



Name That Building

Name this building and you can win \$25 in our Name That Building contest. Bring entries to the Economist and Sun office, 9 Heritage Rd., Markham or The Tribune office at 54 Main St. West, Stouffville not later than 9:30 a.m. on Thursday, Nov. 21. Last week there was no winner and the building featured last week was the printing office at 11 Main St. West in Stouffville. —Sjoerd Witteveen

Rare carriages, sleighs coming to local museum

A unique collection of carriages and sleighs is coming to the Markham Museum.

Donated by the Ward family of Gormley, the collection consists of nine two-wheel vehicles, 19 four-wheel vehicles, nine commercial vehicles and 23 sleighs. Included are one of only two

Eaton's Delivery Wagons, a horse-drawn Esso fuel oil delivery wagon and an 1810 road coach.

"It's a very unique collection, with many of the wagons from the Markham Township area," explained Colonel Lewis Twambley, director of Markham Museum. A building to house the collec-

tion is currently being constructed at the museum. Mr. Twambley said the building is going up in two stages—a storage and work area where the vehicles will be kept and then an addition to the building for final display purposes. The first phase of construction is near completion.

Mr. Twambley said they'll be using the best of the Ward collection (approximately 40 of the pieces) with the 15 vehicles already at the museum for a land transportation exhibit.

Lifeline

Joanne Witt



Know the basics

Sometimes it's tough to cover all the angles but with your fitness program it's relatively easy; it's a matter of knowing about the four basic components of fitness.

However, before starting any program you should ask yourself the following questions:

1. Do you often feel faint or have spells of severe dizziness?
2. Do you frequently have pains in your heart and chest?
3. Has your doctor ever said you have heart trouble?
4. Has your doctor ever said your blood pressure was too high?
5. Has your doctor ever told you that had a bone or joint problem that has been aggravated by exercise, or that might be made worse with exercise?
6. Is there any other good physical reason why you should not follow an activity program?
7. Are you over 50 and not accustomed to vigorous exercise?

If you answer yes to any of the above questions you should check with your doctor to ensure your safe participation in a fitness program. Once you've been given the "green light" to start a program you must consider the areas you want to improve.

This is part one of a four-part series on the four basic components of fitness.

Your program must work on these areas; they are flexibility, muscular strength and endurance, body composition and cardiorespiratory endurance.

Today, I will focus on flexibility, what it is, how to improve it, when to stretch and why it's important.

Simply, flexibility is the range of motion around a specific joint. It is joint specific; in other words your flexibility at one joint is not necessarily indicative of your flexibility at another joint.

Stretching improves flexibility! Stretching is a crucial part of your warm up and cool down. Your body needs to be prepared to perform more vigorous exercises (even walking) and also you must stretch after exercise in order to avoid unnecessary stiffness. You must stretch regularly, every day if possible. The type of stretching you do is very important as well; there are two types that you can do on your own.

Static stretching is characterized by a slow controlled movement and when the end point of the stretch is achieved the position is held. This type of stretching is excellent for day to day activity and will help to increase range of motion. Do not bounce when you stretch.

The other type of stretching must be used with discretion and is not recommended for beginner exercisers or older adults. It's called ballistic or dynamic stretching. For example swinging your arms in large circles is a dynamic stretch for your shoulders. This activity should only be done following a good warm up involving static stretches.

Improved Flexibility:

- increases movement possibilities in whatever activity you're involved in.
- reduces the chance of injury, such as muscle pulls or strained ligaments.
- helps improve your posture.
- minimizes risk of low back pain.
- helps you relax.

Significant changes in flexibility can be achieved within 8 to 12 weeks. All you have to do is add some simple stretches to your daily routine in the morning or at night and it will make you feel so good!

So get up from your chair and take a deep breath, stretch and exhale as you relax. Don't you feel better already?

Next time we'll talk about muscular strength and endurance. EDITOR'S NOTE: Joanne Witt is a trained kinesiologist and part owner of NewBodies Fitness Centre in Markham.

markville

Shopping Centre

150 Stores & Services Including:
Eaton's, Woolco, Miracle Foodmart & Famous Players Cinemas

SANTA ARRIVES

At Markville Station



Tues., Nov. 19
at 11 a.m.

COME & HAVE
YOUR PICTURE
TAKEN WITH
SANTA!

HOURS:
NOV. 19:30
11 a.m. - 5:30 p.m.
DEC. 2-23
11 a.m. - 8:30 p.m.
DEC. 24
10 a.m. - 2 p.m.

BABYSITTING SERVICE Hwy. 7 & McCowan Rd., Markham
Tuesday - Saturday 477-6600
10:30 a.m. - 3:30 p.m.
CLOSED MONDAYS
Another JDS Development



FORD 1985 TEMPOS

ONLY 6 LEFT



EG Stock #5068

TEMPO L-2 DR.

In dark canyon red with charcoal trim. Includes automatic, air conditioning, tinted glass, power steering, brakes and locks, Radio, white walls, body mouldings, Defroster, Etc.

OUR PRICE INCLUDING FREIGHT & REBATE

\$9,411

Offer expires Nov. 20/85

\$500
REBATE
OR
9.5%
FOR 36 MOS.
O.A.C.

QUALITY
IS
JOB 1.

IN EVERYTHING WE SELL AND SERVICE.



McARTHUR'S
Highway 7 between Kennedy and Warden
(Next to White Rose)
474-1350

CARPET & VINYL FLOORING • CUSTOM DRAPEY • SHERWIN WILLIAMS • KEM PAINTS • SALES AND INSTALLATION OF

MARKHAM DECORATING CENTRE

WALL
PAPER
30%
OFF

EVERY BOOK
EVERY DAY

Personal Shopping
Only

82 Wellington St.
West (Hwy. 7)

294-9833

MR. GROCER PLAZA

SALES AND INSTALLATION OF
CARPET & VINYL FLOORING