Coach takes blame for lopsided defeat

• from MARAUDERS on page A16

quite good. There was a nice goal-line stand on fourth down to stop the Outlaws from scoring, and the Marauders found gold defensively in Mark MacGillvary — who was sensational at linebacker.

Offensively, Milton's receiving corps is top notch, and once the timing and accuracy from Schiassi improves they should be able to do some damage. Timing, familiarity and accuracy are bound to improve at every position with each game.

Despite a long list of potential excuses for the loss, new head coach Ken Lashley was still dejected after the game. "It's my fault. I take full blame because I didn't prepare them for this game."

Lashley is being overly hard on himself, because the team didn't have enough time to prepare properly.

"It starts with the head coach," said Lashley. "I felt bad for them because we have more talent than that."

Lashley vowed the club will improve, but their second game this coming Saturday at Toronto won't be much easier, with the Raiders off to a 2-0 start.

The Marauders are back at Milton District High School June 23 to take on North Bay at 3 p.m.

Ask The Professionals

If you have any questions these professionals can answer, please write to:

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"Ask the Expert: Debbie Ralph, Director of Satellites at the Montessori Country School"

Montessori education is often described as an 'education for life'. It gives children a sense of belonging to a community and fosters an attitude of respect for self and others and develops trust in others.

Young children will often say "Help me (to learn) to do it for myself". In the child-centred environment of the Montessori classroom, with appropriate care and guidance of staff, the child's self-confidence, independence and sense of the joy of learning is fostered.

The Montessori pre school program is ideally a three year program with children normally starting at the age of three. The Montessori classroom aims for a balanced number of three, four and five year olds who work alongside each other in the same environment. The younger children are stimulated by, and model their behavior upon, that of the older ones. The latter develop tolerance and a caring attitude towards their juniors. A spirit of cooperation rather than competition is encouraged.

What is Montessori?

Montessori encompasses a philosophy by which children are allowed to develop naturally and fully, each at his or her own pace. Under the guidance of a certified Montessori Directress, in a specially prepared environment and using carefully formulated materials, children are given the opportunity to learn in the best ways - by choice and by discovery. The dual qualities of independence and a love of learning, natural tendencies for the children are nurtured in such a way that both competence and confidence result. These competent and self-confident young people have the necessary tools for successful future learning and living.

Why should you choose a Montessori education for your child?

Between the ages of two and one-half and four and one-half is when most of your child's intelligence and social characteristics will be formed. This is also when your child is most receptive, curious and excited about exploring the world around him or her. A Montessori classroom nurtures that excitement and curiosity by offering a variety of materials to stimulate and intrigue your child. The Montessori Directress is trained to recognize when your child is ready to learn a new skill, and to foster his or her natural instincts and abilities. Your child is valued as an independent thinker and encouraged to make choices on his or her own. A Montessori education provides students of all ages with information in a way they can understand and enjoy. Learning is fun, empowering and custom-fit to suit your child's individual learning style.

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Before you lubricate your chain, you must clean it first! Use a rag that won't leave fabric behind to do this. Run the chain through the fabric, but its best if you can clean each link individually.

You should also clean the cogs (rear gears), chains rings (front gears), and especially both pulleys in the rear derailleur. Then, lubricate the chain as it sits on the cog and run the chain through high speed for some time. Then, wipe off all excess lube. This is important because the only lube inside the chain will do any good; the rest just attracts dirt and increases wear. Ride around the block and wipe off excess lube again.

Use lube that is synthetic or is labeled 'chain oil'. Don't use WD-40, machine oil, grease or motor oil.

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