

**They've  
got a good  
shot**

The St. Joseph's School boys' basketball team of Penetanguishene won Wednesday's Burkevale School Invitational as a tuneup for tomorrow's Simcoe County Elementary School Boys' Championship at Midland Secondary School. Back row (left to right) are Rob Desroches, Bernard Forget, Mike Harrison, Peter Dion, Marcelle Brunelle, Gilles Charlebois and Perry Quesnelle. Front row are Keith Cruise, Mark Northcott, Tim Dion, Kevin (Boz) Dumais, Dave Northcott, Wayne Desjardins and Jeff Sherk. (Photo by Bob Murray)

# St. Joseph's skin locals

St. Joseph's School won the annual Boys' Invitational elementary basketball tournament Wednesday at Burkevale School in Penetanguishene with a

narrow 17-15 decision over Corpus Christi. The St. Joseph's team also recently won the Area 3 championship, which earned them a berth in tomorrow's

Simcoe County Elementary Schools Championship at Midland Secondary School.

St. Joseph's won all three of their games in their round-robin pool Wednesday, hammering Huron Park 18-6, Victoria Harbour 18-10, and edging Port McNicoll 19-18.

Other scores from that pool were Port McNicoll over Victoria Harbour, 16-12, Port McNicoll over Huron Park, 17-10, and Victoria Harbour over Huron Park, 19-18.

Corpus Christi beat their two round-robin opponents, Burkevale (20-13) and Regent (19-14) to earn a berth in the final.

Burkevale beat Regent Park 26-17 in the other round-robin matchup.

The Burkevale School's Girls' Invitational took place last night.

The Simcoe County Elementary School Girls' Championship is slated for next Saturday at Barrie North Collegiate.

Area 3 will be represented by Port McNicoll.

## Keegos are 'fishy' club

"Keego" is the Huron Indian word for "fish", and as far as grace and prowess in the water are concerned it's an accurate team name for Midland's YMCA swim club.

The 35-member Y Keegos have proven themselves time and again in Huronia Region competition, scooping up novice and developmental top-place finishes all season long.

Throughout the club's 15-year history, Midland swimmers have annually earned places in the Ontario finals in Toronto, and this weekend the squad will travel to Lindsay for the qualifying Huronia Championships.

The club is now selling buttons displaying its fish logo, and if you'd like to show your support for the Keego effort, contact any member of the club or coach Frank Woodley.

## MMHA Atoms HL ready for playoff openers

Top-place McQuirter-Real Estate World will meet second-place Midland IGA in opening-round Midland Minor Hockey Association Atom House League playoff action tomorrow morning (9:40 a.m.) at Midland Arena.

In other playoff matchups tomorrow, third-place Georgian Bay Real Estate will meet fifth-place Armstrong's Milk Maid (7:50 a.m.) and fourth-place Jory's IDA will take on sixth-place A.E. LePage Real Estate (8:40 a.m.).

McQuirter-Real Estate World finished the season with 21 points, three more than IGA. Georgian Bay was third with 16, IDA had

15, Armstrong's had 14 and A.E. LePage wound up with 13 points.

## PROGRESS

At least one local firm believes in Midland and its future. Walker's Electric has hired a new sales Representative to cover Midland and the surrounding area. Mr. Bob Moth will be selling their service, technology and products to local commercial and industrial accounts.

Walker's Electric feels it has a reputation as one of the best electrical contractors in the area. They have an abundance of highly skilled and technically informed staff ready to serve this area.

Walker's Panels, a division of Walker's Electric, produces Aqua-Genic which is a revolutionary machine for Marine holding tank pump outs. As well, they manufacture electric and electronic control panels for industrial and commercial use.

Bob Moth, recent owner of Midland Machine and Welding, is looking forward to meeting you in his new sales capacity with Ed Walker's Electric.

# Little Lake BP nails Nordique

The Little Lake BP North Stars received two-goal performances from three players as they clobbered the Lockhart Motors Nordique 9-6 in Penetanguishene Minor

Jim Hartman, Stuart Restrup and Charles Bottineau each posted two goals and Stuart Fraser, Pierre Vanden Heuvel and Jason Butler added singles for the North Stars.

Richard Latourneau and Alan Geere.

In another game, Kevin Geere and Wayne Desjardins scored three apiece to pace the KIL Islanders to a 9-4 win over the A.E. LePage Canadiens.

Other Islanders goals came from Pat LeBlanc, Ron Robitaille and Rob LeClair.

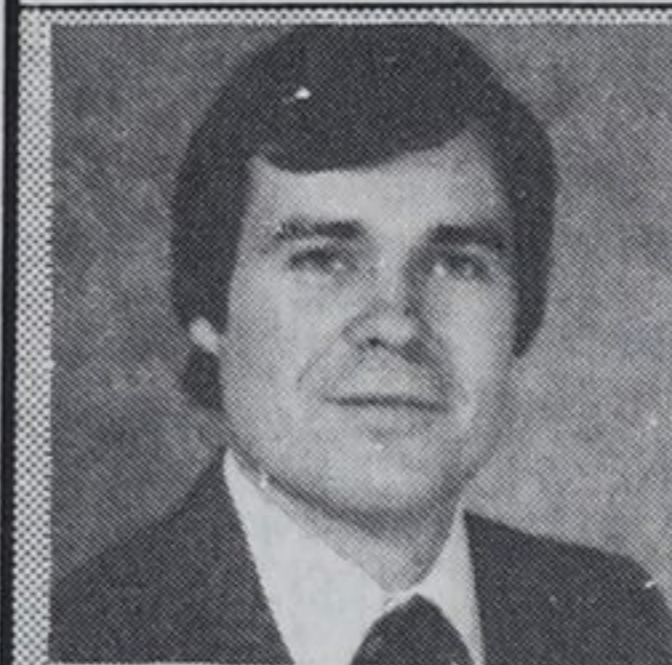
Scott Fedorowich,

Brent Dubeau, Pa Counahan and Steve Mailloux each scored once for the Canadiens.

The win was the seventh in 10 games for the Islanders, giving them a four-point edge in the standings over the North Stars and the Nordiques. The Canadiens are in last place with six points.

Hockey Association Peewee House League action last Saturday at Penetanguishene Arena.

Rob Desroches had two for the Nordique, and singles were contributed by Brad Banks, Shawn Desroches,



## Gymnastics Corner

by Ken St. Amant



About a year ago I wrote an article about having a properly equipped first-aid kit. Recently I have had many people requesting that I reprint this article. Well, here it is:

With the increase in popularity of gymnastics, comes an increase in the number of accidents that can occur. It is important that any group, club or school involved in gymnastics have a properly equipped first-aid kit.

The kit itself can be a tool or a fishing-tackle box. This kit should be checked for supplies and restocked at regular intervals.

### Supplies

Scissors are an important item to have as part of your kit. Two types should be included.

Surgical scissors are needed for removing skin around blisters and for cutting tape, especially close to the skin. Regular cutters are used for removing strappings, cutting laces and for other general purposes.

Band-aids are a must. Packages of assorted shapes and sizes can be purchased. Avoid the medicated variety, buy plain.

For obvious reasons a lot of band-aids are used during a season, so keep plenty on hand.

Gauze pads and rolls should be available. The pads are used to clean cuts or protect against further damage during practice and competition.

They come in a variety of sizes; 3 in. x 3 in. is the best. Rolls (2 in.) are best used around joints and to hold dressings over an affected area.

Antiseptics are used for cleaning out rips and burns and there are a great many on the market. Purchase either Hydrogen peroxide or First Aid Cream (Johnson and Johnson).

We've found the First Aid Cream is the best because it doesn't sting and it isn't very greasy. Another item used to clean out wounds is a plain bar of soap.

Petroleum jelly is required to cut down on the number of blisters the gymnast can get. Most jellies are the same so buy the cheapest.

Some form of mild analgesic is needed. There are a whole host of rubbing compounds available for use in gymnastics. These are

used to give heat to a particular area of the body that may be sore or stiff.

Elastic wraps are extremely important and should be included in every kit. One can purchase pre-made ankle, wrist, knee or elbow wraps.

If rolls are what you are after, then the four-inch size is the most versatile. It can be applied to any joint with ease.

Large quantities of tape are required, although many tapes are available it is suggested that white athletic tape be used. It comes in a variety of sizes. If your budget is limited, 1 1/2 in. is the most practical to buy.

If applying tape directly onto the skin, underwrap is needed to protect the skin. This wrap is put directly over the tape of the wrap.

Ice or ice coolers must be available. It has been our experience that large quantities of ice are used. If a fridge is not available then some kind of instant ice should be made available.

Although I have just focused on the main components there are many other items that should be included in every first-aid kit.

For example, your kit should also include the following: tongue depressors, cotton-tipped applicators, tweezers, nail clippers, tampons, pencils or pen and hair clips.

In addition to this emergency telephone numbers such as doctor and ambulance should be posted. If an accident occurred would you be prepared?

For more information, please contact the local chapter of the St. John's Ambulance.

### GYMNASTICS CALENDAR

March 15 to 19 - last week of 2nd session.

March 22 to 26 - closed, winter break.

March 29 to April 2 - start of 3rd and final session.

Sat. April 17 - 2nd qualifying meet in Midland (girls only).

## APPOINTMENT



BOB MOTH

Newly appointed sales representative for Walker's Electric Ltd. to help you with all your needs in electrical services call Ed Walker Electrical Ltd. 889 King St. 526-8207

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