

Expert offers tips on how to gear up for maximizing enjoyment on the ski slopes

As excitement around the Winter Olympics in Calgary builds, attention is focused on that breathtaking sport—skiing. Amateurs and professionals alike will be gearing up for this favorite winter pastime.

According to Wendy Stokes, a profes-

sional ski instructor and a consultant to the Biopractic Group, makers of Mineral Ice coolant gel, building up to the challenge of the slopes should be done gradually.

Start with a program of mild stretching exercises. And, review these important

tips:

1. Don't ski past your limit. Stop! Skiing when you are overly tired can cause you to push too hard.
2. Warm up. If you are returning to the slopes from a break, stretch again.
3. Be constantly aware of snow conditions. Read the boards that post conditions on each slope.
4. Don't go on slopes where you don't belong. Stay with the slopes suited to your skills.
5. Always ski in control. This means no alcohol or going too fast for your own abilities.

Remember that, when cross country skiing, you'll be using many muscles you've never used before. Take it easy at first and slowly build stamina.

It's common at the outset to be sore. A terrific product to reduce the pain of sore muscles is Mineral Ice coolant gel.

Alleviating muscular pain

Based on the principle that the application of cold can be beneficial and bring relief to muscular pain and strains, it helps to cool down the affected area, bringing immediate relief. Repeat applications until the pain subsides.

To keep feet that have been encased in heavy boots all day feeling more comfortable, try rubbing in a nourishing foot cream such as Foot Miracle. It will soften callused areas and leave the feet feeling smooth.

For more serious foot pain, the makers of Mineral Ice have introduced a super-strength formula just for feet, called FootMedic.

Send a self-addressed, stamped envelope to the Biopractic Group, P.O. Box 5300, Phillipsburg, NJ 08865, and they will send you a Mineral Ice sample to take on your next skiing trip.

Protection from glare

Since there is definitely a glare on those snowy white slopes, Wendy cautions skiers to wear a good sun screen and wrap-around goggles. And, she adds, have fun!

Taking performance objectives too seriously dampens the spirit of spontaneity and freedom that goes hand-in-hand with the sport.



WHILE WATCHING the 1988 Calgary Winter Games, cuddle up under a warm portable throw. The hottest idea in warming trends is the new Sunbeam Cuddle-Up Automatic Heated Throw. By selecting your own level of warmth, these heated throws provide personalized comfort anywhere in the house. You can use the Cuddle-Up heated throw like an afghan to cover your shoulders and legs, keeping you warm and cozy while watching the upcoming Winter Games on television. Use it in drafty parts of the house, instead of turning up your home thermostat. This lightweight 50"x60" heated throw has a 10 foot cord which provides mobility in use. Not only can you use the Sunbeam heated throw anywhere in your own house, you can use it in a second home or cottage, a college dorm, and even take it with you when you travel. It's a great gift idea, too! So, cuddle up to your TV in February for the 1988 Calgary Winter Games. It's a warm way to enjoy a winter sport.

Downhill skiing: Increasingly popular

The popularity of downhill skiing has increased dramatically with the help of outstanding skiers such as Phil Mahre, Bill Johnson, Andy Mill and Karl Anderson.

In fact, downhill skiing is the fastest growing sport in the United States. With its increased popularity around the world, it is fitting that the sport is depicted on the first coin of a 10-coin series of Olympic silver coins from the Royal Canadian Mint.

"This coin really captures the excitement and beauty of downhill skiing," said 1984 slalom gold-medalist Mahre. "As well, it commemorates the spirit of Olympic competition."

Although downhill skiing is now one of

the most popular Olympic sports, it was not included in the Winter Games until 1936.

Since that time, outstanding athletes such as Jean-Claude Killy, Ken Read, Todd Brooker, Buddy Werner, Billy Kidd and Dick Durrance have helped to increase exposure of the sport internationally.

The design of the coin is extremely accurate. The downhill skier is depicted in a racing crouch, forcing his skis into the hill.

His eyes are a study in concentration as he focuses on the challenges ahead, knowing that one off-balance turn or mistake can result in a fall.



SPORTS PROFESSIONALS rely on excellent products to maintain a high-performance level. Professional ski instructor Wendy Stokes recommends this winning trio from the Biopractic Group: FootMedic, Mineral Ice and Foot Miracle, for complete foot care. They're the answer for tired feet that have been in heavy ski boots.

Advantages of waxing skis

Maintaining your skis in top shape is not the chore and mystery it once was. Highly refined waxes with wide temperature ranges eliminate the need for exotic mixing, and make application a snap.

The basic principle behind waxing is to reduce friction, improving speed and control. The more smoothly the skis run

on the snow, the easier they are to maneuver.

Unwaxed skis are porous, and even new skis are not truly flat. These imperfections, however slight, affect the skier's performance.

As snow conditions change from ice to slush to corn, there are further changes

due to increased friction.

Racers know the obvious advantage of speed as a result of waxing. When events often are determined by thousandths of a second, wax may be the only advantage. Waxing aids in smoother running, and precious time is gained through more

precise control.

You may not be a racer, but the same advantages of waxing for competition will greatly improve your recreational skiing experience.

Expert offers valuable pointers for pre-game eye care, viewing sports

They ought to award medals to Winter Olympics spectators, says the chairman of the American Optometric Association's Sports Vision Section.

Then maybe people would pay more attention to their chief piece of game-watching equipment: Their eyes.

"Whether you're going to the games, watching at home or joining friends before a big screen, you'll get a better view if you plan now to make the Olympics easier on your eyes," says Jim Carlson, O.D., of Kirkland, Wash.

At the top of Dr. Carlson's pre-game eye care advice list is having any symptoms of vision problems checked out by an optometrist.

"If you're already seeing blurry, or if your eyes get tired and you get headaches from a long stint before the TV, you'll probably cut your game-watching time short or miss some of the action," Dr. Carlson says.

Appropriate accessories

For those going to the games, Dr. Carlson recommends taking along binoculars for a closer view, and a good pair of sunglasses for eye comfort and protection.

"At the outdoor games, you'll be exposed to a lot of wind and glare, and a heavy dose of ultraviolet radiation. You'll need sunglasses that block 75 to 90 percent of the light and have maximum UV protection," Dr. Carlson explains.

Good sunglasses can help prevent external eye irritation from UV radiation or

squinting, as well as the tension and fatigue associated with it.

In addition, maximum UV protection now may help prevent the development of some serious eye health problems later in life.

Avoid vision problems

Good sunglasses also help prevent bleaching of the eye's retina by too much sunlight, a situation that can cause a temporary impairment of night vision.

For those who plan to watch the Winter Olympics on television, Dr. Carlson says a five minute eye break every hour will help ease stress and tension from staring at the screen.

"Go get some refreshments. Look out the window. Walk around and let your eyes relax by focusing into the far distance."

"You'll be surprised at the difference this will make in how you feel at the end of many hours of watching television," Dr. Carlson suggests.

TV watching tips

Other good advice for television viewers is to adjust the set properly, avoid glare from windows and lamps, keep overall room lighting soft, and watch from a distance five times the width of the screen.

And, Dr. Carlson says, "If you want to win a gold medal as a Winter Olympics spectator, wear whatever prescription eyewear you need to see well."



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