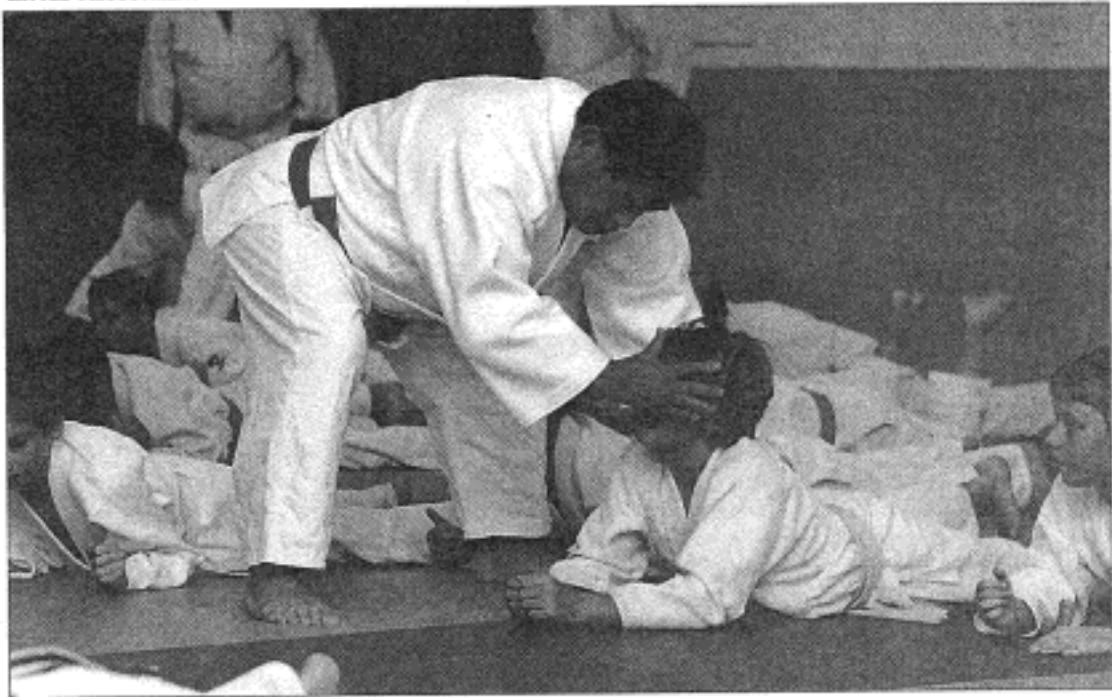


Sports

LITTLE ADJUSTMENT



ROGER TEMPER PHOTO

Hisakazu Takahama, an 8th-degree black belt from Japan, helps a student warm up from the Vernon Judo Club Monday night at the Vernon Judo Club. Takahama is on a visit to Canada.