

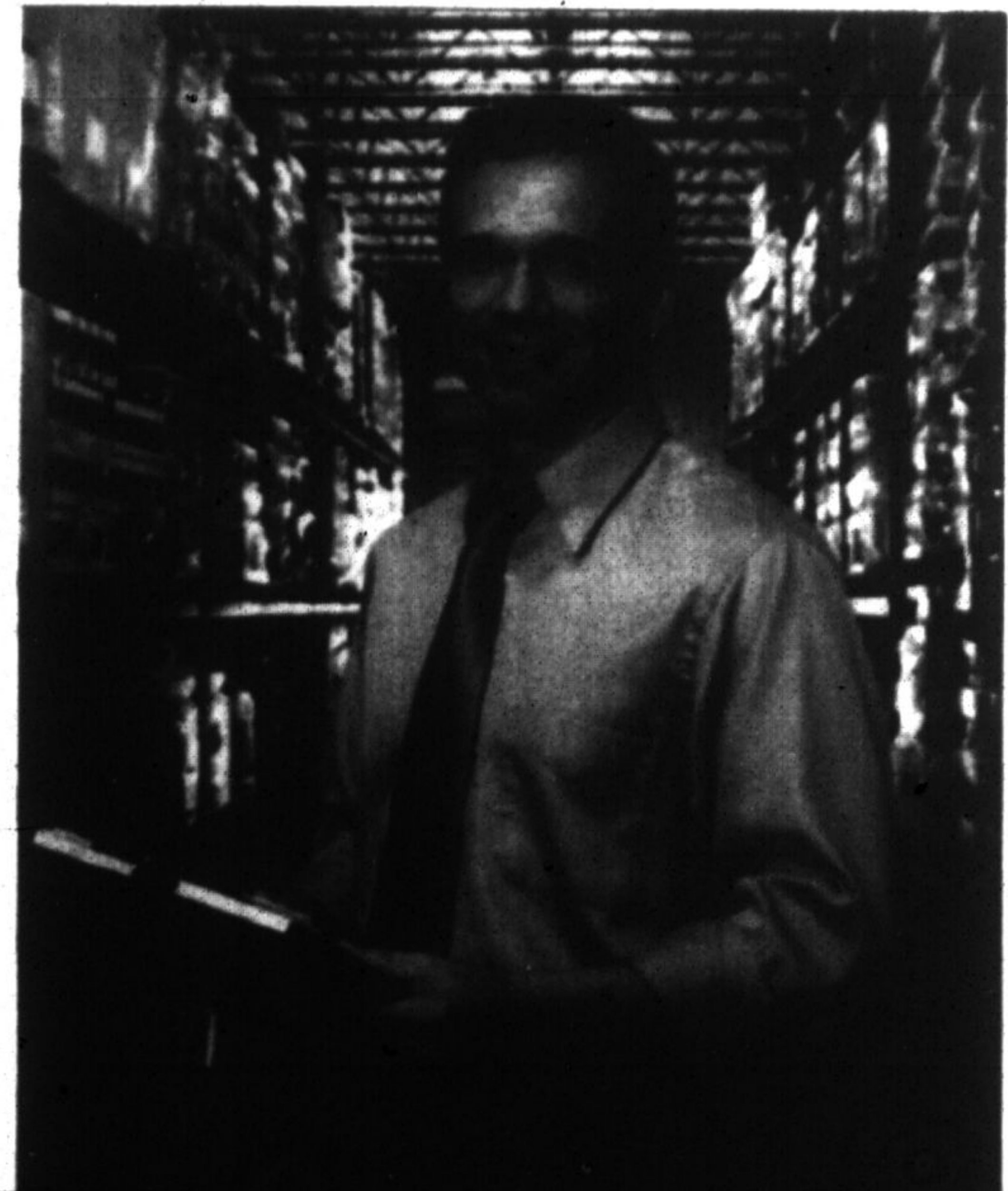
# LocalWork.ca

YOUR BEST SOURCE FOR LOCAL JOBS

LocalWork.ca is more than just a job board. We're the premier source for local job opportunities in Ontario's heartland. We don't just provide job listings, we put you in control of your job search with an array of job search features and tools.

On LocalWork.ca you'll find exact match search results and be able to search by job type, city and distance from your home. You can also create multiple profiles and upload resumes, set job alert notifications & saved searches and apply to jobs directly from the site.

LocalWork.ca puts the power to manage your job search into your hands - After all, the most important 'Free Agent' on the market is you!



Take back your life.

## YOUR 'DREAM JOB'

is closer than you think!

LocalWork.ca is operated by Metroland Media Group Ltd. and is supported by over 100 newspapers and websites across Ontario.

You could call us recruitment experts!



## ARRIVE ALIVE....

### Please Don't Drink and Drive

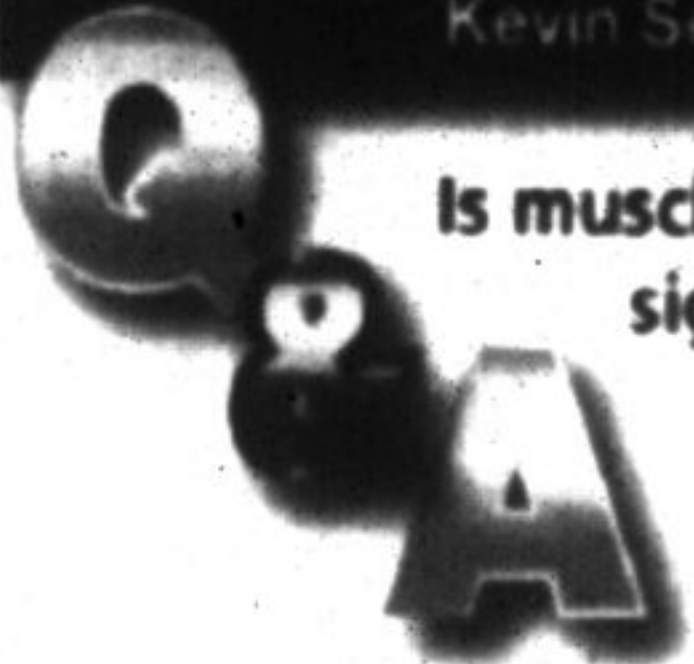
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# ASK THE Experts

### Personal Trainer

Kevin Selwood



Is muscle soreness a sign of a good workout?



Muscle soreness generally is caused by a build-up of lactic acid in the muscles and usually lasts 24 to 48 hours. Generally speaking, muscle soreness is a sign of a good workout, and can be somewhat rectified through stretching and light cardio targeting the sore muscles, causing the lactic acid to loosen and reducing soreness. As a general rule, allow sore muscles to rest for 48 hours.



5892 Main St., Stouffville  
905.642.6300  
snapfitness.com/stouffville

### Stouffville Taekwondo Karate Inc.

Dominique Bosshart



Are martial arts appropriate for children?



As a former Olympian and now Taekwondo teacher, I believe that when properly taught, martial arts is an activity appropriate for people of all ages ranging from young children to older adults. The body is meant to be exercised, and Martial Arts are an ideal method. It builds confidence and self control. It teaches respect for yourself and others. Taekwondo changed my life by really helping me to "come out of my shell". When I started it was really the physical part that drew me, but now we focus a lot on using martial arts as a conduit for character development. Our STK classes feature 45 minutes of safe martial arts practice each day, in a fun filled learning environment that we balance with an after school program that includes homework time, art and Hip Hop dance.



Dominique Bosshart is an Olympic Medalist and Black Belt Instructor at STK.  
www.s-t-k.ca 905.591.4STK

### Jeweller

Scott Silver



Why doesn't my diamond ring sparkle anymore?



It may not be sparkling for the simple reason that your diamond needs a cleaning. Through daily wear, a build up of dirt, hand cream and natural oils adhere to your diamond, stopping the ability of your diamond's natural brilliance to shine through. A professional cleaning by our jeweller will bring back the sparkle to the diamond you once loved. Please visit our location at 5892 Main Street, in the Giant Tiger Plaza, where ring cleaning is always free of charge.

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