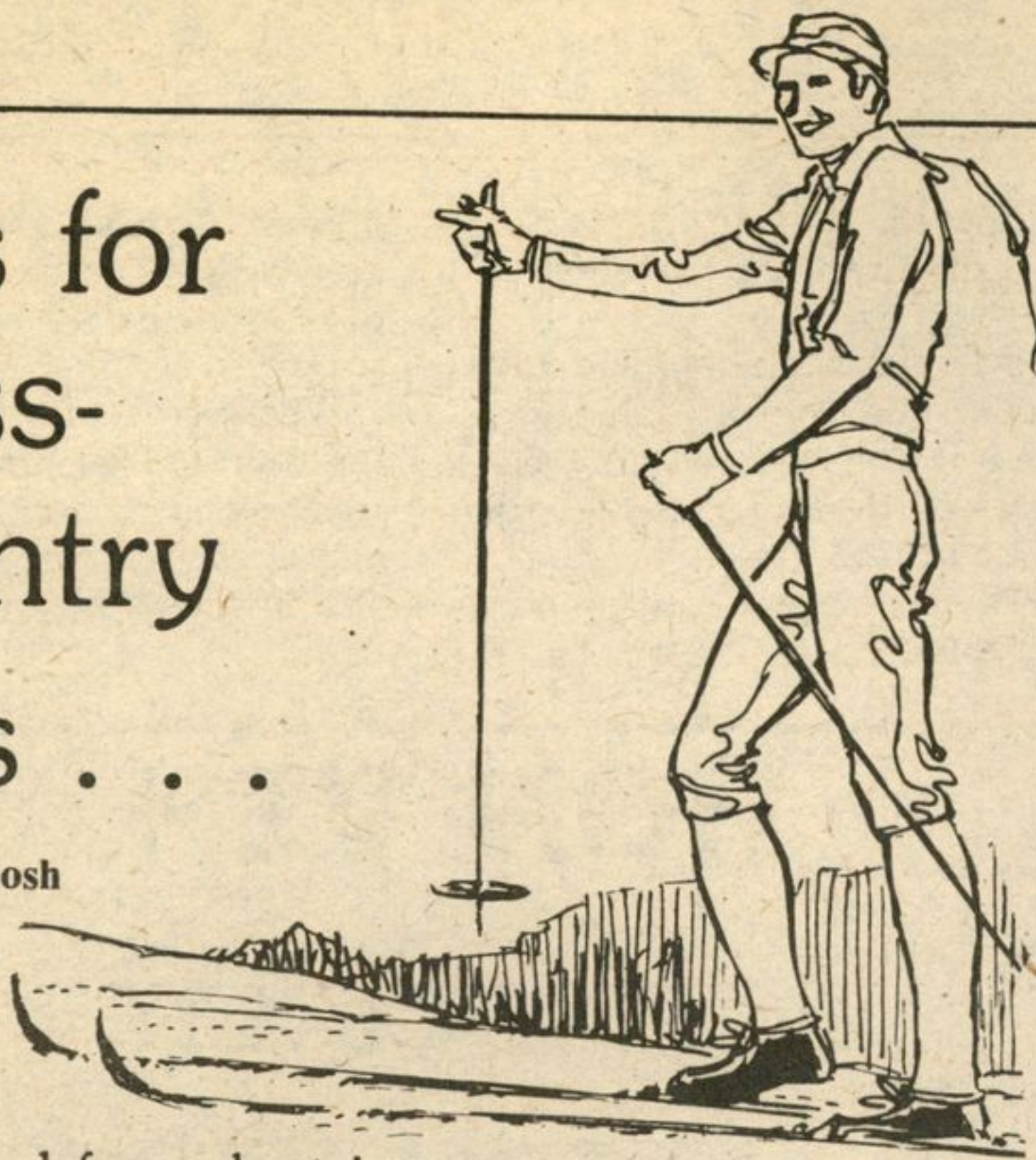


Recreation

Tips for cross-country trips . . .

By Greg Rokosh



Continued from last issue

If you take your skis off to get up, you will probably flounder around, sinking up to your knees or deeper, packing cold, wet snow up your pants legs and down your boot. Keep your skis on. Roll over on your side and bring your knees to your abdomen.

Keep your skis below you and across the fall line. Hold both poles in one hand and stick them into the snow close to your side. Push on the baskets with one hand and pull yourself upright with your other hand on the pole grips. Oops! Now try it again.

Cross-country skiing is a lot of fun when it's done in a group or alone. Gliding along under your

own power, the scene lit by a full moon or bright winter sunshine, the feeling is freedom and excitement. As with any skill, it takes time to learn — take the time, there's no hurry.

With children it is especially important to stress the fun side and not to get too technical until the basics are comfortably acquired.

One mistake many people make in the beginning is to over dress. Several thin loose-fitting layers are preferable to bulky clothing. This allows you to remove a layer when heat builds up — and you'll be surprised how fast that happens. Mitts are warmer than gloves. Long socks over trouser legs will

keep pants drier.

If you are going to be out for more than a couple of hours, it is advisable to carry a few articles: a wax kit, scraper, string or wire for makeshift repairs, a ski tip, a dry sweater, and perhaps some dried fruit, oranges, chocolate or a warm drink. If you're going into unfamiliar territory you should have a map, a waterproof container of matches, a small first-aid kit, and a compass. You may never need these, but it could be a long winter if you do get lost in the bush with a broken ski and the sun going down fast.

Finally, cross country skiing is one of the most effective activities promoting cardio-vascular fitness. Skiing one mile is as good for you as walking three because it uses your whole body, not just your legs. But the object is enjoyment, so get out there with the whole family — but avoid well-packed ski-doo trails, they are generally icy and very difficult to ski on.

If you would like more information on cross country skiing you could contact the Canadian Ski Association 333 River Road, Ottawa (Vanier), K1L 8B9, tel. 746-0060 or the National Capital Division, Old Chelsea, Quebec, J0X 2N0 tel. (819) 827-1717.

If your youngsters, ages 8 to 13 years enjoy the sport and want to get into a skill and speed awards program, you should investigate the Shell Jackrabbit Ski League. Parents are also encouraged to

become involved as Jackrabbit leaders.

Information on joining this fast-growing and worthwhile program can be obtained from Miss

Trice Cameron, National Jackrabbit Co-ordinator, Canadian Ski Association, 333 River Road, Ottawa (Vanier). C'mon, snow!

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Horse Bits

Get fit to ride

by Lola Wood

The following is a series of get-fit exercises to help you get more enjoyment out of your riding.

1. Balance and thigh muscles. Standing with toes turned in a little and hands on hips, rise on to toes, gradually bend knees and lower body, keeping a straight back. Stand up again slowly. Rest. Repeat.

2. Hips and balance. With feet apart, extend arms to each side level with shoulders, palms up. Swing the body and arms to alternate left and right slowly and smoothly, giving a last push at the end of each swing. The lower part of the body and the legs should keep as still as possible and the arms stay level with the shoulders.

3. Hips. Stand at the side of a normal dining chair, holding the back with one hand. Put all your weight on the leg nearest the chair, then swing the other leg back and forwards half a dozen times. Then change position so that the other leg may be exercised similarly. Keep the upper part of the body still while swinging the leg.

4. Ankles. You'll need a kitchen stool for this one. Sit with heels down and toes up. Then make circles with each foot, using the ankles as the fulcrum — right foot anti-clockwise and left foot clockwise. Keep the knees still and close to the seat of the stool.

5. Back and stomach. Lie flat on the back, arms relaxed at sides. Rise slowly into a sitting position. You may need to hook your toes under a heavy chair or a bed to stop them flying into the air. Return very slowly. Two weeks sufficient for early days of this series.

6. Thighs. Lying flat on the back, swing and stretch the right leg over the left as far as possible. Turn the body to the left and return to the supine position. Then swing the same leg over to the right, touch the floor with the foot and return it to the starting position. Repeat this double movement with the left leg. You

should be able to extend the legs further as you progress with the exercise.

7. Shoulders. Sitting astride a kitchen stool with the feet kept level, circle each arm alternately up over the shoulder, backwards, brushing the ear as each passes the upright position. The resting shoulder and arms kept quite still and the body should be upright, but not too stiff.

8. Neck. Kitchen stool again. Sit astride and circle the neck and head slowly right and left keeping the chin tucked in.

9. Stomach and Legs. Lying flat on your back, lift your legs and circle in a bicycling attitude. Keep your hands on your hips or slightly extend the arms with hands flat on the floor for stability. Keep the hips in contact with the floor throughout the exercise.

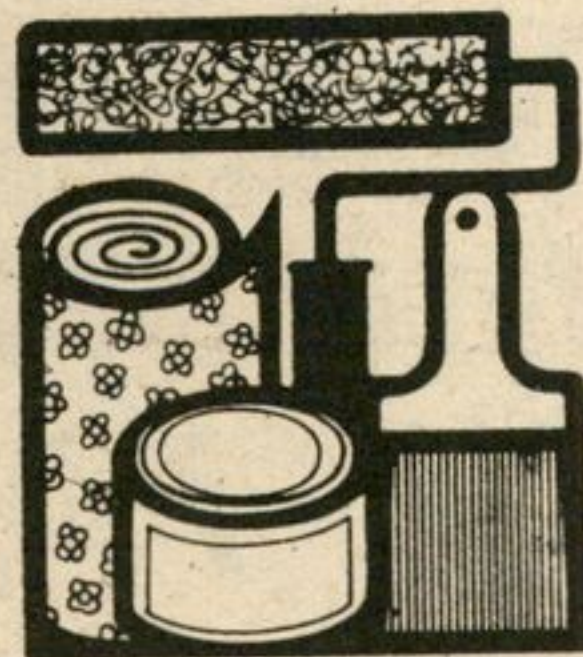
10. Back, Ankles and Legs. Stand on the bottom step of the stairs, facing the rising staircase,

with the front part of the foot only, in contact with the step. Lean a little forward with the hands extended as if you were holding horse reins. Then bend your knees and hollow the back slightly. Hold this for three or four seconds before relaxing. Increase the time in the position as you progress.

11. Back. Place a large book on the edge of a table and stand a few inches away facing the book. Then, with your tummy, push the book onto the table. Keep your hands and arms at your sides.

Lying flat on the floor, knees bent and arms relaxed, lift buttocks off the ground. This is a fairly tough exercise so you are advised to attempt only one at the beginning of your exercising program.

(Lola Wood now has an answering service and she asks all callers to make use of it. Anyone interested in ski-jaring give Lola a call!)



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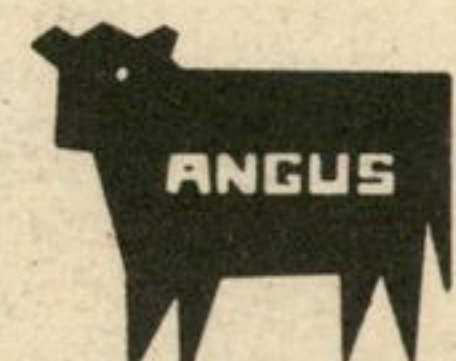
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