

Shoulder stand Yoga and you

by Elaine Kraftsick
As I sit on the beach writing this article I marvel at the many hundreds of people, big, small, fat and thin, enjoying the beauty of nature. I wonder how many during the course of this afternoon will close their eyes, just for a minute, and let all the senses enjoy this spectacular. Listen to water splashing, the children laughing, the cars moving, feel the wind and taste the freshness of life. Being in touch with nature, simply means being aware! Try it next time.

For the next three weeks we will concentrate on poses that will stimulate the thyroid gland. The first of these poses is the shoulderstand and the benefits are many.

It improves the circulation in the pelvic area, the spine and the brain, tones the central nervous system thereby helping those suffering from tension and insomnia, increases the energy level, (beneficial for urinary disorders, menstrual troubles and piles), relieves varicose veins and aching legs, relaxes the body, stretches the spine, renews energy and helps to strengthen and firm the muscles of the back neck and abdomen.

Technique: Lie on your back, relaxing the body and feeling the pose within you before you begin. Inhale and as you exhale raise the legs and then the buttocks by pushing against the floor with your hands. Place the thumb in the front and fingers to the back of the body. Breathe abdominally; hold the pose as long as comfort permits and slowly come out, again using the hands for support. Relax and let go of any extra tension. (Not recommended for those with high blood pressure.)

Nutrition Note: For those practicing yoga, a natural, balanced diet is recommended. Try to slowly rid your kitchen of refined foods such as white bread, white rice, and change to whole wheat products as much as possible. Eat plenty of fresh fruits and vegetables and meat with as little fat as possible. Drink at least six to eight glasses of water a day.

Next week: the Plough Shanti, my friends.

T-ball scores

In the Midland T-ball schedule last week at Regent School Dairy Queen downed Green's Heating, Midland Build-all edged past Home Hardware 33-29, and Pizza House defeated the OPP 34-24.

Iroquois triumph at field day

The Iroquois house emerged overall champions at Monsignor Castex public school's annual field day held recently. With 715 points, the Iroquois were well ahead of the Hurons and Sioux, with each house compiling 345 points. The Mohawks compiled 330 points overall.

John Walter and Connie Dupuis were champs in the junior division. John captured the 100 m, long

jump, and shotput events, while Connie placed first in the 100 m, 200 m, triple jump, and high jump events.

Also in the junior division, Chris Emerson took the boys' 200 m event, Brian Quesnelle the 400 m, Peter Quilty the 300 m, Tim Trewin the triple jump, and Jim Desroches won the high jump for junior boys.

Suzette Gauthier won the junior girls 400 m

event, Lois Henry captured the 800 m run, Kelly Swales placed first in the long jump, and Vicki Desroches won the shot put.

In the intermediate division, Pat Brodeur, with wins in the 200 m and 800 m events, and Bev Fitzgerald with first place in the 100 m, 200 m, long jump and high jump events, won the boys' and girls' championship respectively.

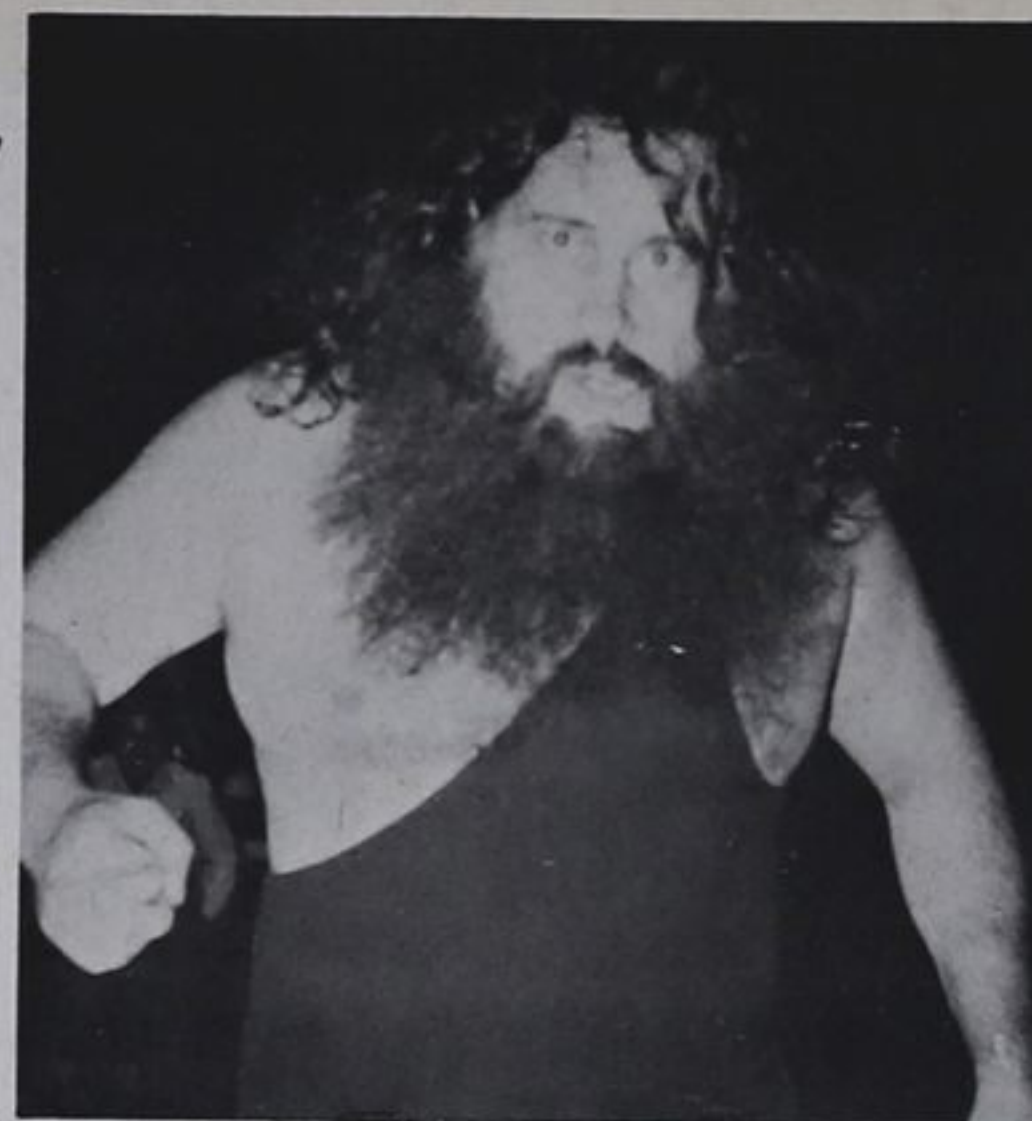
John Quilty won the triple jump and 400 m events; Philip Dusome captured the long and high jumps, and Pierre Belanger won the intermediate boys' shot put.

Bev Ladouceur and Carol Duroches tied for first place in both the intermediate girls 400 m and 800 m events. Shirley Rutherford took first place honours in the triple jump as Nancy Murphy did in the shot put.

Dean Wood and Jennifer Gilber emerged overall senior champions. Dean came up with first place showings in the 100 m, 200 m, 800 m, and high jump events, while Jennifer won the 100 m, 200 m, long jump, and high jump in her division.

Ernie Desroches won the 400 m and 1500 m events, while Larry O'Rourke topped the field in the long jump and triple jump events. Greg Larkin won the shot put as David McIntee captured discus honours.

For the girls, it was Andrea Newton with a victory in the 400 m, Shari Emerson winning the 800 m, Beverly Ladouceur finishing first in the 1500 m, Brenda Therrien winning the triple jump, Susan Murphy taking first place in shot put, and Janet Dorion heaving the furthest in the discus.



"Wild man"

The Canadian Wildman, in the ring at the Midland arena gardens recently, lost his bout with Billy Red Lyons on disqualification, when Chris Tolos entered the ring and hit Lyons when he had the sleeper on The Wildman. Challenger Crusader Robertson won his bout by default with Stan "The Man" Staziak in the main event of the evening. Wrestling returns to the Midland Arena on Monday, June 30. Crusader Robertson and Stan Staziak will go for a return bout, and Tony Parisi will take on Chris Tolos. On Monday, August 4, "The Sheik" will be at the Midland arena. Midland's own Tommy Shields, CKMP sports director will be the special referee that night.

Photo by Larry Bowen

Pee wees dropped

The Midland Peewees of the York-Simcoe Baseball league lost a tough one Monday night, dropping an 8-6 decision to Elm Grove. Bad breaks and close calls at the plate told the story for the home-town peewees, who have only won one game this season.

Midland kept the opposition scoreless through the third, fourth and fifth innings of the game, but a

four-run sixth inning for Elm Grove marked the turning point in the game.

According to a team spokesman, Midland pitcher Kevin Cowden pitched an excellent game, coming through with numerous strikeouts and giving up only a few hits. Cowden himself connected for two hits at bat. Peewees hitters scattered ten hits off Elm Grove pitchers.

Port shuts out Wyebridge 5-0

On the strength of Larry Patenaude's pitching arm, the Port McNicoll Legion fastball team defeated Wyebridge 5-0 on Monday night in Simcoe Rural Fastball action. Brian Smitten connected for a home run for the Port team, off losing pitcher Doug Watt.

On Thursday last week, Port McNicoll only managed a 1-1 tie with Wyevale, to bring their record to seven wins, one loss, and one tie.

Coldwater pitcher John Miller led the way Monday night, as Coldwater downed Perkinfield 7-5. Gerry Hawke, Kevin Hall, Ron Oakley, Dave Sallows, John Devine, Frank Gill, and John Miller scored for the winners. For Perkin-

field, it was Joe Beausoleil, Paul Beatty, Ernie Quesnelle, Tim Cote, and Jim Lefavre crossing home plate.

But Coldwater came out on the losing end of the scoreboard on Thursday night last week, as Hillsdale came up with a 4-2 win in a very close game. Mark Ronald, on the mound for Hillsdale picked up the win, while Peter Sova took the loss for Coldwater.

Rick Collins, Glen Lesperance, Mark Ronald, and Laplante came home for Hillsdale, while it was Doug Miller and Bill Walker scoring the two Coldwater runs.

Wyevale went down to defeat Monday night, 7-5 at the hands of Elmvale. Wyevale pitcher Murray Johnson took the loss.

Mortgage Loans Available

\$2,000 to \$50,000



CREDIT CORPORATION
(CANADA) LTD
522 Elizabeth St.
Midland
526-9397

CASH & CARRY


PLYWOOD & LUMBER

MANAGER'S CLEARANCE

SPRUCE DIMENSION LUMBER	4 x 8 PLYWOOD	CEDAR LUMBER																					
<p>184⁰⁰ M 2x4"-92 1/2"</p> <p>205⁰⁰ M 2x4"-10' to 16'</p> <p>209⁰⁰ M 2x6"-8' to 16'</p> <p>239⁰⁰ M 2x8"-8' to 16'</p> <p>270⁰⁰ M 2x10"-8' to 16'</p> <p><small>prices are based on minimum orders of 4000 board feet or more. Smaller orders priced slightly higher.</small></p>	<p>PRICES BASED ON 50 SHEETS</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>SAFED G.I.S. FIR</th> <th>SELECT FIR</th> <th>STD SPRUCE</th> </tr> </thead> <tbody> <tr> <td>1/4 9⁴⁵</td> <td>—</td> <td>—</td> </tr> <tr> <td>5/16 —</td> <td>7⁴⁵</td> <td>—</td> </tr> <tr> <td>3/8 11⁹⁵</td> <td>8²⁵</td> <td>6¹⁵</td> </tr> <tr> <td>1/2 14⁴⁵</td> <td>10⁸⁰</td> <td>8²⁰</td> </tr> <tr> <td>5/8 16⁴⁵</td> <td>12⁹⁰</td> <td>—</td> </tr> <tr> <td>3/4 18⁴⁵</td> <td>14⁹⁵</td> <td>—</td> </tr> </tbody> </table> <p>T&G 5/8 SELECT FIR 14²⁹</p> <p>RIGID FOAM INSULATION</p> <p>1/2" x 4' x 8' 3/4" x 4' x 8' 1" x 4' x 8'</p>	SAFED G.I.S. FIR	SELECT FIR	STD SPRUCE	1/4 9 ⁴⁵	—	—	5/16 —	7 ⁴⁵	—	3/8 11 ⁹⁵	8 ²⁵	6 ¹⁵	1/2 14 ⁴⁵	10 ⁸⁰	8 ²⁰	5/8 16 ⁴⁵	12 ⁹⁰	—	3/4 18 ⁴⁵	14 ⁹⁵	—	<p>1x6" .18 ft</p> <p>2x6" .33 ft</p> <p>2x4" .17 ft</p> <p>4x4" .43 ft</p> <p>2 x 4 STUD</p> <h1 style="font-size: 2em;">96¢</h1>
SAFED G.I.S. FIR	SELECT FIR	STD SPRUCE																					
1/4 9 ⁴⁵	—	—																					
5/16 —	7 ⁴⁵	—																					
3/8 11 ⁹⁵	8 ²⁵	6 ¹⁵																					
1/2 14 ⁴⁵	10 ⁸⁰	8 ²⁰																					
5/8 16 ⁴⁵	12 ⁹⁰	—																					
3/4 18 ⁴⁵	14 ⁹⁵	—																					

service directory

HOME SERVICE	CONSTRUCTION	RUG CLEANING
<p>Got a Leak Repairs to Vinyl Lined Swimming Pools Cut Out This Ad Someday you may need us Doctor Vinyl 726-1059</p>	<p>NEW DELIVERY GRAVEL Septic Bedstone Crushed Road and Cement Gravel Telescopic Backhoe 19,24,36 Inch Buckets Radio Dispatched Bernie Pilon Const. Elmvale 322-1051</p>	<p>DeGroot Sand and Gravel Brick Sand Topsoil Pheipston - 322-2390 Pit 147</p>
<p>ELECTRICAL</p> <p>Steve Goetz 549-8639 after 5 p.m.</p>	<p>Advertising Pays! 322-1871</p>	<p>QUALITY CARPET CARE CENTRE STEAM CARPET CLEANING</p> <p>UPHOLSTERY CERAMIC TILE INSTALLATION WALL WASHING</p>
<p>BUMSTEAD'S Electric & Plumbing Service and Repairs 322-2613 Wyevale, Ontario</p>	<p>Harrison Metal Works For Free Estimates on Aluminum Windows Doors Siding Awnings Patio Doors and Insulated Glass Sales, Service, Repairs Vinden St. 526-6870</p>	<p>Disaster & Fire Restoration Services Construction and Renovations FREE estimates Pickup & Delivery Residential and commercial</p> <p>Midland 526-9809 Penetang 549-2080</p>
<p>VERNSWEETING ELECTRIC Electrical Service Wiring and Heating Free Estimates Midland 526-5849</p>	<p>BELANGER ALUMINUM SALES Specializing in Aluminum Siding Soffit and Face Board Windows, Doors, 5" Seamless Eavestrough in Choice of 4 Colours Phone Collect 526-6836 338 Eighth St. - Midland</p>	<p>DUTCHER & CORBETT LTD. INSURANCE 322-1533 Merv Corbett-Fred Harpell</p>
<p>Cobbett Electric Wiring and Repairs Heating Elmvale 322-2513</p>	<p>FAGAN & DUTTON ROOFING Specializing in Residential Only • Shingling, Steel & Aluminum • Flashing, Colored Eavestrough</p> <p>Phone: Murray Fagan 526-5203 Paul Dutton 526-9818</p>	<p>MORTGAGES</p> <p>FINANCIAL ENTERPRISES Mortgage Brokers Phone 726-7130 or 429-2815</p>
<p>REYNOLDS ELECTRIC Wyevale Wiring, Plumbing, Heating 322-2300</p>	<p>CIAG Insurance Good Rates & Coverage Contact MAURICE FITZGERALD 458 Russell St. Midland 526-7630</p>	

<p>Spruce Strapping 1x2x8' — .26 ea 1x3x8' — .36 ea</p>	<p>Plastic Spindles & Shelves 20% OFF on all stock</p>	<p>Paint Interior & Exterior 15% OFF</p>	<p>Damaged Doors Interior & Exterior 25% OFF</p>
<p>1 1/4 Aluminium Storm Doors 2/8 x 6/8 - 43.88 2/10 x 6/10 - 43.88</p>	<p>Driveway Sealer 6⁸⁸</p>	<p>Garage Doors 8 x 7 9 x 7 10% OFF</p>	<p>Kitchen Starter Unit 25% OFF</p>
<p>Fiberglass Insulation R7 15" x 48' - 4.69 R10 15" x 48' - 4.69</p>	<p>IKO Shingles 14⁴⁷ PER. Sq.</p>	<p>Copper Pipe Type M 2⁹⁹ 12' length</p>	<p>Buildorama Wood Stain 15⁶⁹ per gallon</p>
<p>Wood Windows 25% OFF 12' length with purchase of 5 or more in stock</p>	<p>Adjustable Jackpost 5' - 6" to 8' - 0 12⁷⁵</p>	<p>Cushion Floor Imperial Acetone 3³⁹ sq. yd.</p>	<p>Kitchen Wares 50% OFF</p>
<p>more than our name implies... PRICES ABOVE ARE CASH & CARRY more than our name implies...</p>			
<p>you qualify for cash & carry savings when you use... CHARGEX</p>			
<p>188 Main Street Penetang 549-7404</p> <p>OPEN: Mon., Tues., Wed., and Thurs. - 8 a.m. till 6 p.m. Fri. from 8 a.m. till 9 p.m. - Sat. from 8 a.m. till 4 p.m.</p> <p>A DIVISION OF BILTRITE CASH & CARRY LTD.</p>			
<p>we deliver in our own trucks </p>			