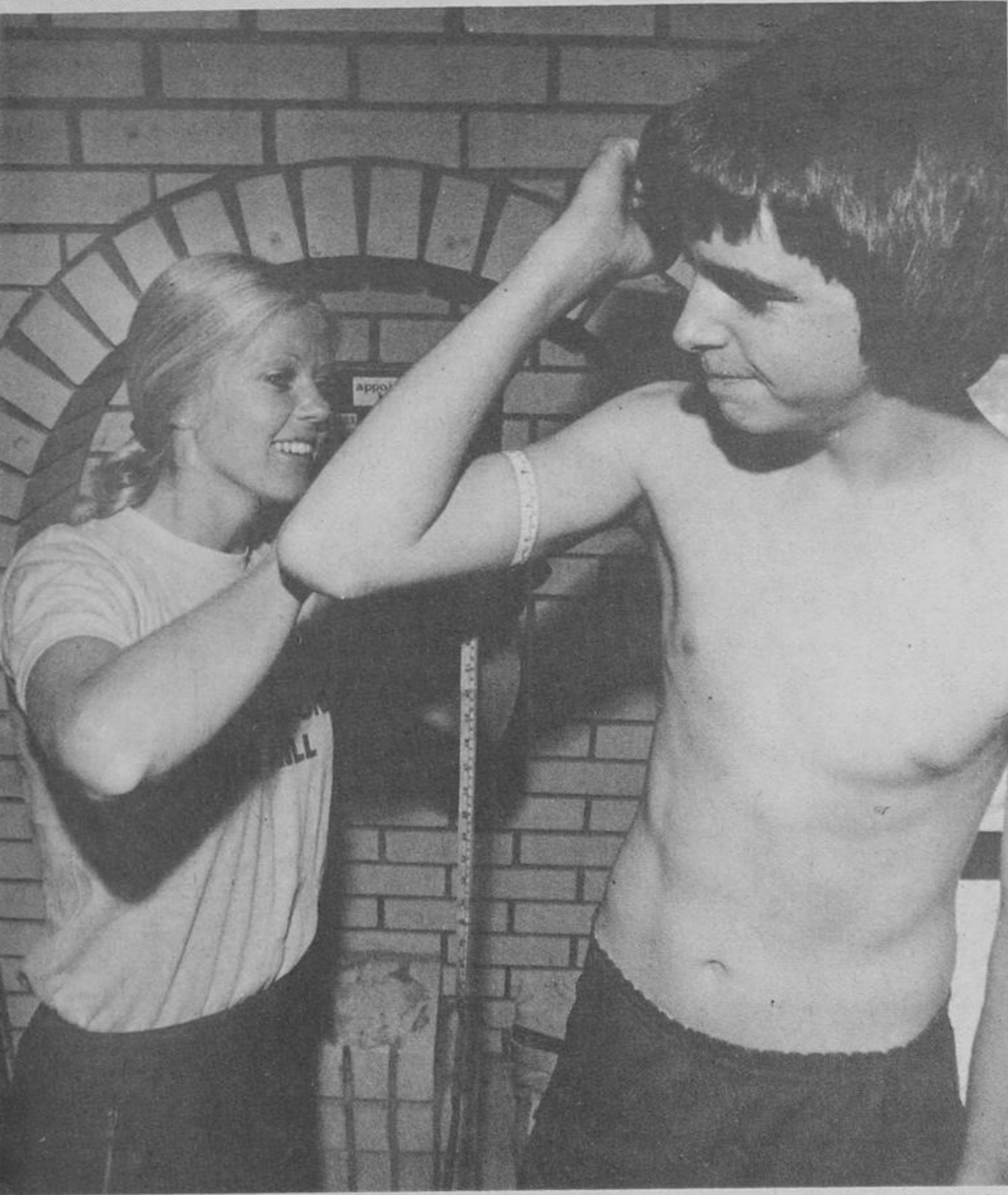


Think you're in shape, huh? Poray will set you straight



Fitness check

Fit Pack programmer and tester Sue Stephenson, Laverock Ave., Richmond Hill, checks Graham Giffen of Norfolk Ave., Richmond Hill, who wants to be a basketball player.

By DIANE MARSHALL
The illusion of thinking you are in half-decent shape can easily be shattered by the day of reckoning at the York Region Family "Y" when you take a test for "Fitpack", a health club program.

But the shock of realizing your condition could act as a catalyst to improving your physical health.

"We are trying to get people to follow a better, healthier life-style", said Y physical education director, Mark Poray, "and any benefit they get from this program is strictly their success. All we do is set up a schedule and it is up to them to follow it."

"Fitpack" has been in existence since Oct., 1975, when it had a membership of seven. Now, there are 230 members with the average age being 29 or 30, said Mr. Poray. A yearly membership for adults is \$110 and \$60 for juniors.

"The youngest limit is 14 because a lot of the equipment is with weights and that type of exercise could be damaging to the bones of younger kids," he said.

The fitness test consists of a "fat test" in which the fat on various parts of your body is measured and compared with the norm for your age.

Blood pressure is taken before and after a series of "step-ups" to measure how long it takes for the pulse to get back to normal.

Muscular endurance is measured by the amount of sit-ups done in a minute since this usually correlates with overall body strength.

A doctor's certificate is not needed in most cases unless the person is very much out of shape or has a heart condition, said Mr. Poray.

Besides himself, there are two parttime instructors, Sue Stephenson and Tim McGhie, both phys. ed. graduates of U. of T.

The instructors make up a program especially designed for particular weak areas and the gym facilities and sauna are open from 9 a.m. to 9 p.m. Monday to Friday and 9-5 on Saturdays.

"After 20 work-outs,

you are re-tested and generally people improve. If they don't lose weight, we usually find their heart or muscular endurance is better," Mr. Poray said.

"One member joined in December weighing 207 pounds and is now down to 157 and one of our better joggers."

To some, the equipment in the gym could resemble various items of torturing devices and to some, it might feel like they have gone through torture after the first workout as they nurse stiff muscles.

Consistency is needed for the program to do the most benefit, but Mr. Poray advises working with the weight equipment every second day since the muscles actually tear in these exercises and it takes 48 hours for the body to rebuild the cells.

"I think running is the single most important point in the program and should be done every day," he said.

The average Canadian is in poor physical condition compared with Europeans mostly because our easier life-style permits us to become lazy.

"People think they have not got time for physical fitness and instead of just staying in bad condition, they get worse," Mr. Poray said. The stress and strain of business is tough on the heart. Physical exercise builds up strength which helps to deal with stress

and handle tension better."

He outlines some basic rules to improve health. First, he does not believe in "crash" or fad diets which go on for a certain length of time and then the old way of eating returns.

The longer it takes to

take weight off, the better since the body will adapt to its new size easier.

"The bane of the North American society is that a big dinner is eaten and sits in the stomach and no calories are burned up. Actually, breakfast should be the biggest meal of the day and

should not be skipped which is what a lot of people do," he said.

The YMCA offers a better, friendlier atmosphere than the commercial health clubs which cost more and may sound glamorous, said Mr. Poray, who has worked at both.

Crosby Park area is vandalism scene

The Crosby Park area of Richmond Hill has fallen victim to a number of crimes the last few days.

Sometime between July 28 at 11 p.m. and July 29 at 9 a.m., someone pried open the front door of the Richmond Hill Tennis Club, opened a pop machine and stole 125 cans of soft drinks.

The culprit also made off with \$4 cash. Total value is estimated at \$350.

Last Wednesday,

between 3.30 p.m. and 6.30 p.m., someone entered the unlocked door and attempted to break open the coin box on the pay telephone.

The endeavour was unsuccessful but damage still amounted to \$50.

The Centennial Pool, located next to the Tennis Club, was entered between July 27 at 9.30 p.m. and July 28 at 6.45 a.m. when someone climbed over a 10-foot high wooden fence, then smashed a window.

The office was entered, but an attempt to pry open the pop machine failed.

Damages are estimated at \$150.

York Regional Police officers are continuing their investigations.

Flowers

Wired Anywhere
For ALL Occasions



We Deliver to Toronto & Surrounding Districts

Rice's Flowers
RICHMOND HEIGHTS CENTRE
884-1812 Phone 889-1812

Henry J. Finkelstein, B.A., C.A.
CHARTERED ACCOUNTANT

is pleased to announce the relocation of his office at
10350 Yonge St., Suite 204,
Richmond Hill, Ont. L4C 3B8
Telephone: (416) 884-2011

Man who bothered pilots will pay \$700 in fines

Because his "emotional approach" outweighed his judgment, Frank Tucker, 52, of Leslie St., Richmond Hill, who pleaded guilty to seven charges under the Aeronautics Act, will pay a total of \$700 in fines.

Tucker was fined \$100 on each charge by Judge Peter Wilch last week in provincial court in Newmarket.

Tucker, who has long led a one-man fight against the so-called noise pollution from Buttonville Airport, was specifically charged with shining a light to confuse aircraft.

Court was told that

Tucker deliberately shone a light at aircraft from the nearby airport, flying over his house the night of April 15.

The defendant also protested against the planes by playing a recording of anti-aircraft guns over loudspeakers from his home.

In an interview this spring, Tucker was quoted as saying he had fought against the "impossible aircraft noise" over the past nine years with loudspeakers, with a range of two miles, mounted on trees on his property.

He said he had 500

records to play, ranging from the classics, to authentic sounds of a herd of elephants, to dynamite blasting.

He said that his most popular "requests" were for Onward Christian Soldiers and a record of bird sounds.

Tucker was charged after officials at the airport lodged a complaint.

At the hearing, defence lawyer, Peter McCreary, said his client had been in the forefront of those opposed to expansion of the airport, because of the emotional impact it had on residents.

Tucker's isolated home was still affected by the planes, although flight patterns had been altered to accommodate subdivisions.

Judge Wilch said Tucker had taken an emotional approach that had outweighed his judgment. The fines would serve as a deterrent to any others who might be contemplating similar action.

Maximum sentence is a \$5,000 fine, or one year in jail, or both.

Tucker has since sold his home and plans to move from the area.

TO THE ESTATE OF ROY BURNICE WICE NOTICE OF APPLICATION FOR APPROVAL TO EXPROPRIATE LAND

IN THE MATTER OF an application by

THE CORPORATION OF THE TOWN OF MARKHAM
for approval to expropriate land being

PART OF ORIGINAL ROAD ALLOWANCE BETWEEN
LOTS 30 & 31 IN CONCESSION 1

in the Town of Markham,
in the Regional Municipality of York,
for the purpose of extending Eliza Street to Yonge Street in the Town of Markham.

NOTICE IS HEREBY GIVEN that application has been made for approval to expropriate the land described as follows:

ALL AND SINGULAR, that certain parcel or tract of land and premises situate, lying and being in the Town of Markham, Regional Municipality of York and being composed of part of original Road Allowance between Lots 30 & 31, Concession 1, in the said Town of Markham which said parcel may be more particularly known and described as follows:

COMMENCING at a point in the Southerly limit of Lot 31, Concession 1 at a point distant thirteen feet (13') measured westerly thereon from the production Northerly of the Westerly limit of Eliza Street, in the said Town of Markham, said point being distant three hundred and thirty-eight feet and seven and one-half inches (338' - 7 1/2") more or less measured Easterly along the Southerly limit of said Lot 31, from the South Westerly angle of said Lot 31;

THENCE Westerly along the southerly limit of said Lot 31, three hundred and thirty-eight feet seven and one-half inches (338' - 7 1/2") more or less to the South Westerly angle of said Lot 31;

THENCE Southerly along the Easterly limit of Yonge Street sixty-six feet two inches (66' - 2") more or less to the north westerly angle of said Lot 30;

THENCE Easterly along the northerly limit of said Lot 30, three hundred and thirty-seven feet eleven inches (337' - 11") more or less to a point distant thirteen feet (13') measured Westerly thereon from the Westerly limit of Eliza Street;

THENCE Northerly in a straight line sixty-six feet two inches (66' - 2") more or less to the place of beginning.

Any owner of lands in respect of which notice is given who desires an inquiry into whether the taking of such land is fair, sound and reasonably necessary in the achievement of the objectives of the expropriating authority shall so notify the approving authority in writing.

(a) in the case of a registered owner, served personally or by registered mail within thirty days after he is served with the notice, or, when he is served by publication, within thirty days after the first publication of the notice;

(b) in the case of an owner who is not a registered owner, within thirty days after the first publication of the notice.

THE APPROVING AUTHORITY IS:

THE COUNCIL OF THE CORPORATION OF THE TOWN OF MARKHAM,
8911 WOODBINE AVENUE,
MARKHAM, ONTARIO

THE CORPORATION OF THE TOWN OF MARKHAM,

ANTHONY ROMAN, MAYOR,
DIANE E. SMITH, TOWN CLERK.

PUBLISHED THE FIRST TIME THE 27th DAY OF JULY, 1977

PUBLISHED THE SECOND TIME THE 3rd DAY OF AUGUST, 1977.

PUBLISHED THE THIRD TIME THE 10th DAY OF AUGUST, 1977

NOTICE OF APPLICATION FOR APPROVAL TO EXPROPRIATE LAND

IN THE MATTER OF an application by

THE CORPORATION OF THE TOWN OF MARKHAM

for approval to expropriate land being

PART OF ORIGINAL ROAD ALLOWANCE BETWEEN
LOTS 30 & 31 IN CONCESSION 1

in the Town of Markham,
in the Regional Municipality of York,
for the purpose of extending Eliza Street to Yonge Street in the
Town of Markham.

NOTICE IS HEREBY GIVEN that application has been made for approval to expropriate the land described as follows:

ALL AND SINGULAR, that certain parcel or tract of land and premises situate, lying and being in the Town of Markham, Regional Municipality of York and being composed of part of original Road Allowance between Lots 30 & 31, Concession 1, in the said Town of Markham which said parcel may be more particularly known and described as follows:

COMMENCING at a point in the Southerly limit of Lot 31, Concession 1 at a point distant thirteen feet (13') measured westerly thereon from the production Northerly of the Westerly limit of Eliza Street, in the said Town of Markham, said point being distant three hundred and thirty-eight feet and seven and one-half inches (338' - 7 1/2") more or less measured Easterly along the Southerly limit of said Lot 31, from the South Westerly angle of said Lot 31;

THENCE Westerly along the southerly limit of said Lot 31, three hundred and thirty-eight feet seven and one-half inches (338' - 7 1/2") more or less to the South Westerly angle of said Lot 31;

THENCE Southerly along the Easterly limit of Yonge Street sixty-six feet two inches (66' - 2") more or less to the north westerly angle of said Lot 30;

THENCE Easterly along the northerly limit of said Lot 30, three hundred and thirty-seven feet eleven inches (337' - 11") more or less to a point distant thirteen feet (13') measured Westerly thereon from the Westerly limit of Eliza Street;

THENCE Northerly in a straight line sixty-six feet two inches (66' - 2") more or less to the place of beginning.

Any owner of lands in respect of which notice is given who desires an inquiry into whether the taking of such land is fair, sound and reasonably necessary in the achievement of the objectives of the expropriating authority shall so notify the approving authority in writing,

(a) in the case of a registered owner, served personally or by registered mail within thirty days after he is served with the notice, or, when he is served by publication, within thirty days after the first publication of the notice;

(b) in the case of an owner who is not a registered owner, within thirty days after the first publication of the notice.

THE APPROVING AUTHORITY IS:

THE COUNCIL OF THE CORPORATION OF THE TOWN OF MARKHAM,
8911 WOODBINE AVENUE,
MARKHAM, ONTARIO

THE CORPORATION OF THE TOWN OF MARKHAM,

ANTHONY ROMAN, MAYOR,
DIANE E. SMITH, TOWN CLERK.

PUBLISHED THE FIRST TIME THE 27th DAY OF JULY, 1977

PUBLISHED THE SECOND TIME THE 3rd DAY OF AUGUST, 1977

PUBLISHED THE THIRD TIME THE 10th DAY OF AUGUST, 1977

Calling all
ELECTROHOME
Air Conditioner Owners!

Save money! Avoid the rush! Bring in your Electrohome Air Conditioner—Now—for its
Seasonal Maintenance
Carry-in or In-home Service

CARRY-IN SPECIAL: **\$2950** PICK-UP AND DELIVERY: **\$4950**



● All Parts
● Cleaning
● Lubrication
● New filter
● Labour
● Repairs to sealed system
● Cooling assembly checked and repaired
● 1977 comfort guarantee
● Refrigerants.

For a cool, trouble free, air conditioning season, get your Air Conditioner in shape now!


Specials apply to units up to 12,000 BTU's purchased since Jan. 1972.

ELECTROHOME
CUSTOMER SERVICE CENTRE

Mississauga
5030 Maingate Dr.
Ph. 624-9732
Call toll free 800-281-3380

Markham
145 Idome Rd.
Ph. 495-0313
Open Mon. Thru. Sat.

WHY PAY MORE!



SAVE **15% TO 25%**
ON YOUR NEXT PAIR OF GLASSES

OPEN MONDAY TO FRIDAY 9 A.M. TO 9 P.M.
SATURDAYS 9 A.M. TO 5 P.M.

the EYEGLASS FACTORY Ltd. 881-1277

104 DONCASTER AVE., THORNHILL
1 STOP LIGHT N. OF STEELES