



Adam Staruck

### Affairs of the heart

This is the first in a series of articles presented to highlight February as Heart Month and give our readers an insight into how treatment and research have helped area residents overcome heart disease.

by Shirley Whittington  
Adam Staruck is 58-years-old, and looks 10 years younger.

He plays a wicked game of golf, and shovels his own snow.

He's a member of the Midland Fire Department and he was one of the firefighters who battled the flames at Sandy Bay Inn two weeks ago.

It's hard to believe but Adam Staruck has had heart surgery—a four hour operation during which his own heart was stilled.

A little less than two years ago, Adam began to find it difficult to walk.

"There were no pains," he says, "and no signs of anything like a heart attack, but I'd get this suffocating feeling in as if somebody was tying up my throat with a big muffler."

Consultation with a cardiologist revealed that two arteries leading to Adam's heart were plugged. A tube was passed from his groin to his heart, and Adam watched the progress on a TV monitor.

"Watching that procedure gave me so much confidence in my doctors," he says. "Although I could feel it when they removed the tube, it was not an uncomfortable experience."

This Angiogram revealed that lack of oxygen accounted for Adam's suffocating feeling. Two main arteries were plugged and his doctor explained that an arterial graft would be necessary to by pass the blockage.

"He said that non-smokers have a 98 per cent chance of benefitting from this surgery. I've never smoked a day in my life—so really what did I have to think about? I had no alternative but surgery."

Because he belongs to a rare blood grouping, Adam was sent home for three weeks until the blood bank was

built up sufficiently.

"I took it as easy as possible," he says, "and I worried about one thing—how they'd get at my heart for the surgery. Then I saw a heart operation on television and this relieved my tensions. I knew exactly what they were going to do to me."

On the day of the operation, Staruck's heart was stopped, and a machine took over the heart's pumping action, and the lungs' oxygenating function. The bloodstream temporarily by-passed the lungs and heart.

Two surgical teams worked over Adam for four hours. One team removed 20 inches of a large leg vein, about the thickness of a pencil. Two other surgeons readied his heart for the implantation of the vein sections, in order to by pass the blocked arteries.

After the operation, Adam was in the intensive care unit for three days. By the fourth day, he was sitting up, and shaving himself. The next day, he was walking.

"Really, there was no time when I was in any pain or discomfort," he says.

Ten days after surgery, Adam Staruck returned to his Fourth Street home in Midland.

"I found I tired easily at first," he says, "but a short rest soon restored me. In less than eight weeks I played nine holes of golf." Before long, he was back at work as a firefighter.



Today he says, "I have the heart of a 25-year-old. I can do anything I want to do, and I'm not on any drugs. I shovel snow, and as I told you, I was out fighting that fire at Sandy Bay."

Adam Staruck's story is a happy, but not a unique one. Today, the miraculous operation that restored him to a happy and active life is relatively common, although less than 10 years ago it was unheard of.

The heart by pass was pioneered in Canada, and perfected with Heart Foundation funds. Today, the vein by pass has been called "the appendectomy of the heart surgery world," and as many as six a day are performed at Saint Michael's Hospital in Toronto.

February is Heart Month. Adam Staruck and his family have special reasons to support that fund, and they, like millions of others whose lives have been renewed by such surgery encourage everyone in our community to support the Ontario Heart Fund in its annual appeal.

# classified marketplace

TENDERS	TENDERS	TENDERS	TENDERS	TENDERS	TENDERS
<b>Ontario Government Tender</b> To supply and install new H beam type steel piling driven along shoreline at Historic Naval and Military Establishments, Penetanguishene, Ontario. Tenders will be received until 12:00 Noon on Friday, February 17, 1978. Tender documents may be obtained from Ontario Ministry of Culture and Recreation, Huronia Historical Parks, Sainte-Marie among the Hurons, R.R. 1, Midland, Ontario. L4R 4K8. NOTE: For further information regarding tender, please contact Mr. Dave Hudson at above address. Telephone: (705) 526-7838. Lowest or any Tender not necessarily accepted.		 <b>Ontario</b> OUTDOOR LIGHTING INSTALLATION Wasaga Beach Provincial Park TENDER: PK577-68 Sealed tenders will be received by the District Manager, Ministry of Natural Resources, Midhurst, Ontario until 12:00 Noon on February 17th, 1978 for the supply and installation of outdoor lighting and secondary power distribution in the Point Beach Area, Wasaga Beach Provincial Park. Contract documents and drawings may be obtained at Wasaga Beach Provincial Park, 22nd Street, Wasaga Beach, Ontario. There will be a returnable deposit of twenty-five dollars (\$25.00) in the form of a money order or certified cheque required for the tender documents and drawings. For further information contact Jim Dales at (705) 429-2516. <b>LOWEST OR ANY TENDER NOT NECESSARILY ACCEPTED.</b> Ministry of Natural Resources Hon. Frank S. Miller Minister Dr. J. K. Reynolds Deputy Minister		 <b>Tender 1/2 Ton Truck</b> Sealed tenders plainly marked as to the contents will be received until 3:00 p.m., Friday, March 3, 1978 for the supply of the following: (one only) Half-Ton Truck Tenders must be submitted on tender forms supplied by the township and are available at the office of the undersigned. Lowest or any tender not necessarily accepted. James T. Boyle Road Superintendent Township of Flos P.O. Box 278 Elmvalle, Ontario L0L 1P0 (Phone - 705-322-2033) 11	

Additional Classifieds on Pages 16, 17 and 18

# STOREWIDE CLEARANCE



## of gas and electric appliances

**Inqlis** **HARDWICK** **Enterprise**  
**MAYTAG** **Admiral** **SPEED QUEEN**

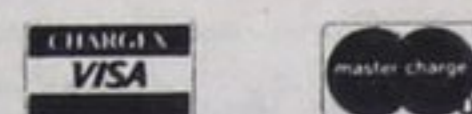
Hurry to our Appliance Centre nearest you! Our once-a-year clearance sale means that all our showrooms and warehouses are being completely cleared to make way for new 1978 lines of top-quality appliances. Shop early for the best selection! The appliances on sale are display samples, demonstrators and current models, at exceptionally low prices.

- |   |                           |  |                                   |
|---|---------------------------|--|-----------------------------------|
| <b>INGLIS LAUNDRY UNITS LOADED WITH EXTRAS</b>  |                           | <b>INGLIS REFRIGERATORS</b> (Electric)<br>Citation deluxe models—15.1 cu. ft. and 17.1 cu. ft. White. Also available in Almond at no extra charge. | SAVE<br><b>\$30<sup>00</sup></b>  |
| <b>SPECIALS</b>   |                           | <b>HARDWICK and ENTERPRISE GAS RANGES</b><br>Special reduced prices... no charge for colour, and you can save as much as \$50.00!                  | SAVE<br><b>\$50<sup>00</sup></b>  |
| <b>INGLIS DRYER</b> Model GO 72500 (Gas) ..   | <b>\$279<sup>00</sup></b> | See our Hardwick Special 30" luxury gas range model (PKM 9631-350DC) regular price \$525.00 .....  | <b>SPECIAL \$489<sup>00</sup></b> |
| <b>INGLIS WASHER</b> (Electric)<br>Model GO 43500   | <b>\$419<sup>00</sup></b> | and the Enterprise 30" deluxe gas range model (70CFZK) regular price \$495.00. <b>SPECIAL</b>  | <b>\$475<sup>00</sup></b>         |
| Suds-saver model \$25.00 extra  | <b>\$245<sup>00</sup></b> |  |                                   |
| Other dryers available as low as .....  |                           |  |                                   |
| White only  |                           |  |                                   |
| <b>INGLIS and ADMIRAL DISHWASHERS</b> (Electric)<br>Front-loading, Convertible/Portables —the great labour-saving homemakers' helper. On some models, you can save up to \$50.00! |                           |  | SAVE<br><b>\$50<sup>00</sup></b>  |

## Once-a-year sale—hard-to-beat bargains

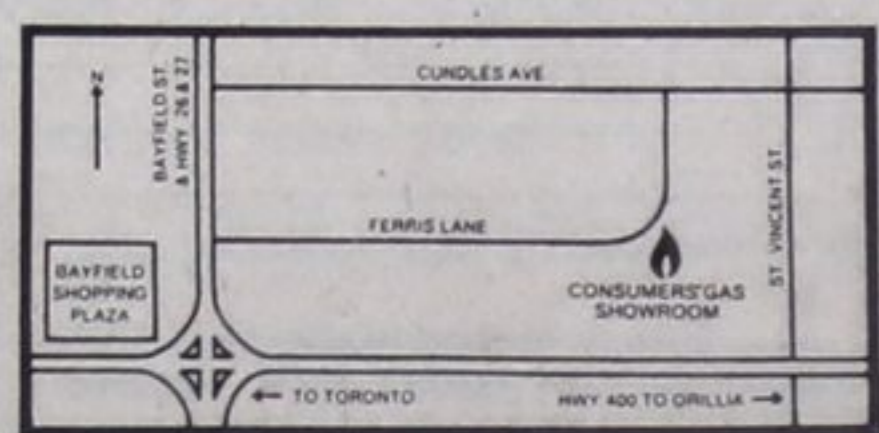
Includes many unadvertised specials in both gas and electric appliances, some with dents or scratches which do not affect performance. Stock is limited and some sale items are not necessarily in stock in all our store locations. Prices include delivery only. Installation arrangements are available and can be included in our finance plan.

Financing is available... up to 5 years to pay in convenient monthly installments... to all residents within our service area.

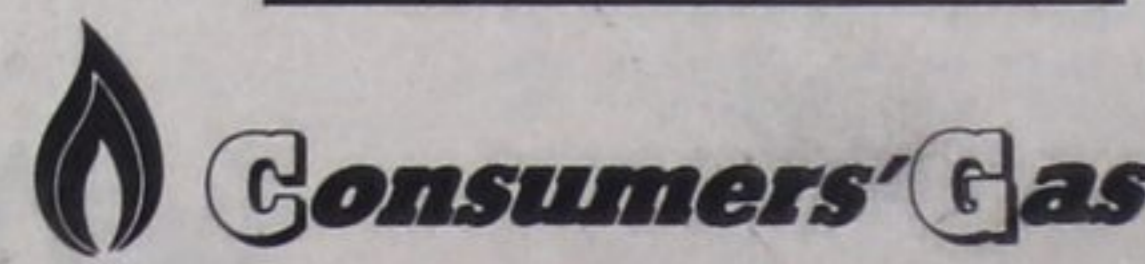


**SHOWROOM HOURS:**  
 Monday to Thursday  
 8:30 a.m. - 4:30 p.m.  
 Friday 8:30 a.m. - 9:00 p.m.

**SHOWROOM**  
 165 FERRIS LANE,  
 BARRIE  
**726-6558**



**IN MIDLAND AREA**  
**PHONE 526-7301**



## WASAGA STARS COMMUNITY ARENA



It is my intention as the Manager of Wasaga's Community Arena to open up new interest in the arena. I wish to do this by helping promote activities at all age levels.

**IF INTERESTED IN ANY OF THESE ACTIVITIES PLEASE PHONE MON—FRI. 1-5 PM**

Minor Hockey	Adult Movies	Spring/ Summer/ Fall Figure Skating School
Figure Skating Club	Ice Rentals	Broomball League
Adult Skating	Girls Hockey	NO-Contact Hockey League
Family Skating	Dart League	Senior Citizens Group Functions
Senior Citizens Skating	Square Dancing	Industrial Hockey League
Mom's and Tots Skating	Girls Ringette	Oldtimers Hockey League
Children's Movies	Ladies Hockey	

### SUMMER HOCKEY SCHOOL INFORMATION 429-3321

Anyone interested in starting a Singles Club male and female Serious inquiries only please call 429-3321

Open House Saturday, February 11, 1978  
 7:05 National anthem sung by Prince of Peace Anglican Church Group  
 7:10 Senior Citizens and Junior Figure Skaters  
 7:15 Oldtimer game 1st period Wasaga vs Base Borden  
 7:45 Novice A vs Mothers  
 8:10 Oldtimer game 2 period Wasaga vs Base Borden  
 8:40 Kinsmen Kinettes vs Katimavik  
 9:05 Open house dance  
 Adults only in upstairs dining room.  
 Dance free—music cost donations greatly appreciated.  
 Refreshes and food available to purchase.  
 Come out and see the arena and enjoy the activities.

We would also remind you that anyone wishing information on parties, meetings, or weddings call 429-3321

### OPEN HOUSE DANCE 9 PM. ADULTS ONLY

Ice Rentals  
 Weddings



Meetings  
 Parties

Congratulations to the Wasaga Beach Juveniles coached by George Bowers on their conquest of Stayner in OMHA playdowns. They now advance against Powassan in quarter-final action on Sat., Feb. 11 at 5 p.m. at Wasaga Beach Community Arena. Remember the Open House follows the game. Come and watch the game.

Teen Disco Dancing, every Friday night 8 - 12 p.m. Wasaga Stars Arena Dining room.

For more information 429-3321.

Bus service from Elmvalle and Stayner, Wasaga Beach.

**FOR MORE INFORMATION ON ANY ABOVE CALL 429-3321**