

Therapeutic art, yoga at wellness day

ATHLETE OF THE WEEK



MARCUS MAKINEN

Marcus pitched all four games as the Stouffville Ricci's East Mite Buttermakers boys softball team took the bronze medal at the Ontario Amateur Softball Association Mite "B" Championships the weekend of Aug. 12 in Trenton.

Nice chuckin' Marcus!

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WELLNESS DAY BRINGS

BIG CROWD Sigrid Igel, a yoga instructor who has worked with the North York Board of Education for the past 16 years, welcomed about 80 people to her Stouffville home Tuesday for Wellness Day. It was the second consecutive year Igel has held the potluck event, which was attended by friends, students and family members of all ages. Featured speakers were Aird Lewis, better known to fitness buffs as Thorne Eric Frederikson, author of *The Use It Or Lose It Guide for the Over 50s*. Frederikson, who conducted a fitness class at Wellness Day, is also featured on WTN with Jan Tennant. Watercolor artist Americo De Col, an instructor



with the board of education who also teaches in Stouffville, Muskoka and Niagara, demonstrated the therapeutic effects of painting and other creative endeavors. In addition to her work with the board of education, Igel also holds yoga classes for all levels of fitness at her studio in Bloomington.

SPOTTED driving through Stouffville's downtown last week, an MGB open sports car,

white with black dots, in which a matching Dalmatian hound sat beside the female driver, calmly surveying surprised shoppers as they passed through town.

GALLERY NEWS This year, The Latcham Gallery is co-sponsoring Ontario Craft Works - Central Region in conjunction with the Ontario Crafts Council. The juried craft exhibition will be on display at the gallery between Sept. 16 and Oct. 27 and local artists who are interested in participating are invited to submit applications by Tuesday, Sept. 5. As a volunteer member of the Regional Committee of the Ontario Crafts Council, I work with 12 other volunteers from across Ontario

to find ways to promote the OCC in the regions," explained gallery director Roz Pritchard. The OCC is a provincial organization committed to building a strong and vibrant crafts community. When the idea of holding a juried show in each of the six regions (came up), The Latcham Gallery seemed to be a great venue for the first one. A total of \$750 in money and gift certificates will be awarded and prizes have been donated by the following: Ms. Emma Designs, Marci Lipman Graphics, Arts on King, Trillium Studios, Japanese Paper Place and White Rose Crafts and Nursery. Awards will be presented at the opening reception, Saturday, Sept. 16 from 1 to 3 p.m.

Healthy Lifestyles

Allergy sufferers can improve their air

A few simple steps can help you minimize the discomfort you feel during allergy season.

If you suffer from allergies — sneezing, runny nose, nasal and sinus congestion and itchy, watery eyes —

you probably know to avoid the outdoors when pollen levels are high. But do you know what to do to control indoor allergy problems? Take this "house tour" to learn how to allergy-proof your home by reducing allergens, the substances that set off allergic reactions.

Following is a room-by-room guide for controlling the primary allergy culprits in the home: pollen, mold, pet dander and dust mites, which are microscopic insects that live in your carpets, bedding and upholstery.

Bedroom — To control dust mites, encase your mattress, box spring and pillows in allergen-proof plastic, zippered casings. Cover the zippers with adhesive tape. Use washable blankets and spreads and polyester or dacron pillows. Avoid feather pillows, down or padded comforters, wool blankets

and chenille spreads. Wash all bedding frequently in hot water (over 158 degrees Fahrenheit). Never allow pets in the bedroom.

Bathroom and kitchen — To kill molds, apply bleach around sinks and bathtubs. Eliminate plumbing leaks to minimize moisture, a breeding ground for mold. Launder shower curtain and liner frequently.

Living room — Ideally, floors should be left bare since carpeting harbors many kinds of allergens. If you can't live without carpeting, short pile carpet is preferable to longer shag rugs. Scatter rugs may be used if they are washed frequently. Vacuum twice weekly, preferably with an "allergy vacuum" equipped with a high-efficiency particulate air (HEPA) filter. Most vacuum cleaners with paper filters blow allergens throughout the room.

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