



Yoga and nutrition

By Elaine Kraftsik
You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Hatha Yoga seeks control of breath, body and mind through physical postures.

To achieve desired results, before going into a pose, close your eyes, come into the breath by concentrating on the inhaling and exhaling and

visualize the pose you'll be doing. See each step in your mind as clearly as you can and only then to into the pose, holding as long as comfort permits before relaxing.

Remember in the beginning that unused muscles may be stiff so be gentle with yourself and the body will quickly stretch and relax.

The Plough: Excellent for stimulating the thyroid gland. Stretching the spins, beneficial for the sex glands and

strengthens the back and legs. Technique: Lie on back and inhale and go into a shoulder stand, exhale and lower legs (keeping them straight) to the floor behind your head. Breathe deeply, hold, and come out as you do for your shoulder-stand.

Relax and stretch or do a spine rock to ease tension in the neck.

Quick Nutritional Note: Smoking destroys the equivalent of the Vitamin C found in one orange.

Mosquitos undefeated

Midland soccer entries on top of divisions

The Midland entries in the Simcoe minor soccer league remain on top of their divisions following a full slate of games last week.

On the strength of the three-goal performance of Midland's Doug Kozy, the Midland atoms downed a Stayner team 4-1 last week. Gary McIlravy added a single marker for the victors. With the score 1-1 at the halfway mark, the hometown atoms scored three in the second half for the victory.

According to coach John McIlravy, the entire team played well, but special mention was given to Kerry Heinz who

played an outstanding game.

In other atom games last week, Waverley was awarded its game against the Collingwood 'A' squad by default, and Lafontaine bowed to Collingwood 'B' by a 6-2 margin.

The win for Midland leaves the atoms in first place, with 10 points and a five wins and one loss record. The Collingwood 'B' team is not far behind with nine points, while Waverley has amassed six points, Stayner has five, and Collingwood 'A' has two points.

Mosquitos win
The Midland mosquitos can now claim sole

possession of first place in their division following a shutout victory over a tough Stayner team last week. The loss was Stayner's first of the season.

Although the mosquitos played well below form in the first half of the game, Midland stayed on top of Stayner throughout. Danny Wright netted a single marker in the first half, while Paul Cox missed on two or three opportunities.

The mosquitos came out strongly in the second half, scoring three quick goals to take a 4-0 lead. According to coach Ron Hart, the score would have been higher had it not been for some tough Stayner goaltending and some near misses for Midland. In the second half, it was Danny Wright with his second of the game, and Paul Tela and Kenny Mugford adding singles.

The play of Paul Cox won the high praise of coach Hart. Gerry Borsia, Danny Wright, and Lee Crowe were named as having turned in good solid performances.

In other mosquitos games last week, Lafontaine edged Penetanguishene 4-3 and Waverley blanked Collingwood 'B' 4-0.

At the top of the standings is Midland with 12 points, followed by Stayner with eight.

Stayner has played only five games. Waverley and Lafontaine are tied for third place with six points, while Penetanguishene and Collingwood 'B' each have two. Collingwood 'A' still has yet to win a game.

Peewees also defeat Stayner

The Midland peewees also came up with a 4-0 victory over the Stayner

peewees last Thursday. Ernie Duroches led the team in the scoring department with two goals, while Dave Kozy and Gord Hatley each added singles for the Midland squad.

NOTICE To Dog Owners

IN MIDLAND, PENETANG AND TINY TOWNSHIP

Starting July 1st, Huronia Animal Control will be responsible for animal control in this area.

Services will be by-law enforcement officer, selling dog tags, returning lost pets, impounding nuisance pets, picking up unwanted animals, shelter for stray animals.

549-2289

Tykes suffer their first losses

The Newmarket tykes have come up with two victories recently in games played against the high-scoring Midland A & W tykes of the York-Simcoe baseball league.

Last Tuesday, the Midland tykes were dropped 5-2 by the visiting Newmarket team. Pitcher John Walter took the loss, while Newmarket pitcher Pollock registered the win. Midland's run were scored by catcher Brian Quesnelle in the third inning and by third baseman John Johnson in the sixth. The tykes left four men on base during the game.

Earlier, Newmarket had bombed Midland 13-3, as John Walter, Craig Pender, and Tim Platt each shared in the pitching duties. John Johnson, Mike Dineen, and John Walter each scored one run for the A & W tykes.

The Midland A & W tykes of the York-Simcoe baseball league continue on in the winning way, after suffering their first loss of the season earlier in the week, by defeating Bolton 25-15 in a game played Saturday at the Little Lake Park ball diamond.

John Walter relieved starting pitcher Craig Pender in the last two innings, while scoring five runs himself in the game.

Wilson Cowan crossed home plate five times, John Johnson scored four times, while Brian Quesnelle and Mike Dineen each scored three times. Darren Pender scored twice, while Frank Mansi, Tim Platt, and Craig Pender each crossed home plate once.

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2nd ANNIVERSARY SALE

Company Cars

1975 Plymouth Duster

1975 PLYMOUTH DUSTER, frosty green with matching vinyl interior, 6 cylinder, automatic, 2 door, coupe, power steering, radio, rear window defogger, white wall tires **\$3899.00**

1975 Fury

1975 FURY, littersweet metallic with white vinyl roof and matching interior, 8 cylinder, automatic, 2 door, coupe, power steering, power brakes, radio, rear window defogger, white wall tires, wheel discs, light pkg., left remote mirror, Lic. JOV 461 **\$4299.00**

1975 Gran Fury Custom

1975 GRAN FURY CUSTOM, blue with blue vinyl roof and matching interior, 8 cylinder, automatic, 4 door, hard top, power steering, power brakes, radio, wheel discs, steel belted radial white walls, light pkg., left remote mirror, Lic. JOV 182 **\$4799.00**

1975 Fury Custom

1975 FURY CUSTOM, green with matching interior, 8 cylinder, automatic, 4 door, sedan, power steering, power brakes, radio, rear window defogger, white wall tires, wheel discs **\$4099.00**

1975 Chrysler Newport

1975 CHRYSLER NEWPORT, vintage red with white vinyl roof and white vinyl interior, 8 cylinder, automatic, 2 door, hard top, power steering, power brakes, power windows, radio, white wall tires, wheel discs, steel belted radial white walls, air conditioning, Lic. JOV 409 **\$5799.00**

1975 Plymouth Duster

1975 PLYMOUTH DUSTER, gold with canopy vinyl roof and gold vinyl interior, 6 cylinder, automatic, 2 door, coupe, power steering, radio, rear window defogger, white wall tires, wheel discs, gold duster decore pkg., Lic. JRZ 588 **\$4339.00**

1975 Plymouth Duster

1975 PLYMOUTH DUSTER, green with matching green interior, 6 cylinder, standard, 2 door, coupe, radio, rear window defogger, white wall tires, white paint stripes, Lic. JJK 082 **\$3399.00**

To all of our Customers and Friends



Once again as I did a year ago this month, I would like to extend my sincere thanks and appreciation to all of you for your support and your confidence in our dealership.

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May I extend my personal invitation to one and all to drop in at our location and take advantage of our Second Anniversary Sale.

Gord Coates,
President

This Week's Anniversary Special

1975 Fury Custom

1975 FURY CUSTOM, white with red vinyl roof and red leather interior, 8 cylinder, automatic, 2 door, hard top, power steering, power brakes, radio, white wall tires, wheel discs, Lic. JEA-379... **\$4399.00**

Used Cars

1972 Plymouth Fury

1972 PLYMOUTH FURY, gold with black vinyl roof and matching interior, 8 cylinder, automatic, 2 door, hard top, power steering, power brakes, radio, stereo, white wall tires, wheel discs, AM/FM stereo radio, floor mats, remote mirror, Lic. ENV 700 **\$2499.00**

1972 Cortina 2000

1972 CORTINA 2000, green with brown interior, 4 cylinder, automatic, 4 door, sedan, radio, wheel discs, bucket seats, new tires, Lic. FCV 750 **\$1499.00**

1974 Celica ST

1974 CELICA ST, red with black vinyl roof and white interior, 4 cylinder, floor shift, 2 door, hard top, radio, rear window defogger, wheel discs, bucket seats, vinyl roof, electric heated rear window, Lic. HEU 476 **\$3499.00**

1971 Toyota Corolla

1971 TOYOTA COROLLA, red with black interior, 4 cylinder, 2 door, coupe, radio, white wall tires, wheel discs, bucket seats, electric heated rear window, Lic. EBP 316 **\$1499.00**

1972 Chrysler Newport Custom

1972 CHRYSLER NEWPORT CUSTOM, Spanish gold with gold vinyl roof and gold interior, 8 cylinder, automatic, 2 door, hard top, power steering, power brakes, radio, rear window defogger, white wall tires, wheel discs, cloth and vinyl, bench with centre arm rest, Lic. ACW 112 **\$2799.00**

1974 Plymouth Duster

1974 PLYMOUTH DUSTER, blue with blue interior, 6 cylinder, automatic, 2 door, hard top, coupe, radio, rear window defogger, white wall tires, wheel discs, Lic. JRZ 235 **\$3199.00**

1973 Dodge Polara

1973 DODGE POLARA, gold with black vinyl roof and gold interior, 8 cylinder, automatic, 2 door, hard top, power steering, power brakes, radio, wheel discs, vinyl side moulding, Lic. BDN 292 **\$2999.00**

1971 Montego

MONTEGO, pastel green with brown vinyl roof and gold interior, 8 cylinder, automatic, 2 door, hard top, coupe, power steering, power brakes, radio, white wall tires, wheel discs, vinyl body side moulding, Lic. DMD 587 **\$1899.00**

1970 Ford Maverick

1970 FORD MAVERICK, blue with black interior, 6 cylinder, standard, 2 door, hard top, coupe, radio, white wall tires, wheel discs, Lic. FKJ 667 **\$1499.00**

All teams winning

Midland tops in lacrosse

The Midland Motorola novices of the Huronia minor lacrosse league came up with a 6-0 shutout last Wednesday night at the expense of the Alliston novices.

The hometown novices played a strong checking, well-disciplined game to help Ken Lavigne earn his third shutout in five games.

Steve Charlebois scored three goals for Midland, while Ralph Seeman added two and Chris Lavigne came up with a single marker.

This year's 20 man roster has a hard checking defence, two strong experienced scoring lines, three tough checking rookie lines, and tight reliable goaltending. This combination is not only making this team a strong contender this year, but is also building a good experienced nucleus for next year's teams.

Novices down

East Gwillimbury

The Midland Motorola novices came up with their fifth win in six games against East Gwillimbury in Midland minor lacrosse action recently, topping their opponents by a score of 6-1.

Steve Charlebois led the Midland squad in the scoring department with two goals. Mike Roi, Chris Lavigne, and Ralph Seeman scored single markers while Bill Kennedy, Peter Wright, and Mike Roi each picked up an assist.

Ken Lavigne's fourth shutout of the season was spoiled by East Gwillimbury's lone goals coming at with only 1:48 remaining in the game. According to coach Dave Robertson, John Bald and Robert Munday played an exceptionally strong checking game.

Midgets undefeated

The Bell Telephone midgets of the Huronia minor lacrosse league remain undefeated in regular play this season following a convincing 10-1 victory recently over a strong Barrie squad.

The Midland midgets demonstrated their superiority throughout the game. Tenacious checking, particularly by Paul Goodine and Angelo Kosmidis, prevented the visitors from setting up effective scoring and passing plays. A highlight of the final period was the solo goal by netminder Duncan Brownell, who faked passes the length of the floor before slamming a shot past his Barrie counterpart.

Jeff Wright scored three goals for the hometown midgets, while both Martin Veall and Kirk Swales scored two each. Chris Wright, Dave Ironside, and Brownell each added singles.

Chris Wright also picked up two assists, as did Brownell. Single assists went to Dave Rutherford, Paul Goodine, Kirk Swales, and Andy Snell.

Last week, the Bell Tel midgets downed Barrie 7-0 in a game played at the Barrie Eastview arena. Midland's long, accurate passing and sparkling plays appeared to be too much for Barrie to handle, said a team spokesman. Dunc Brownell, aided by a tough defensive squad, kept a superb net to earn the shutout.

Jeff Wright, and Glenn Bannon each netted two for Midland, while singles were scored by Martin Veall, Paul Goodine, and Chris Wright. Bannon, Veall, Kirk Swales, Dave Ironside, Goodine, and Chris Wright each picked up assists.

Peewees edge Barrie

The Junior Civitan Peewees of the Huronia minor lacrosse league fought back from a 3-1 deficit at the end of the first frame to edge Barrie by a final score of 7-6 for the team's first win of the year recently.

Piling on the pressure, the peewees had tied it up 5-5 going into the final period and withstood a determined Barrie rally to win the game.

Paul Hahn scored five Midland goals, while Keith Sager and Rob Leduc each added singles.

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Dairy Queen downs Build-All 37-16

In Midland minor T-ball action last week, the Dairy Queen squad came up with a convincing 37-16 win over Build-all, while

Home Hardware downed the OPP 28-17, and Pizza House and Green's Heating tied with 31 apiece.

SPECIAL OF THE WEEK



V-164 Peterborough Boat and 65 HP Mercury Motor

Centre line: 16'4"
Beam o/a: 7'7"
Max. depth: 33"
Transom height: 20 1/2"
Wt. approx. (lbs.): 800 lbs.

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