

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.

Healthwise

with

John Lubberdink, D.C.

Veins are very thin, bendable, stretchable, have valves, and the blood travels through 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

squeezing is performed by you whenever you move your arms, legs, head, etc.,.

Veins are thin, so that a muscle which contracts near it will compress the vein and squeeze the blood and move it.

Veins are also bendable, so they can collect extra blood when muscles don't contract. On some people we can see this distension in their lower legs. If there is too little muscle movement and too much blood collection — particularly in the legs — the veins become stretched over a period of time.

The valves in the veins collapse and cause "varicose veins." Varicose veins are very discomfoting and potentially dangerous. People who stand during the day and do not move very much are prone to stressing their veins.

One who is in such a position should move his/her legs every 5-10 minutes to keep the blood moving. Remember your movement pumps the blood back to the heart — a function as important as the heart beat.



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 jewelry 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.



Quotations For Snow Removal

The North of Superior District R.C.S.S. Board invites tenders for snow removal at Holy Angels School in Schreiber and St. Martin School in Terrace Bay. Snow removal quotes must be submitted on the North of Superior District R.C.S.S. Board form. These forms are available at the local school or the Board Office.

Details regarding snow removal may be obtained from 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
P0T 2S0

Happy Belated
Birthday
"MORGY"
From the
Boys in
Manitouwadge

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

ADMISSION BY TICKET ONLY

Tickets on sale at the Legion until November 10, 1988 for members.
Non-members may purchase tickets from November 5, 1988.

NORTHERN ONTARIO BUSINESS



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Sudbury, November 16, 1988

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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