

Stretching safeguards against injury

From page 15.

fierce body-stressing movement.

Accordingly, spending 10 minutes limbering muscles and joints will enhance performance and safeguard against long-term damage.

Oak Ridges chiropractor Dr. Corey Adler concurs.

"It's important to engage the core muscle groups, the abdominal and main stabilizers, before golfing," Dr. Adler said.

"The core, or body trunk, is like a stage and the arms and legs are the dancers. In order to perform well, you need a stable stage.

"You rarely see amateurs warming up. Swinging a club is not enough. You have to get blood to the muscles so they can stretch and contract properly."

Dr. Adler recommends walking briskly for several minutes before heading to the first tee. Next, do sit-ups to exhaustion.

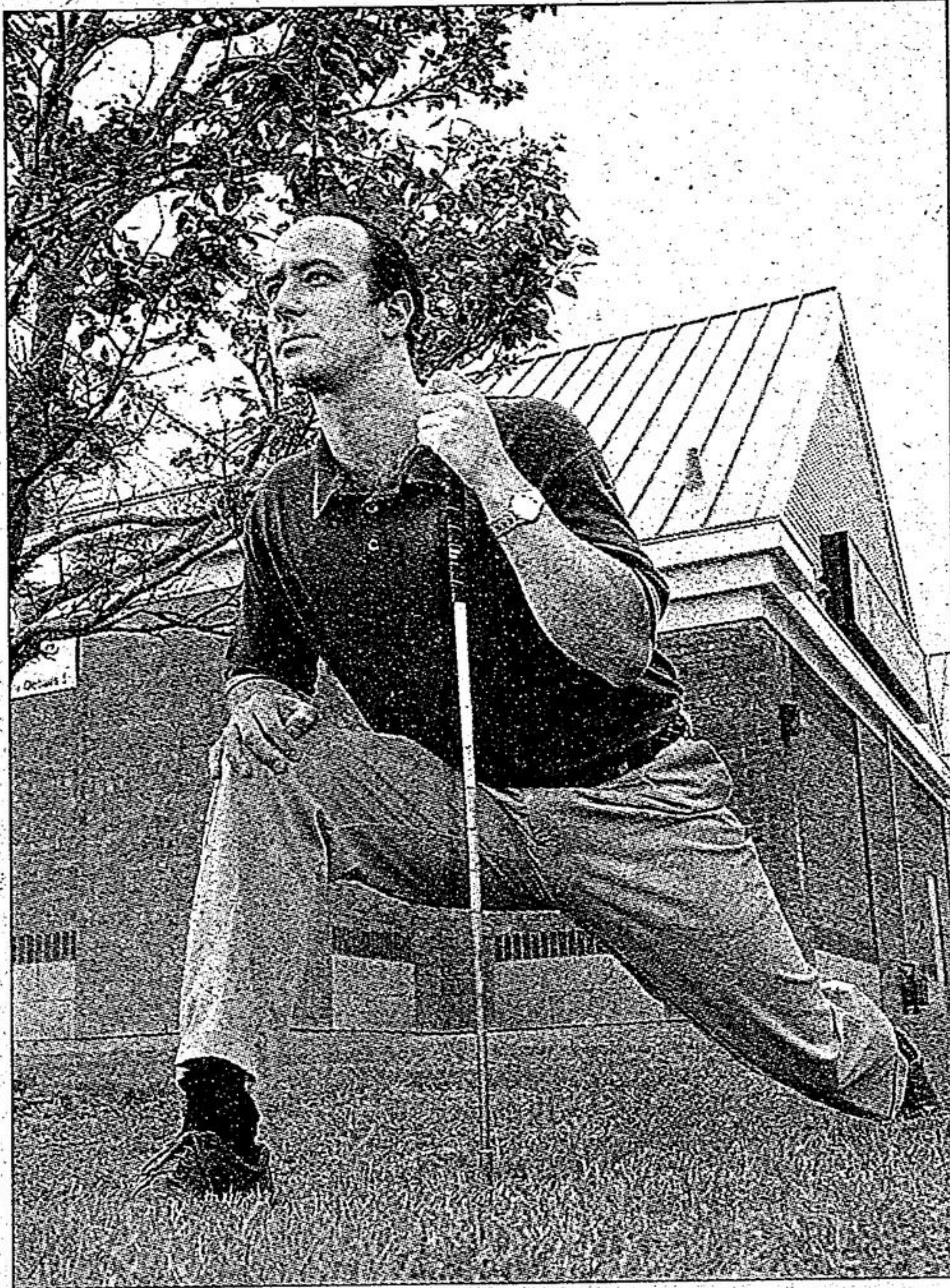
'Swinging a club is not enough.'

Dr. Corey Adler
Oak Ridges chiropractor

Stretch the hip flexor muscle with lunges. Face forward with one knee bent and drop the body as low as you can while leaning forward. To stretch the buttock muscles, lie on your back, cross one foot on the opposite outstretched knee and pull gently on the bent leg.

For the upper body, Dr. Adler suggests tilting the head side to side. Grab your right wrist with your left hand behind your back and tilt to the left. Finally, grab your right elbow with your left hand and twist to the left. Repeat both stretches in reverse.

"A small tweak in the back or kink in the neck can be debilitating," Dr. Adler said. "A good warmup will help avoid muscle strains and joint sprains."



STAFF PHOTO/STEVE SOMERVILLE

Dr. Corey Adler, an Oak Ridges chiropractor, says 10 minutes of stretching will enhance performance.

Jeans not magic, but still special

From page 15.

is staying with her grandparents in an idyllic Greek seaside village, another is spending the summer with her father's new family and the last girl is trapped in a big box chain store, shooting her documentary on ordinary people in her spare time.

The girls experience setbacks while wearing the pants in their turns and it seems they are not magic after all. But the seemingly bad experiences come with silver linings, sometimes gold.

The girl trapped in the store is a rebel, seeing the glass as half empty. She meets a young girl who she later discovers has leukemia. She learns the gift of appreciation and respect for others.

The girl in Greece is stuffy, uptight, uncomfortable in her body and repressed. In Greece, she meets a young man and gradually loses her defensive shell.

The soccer player finds she doesn't need to be so aggressive in her pursuit of

men and trophies; that it may just be her own anger turned inside out.

And finally, the final sister finds out she is not a second-class citizen in her unthinking father's new life.

Problems many girls can relate to.

Two of the young actresses are particularly good - Amber Tamblyn, Russ Tamblyn's daughter and the star of *Joan of Arcadia* is polished and professional, making the most of small gestures and expressions. Also noteworthy is America Ferrera, who was a knockout in the film *Real Women Have Curves*.

Blake Lively is a newcomer who should do well in the California bronze goddess roles and *The Gilmore Girls'* Alexis Bledel, who looks far too young for her part, has some difficulty in making it ring true.

The film is a delight and a treat for the young set. There's also a nice tie in, as Warner Brothers is asking people who see the film to support Goodwill Industries by taking new or used jeans for re-sale.

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EAST GWILLIMBURY		
Sept 14	Holland Landing Public School 16 Holland River Blvd, Holland Landing	2pm-8pm
GEORGINA		
June 14	Our Lady of the Lake Catholic College School 185 Glenwoods Ave, Keswick	2pm-8pm
June 21	R. L. Graham Public School 70 Biscayne Blvd, Keswick	2pm-8pm
KING		
Sept 13	Seneca College - King Campus (Common Room, Residence Building) 13990 Dufferin St, King	5pm-9pm
MARKHAM		
June 11	Markville Mall 5000 Hwy #7 East, Markham (Shoppers Drug Mart entrance)	1pm-5pm
June 16	Coppard Glen Public School 131 Coppard Ave, Markham	2pm-8pm
June 20	Bayview Fairways Public School 255 Bayview Ave, Thornhill	2pm-8pm
Aug 27	Markville Mall 5000 Hwy #7 East, Markham (Shoppers Drug Mart entrance)	1pm-5pm

MARKHAM CONTINUED...		
Sept 15	St. Augustine Catholic High School 2188 Rodick Rd, Buttonville	2pm-8pm
NEWMARKET		
June 9	Crossland Public School 255 Brimson Dr, Newmarket	2pm-8pm
June 13	Armitage Village Public School 125 Savage Rd, Newmarket	2pm-8pm
June 15	Royal Canadian Legion Hall 707 Srigley St, Newmarket	3pm-8pm
June 29	York Region Administrative Centre 17250 Yonge St, Newmarket	3pm-8pm
June 30	Huron Heights Secondary School 40 Huron Heights Dr, Newmarket	2pm-8pm
Aug 12	Upper Canada Mall (The Bay wing - lower level) 17600 Yonge St, Newmarket	3pm-8pm
RICHMOND HILL		
June 18	Hillcrest Mall, 9350 Yonge St, Richmond Hill (Centre Court by The Bay)	1pm-5pm
June 22	Crosby Heights Public School 190 Neal Dr, Richmond Hill	2pm-8pm
June 28	Roselawn Public School 422 Carrville Rd, Richmond Hill	2pm-8pm
Aug 6	Hillcrest Mall, 9350 Yonge St, Richmond Hill (Centre Court by The Bay)	1pm-5pm

VAUGHAN		
June 7	Garnet Williams Community Centre 501 Clark Ave West, Thornhill	3pm-8pm
June 8	Al Paladini Community Centre 9201 Islington Ave (at Rutherford Rd), Vaughan	3pm-8pm
June 10	St. Joan of Arc Catholic High School 1 St. Joan of Arc Ave, Maple	2pm-8pm
June 17	St. John Bosco Catholic School 199 Belview Ave, Woodbridge	2pm-8pm
June 24	Westminster Public School 366 Mullen Dr, Thornhill	2pm-8pm
June 25	Vaughan Mills Mall (outside Bass Pro Shop) 1 Bass Pro Mills Dr, Vaughan	1pm-5pm
July 8	Promenade Mall, 1 Promenade Circle, Thornhill (Event Centre - Pickle Barrel entrance)	3pm-8pm
July 23	Vaughan Mills Mall (outside Bass Pro Shop) 1 Bass Pro Mills Dr, Vaughan	1pm-5pm
Sept 12	Glen Shields Public School 158 Glen Shields Ave, Concord	2pm-8pm
WHITCHURCH-STOUFFVILLE		
June 6	Lebovic Leisure Centre (Large Room) 30 Barkholder St, Stouffville	3pm-8pm
Sept 8	Lebovic Leisure Centre (Large Room) 30 Barkholder St, Stouffville	3pm-8pm



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