

### Beauty or beast...how to care for athletic footwear

(NC)—Sure we are busy people...but we are talking about a regular shoe care program that might take about 10 minutes of our time every week...and what a difference that 10 minutes makes to our appearance.

It is important to give as much care and attention to our athletic shoes as it is to our dress shoes. Statistics show that 80% of usage is for so called 'street wear', not athletics. Athletic shoes have unique shoe care needs. A variety of construction materials are used.

Sneaker care products have been specially formulated to meet the needs of busy people. The routine is simple, before wearing new shoes, spray two even applications of Sneaker Protector to the entire shoe and repeat about every two weeks.



### SHOE CARE CORNER

Del Foxton

**REMEMBER:** Protection is the first and most important step in shoe care for busy people because usually once shoes are stained, no cleaner can return them to their original look. The old adage of an ounce of prevention is worth a pound of cure certainly applies to athletic footwear.

When cleaning time comes, use Sneaker shampoo in liquid with handy applicator or easy to use foam aerosol with a built-in scrubber cap. It is necessary to remove all dirt...a build up of dirt and polish can damage the shoe.

Polish with Sneaker white or black Liquid to nourish leather shoes.

Finally, reapply Sneaker Protector. Sanitize and deodorize the inside of the shoe with Sneaker fresh or Sneaker Ball.

For freshness and comfort replace insoles regularly.

For more information or for a free pamphlet, write Del Foxton, Shoe Care Corner, 8505 Dalton Road, Montreal, Qc., H4T 1V5.



### Jump Rope for Heart



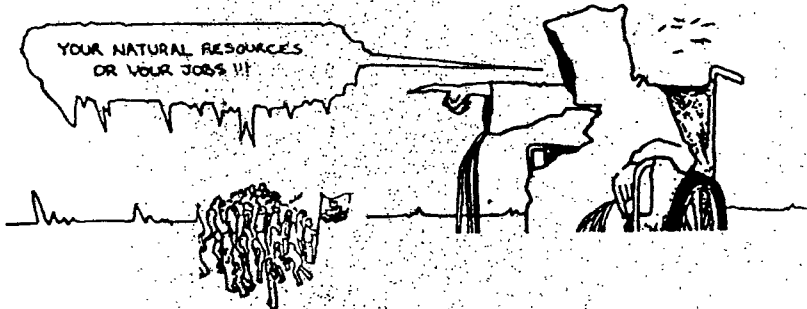
Jump Rope for Heart took place at the St. Regis School, April 6, 1990. Toby Thompson jumps wholeheartedly.



Michael David takes a rest.



Double Dutch jumpers: Cindy Thompson, Skye Thomas, Ashley Mitchell, Candace Thomas.



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On the one warm day enjoyed by the blockaders a bar-b-que was held.



Sisters weather the rain while watching traffic at the western barricade.



Pals. An Iroquois man and his young friend walk along the western barricade, lending each other support in a difficult time.



The Akwesasne Mohawk Police made a \$32,000 cigarette bust April 12 when they nabbed two pick-ups full of contraband. Facing arrest on smuggling charges are Mohawk Sovereignty Security Force members Robert "Bobby" Laughing and Abram "Skipper" Herne. The SS Force has denied repeatedly it's members smuggle butts.

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