Exercise not in vain when it comes to varicose veins

By John Lubberdink, D.C.

Each of us has a heart that generates a tremendous blood pressure to get blood through the arteries to organs and tissues.

But what drives the blood back to the heart once the blood travels through smaller arteries further and further from the heart to the point of travelling through capillaries, which are the smallest blood vessels?

It is in the 'venous system' where blood is collected and returned to the heart by a mechanism that depends on various factors rather than one strong pump.

CRANGE SCHA

Healthwise

with

John Lubberdink, D.C.

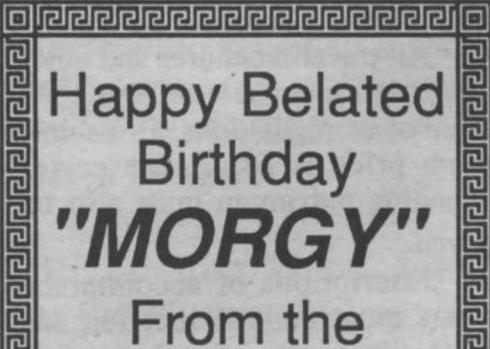
Veins are very thin, bendable, stretchable, have valves, and the blood travels though them at a slower speed and at a much lower pressure than when it is pumped from the heart.

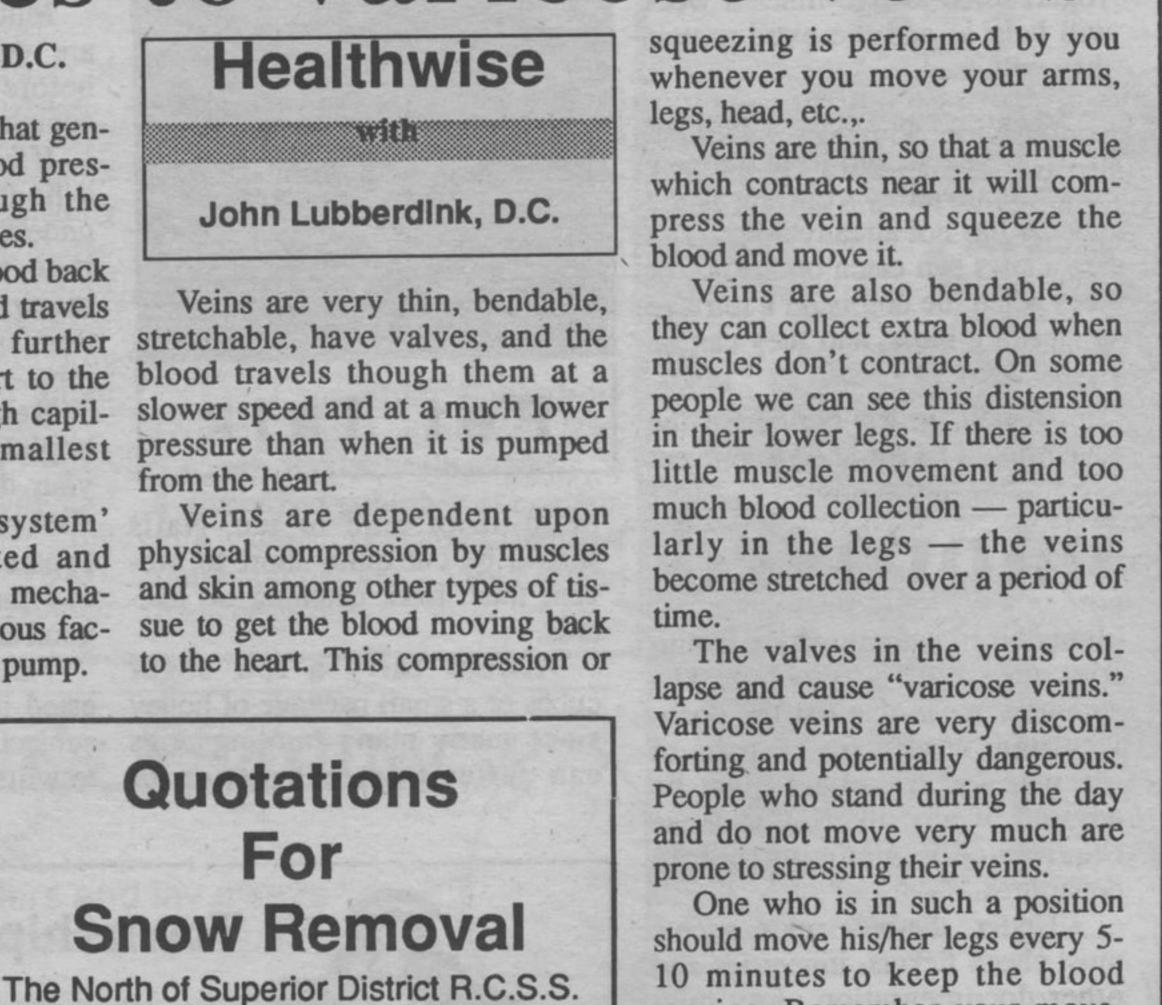
Veins are dependent upon physical compression by muscles and skin among other types of tissue to get the blood moving back to the heart. This compression or

Quotations

Snow Removal

10 minutes to keep the blood moving. Remember your movement pumps the blood back to the heart — a function as important as the heart beat.





Boys in Manitouwadge



POT 2S0

Mr. Tony Speziale in Terrace Bay (825-3255) or Sister Shirley Grexton in Schreiber (824-2553). The snow must be removed prior to 8:00 a.m. Written quotes will be received until noon, November 2, 1988. Lowest or any tender not necessarily accepted. Please forward written quotes to: Mr. Kenneth Ryan The North of Superior District RCSS Board P. O. Box 730 SCHREIBER, Ontario

NORTHERN ONTARIO BUSINESS



AWARDS

Sudbury, November 16, 1988

HONOURING

Entrepreneurship in Northern Ontario





A cheerful Lynn Hodder exhibits perfect ribbon-cutting technique as she and Bryon Cassie of the Aquasabon Chamber of Commerce officially open Hodder's Jewelers Ltd. in Terrace Bay last Thursday. Hodder's Jewelers, located in Simcoe Plaza, carries a

wide stock of jewlery and fine gifts such as crystal and Doulton China. The Hodder's invite residents to visit the new store and have a look at the fine selection.

> Royal Canadian Legion **Terrace Bay Branch 223**

REMEMBRANCE DAY **DINNER and DANCE**

November 11, 1988 5:30 - 6:30 - - Cocktails 6:30 - 8:30 - - Dinner 9:00 - 1:00 - Dance featuring "THE DIPLOMATS"

Dinner and Dance - \$40.00 couple/\$20.00 single Dance only -\$15.00 couple/\$8.00 single

Non-members may purchase tickets from November 5, 1988.

ADMISSION BY TICKET ONLY Tickets on sale at the Legion until November 10, 1988 for members.



ASSISTANT TO THE VICE-PRESIDENT, FINANCE

The Laurentian Publishing Group, a fast-growing business based in Sudbury, Ontario, is searching for an Assistant to the Vice-President, Finance.

Reporting directly to the Vice-President, Finance, this individual will administer banking relationships, coordinate financial reporting, monitor cash control systems, and assist in budgeting and audits. There will also be exposure to business valuations and acquisitions.

The successful candidate will be a recently-qualified CA, CMA or CGA, or a finalist in one of these programs. S/he will be familiar with computerized accounting systems and be proficient in the operation of microcomputers (Lotus 1-2-3).

This position requires superior technical ability combined with excellent communication and organizational skills. Some travel will be required.

Deadline for receipt of applications is Friday, November 11.

If you meet the prerequisites described above, please send your resume and covering letter to:

> The Laurentian Publishing Group Vice-President, Finance 158 Elgin Street South Sudbury, Ontario **P3E 3N5**