

Prices effective Jan. 8 to Jan. 14, 1986. All prices in A&P Super only. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS. SAVINGS SHOWN IN THIS AD BASED ON OUR CURRENT REGULAR RETAIL. WE REDEEM ALL FOOD STORE COUPONS.



Our best to you in '86

Monday/Tuesday **ACTION PRICES**

SAVE .72

FIRST GRADE **Gay Lea Butter**
PER POUND

1.99

(Limit 3 lbs per family purchase)

BUY 4-SAVE .97 **ACTION PRICES** **SAVE .70**

READY CUT MACARONI OR KETTLE SPAGHETTI **Cremaettes Pastas**
4/.99 200 g pkg

CATELLI PLAIN **Spaghetti Sauce**
.99 28 fl oz tin

ACTION PRICES

SMOOTH OR CRUNCHY **Chefmaster Peanut Butter**
1 kg CONTAINER

1.99

SAVE .80 **ACTION PRICES**

MARY MILES **Sliced Side Bacon**
1.99 500 g vac pac

MARY MILES, STORE PACKED **Breakfast Sausage**
218/.99 1 lb

ACTION PRICES

JANE PARKER **Cracked Wheat Bread**
450 g LOAF

2/.99

(made with 100% pure vegetable shortening)

SAVE .90 **ACTION PRICES** **SAVE .70**

JANE PARKER **Gold Pound Cake**
.99 500 g size

CANADA NO. 1, PRODUCT OF U.S.A. **Celery Hearts**
.99 bunch



Stouffville 399 Main St. W. Open 'til 9 p.m. Monday thru Sat.
8190 Bayview Avenue, Thornhill now open 24 hours Monday 9 A.M.-Saturday 9 P.M.

VCRs stolen

Three video cassette recorders were recently stolen from a vehicle belonging to Citizen Electronic Rentals of Markham.

According to York Regional Police, the vehicle was broken into between Dec. 31 at 6:30 p.m. and Jan. 3 at 10:30 a.m. when a vent window was forced open and the door unlocked.

The video machines are valued at \$1,800.

Stereo, VCR taken in break-in

Stereo equipment and a video cassette recorder valued at \$1,800 were stolen during a recent residential break-in on Kennedy Rd. in Unionville.

Police said the house was broken into between Jan. 10 at 7 p.m. and Jan. 13 at 12 p.m. when two doors were kicked in. Damage is estimated at \$550.

LOST



"HERCULES"

Hercules is golden & white with some black markings. He has a black collar marking around his fluffy neck and black in his bushy tail. Also, he has black around the edges of his ears (one floppy).

WEIGHT IS APPROX 65-70 lbs. BREED - Malamute and Sheppard HEIGHT IS ABOUT 22" (Medium Size Dog) He was lost January 13 North of Markham Airport just south of Dickson Hill. Anyone having any information at all PLEASE contact us immediately.

REWARD

LYNN OR

LOU SCHROEDER

640-3016 471-1113

NOTICE

Your Canadian Tire flyer will be delivered this Saturday with the Weekender. If you do not receive it in the Markham area call the Economist & Sun Distribution Department.

294-8244

CANA-VAC

- Let your central vacuum be a Cana-Vac
- Visit our showroom for a demonstration
- Quality, price and power second to none
- Free estimate & advice on your built-in system
- C.S.A. approved and manufactured in Ontario

MARKHAM CANA-VAC
7 Joseph St. off Main St. N. Markham, Ont. 294-7859

Lifeline

Dr. James Carson



Autogenic relaxation

This article is a continuation of my column of last week. It may be preferable if you have read that introduction first.

I want you to imagine that you are in a very comfortable place where you have been before. A place where you have felt completely calm and relaxed.

It may be on a sandy beach beside the sea, or it may be in a field perhaps while you are on a picnic. The air is warm and you feel a slight breeze blowing across your body. A few clouds are slowly drifting over head. You close your eyes and lying on your back with arms by your side, imagine a pleasant color which will spread through your body as you begin to relax.

Now say to yourself... "my breathing is passive, my breathing is passive". You should imagine that you don't have to make an effort to breathe. Your body is on "autopilot" doing the work without any effort on your part.

Say these commands slowly and give yourself a pause of five seconds between each command. You can speed this up once you have practiced a few times, however, it is best to take plenty of time in the beginning. You may find it helpful for someone in your family or a friend to slowly read these commands to you on your first try.

Now imagine that you have cushions on your arms and legs which protect you from 200-pound weights on each arm and leg. These weights don't hurt but say to yourself... "my arms are very heavy, my arms are very heavy, my legs are very heavy, my legs are very heavy".

Now imagine that pleasant color striking gently the very top of your head. Tighten the muscles of your scalp and as you imagine the color spreading through your scalp muscles, let those muscles relax and say to yourself... "my scalp is relaxing, my scalp is relaxing".

The sequence for each part of the body is therefore: 1. Tighten the muscles of that area. 2. Imagine your color spreading through that area. 3. Now let those muscles relax... 4. say to yourself... "my (whatever) is relaxing" and then repeat this for the particular area.

A caution about certain areas of the body should be made. Some

people have problems with neck, chest or back tightness. These areas should only be tightened a little as you may worsen the condition otherwise.

Using the above sequence progress from the top of your head in the following order. Proceed from your scalp to your neck, face, shoulders, arms, forearms, wrists, hands and fingers. Then go to your chest, upper back, stomach and lower back. At this point pause and repeat some of the commands from the start, such as: "my breathing is passive, my breathing is passive, my arms are very heavy, my arms are very heavy, my legs are very heavy, my legs are very heavy". You can then add: "my upper body is relaxed". Then continue with your groin, buttocks, thighs, legs, ankles, feet and finally toes. You should then feel the color has spread through your entire body. Repeat the same commands from the start as well as say to yourself... "my entire body is relaxed" (twice).

Once you finish this portion you can now imagine that you can slowly count the clouds as they go overhead. Imagine that with each count from one to 10 you will magically feel double the relaxation from the count before. As you slowly count from one to 10 you can say to yourself one of the following statements between counts: "My arms are very heavy, my legs are very heavy, my legs are very heavy, I feel double the relaxation from just a moment ago; All my anxieties and all my frustrations are evaporating up off the surface of my body into thin air; "my breathing is passive." I usually alternate among these statements until I reach 10. Then you should say to yourself "my body is completely relaxed."

When you become an expert you can reach this stage in one to two minutes. You can then remain in this completely relaxed state until you decide to return to the real world. Then count slowly from 10 back to one alternating the following commands: "I am waking up refreshed and relaxed; the weights are being lifted off my arms and legs; My arms and legs are getting lighter; I will be refreshed and ready to face the rest of the day."

Counselling service aids pregnant women

Helping women help themselves is the aim of 'Birthright', a confidential counselling service for pregnant and distressed women in Markham.

Counselling for women worried about unexpected or unwanted pregnancies are provided at the Main St. centre, according to Director Ann Eppich.

"Sometimes women think there is only one solution when there are more than one," she said. "There are ways through the problem."

Mrs. Eppich stressed that her staff of trained volunteers only suggest areas within the community where distressed woman can seek help. They don't make decisions.

"We really just befriend and support girls and women who just need someone to talk to about their feelings. We help them find their own way," she noted.

A non-profit organization, Birthright was founded in Toronto in 1968. With offices throughout the world, the Markham chapter was the 636th opened. Local service clubs and churches provided funding to assist in opening the Markham office.

Mrs. Eppich, a mother of three, became involved in the Birthright organization a few years ago when she volunteered her services in Oshawa. Her decision to direct the Markham office was based on her belief of the Birthright concept.

"The whole thing is based on friendship and support," she said. "It's a confidential, practical service that offers alternatives. And the door is open to anyone."

The centre is open four mornings a week from 9 a.m. to noon and in the evenings from 7 until 9 p.m. A volunteer counsellor can be reached by calling 471-4412.