

SPORTS DIGEST

Novice judokas make presence felt at provincials

Students representing the Sheffield Judo Club won four gold medals and two silver at the Ontario Novice Championships at Humber College in Etobicoke.

First-place finishes came from Marcus Chan in the nine-year-old boys' yellow belt division, Victoria Colclough, eight-year-old girls' orange belt, Tressa Sheffield, 10-year-old girls' orange belt and Lea Sheffield, 11-year-old girls' green belt.

Finishing second were Colleen Welch in the eight-year-old girls' yellow belt and her sister, Ceilidh Welch, in the 11-year-old girls' orange belt division.

For more information on the Stouffville-based Sheffield Judo Club, log on to: www.sheffieldjudoclub.ca

TriStar members come up with gym dandy effort

Four members of Markham's TriStar Gymnastics Club made their presence felt at the Wingym Invitational meet in Montreal by winning the Tyro 4 team trophy.

Team members were Alex Bezouska, 11, Amanda Popert, 11, Christina Bezouska, 11, and Alex Giroux, 13. The team was coached by July Gershovich and Jennia Muratalieva.



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ADVERTISING FEATURE IN OUR COMMUNITY

TOWN CENTRE MONTESSORI PRIVATE SCHOOLS



Town Centre Montessori Private Schools are proud to announce that our students raised over \$6,000.00 for the Red Cross Relief for victims of the Tsunami in South Asia. Thank you to the TCMPS families for their generosity and support.

A Former Back Pain Sufferer Speaks Out...

"I Got Rid Of My Back Pain Forever!"

My back pain was horrible! I tried everything imaginable to get rid of it but nothing worked. I tried Aspirin at first, but it didn't work. It hurt so bad I couldn't even pick up my children without wincing from the pain. I went to my doctor but he told me I would just have to live with the pain and take muscle relaxers and painkillers whenever my pain got bad. But it only got worse! I was about to talk about surgery until I attended a free workshop which revealed to me the truth about my back pain and the best proven way to get rid of it. I haven't had one attack of pain in 6 months! If you're even remotely curious about how to end your suffering, call (905) 640-4440 to book a seat at the next workshop Thursday, February 3rd at 7:30 p.m., at Stouffville Health Centre.

Fitness seminar benefits tsunami relief

John Leonard is concerned with the welfare of people affected by the tsunami that struck Southeast Asia Dec. 26.

And like many people, the Markham resident wants to do his part in providing relief for those in need.

As president of Fit 4 Real Fitness Inc., a Markham fitness institute, Leonard will do so through a seminar he will present at Angus Glen Golf Club Feb. 12.

Leonard's Evening of Health For Humanity begins at 5 p.m. and will deal

with issues pertaining to health, fitness and weight loss.

Registration is \$20 per person with all proceeds going to the Red Cross for Tsunami relief.

'...anyone that would like to learn how to transform ... lives and get fit in the new year.'

"It's for anyone that would like to learn the truth about how to transform

his or her lives and learn how to get fit in the new year," Leonard said of his seminar, "as well as make a contribution to a great cause to help those who desperately need it."

There is no limit as to how many people can enrol. In addition, all participants will leave with a gift.

For further assistance, log on to: www.fit4real-fitness.com or contact Leonard at: john@fit4realfitness.com or call 905-201-6804.

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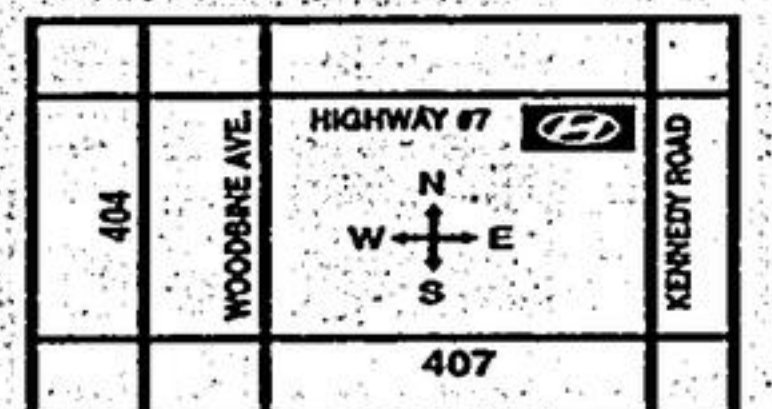
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