

Readers opinion...

Luke's spirit inspires family

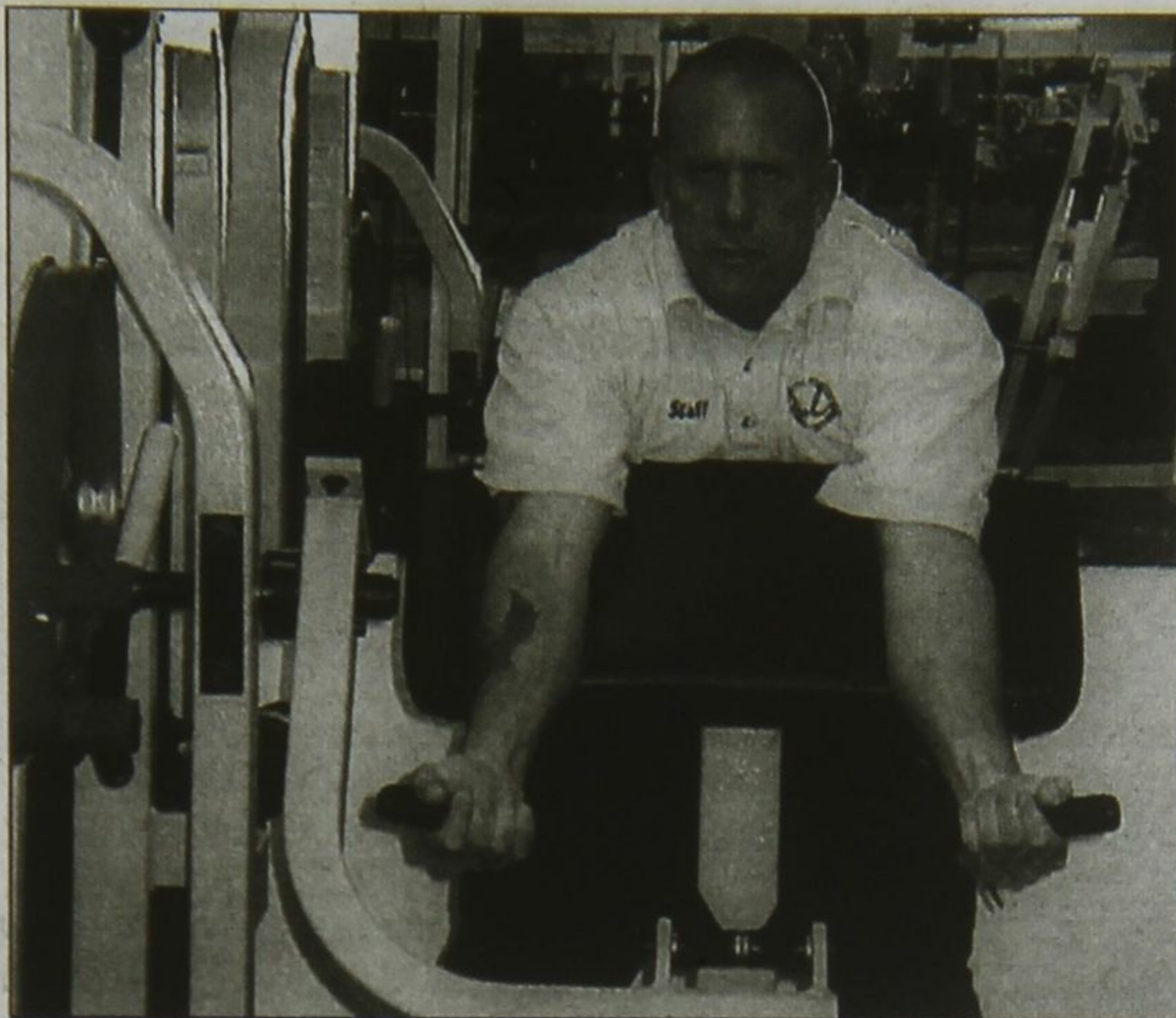
To the Editor:

First, let me tell you that we do appreciate *Stouffville This Month*, enjoying the local stories and activities that are up and coming.

We especially appreciate the article *Luke Soup*, by Luke Anderson. Wow -- what a great spirit of perseverance and positive attitude he has. Mind you, we realize that he comes from great parents. His story of 'racing' in his wheelchair was delightful.

Luke, may you continue to embrace your cheerful spirit, in spite of difficult circumstances. We're praying for you.

The Fawcett Family
Stouffville



Owner Bruce Connell works out at The Pulse Total Fitness on Ringwood Dr. The facility caters to clients aged from 11 to 82 and offers a variety of fitness programs geared to individual needs.

Canadian champion trainer at local gym

These days, you don't have to leave town to keep fit.

Whitchurch-Stouffville offers all kinds of options, from clubs which cater exclusively to women, to state-of-the-art gyms with programs designed for individual needs. Bruce Connell, owner of The Pulse Total Fitness, had been looking for suitable space in Stouffville for several years before he found what he was looking for on Ringwood Drive.

His facility includes a comprehensive range of exercise and workout equipment and offers personalized programs for clients aged from 11 to 82. "Laura Binetti, who is Canada's most famous body builder, heads up all the training here," said Mr. Connell. "She's won more competitions than any body builder in this country, male or female."

Ms. Binetti retired from competition in 2000 after winning the Ms. Pro World championship, and her programs include fitness consultations, weight training, one-on-one instruction and diet plans. She also offers a special body building contest preparation course for those interested in more competitive fitness activities.

For more information call 905-642-9195.



Tuesday, July 1st Fireworks

2:00pm Park Pavilion	Downtown Historical Walking Tour	Meet at Memorial
	Approximately 2 hours	
2:00pm-4:00pm Hall	Wine & Cheese Open House Celebration	Stouffville Legion
5:00pm-7:00pm	Chuckle Berry's Family BBQ - by Leadbetter Meats	Memorial Park
5:00pm-9:00pm	Strawberry Fields Forever Shoppe *Festival Memorabilia *Fun Foods *Glow Sticks	Memorial Park
6:00pm-9:00pm Pavilion	Blackboard Blues Band	Memorial Park
8:00pm	Canada Day Cakes	Memorial Park
9:45pm	Canada Day Fireworks	Memorial Park

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N&A AUTOMOTIVE
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