



Guelph Mercury **tuesday**

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'MUSCLE DOESN'T KNOW AGE'



TONY SAXON, GUELPH MERCURY

Guelph's Marla Arndt won the Fitness Star fitness modelling competition in Toronto on the weekend. She beat eight others in the Masters class.

At age 48, Guelph's Marla Arndt is at the top of her fitness modelling game; her family's proud with good reason

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GUELPH — Twelve weeks of intensive training paid off for Marla Arndt as she triumphed at a fitness modelling competition in Toronto.

To prepare, the 48-year-old concentrated on her diet and exercise while giving up "vices," such as red wine.

The payoff was a first-place finish Saturday in the top level at a Fitness Star competition at Toronto's Palais Royale, defeating eight people in her class. At the Masters level,

Arndt is considered a pro athlete. In all, there were 100 athletes at the Fitness Star competition.

"It was fabulous, different from any competition I had experienced," said the svelte, married mother of three boys, who caught the fitness bug after struggling with weight issues as a teen.

"My family's proud of me; I'm proud of me."

The fitness modelling competition showcased athletic physiques, rather than the rippling muscles of bodybuilders.

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“It was fabulous, different from any competition I had experienced.

Marla Arndt, svelte, married mother of three

Saving old Guelph

Developer restores classic architecture

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GUELPH — Is entrepreneur and informal architect Tom Dowd the solution to all Guelph's downtown problems? One city councillor seems to think so.

"If we had 10 Toms downtown, we wouldn't have an issue with Guelph's downtown," Ward 1 councillor Bob Bell said enthusiastically. "There are things politicians can do, but what the downtown needs is more entrepreneurs to create the same things Tom has. That's what we need."

Dowd, 43, has all but single-handedly restored three floors and nearly 3,500 square feet of the historic Alma Block of Wyndham Street to its original state — but up to code, of course.

"This is potentially the most impressive block in the downtown, if you're into architecture," Dowd says, marvelling at the hundreds of feet of limestone facing the north and south of his Alma Gallery. "This is impressive in any city. Can we find this in Toronto? I don't think we can."

When Dowd bought the roughly 140-year-old structure in 2005, the second floor was close to being condemned. Its ceiling leaked, the windows were sheathed with plastic — if they were covered at all — and a heating system was nonexistent. A toilet and paint-spattered industrial sink were all that trimmed the dilapidated floor.

He began by gutting the upper floors of 133 Wyndham, where he built four apartments, complete with 12-foot ceilings, eight-foot arched windows that overlook the street below and the refinished original hardwood floors.

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TONY SAXON, GUELPH MERCURY

Back at the track

Harness racing returned to Grand River Raceway in Elora for the 2009 season yesterday. A horse and driver head out onto the track in this photo. Racing will continue until late October.

On strike two years and no end in sight

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ERIN — A strike at the Guardian Fibreglass plant in Erin is approaching the two-year mark.

A United Steelworkers of America official said the company is unlikely to return to the bargaining table until the economy turns around.

The plant, which produced fibreglass insulation, has been dormant since early June 2007. At that time, 84 unionized employees walked off the job over plans by Guardian to freeze wages and cut benefits. Mary Simms, USWA Local 271G staff

representative, said just 47 of those employees continue to maintain the picket line at the entrance to the facility. Others have moved on to other employment. Picketing continues daily and around the clock, she said.

"Nothing has changed," Simms said.

"I wish I could tell you different. The company doesn't want to come back to the table, so there we sit."

Dan Pyke, the plant's manager, confirmed that the strike is ongoing. He referred further questions to a Guardian official in Michigan, but that official was unavailable.

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GREG LAYSON, GUELPH MERCURY

Local architect and property owner Tom Dowd sits on a beam and floor joists he converted into a bench.



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Video views: John McKay reviews this week's DVD releases

A LOOK AT TOMORROW'S WEATHER
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TESTIMONIAL

I have been training with Albert for almost a year now. He helped me to lose 30 pounds through his nutritional coaching while my energy level, conditioning and strength have improved. Albert has helped me to gain confidence through his encouraging, compassionate and selfless training. My family and friends cannot believe the changes in me and I owe it all to Albert.

Debbie Belisle



The body YOU want... **TODAY!**

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