

Free-throw shooters advance to regional finals

A pair of 11-year-old Stouffville basketball sharpshooters have advanced to the fourth stage of the Knights of Columbus free-throw shooting playdowns.

Marcus Faminial of St. Bridgid School and St. Mark's Rhianne Alphonso both won titles at last week's district finals in Markham.

They will compete at the next level of challenge later this month in Oshawa.

Four teams in OMHA hunt

Four Stouffville Clipper teams are alive in the Ontario Minor Hockey Association playdowns.

The Clipper novice AA, novice AE, atom AE and juvenile squads remain in the hunt.

Under a York Simcoe Minor Hockey League pilot project, fewer teams are playing for the big prize of an OMHA, or possibly Ontario Hockey Federation, championship this minor hockey season.

It reduced the number of OMHA qualifiers to four per category from eight.

The rest of the teams play for York Simcoe titles.

For playoff schedules, go to ysmhl.net and omha.net

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Heart Month

is the Heart and Stroke Foundation's key opportunity to reach millions of Canadians in February and alert them to the risks of heart disease and stroke. Today, heart disease and stroke take one life every 7 minutes and 90% of Canadians have at least one risk factor.

Our hearts and bodies are fragile and no one is safe from the risk of heart disease and stroke. Yet, there is so much we can do to protect them. This is why it is so critical that we rally together in raising funds for life-giving research that can help extend the lives of all Canadians.

Canvassing: The centre of Heart Month

Volunteers are the face and the voice of the Heart and Stroke Foundation and Heart Month is a critical time when we depend on you to share our message.

One of the most important initiatives in Heart Month is door-to-door canvassing. Our team of volunteers canvasses neighborhoods across Canada raising vital funds to give Canadians longer, fuller lives.

This is your opportunity to create a movement in your community – a movement toward better health.

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