



Softball champs

Waubashene Public School beat Port McNicoll 10-8 in the Southern Georgian Bay Softball Championships held last Tuesday. Left to right are: (front) Sandra Ostertag, Lorraine Robb, Laura

Chapman, Karen Potter, (back) coach Bernie Wigglesworth, Sandra Jones, Susan Jones, Monika Pieterski, Cathy O'Connor, Robin Sallows, coach Barb Gill and manager Frankie Ostertag.

Nature, yoga synonymous

by Elaine Kraftscik
 "I go to Nature to be soothed and healed, and to hear my senses put in tune once more."
 The words yoga and 'nature' are synonymous. Since in the last few decades we have fallen away from nature with synthetic this and artificial that, the time is ripe to slowly pull ourselves away from those binding ties of artificiality and gently go towards a more natural way of life.

Give up all those modern pleasures? No, all we're saying is - look at yourself and see in what areas a change is pertinent.

Let's quickly look at our nation as a whole. The Toronto Star recently stated that less than 20 per cent of the total population are involved in any physical activity. Why? Can you really blame just the schools, as so many are doing? I don't. Each of us must

ourselves. Even though we are living in an over-indulgent society, with supermarkets that are bulging with foods which tantalize our taste buds, the semblance to anything naturalistic is minimal. The amount of energy (little or none) derived from most convenience foods are the main cause of physical instability.

It's great being compared to the Swedes, but please be aware also of the nutritional factor and not just the physical. Their diet of dark breads, vegetables, fresh fish and little red meat is a blend of natural balance of foods which give them the positive, active lifestyle.

Believing that nutrition plays such an important role, I am also convinced that once the proper balance in diet is obtained, the need for the physical fulfillment is spontaneous.

Then with your held head high and a new

can show the world - I'm alive, I'm aware, come join me.

Yoga, the ageless art of physical perfection, is perhaps the most natural commitment of any form of exercise. The rhythm is flowing, the movements sensual and the gentle stimulation of organs and glands become evident immediately.

Take, for instance, a stretch - the slow, deliberate moving of fingers, arms, feet and the legs, stretching of every muscle, every limb. After reading this article, lie down on the floor and start slowly, feeling the movements progressing slowly and continue until each part of the body feels stimulated and alive. Then fall limp into a state of profound relaxation.

Enjoy it with eyes closed, let it become a mental message of each nerve and fiber of your body. Love it!

You, me and yoga will be available every second

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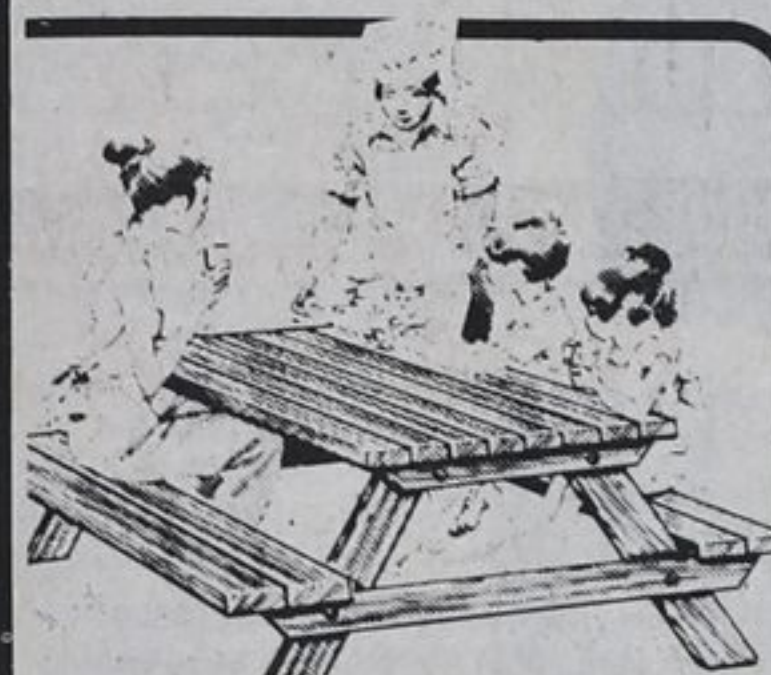
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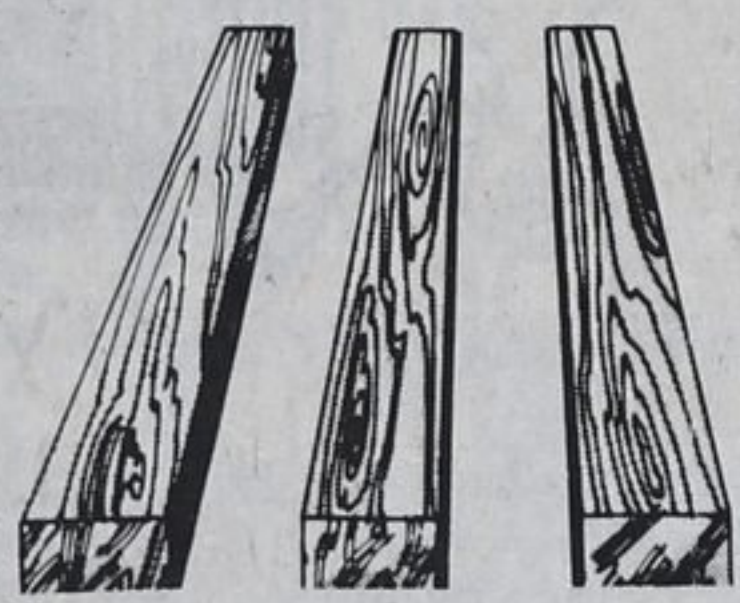


Build It Yourself Picnic Table

This sturdy picnic table with attached benches is great for outdoor barbecues and more. The table is 64" long and can be easily assembled. Larger sizes slightly higher.

19⁹⁹ EACH SPRUCE

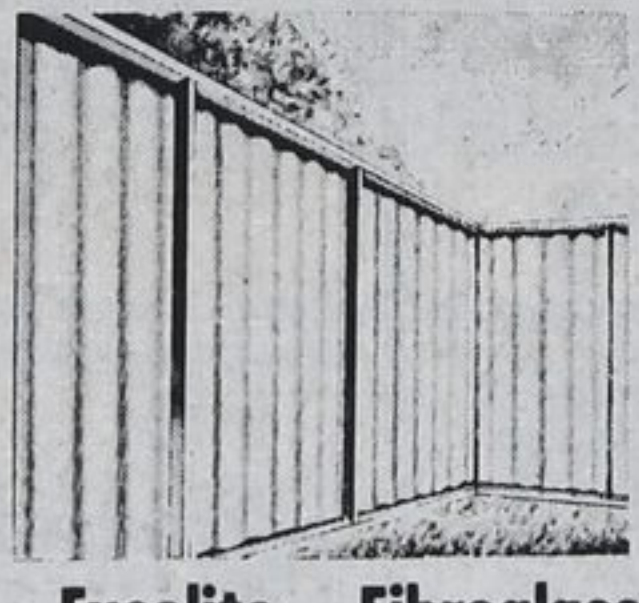
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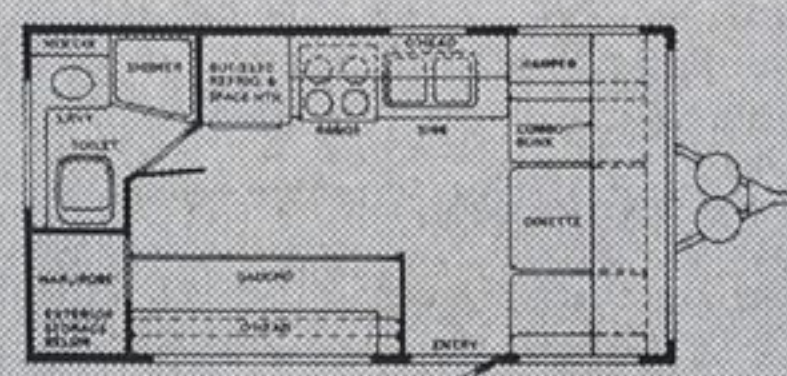
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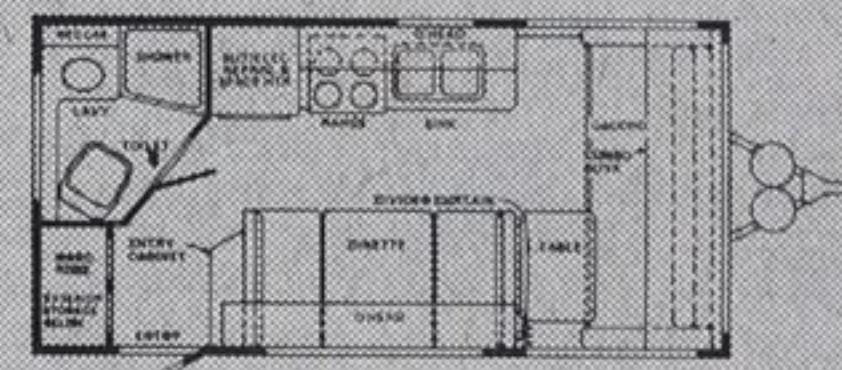
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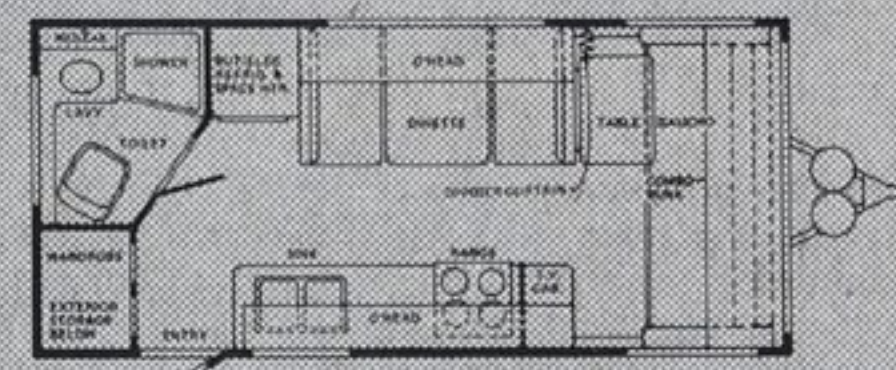
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MODEL 19 E
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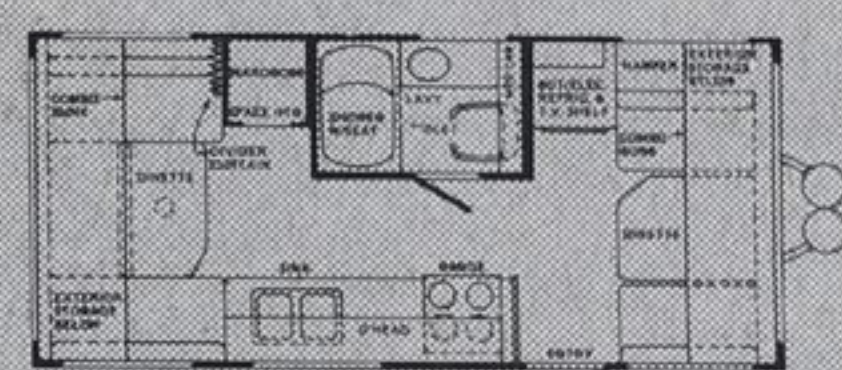
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MODEL 20 H
 Stock No. 1386
\$4,875.



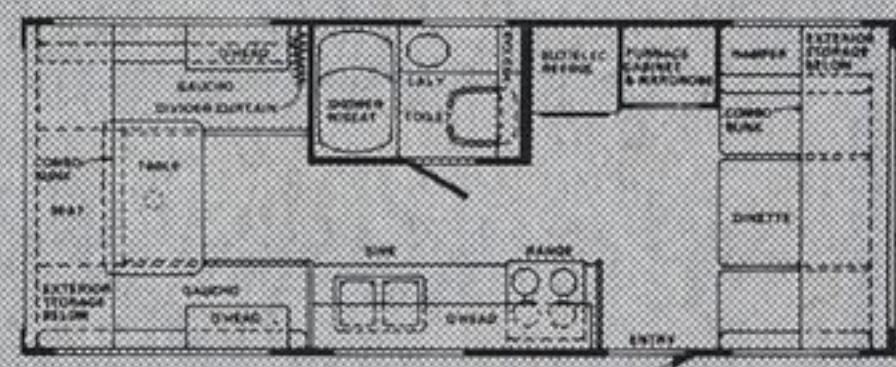
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MODEL 20 J
 Stock No. 1097
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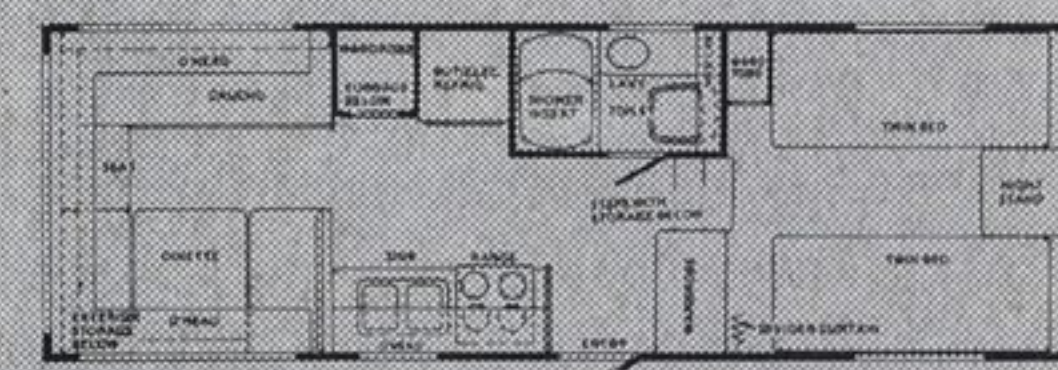
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MODEL 23 S
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\$5,670.



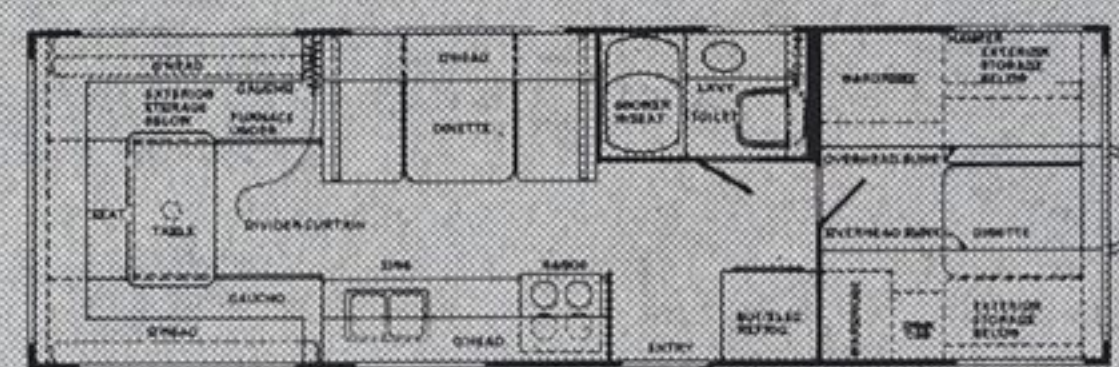
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MODEL 24 5D
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1977

MODEL 27 W
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1977

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