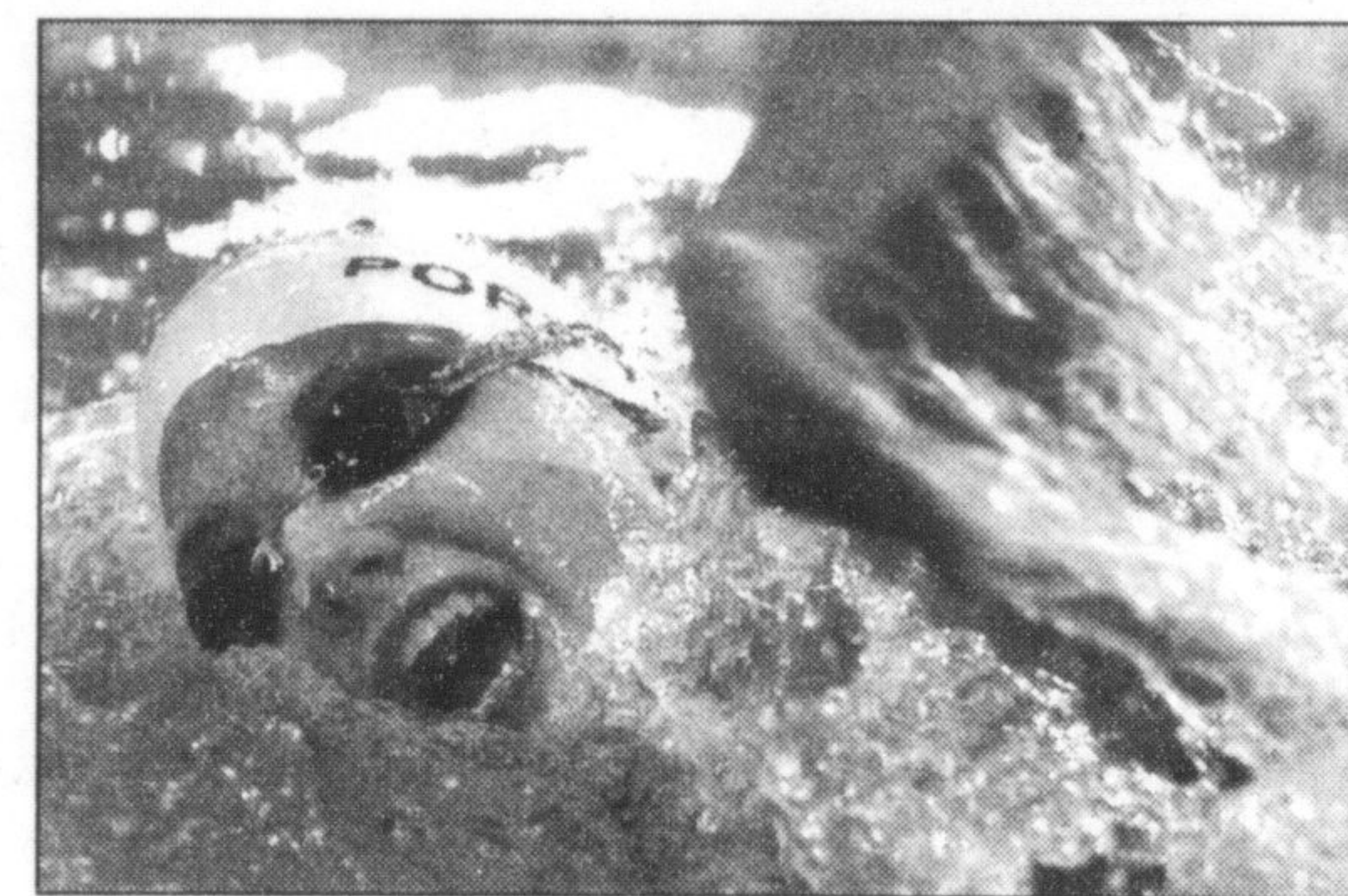
By Steve LeBlanc
CANADIAN CHAMPION STAFF

Most athletes would be ecstatic to finish out a national championship with three medals.

But for Jen Porenta, two silvers and a bronze from last weekend's CIS swim meet in Laval, Quebec wasn't anything to get too excited about. After all, the 20-year-old University of Toronto student had struck gold in all three of her individual freestyle events last year.

This time around, she didn't even reach the podium in two of those races and needed second-place finishes in relay competition to come away from the weekend as a multi-medalist.

While certainly disappointing, Porenta's subpar national showing wasn't exactly a shocker —



Jen Porenta

given that she'd missed substantial training time this winter with a variety of illnesses and was well off the mark two weeks earlier at provincials.

"Going in I knew I wasn't going to swim my best and that it'd be tough," explained the local competitor. "Yeah that kind of weighed on my mentally, but I just tried to stay positive. I didn't have any expectations other than to leave it all in the pool and get as many points as I could for our team."

Rebounding from an especially rocky start — which saw her finish a distant eighth in the 200m freestyle in 2:02.34 — Porenta salvaged the weekend with a bronze in the 50m free (26.38s) and fifth in the 100m free (56.78s).

Solid splits in the 4x100m free (55.50) and 4x200m free (2:00.50) helped U of T's relay foursome to back-to-back silvers — with the University of British Columbia winning each race.

Porenta will now have a bit of a break before gearing up for the Pan-Pacific Trials in July in Montreal. Despite a rather disappointing finish to her junior university season, the highly-driven summer feels her chances of making it to Victoria in August are good.

"They're taking the top four in both women's 100 and 200m free so I'd say I've got a pretty good shot," she suggested. "I've just got to put it together on the right day."

Business without
advertising is like
winking in the
dark ~
You know what
you're doing ~
but nobody else
does!