

Spring Into Action!

- Act now and save, save, save!
- Complimentary 90 minute fitness assessment with a personal trainer
- Check into our summer student memberships
- Check out our *commitment free* membership

State of the Art Exercise Gym & Free Weight Room
Cycling Classes • Pilates
Squash • Swimming • Nia
Yoga Still Waters • Belly Dancing
Kick Boxing • Stress Release Yoga



Located in the

Hilton Suites
Toronto/Markham
Conference Centre & Spa

8500 Warden Ave.
At Hwy 7
905.470.2400

Reciprocal Membership privileges at THE ADELAIDE CLUB (Downtown) and ONTARIO RACQUET CLUB (Mississauga). Ask for details.



Lord hopes to have ball at world championships

BY JIM THOMAS
Correspondent

For 17-year-old Kevin Lord, it's the opportunity of a lifetime.

The Stouffville Spirit Jr. A hockey club's left winger has been selected by the Canadian Ball Hockey Association to play for Team Canada at the World Junior Championships, June 20 to 30 in Martin, Slovakia.

Other tournament participants include the Czech Republic, Germany, Switzerland, United States and Italy.

Canada won the gold medal in 2000 and bronze in 2002.

The world championships alternate yearly between junior and senior ranks.

The next World Junior Championships will be held in 2006 in Torino, Italy. Because of his age, Lord will be eligible to participate.

Top level ball hockey competition isn't new for Lord. He was the youngest member of the Ontario junior team that won gold at the 2002 Canadian Championships in Newfoundland. In last year's championships in Mississauga, his team settled for silver, losing out to Newfoundland in overtime.

A Grade 12 student attending Banting Memorial High School in Beeton, Lord has been a member of the Beeton Ball Hockey League for the past six years.



KEVIN LORD: Stouffville Spirit forward will play for Team Canada in ball hockey championships in Martin, Slovakia, June 20 to 30.

Prior to joining the Spirit, he played midget hockey for the York Simcoe Express. The two sports, ice hockey and ball hockey are similar, he says.

"Ball hockey is a running game," Lord explains, "unlike ice hockey, there's no coasting."

He hopes in the near future ball hockey will be recognized as an Olympic sport.

For now though, he says making the world junior championships is one of the highlights in his budding hockey career.

An Invitation to Community Residents

As Southlake Regional Health Centre in Newmarket continues to plan for the opening of a new Regional Cancer Centre by the end of 2006, we are eager to share the many benefits that this state-of-the-art centre will offer to the over one million people who reside in York Region and south Simcoe County.

We invite you to attend one of the following Community Information Nights to learn more about the programs and services the centre will offer. A question and answer period will follow at the end of each session.

All sessions will be held from 7:00 pm to 8:00 pm

Tuesday, April 13

Richmond Hill

Elgin West Community Centre
1199 Bathurst St., Richmond Hill

Thursday, April 15

Aurora

Council Chambers - Town of Aurora
100 John West Way, Aurora

Monday, April 19

Bradford/West Gwillimbury

Bradford & District Community Centre
125 Simcoe Road, Bradford

Tuesday, April 20

East Gwillimbury

Council Chambers - Town of East Gwillimbury
19000 Leslie Street, Sharon

Thursday, April 22

Markham

Council Chambers - Town of Markham
101 Town Centre Blvd., Markham

Tuesday, April 27

Vaughan

Council Chambers - City of Vaughan
2141 Major Mackenzie Drive, Vaughan

Wednesday, April 28

Georgina

Council Chambers - Town of Georgina
26557 Civic Centre Road, Keswick

Wednesday, May 12

King

King City Community Centre
25 Doctors Lane, King City

A Community Information Night was held in Newmarket on March 31, 2004



SOUTHLAKE
REGIONAL HEALTH CENTRE

596 Davis Drive, Newmarket
905-895-4521, ext. 2423

Website: www.southlakeregional.org

Tradition is cherished, change is welcomed

OPEN LATE SATURDAY

and most stores

OPEN
EASTER SUNDAY

for your last minute one-hop shopping!

AND DON'T MISS



ONLY TWO DAYS LEFT!
Saturday April 10 & Sunday April 11.

when you spend \$25 or more on Easter items.

Visit www.shoppersdrugmart.ca or call 1-800-SHOPPERS to find the store open nearest you.

SHOPPERS
DRUG MART