

JEMS CARPETS REMNANT BLOWOUT

UP TO 40 SQ. YDS
INSTALLED WITH
PREMIUM UNDERPAD

\$549.⁰⁰ + GST

Stairs Excluded

Phone for FREE

Shop at Home Service

(905) 479-3131

Black belt achievement, not pinnacle

From page 31.

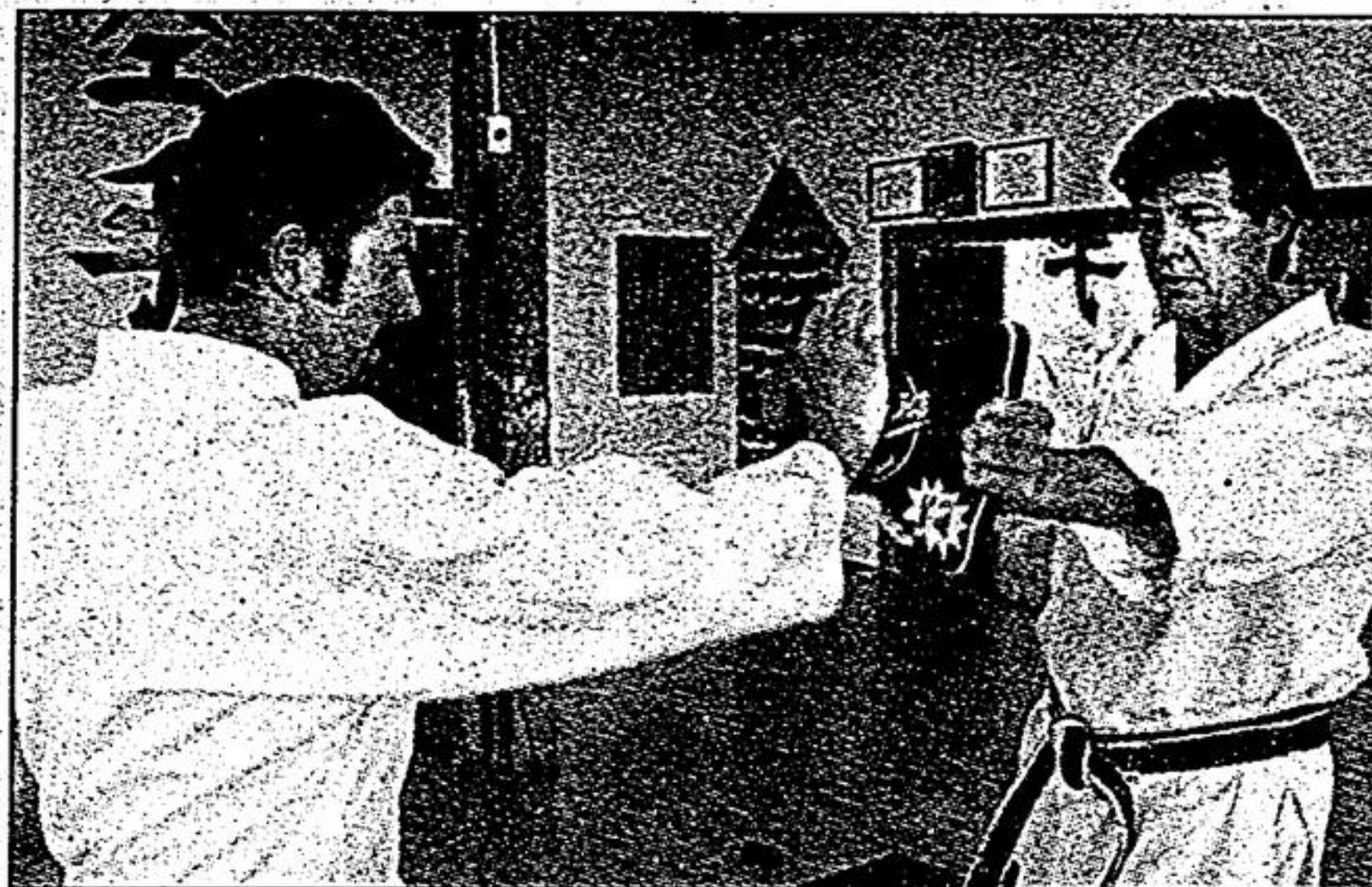
participants honour instructors who have passed on to their next life.

Decked out in a borrowed "gi" and a plain white belt, which signified my beginner status, I followed Sensei Jones through a series of breathing exercises. While I tried out other aspects of the sport during my brief session, Mr. Jones said breathing occupies a session of its own during regular classes.

Mr. Jones offers students a traditional Japanese approach to karate, which focusses on the mental aspect of the sport as much as the physical side.

"For adults, it provides a fitness alternative but they also find the character-building aspects appeal to them," he says.

But make no mistake, karate is an intensely physical sport, attested to my aching



STAFF PHOTO/MIKE BARRETT

Staff writer Jeff Bower (left) works with Newmarket karate dojo owner Brad Jones. Sensei Jones is a former coach of the Canadian National Karate team.

muscles immediately following the session.

"A person will never be in better shape than when they go to do their black belt test," Mr. Jones says.

This, he explains, usually comes at the end of a five-year commitment during which

students much complete several series of tests.

And there's still room for advancement after earning this prized belt. Mr. Jones, for example, is still testing at an elite level. "The black belt is not the pinnacle, it's an achievement," he says.

Following the breathing exercises and instruction in how to properly honour one's opponent, we moved to a lesson in throwing a simple punch.

As I tried to mimic my instructor's moves, I quickly realized how enjoyable this sport can be. It wasn't long before I was able to break a piece of equipment that mimicked the strength of two pine boards.

A sport that focuses on skills more than arm strength, karate attracts people of all walks of life and of both genders. Mr. Jones sees it as a vehicle for learning life skills. Students must set the goals they hope to achieve, he added.

"Confidence and courtesy are also words that keep coming back to me," he says.

For more information, contact Brad Jones Karate-Do and Fitness Centre at 905-895-9636.

Ballooning attracts many repeat customers

From page 31.

"You're safer up there than you are driving to the launch field," he suggests.

"There's a saying, 'Use superior knowledge so you don't have to use your superior skills'. But anything can happen anywhere."

Which is not to say hot-air ballooning is the daredevil activity many people might imagine. And the age demographic is surprising.

"A lot of older people have it on their to-do list," notes 28-year-old Jason Adams, whose first flight was as a two-year-old with his father, John, at the controls.

"There are not as many thrill-seekers as you would

expect, but there are a lot of repeat customers.

"Lots of people are nervous at first, but usually within the first five minutes they're OK."

Adds Ewing: "Most people have no idea what they're getting into. The first time is the first lesson."

Obtaining a pilot's license requires two written Transport Canada exams, 10 hours of ground school training and a minimum of 16 hours in-air training.

For commercial purposes, pilots require an additional 100 hours in the air.

The same Transport Canada laws and regulations apply to balloons as any other aircraft, adds Ewing, noting

Sundance Balloons, with 27 fare-paying passenger balloons in Canada, is this country's third largest air carrier, right in line behind the major airlines.

Typically, the gondola, or basket, is made of durable and easily repairable wicker.

As Ewing points out: "Every landing in a balloon is a crash landing."

On board are two 20-gallon propane tanks and from one to three burners, each capable of producing 16 million BTUs per hour.

That's enough vapour to heat a 20-storey building. By comparison, a barbecue typically emits 37,000 BTU per hour. The envelope, or colourful and part of the balloon, is heavy gauge rip-stop nylon with a silicone coating.

Thus, if hit by a flame as can happen during start-up, the material simply perishes rather than burns.

A two-man balloon can start \$25,000. A 16-passenger, 250,000-cubic-foot model can range from \$160,000 to

\$180,000, says Ewing, the 1993 Canadian hot-air ballooning champion.

To achieve liftoff, temperatures inside the balloon must be at least 90 degrees Fahrenheit above the outside temperature.

The top of the balloon, therefore, can sustain temperatures of 200 to 250 F degrees.

Cruising altitude over Newmarket, for instance, is about 3,000 feet, although legally, balloons may ride to 11,500 feet for up to one-half hour, according to Transport Canada laws.

"Every flight is different," says Adams. "It's like having an office with an amazing view. But I like the fact that I can go anywhere in the world and work."

"It's seven days a week, morning and night, weather depending, although generally you prefer winds less than 10 knots and no thunderstorms."

"But as long as you know what to expect, you can go up."

A SPECIAL PLACE • BATEMAN HOUSE • CANADIAN HOME LEISURE

SPA & PATIO • CRAFTERS MARKETPLACE • ETHAN ALLEN • SOLIDWOOD INTERIORS • KALMAN GALLERIES • MASTER BEDROOM • ORIENTAL RUG • ROWE FURNITURE • SEARS OUTLET

COZY LIVING • PAPP'S RESTAURANT • KITCHEN COURT • ANLE FURNITURE • THE TILE SHOPPE • DECORATIVE SOLUTIONS • EXTREME FITNESS • THE FITNESS SOURCE • PALLISER ROOMS • DREAMS

THERE'S NO PLACE LIKE HOME

So take inspiration from Mother Nature.
Warm colours, crisp air and cool nights.
Decorate a home that embraces your lifestyle.

PICKERING HOME & LEISURE CENTRE

Your ideas... Our stores

401 & BROCK RD., PICKERING
905.427.4332

CORNING REVERE FACTORY OUTLET • SKLAR PEPLER SHOWCASE • DE BOER'S

YOUR TOTAL VACUUM SOURCE...

ALL Vacuum Brands:

- ✓ Belts ✓ Filters ✓ Bags ✓ Parts
- ✓ Hoses ✓ Attachments

Bonus
\$35 towards any Central Vacuum Accessories with purchase of any Central Vacuum system (no cash value)
Valid until Sept. 22/02

NOW ONLY \$549

S5610/S5682

VACUUM BAGS
(All Brands)
Buy 1 at 50% off
Valid with coupon only Sept. 21 & 22/02 at Stouffville Market

GARAGE KIT
\$35
Reg. \$49.99
Valid with coupon only Sept. 21 & 22/02 at Stouffville Market

4 PIECE TOOL SET
Fitall (natural hair)
\$10
Reg. \$29.99
Valid with coupon only Sept. 21 & 22/02 at Stouffville Market

SABET INSTALLATIONS
Stouffville Country Market,
Stouffville, Ont.
Open every Saturday & Sunday

Grand Opening

of the

Village Wellness Clinic

and

CHILD FIND

Reducing the incidence of missing children.
Fingerprinting for the Identification of your child.

Saturday, September 21, 2002
10:00 a.m. to 4:00 p.m.
11 Joseph Street, Markham

ChildFind, BBQ, Balloons, Face Painting, and
MUCH MORE!