

## EVENTS: Stouffville Terry Fox Run

# Clowns, cheerleaders wanted

Whitchurch-Stouffville's Terry Fox Run is looking for clowns, cheerleaders and musicians.

This year's run is on Sept. 19 starting and finishing at the Lebovic Leisure centre.

The event includes 2, 5 and 10km routes and is open to walkers, cyclists, roller-bladers, strollers, wheelchairs and runners.

All funds raised go to cancer research.

"We'd love to have more musicians along the route and would love to have a group of cheerleaders or clowns for our finish line," said co-ordinator Sandy Schell Kennedy.

The route utilizes the new Stouffville trail system and local streets.

Participants are asked to collect pledges or make a donation. Find out more at [www.terryfox.org](http://www.terryfox.org)

Stouffville residents raised \$97,563 at the 2009 run, making it the fifth highest money maker of all runs in Ontario.

Since 1982, the local run has raised more than \$1 million.

## Earth Day funding available

Feeling earthy, Whitchurch-Stouffville?

Up to \$20,000 in funding is available from Earth Day Canada's Community Environment Fund for environmental projects spearheaded by not-for-profits, charities and schools within Ontario.

Created by Earth Day Canada, a charity that provides Canadians with the tools needed to lessen their impact on the environment, in partnership with grocery retailer Sobeys Ontario, the fund recognizes the impact of grassroots initiatives and provides organizations the opportunity to develop sustainable projects that educate and inspire action.

Projects eligible for funding must benefit the local community and environment and be open to the public.

Projects funded previously include community gardens, outdoor classrooms, youth and environmental engagement programs for schools and restoration projects.

For more information or to get involved, contact Mrs. Schell Kennedy at 905-640-4705 or [schellkennedy@rogers.com](mailto:schellkennedy@rogers.com)

Application deadline is Aug. 31. For more information or to apply, go to [www.earthday.ca](http://www.earthday.ca)

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### Roasted rack of veal with a parmesan herb crust

Are you pondering what dish to serve for your next dinner party? A delicious entrée that is sure to impress your guests is Chef Andy Zikas' Roasted Rack of Veal with a Parmesan Herb Crust from Concord Food Centre.

For the recipe go to [DailyWebTV.com](http://DailyWebTV.com).

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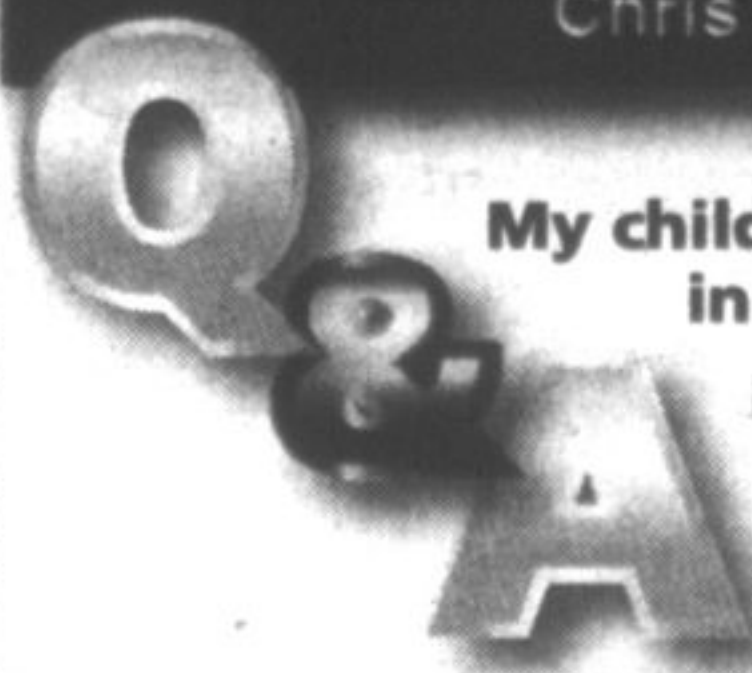
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# Experts

Put your trust in a local professional...they're here to help YOU!

## Stouffville Taekwondo Karate Inc.

Chris Ridabock



My child is interested in martial arts - How do I choose the right school for us?



Visit different schools and speak with the instructors, students, and parents. Classes for kids should focus on building confidence, respect, and self discipline in a safe, fun, high energy, family oriented environment. Attitude is everything, so make certain you see a positive outlook that matches with your goals and expectations.

Next, ask if there is a trial program to see that there is a good fit with the instructors. Does the direction of the school fit with yours and your child's goals for the future?

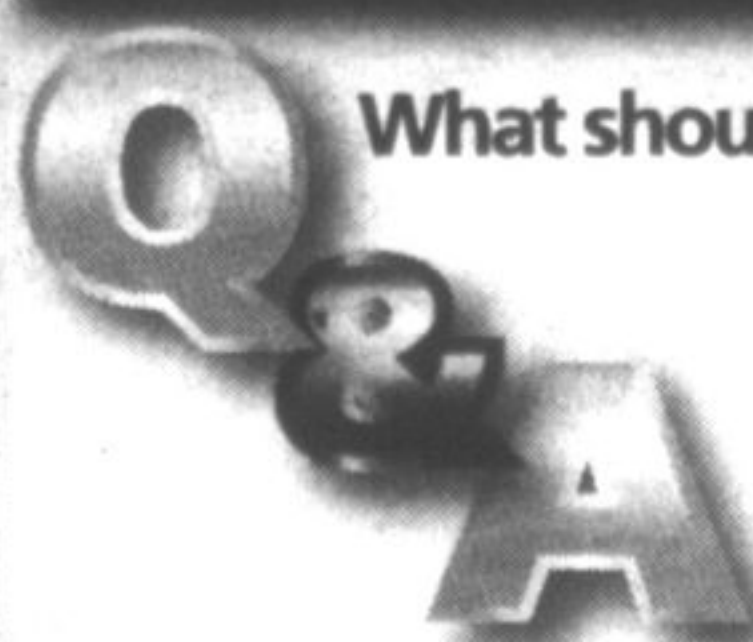
Then, once you've weighed the options, jump in and have fun!



Chris Ridabock is a Taekwondo black belt and instructor at STK. [www.s-t-k.ca](http://www.s-t-k.ca) 905.591.4STK

## Personal Trainer

Kevin Selwood



What should I eat before exercising?



The major source of fuel for muscles is carbohydrates, which is subsequently stored as glycogen. A pre-exercise meal should include foods that are high in carbs and easy to digest. This includes pasta, fruits, breads, energy bars and drinks.

Examples of pre-workout meals: 3-4 hours before a workout try fresh fruit, bread, bagels, pasta with tomato sauce, baked potatoes, energy bar, cereal with milk, bread with peanut butter, meat, or cheese...With 2-3 hours before your workout, try fruits, bread, bagels, pasta or yogurt. 1 hour before workout try fruit such as apples, watermelon, peaches, grapes, oranges, or a sports drink.

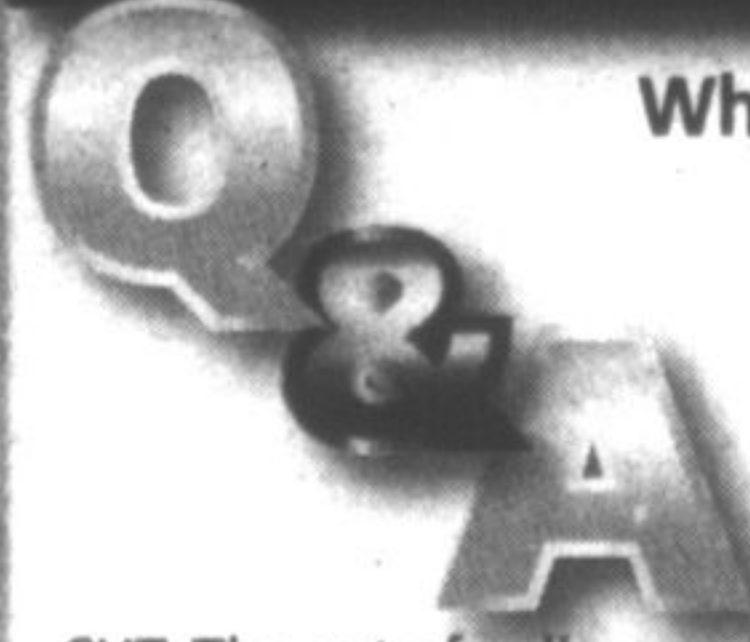
Written by: Personal Trainer Kevin Selwood



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905.642.6300  
[snapfitness.com/stouffville](http://snapfitness.com/stouffville)

## Jeweller

Scott Silver



What determines a diamond's value?



When it comes to determining a diamond's quality and value, there is a universally accepted standard known as the four C's.

**CUT:** The cut of a diamond determines its ultimate beauty. A diamond cut to correct proportions will give off an unrivalled radiance. Cut a diamond too shallow or too deep, and the light will escape through the bottom or the sides.

**COLOUR:** As a general rule, the less colour a diamond has, the brighter the appearance. Truly colourless gems are extremely rare.

**CLARITY:** Refers to the number of imperfections in the diamond, known as inclusions. Most diamonds have inclusions; the fewer the inclusions the more rare and valuable the stone.

**CARAT WEIGHT:** Diamonds are sold by weight in carats. The heavier the diamond, the more valuable it is. But bigger doesn't necessarily mean better. Quality is found in diamonds of all sizes.

**EVANGELOS JEWELLERY** 5892 Main St., Stouffville (beside Giant Tiger) 905.642.8028