

Look up helpful hints for a safe summer

Summer has arrived. Doesn't it make you want to rush out and do something. Jog, Play baseball, Soccer, Hike along a trail.

Before you rush off, take a leisurely stroll to the library and check out the book, Sport First Aid, by Melinda J. Flegel.

This is the text of the American Sport Education Program and although it's especially useful for coaches, any active person could benefit from this information.

There are many charts and tables of quick information and the illustrations are easy to understand.

The list on page 17 of "Stocking the First Aid Kit" is useful whether you're a coach, a parent of young athletes, or you are an athlete.

Take a bit of time away from playing to read this book and perhaps you'll have a better sporting season.

Of course, for more sedate patrons, Anne Harding's Home Spa may be the pick of the week.

It's a good mix of exercise tips, nutrition information, stress tips, and even body and beauty treatments.

After a tough workout, or a long day at work, treat yourself to some of the ideas in this book.

There's even a helpful table (page 41), providing suggestions on what to order in a restaurant which will be healthy, as well as tasty.

LIBRARY NEWS

A no-pain, no guilt-treat! We could use more of this sort of thing, and your library is a great place to start.

ANSWERS

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LOGOS	MTOSSA	NOM
ELIZABETH	BOOP	PENUMBRAE
RANOVER	IRR	LOMB
RYNES	PATOIS	SMU
ALAS	STEVEN	CANYON
TOT	RUINERS	CYRUS
AWESOME	KRAUS	TANGS
WOODROW	WOODPECKER	
HADIT	INEED	RECTORS
ELOPE	OCTAL	TAILORS
ACTED	CHARLES	BROWN
LOTS	CAP	SNEAKS
EVE	KNUR	DTS
REDGUARDS	JOSEPH	PALOOKA
AER	TENURE	RAINS
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TOWN OF WHITCHURCH-STOUFFVILLE

TENDER WS-97-13

Sealed Tenders, in the envelope provided, clearly marked as to contents, will be received by the Clerk's Department, 19 Civic Avenue, Stouffville, Ontario, L4A 7Z6, until 3:00 pm local time:

THURSDAY JUNE 19, 1997

for a ONE ONLY NEW 4 WHEEL DRIVE TRACTOR, 50 HORSEPOWER, 2.9 LITRE ENGINE WITH SPECIFIED OPTIONS

Tender documents may be obtained from the Clerk's Department at the above mentioned address between 8:30 am and 4:30 pm local time, Monday to Friday. If further information is required, please contact John Crawley at (905) 640-6527, ext: 24.

The Corporation of the Town of Whitchurch-Stouffville reserves the right to accept or reject any tender and also reserves the right to accept other than the lowest tender.