



Set for Ontario Games

The cross-country team above will represent southern Ontario in the Ontario Games, to be staged this weekend in Thunder Bay. They were selected after two tough competitions, the last on Sunday at Mountainview Ski hills near Midland. In the front row, left to right, are Linda Waisanen of the Jack Rabbit Club in Toronto, Sylvie Speiss of the University of Toronto, Shelagh MacDonald of Jack Rabbit, Iva Cejnar of Toronto's Sisu Club in Toronto, and her sister Dagmar Cejnar, also of Sisu.

Standing in the back row, left to right, are Drew Irvine of Jack Rabbit, Don Foster of Midland, Peter Saar of the Estonia Club in Toronto, coach Heinz Niederhauser of Toronto, Risto Santala of Sisu, and Bill Brooks of the Old Orchard Club in Peterborough. Racers travelled a difficult 5-kilometre route at Mountainview. Skiers from across Ontario, some less than 10 years old, competed in the annual Midland Cross-Country Ski Race.

The YMCA could help

What about that New Year's resolution?

Now is the time to do something about your personal physical fitness. If your endurance is low, if your muscles are losing their tone, if your waist and hip measurements are increasing, if you are overweight, if you are out of breath after brief exertion - then there are three things you should do.

One is to admit to yourself that your fitness level is not as good as it could be. Secondly you should realize that building and maintaining a good degree of fitness is important to you and that you should make it a priority. Thirdly do something about it.

The Y offers opportunities for both men and women to get in shape and fitness can be fun when working out with others.

Try the men's early morning times, the ladies' morning and evening classes, or the noon hour

program for men and women. Call the Y now for details. GET FIT!

Kindergym

Gym classes for five and six-year-olds where these children are introduced to games, exercises and gymnastics will begin a new 10-week course on Saturday, Jan. 11. Call the YMCA now to get one of the last spaces available for this program.

Camp Kitchikewana

Application forms are now available for both boys' and girls' camping sessions this summer. Boys register for two or four weeks in July and

girls register for two or four weeks in August. The director of Camp Kitchikewana in 1975 will again be Austin Matthews, general secretary of the Midland YMCA.

Snow Shovelling

This is the time of year when many people have to shovel off driveways and sidewalks. The common sense way to approach this task is to take it easy. Unless your fitness is excellent, your cardio-vascular system may not be able to adjust to the sudden stress of lifting large shovels full of heavy snow, so work slowly and

rhythmically, filling up only half the shovel each time. Rest frequently. Don't be a cardiac victim this winter!

Testimonial Dinner

The YMCA is holding a recognition dinner for Lloyd Stackhouse who is leaving the physical director's job after 17 years. The date for this event is Tuesday, Jan. 28, and Lloyd's many friends

can contact the YMCA for further details if they wish to attend.

Ceramics

The Midland Y has purchased a kiln for ceramics and pottery. We are registering for a 10-week ceramics course, which started on Jan. 6. Call the Y now for further details and application forms.



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Keeping fit in the new year

by Elayne

Happy New Year and Good health to all!

Start off this year by learning how to increase your energy level, how to relax, to firm, tone and reduce. The best exercise to do it all? The Shoulder stand!

Before describing the technique, become aware of your body.

In a constant fight against gravity, the body eventually begins to sag - abdomen, chest, shoulders, face - taking on an aged look. One of the characteristics of an aged person is the desire to sit or lie rather than stand. Youth is devoted by the desire to be up and going, walking, running, climbing, always working against gravity.

By practicing the shoulder stand regularly you are "turning up your nose" at

gravity. Due to the up-right position, you are letting the areas of the brain, the spine and the pelvic area receive a good supply of fresh blood. This posture partly affects the thyroid gland, but mainly the gonads, or sex glands, which control the aging processes.

The shoulder stand stretches the spine, relieves varicose veins and aching legs, helps to banish premature wrinkles, and keeps the organs and the skin looking youthful.

Technique: Lie on the floor on your back, hands by your side, palms down.

Exhale, and slowly lift the legs off the floor and by pushing down on the palms of the hands raise the buttocks and lower back.

Grasp yourself around the waist with thumbs in front of the body. This is a half

shoulder stand.

As you learn to balance you will be able to grasp yourself up higher on the rib cage, or tucking your bottom in and stretching your legs up in the air for a full shoulder stand. Breathe normally while holding, and inhale as you slowly lower your back, buttocks and legs to the floor.

Hold only a few seconds at first, increasing the length of time as your body sees fit.

Give yourself ample opportunity to feel. Be aware and experience the results before saying no. Should you be under doctor's care, please check with him before beginning.

Remember, "aging" may be the result of multiple deficiency states, rather than just "natural" causes.

See you next time with an exercise or two for fatty thighs.

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A-1

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1974 Pontiac Lemans, Dark green in color, green interior, white vinyl roof, 8 cyl., automatic, 2 door coupe, power steering, power brakes, radio, white wall tires, wheel discs, one owner, like new, Lic. HPN-071. **\$3895.**

1974 Plymouth Gold - Duster Special, Gold in color, brown interior, brown vinyl roof, 8 cyl., automatic, 2 door coupe, white wall tires, wheel discs, one owner, low mileage, Lic. HTP-364. **\$3485.**

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1974 Maverick, 2 door, Blue in color, 6 cyl., automatic, 2 door sedan, radio, white wall tires, wheel discs, exterior trim package, low mileage, Lic. HTO-509. **\$3375.**

1973 Ford Pinto, Light blue in color, blue interior, 4 cyl., standard, floor shift, 2 door coupe, radio, white wall tires, wheel discs, bucket seats, Lic. HBH-868. **\$1995.**

1972 Torino, Lime Green in color, green interior, 8 cyl., automatic, 4 door sedan, power steering, power brakes, radio, white wall tires, wheel discs, one owner, Lic. FFL-527. **\$2490.**

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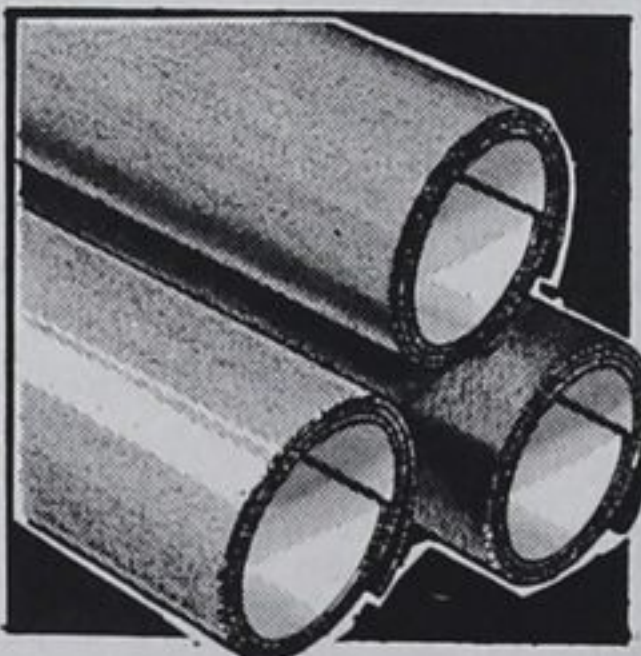
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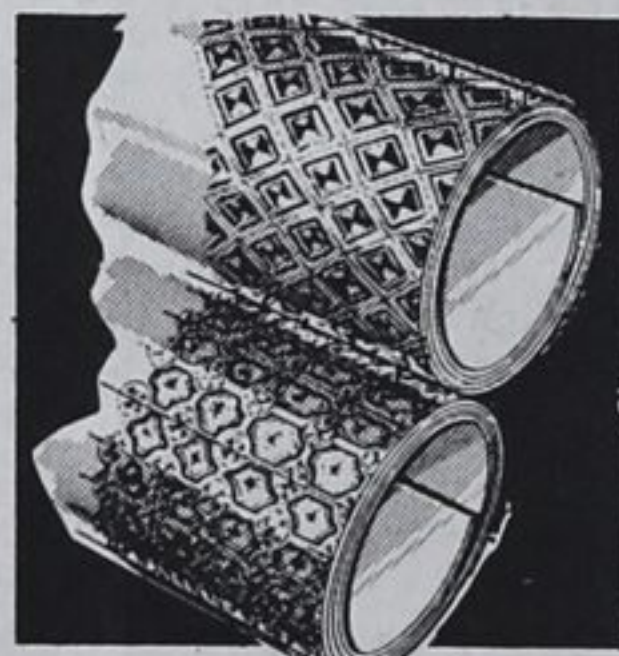
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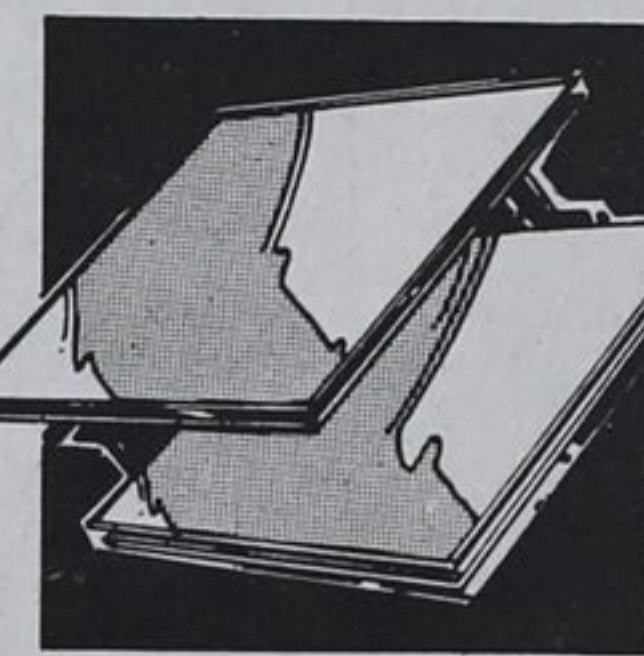
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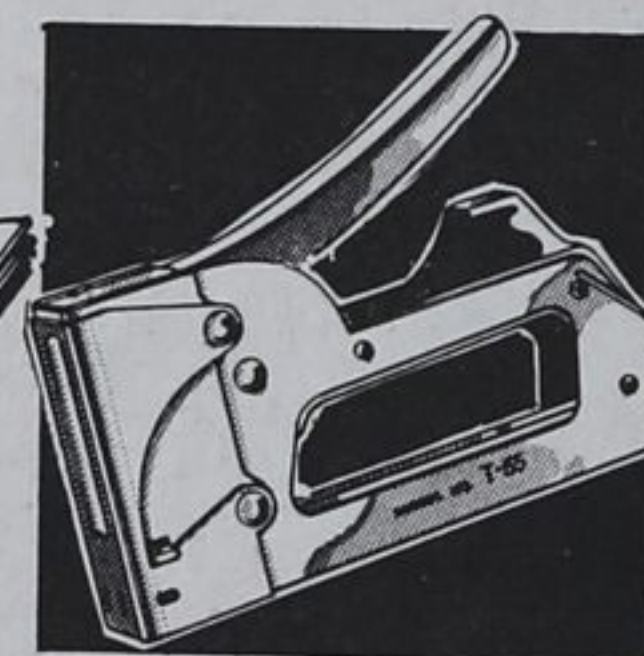
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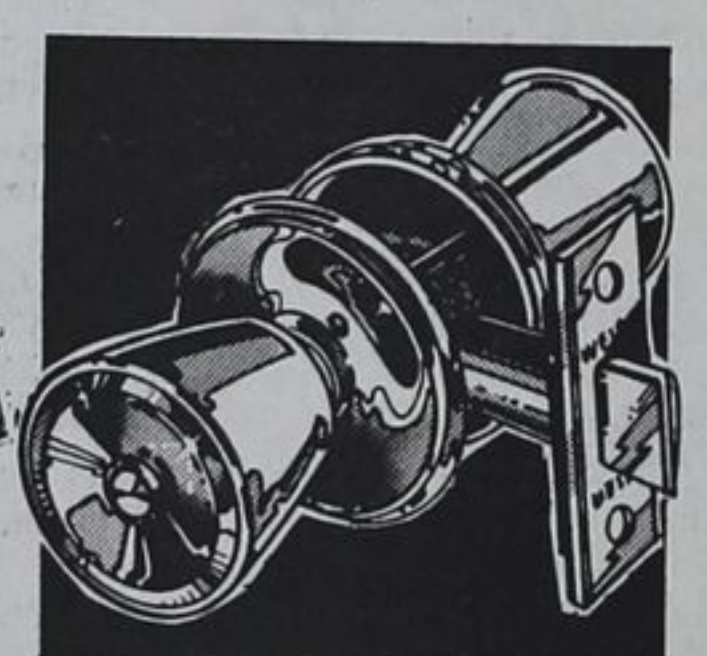
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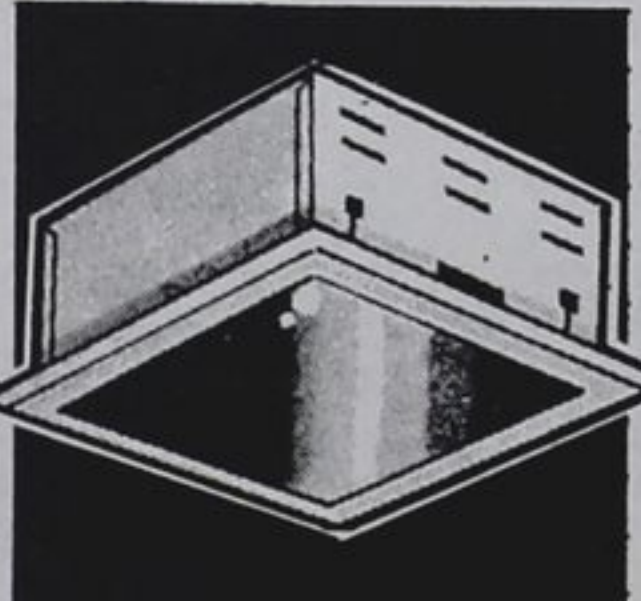
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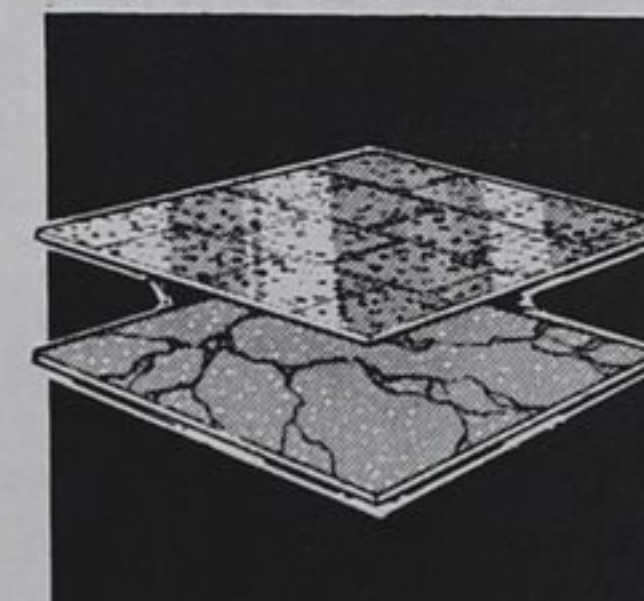
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