

# Police Briefs

The home of Zavier Portmann of Major Mackenzie Drive, Woodbridge was broken into on August 19.

Someone gained entry by kicking in the front door. The thief made off with jewelry, cash and stereo equipment valued at \$8,000.

### HOT MUSIC

A theft at the HOSMUSIC Centre on Yonge Street in Richmond Hill resulted in the loss of two cartons of musical equipment valued at \$2,000.

### FIRE

A fire broke out in a repair shop at Hutchinson's Farm Equipment on Highway 48 in Stouffville August 22.

The blaze started when an employee was using a cutting torch in the repair shop.

Two tractors were damaged in the fire, which was handled by the Stouffville Fire Department.

Damages are estimated at \$5,500.

### START YOUR ENGINES

A shopbreaking at Almost Racing on Heritage Drive, Markham netted some \$8,000 in foreign car performance parts.

The break-in occurred sometime between August 17 and August 21.

### SET EM UP

Someone is walking around with 200 plastic traffic delineators, those orange cones used to divert traffic from one lane to another.

They were taken from a construction site on Langstaff Road in Thornhill, and are valued at \$4,000.

### TWO FOR THE PRICE OF ONE

Two break-ins on the same street in Thornhill occurred in the past few weeks.

The home of John Maver at 154 Arnold Avenue was entered between August 16 and August 20 and a fur coat and some food was taken.

The missing items are valued at \$3,800. Eric Boyden, at 44 Arnold Avenue, had his home entered between August 3 and August 20 and is missing a quantity of cash.

It is not known, at this time, how much was taken.

### SNOW TIME

J. C. Gilbert and Sons on Highway 7 in Woodbridge was robbed sometime on August 22, 23.

A Meyers snow plow blade, valued at \$1,400, was taken.

# 4 detectives honored for expertise in case

Four York Regional Police detectives instrumental in solving the murder of a 15-year-old boy were formally commended by the police commission last Wednesday.

In a report to the commission, Police Chief Bruce Crawford sought the commendation for detective sergeants Robert McCausland and Robert Wilson and detectives Frank Laskoski and Gordon Marshall.

The chief had special praise for Det. Sgt. McCausland's "perseverance, devotion to duty and excellent example of outstanding and professional police work."

The detective sergeant led the investigation into the 1977 death of a Willowdale youth, who died from stab wounds received during a robbery attempt in Vaughan.

He and another youth had been robbed, and when a struggle took place, one of the youths was stabbed.

With the help of a member of the Barrie police Det. Sgt. McCausland launched the investigation and learned that two Barrie residents might be responsible for the teenager's death.

Investigation led to use of legal wire taps to help catch the murderers.

Following a three-day round-the-clock surveillance of the two suspects, they were arrested in October of 1978.

Following a five-week trial, Brian Lauier, 20, of Barrie was convicted of

second degree murder and sentenced to life imprisonment.

His 19-year-old female accomplice, Gwen Wilson, was convicted of

manslaughter and sentenced to two years in prison.

In his report to the board, Chief Crawford

said that he had also written to the Barrie police chief expressing appreciation for the help that force offered in the investigation.

## Town passes on McConaghy

The fate of M.L. McConaghy Public M.L. has been foisted on yet another committee.

Richmond Hill Finance Committee discussed the possibility of the town taking over the 64-year-old school building but decided the municipality has no use for it, at present.

But, they asked planning committee to look at the property to see if any

part could be used in the future for a public purpose.

Mayor Dave Schiller said while the town sees no immediate need, it will ask the Board of Education to hold off making a final decision for six months.

The mayor said he felt there is no rush for a decision, since the Separate School board,

which has leased the school for one year, may need to use it for a longer period.

## Think First OF Liberal

### MARKHAM AQUATIC CLUB

#### REGISTRATION FOR

1979/80

#### SEASON

4.45 p.m. to 7.00 p.m.  
SEPTEMBER 4th, 5th, 6th

AT  
CENTENNIAL POOL  
MARKHAM

THORNLEA SCHOOL  
THORNHILL

(Entrance opposite Pool)  
FOR FURTHER INFORMATION CALL

CLUB OFFICE AT 889-1449  
OR

BRYAN BURTON AT 297-3753

## Hill Yoga classes stress 'moral health'

Axel Molema's yoga classes in Richmond Hill are exercise classes with a difference.

The benefits will show mentally, emotionally and spiritually, he said.

Over an eight-year period, thousands of people from this area have entered darkened halls carrying blankets to learn ways of stretching muscles and joints as well as the reason why it is important to do so.

People come to his yoga classes for many different reasons — to look better or feel better, to learn the natural relaxation techniques he teaches, or for social interaction or moral guidance — all draw what they want from the classes, he said.

Although emphasis is put on physical development — flexibility, strength, stamina, co-ordination and balance — proper diet and the philosophy to acquire what Axel calls "a morally healthy lifestyle" are woven into the classes.

Classes are held on different levels, from beginner to advanced, and include the practices of "Hatha Yoga" the physical positions (including the traditional headstand), and breathing exercises.

"Yoga is a total purification of the body," said Axel, "enabling the whole system to work more efficiently."

"It is impossible to have a healthy body without regular exercise, proper diet and a proper lifestyle," he emphasized.

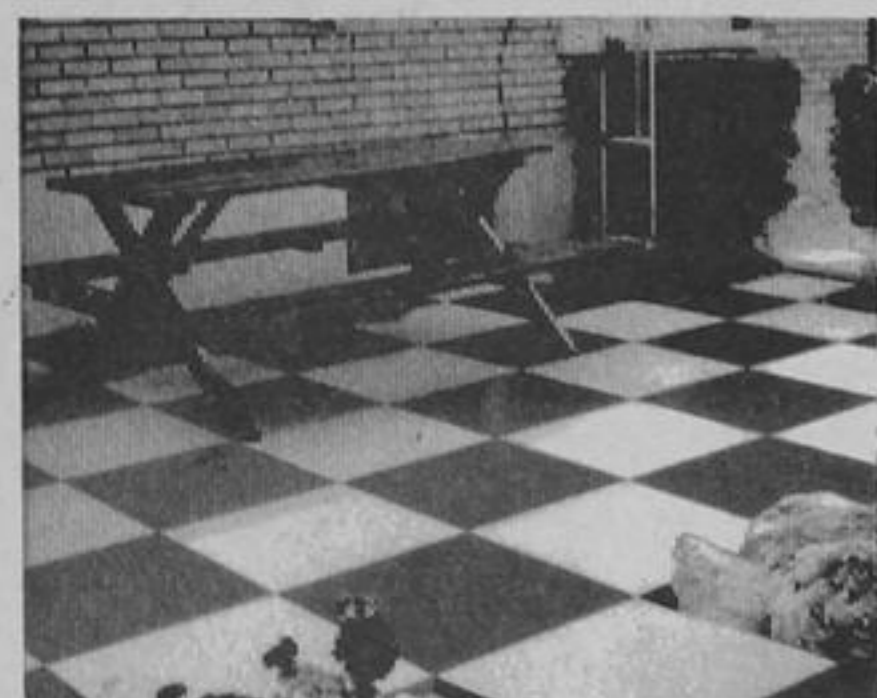
## patio and sidewalk slabs

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### Standard Sizes

12" x 24" 24" x 24"  
18" x 24" 30" x 24"  
36" x 24"

Red, Yellow, Green, Brown, Charcoal or Natural colour.



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## it's about time

**The Gift of Time:** Any child who enrolls in Mini-Skool for Fall and starts between now and August 31 will receive (starting in October) one free week every month for the rest of the calendar year. (Child must remain continuously enrolled to receive the free weeks.)

**Free Time:** What's more, enroll and start by August 31 and Mini-Skool will give your child a free "Sesame Street" alarm clock. If you have a pre-schooler, now is the perfect time for Mini-Skool.

**An Important Time in a Child's Life:** Experts agree.. the pre-school years are critical to a child's physical, social, emotional and intellectual development. Mini-Skool with its exclusive GOAL development program helps you give your child the full benefit of these important years.

**Time is ticking away:** Take time now to investigate Mini-Skool's free offers and the new GOAL program

Free weeks and "Sesame Street" clock offer available at the following locations:

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THORNHILL  
RICHMOND HILL, ONTARIO (L4J 2G6)  
881-0710 OR 881-0711

Offer limited to new enrollments only. Good while supplies last.

**THE FRAME UP**  
A CUSTOM AND DO IT YOURSELF PICTURE FRAMING GALLERY  
SAVE 20 - 30%  
when you frame up yourself or let us custom frame up for you expertly.

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**BUTTONVILLE GOLF & COUNTRY CLUB**  
WOODBINE AVE. (1 MILE N. OF HWY. 7)

### SkyLark Holidays

## TWO GREAT VALUE HOLIDAYS FROM SKYLARK!

### SUMMER!

#### Disney World and the Beach

from \$329 per person (double occupancy) including air-conditioned self drive car for one week.

Departures every Sunday throughout the Summer & Fall.

You'll spend four days of this delightful combination holiday at the Caribbean Gulf Hotel, right next door to beautiful Clearwater beach. Then it's on to the modern Regency-Inn near Disney World for three more days of fun and fantasy at the Magic Kingdom. Disney World admission not included.

### WINTER!

#### A luxury cruise aboard the original "Love Boat" Sun Princess

From \$989 per person (double occupancy)

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You'll fly to San Juan where the Sun Princess welcomes you to a week long voyage of discovery, excitement, entertainment and gourmet dining. An unbeatable way to see the Caribbean!

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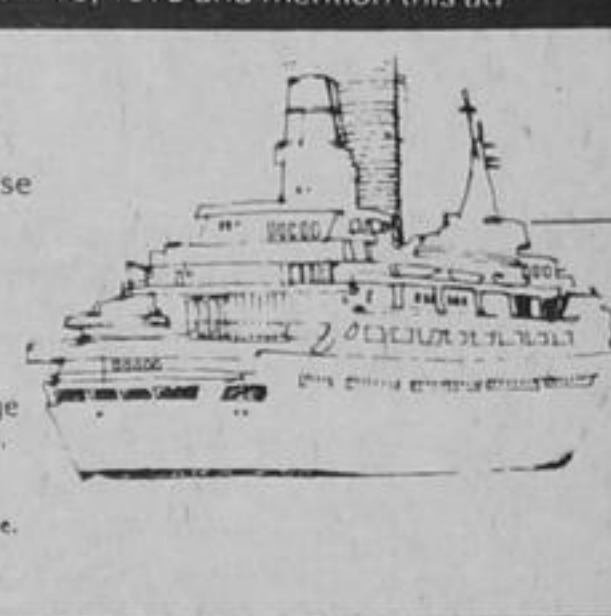
Per adult on your Skylark holiday, if you book before Nov. 15, 1979 and mention this ad!



- SkyLark's Great Value Holidays include:
  - Round trip air transportation via Wardair wide-bodied jet from Toronto to Tampa or San Juan
  - Complimentary inflight meals and drinks
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  - All meals aboard the Sun Princess
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Not included: Departure taxes, gratuities, hotel service charge and tax. Where car is included price does not include tax, gas, oil and CDW fee.

All SkyLark Holidays are subject to the terms and conditions of the General Information Section of the SkyLark Holidays Fall and Winter 1979/80 brochure. Prices are per person based on double occupancy and are subject to high season supplements.



**Calladine & Baldry Travel**

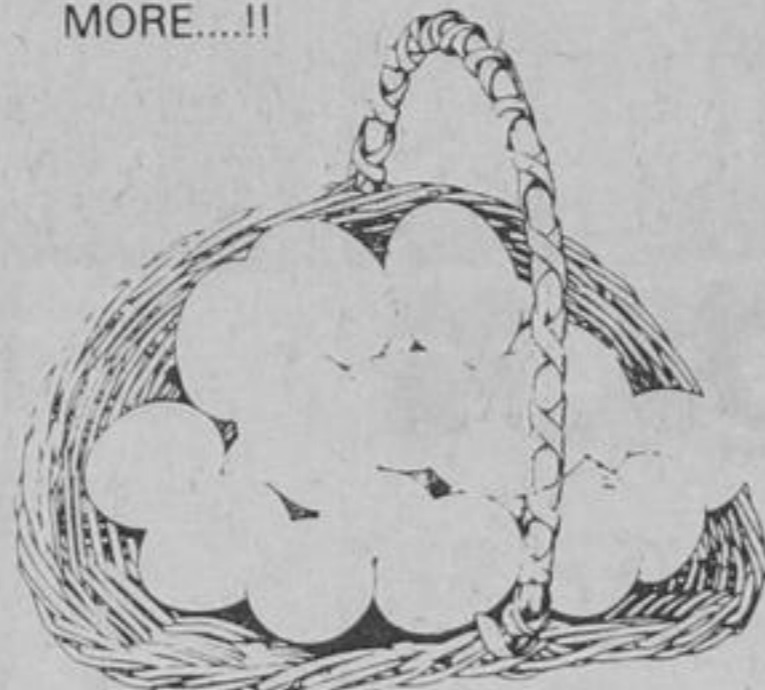
HILLCREST MALL  
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MARKHAM PLACE  
Don Valley Pkwy. & Steeles  
881-8590

# Liberal

PRESENTS A

# Recipe Contest

WE ARE HAVING A RECIPE CONTEST! LET'S SEE IF YOUR FAVOURITE RECIPE CAN STAND UP TO THE DISCRIMINATING PALATES OF OUR PANEL OF RENOWNED CULINARY EXPERTS. IF YOURS IS THE BEST IN ONE OF THE CATEGORIES, THEN YOU WILL BE ELIGIBLE TO WIN ONE OF THE GRAND PRIZES THAT WILL BE PRESENTED AT A SPECIAL CEREMONY. GRAND PRIZES PLUS MUCH, MUCH MORE.....!!



BE A WINNER..... GRAND PRIZES



• Trip for Two to Orlando, Florida (air tickets only)

**Canada Kitchen Kitchens**

• Kitchen-Aid Custom Dishwasher KDC 18 built-in (installation not included) from Canada Kitchen



• IGA provides you with 7 coupons worth \$50.00 each.

MORE PRIZES AND MORE FUN TO BE ANNOUNCED

1. Anyone is eligible to participate except employees of Metrosan Community Newspapers Ltd., or their immediate families or families of the judges.
2. All entries must be received at the Liberal Office not later than Friday, September 7th, 1979.
3. Entries will be judged on the basis of originality and general appeal.
4. Winners will be notified by telephone. The winning entry in each category will be determined by taste, texture, ease and speed of preparation.
5. All recipes become the property of Metrosan Community Newspapers Ltd. Most will be published in our 1979 Cookbook.
6. No more than three recipes per person will be accepted.

Send in your RECIPE and Entry Blank today! CHECK THE APPROPRIATE CATEGORY

- |   |  |
|---|--|
| <input type="checkbox"/> GOURMET MEAL FOR TWO   | <input type="checkbox"/> MAIN DISHES       |
| <input type="checkbox"/> CANNING AND PRESERVING | <input type="checkbox"/> VEGETARIAN DISHES |
| <input type="checkbox"/> HORS D'OEUVRES         | <input type="checkbox"/> MEN ONLY          |
| <input type="checkbox"/> SALADS                 | <input type="checkbox"/> DESSERTS          |

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Recipe Name: \_\_\_\_\_  
MAIL WITH RECIPE TO: COOK BOOK EDITOR, THE LIBERAL, P.O. BOX 390, RICHMOND HILL, ONT. L4C 4Y6

Please write out your recipe in the following order:  
Name of recipe  
Ingredients with measurements  
Temperature and cooking time  
Directions for preparing