

BEST COMMUNITY HEALTH STORY

FEATURES

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Mark Hodess is living his dream

Last year's Suburban-Energie Cardio contest winner now 100 lbs lighter



Energie Cardio MDG owner Darlene Fraccaro, Mark Hodess, Michel Labouesse, and manager Jessica Fournier. On the way to losing 100 lbs, Hodess had to purchase a whole new wardrobe — over and over again. "I'm on my third set of new clothes now and I can't keep up," he says.

Anthony Bonaparte

In December 2010, Mark Hodess entered The Suburban's Energie Cardio weight-loss challenge—a contest that invited readers to tell us why they should win an intensive eight-week Kilo Cardio training program valued at \$1,700.

The then 42-year-old father of three was in poor physical shape, weighing in at close to 300 lbs, and sent a touching letter that said his own father passed away when in his early 50s. "He missed out on a lot of my life and his grandchildren's lives and I want to make sure that I'm around for them and to enjoy their children and their lives," said Hodess at the time.

Needless to say, he was one of the 12 lucky winners. The Côte St. Luc resident then worked out three nights a week with his Energie Cardio personal trainer and twice more on his own. His program included a combination of cardio exercises, weight training and a healthier diet.

It led to a loss of 30 lbs in the first six

weeks.

Fast-forward one year later and Hodess has topped that total to an astounding 100 lbs—one third of his initial body weight. His new motto: Living a dream. "Going from close to 300 lbs to what I weigh now and from a size 48 to a size 34 pair of jeans, that is living a dream."

The loss took some work. Last March, at the end of his initial eight-week session, the owner of Money for Clutter, a residential furniture liquidating company, signed up for an entire year, hitting the gym three times a week. During the first three months Hodess had the help of a personal trainer and says he couldn't have done it without her. "Energie Cardio was crucial to my success," says Hodess.

"The difference between joining a gym with a trainer and joining without one you can't even compare."

As for what he ate: "I don't diet—that's my number one rule—and I don't count calories. What I do is I watch my portions and choose much healthier foods," says Hodess, adding that the key is not depriving oneself. "If I want something I'm going to have it, but in a smaller size and less often. If you deprive yourself too much of your

favorites you'll be miserable. And I know that from experience."

Losing that much weight also meant purchasing a whole new wardrobe—over and over again. "I'm on my third set of new clothes now and I can't keep up," says Hodess.

first met, he said he was too big to fit on a swing to play with his kids. No more. "He sent me a message one day that said: 'For the first time since my children were born I've been able to sit on a swing with them.' It's been communication like that over the most year that brought me close. It helped

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ANTHONY BONAPARTE

The Suburban

An inspirational story of weight loss in a time when some of us could lose a few pounds ourselves. Bonaparte provides a clean crisp lead and many great quotes such as lifting a 70 lbs weight to the signification of what Hodess lost.

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Mother and daughter travel south for MS surgery



Pictured are mother Betty Grievé and daughter Mary-Beth Goyette who recently travelled to the United States for MS symptoms. A fundraiser was held on to raise money and support for the work.

Grievé about her daughter, adding that any hopes of the procedure as a downhill to the health care system. "That's a lot of expense and think of all the people that don't have a chance to have it," said Grievé.

"It's almost a year and a half ago that it came out Dr. Zamboni when he did that treatment," said Grievé, referring to the controversial procedure developed by Canadian physician Paolo Zamboni.

Also known as "liberation therapy" the Zamboni treatment is said to help alleviate, and possibly cure MS symptoms by unblocking major veins which are believed to limit the amount of iron able to reach the brain.

The surgery has encountered criticism by some professionals in the medical field who cite a lack of research done on the procedure, calling Zamboni's findings anecdotal.

sees the exclusion of the procedure as a downhill to the health care system. "That's a lot of expense and think of all the people that don't have a chance to have it," said Grievé.

"We came out to support Betty and her daughter. We all pretty well went to school together, so a lot of her old classmates are here. We want to do whatever we can if she can have a better quality of life," said Belair.

"She's very good to every-one in this town, she's very supportive. The whole family is," said Lorna Turner.

Belair from organizing Friday night's event, the pair have also created a joint bank account at Scotia Bank travel and the ultrasound required both before and after the procedure. The pair estimate their total expenses at just over \$10,000 each.

Sitting around their kitchen table the two women

2

JULIELEE STITT

The Equity

A solid story about a mother and daughter travelling to get a controversial MS treatment. Stitt does well to report on the treatment and some concerns over it.

NUNAVIK

An oasis of hope in downtown Montreal

Annie Pisuktie of Chez Doris reaches out to Inuit women

The day shelter encourages Inuit clients to keep in contact with their families in the North. Most of the Chez Doris' Inuit clients are from Nunavut, others are from Nunavars, and a smaller group comes from Nunavars.

Pauline Harrison has been coming to Chez Doris for the past 28 years, since she moved to Montreal from Inuituk. Although she is financially independent, she visits the day shelter every day to meet with other Inuit women.

"It's a safe place," she said. "It keeps us sober and gives us what we need. And Annie's the best thing that ever happened to us—it's really nice to have someone listen to our problems."

The outreach position was a project developed by Chez Doris with the help of



A Friday afternoon at Chez Doris day shelter in Montreal brings fellowship, fun and good food. Annie Pisuktie, (far left), the new Inuit outreach worker at the shelter, poses with visitors May 13 during one of the shelter's weekly Inuit afternoons, where she serves country food and shows Inuit language films. Pisuktie's job is funded by Health Care. (PHOTO BY SARAH ROGERS)

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SARAH ROGERS

Nunatsiq News

Rogers provides a classic profile on Anne Pisuktie that gives a warm narrative and invites the reader to learn more about Chez Doris and Inuit women.

Judge: David Secko, Associate Professor, Concordia University/Dept of Journalism, Montreal, QC • Number of entries in the Best Community Health Story category: 15

BEST SPORTS PHOTO

1



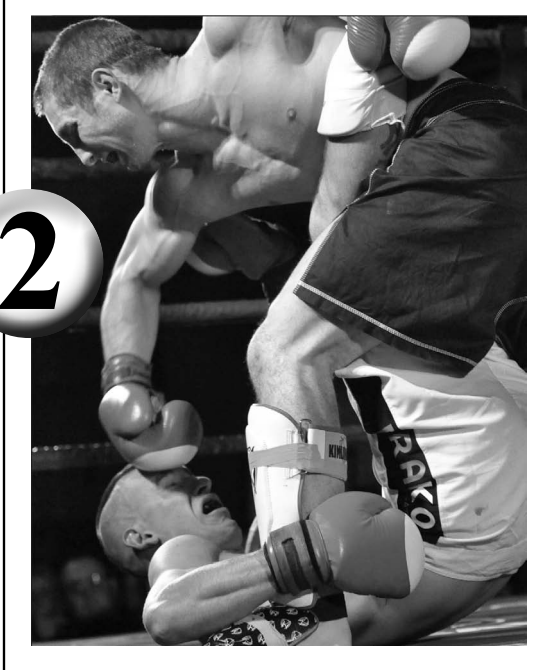
Bristol goes to the dogs

DANIELLE SACHS

The Equity

As mentioned, emotion and action are the key elements of a strong sports photograph, and this one has both. Of course, you have to look at the real athletes in this photograph as being the dogs and not the driver. Danielle picked a position on the course that was ideal for close-up action, and foresight and anticipation in sports photography will more often than not result in great photographs.

2

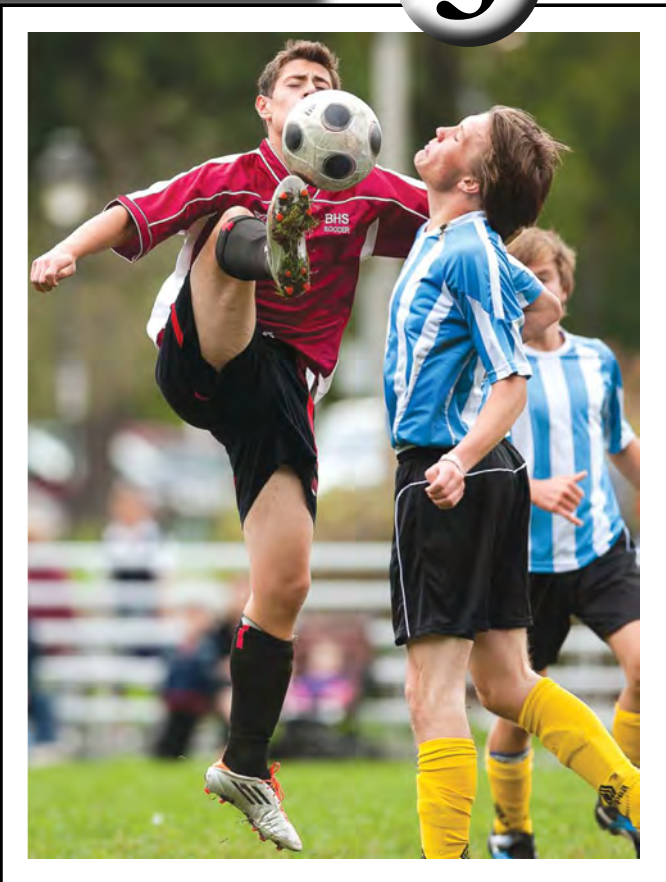


RICHARD TARDIF

The Eastern Door

This was a close second overall, as it too showed the emotion and action of a good sports photograph. Richard did an amazing job focusing in on both fighters.

3



ANDREW SOONG

The Suburban

This was another solid shot and just edged a couple of others for third place, with on-the-spot action winning out over some emotion.

"Overall, this was a category that varied greatly in terms of sports photos. Sports is about in-the-moment emotion and action, and any photographer assigned to sports photography should be looking through their camera lens to capture one, if not both, of these dynamic characteristics that give life to a sports photo. There were a few very good photographs in this category that managed to capture these elements, while some others managed to get one or the other. Unfortunately, there were also some that missed the mark altogether and showed very little effort or understanding of the sport they were shooting to bring these elements into their photographs. One bit of advice to sports photographers would be to be adventurous in your shooting — this is when the best shots will just appear in your lens."—Kevin Higgins

Judge: Kevin Higgins, Manager / Editor, The Beacon, Gander, NL • Number of entries in the Best Sports Photo category: 14