

# SCORE BOARD

PENETANGUISHENE INDUSTRIAL BOWLING LEAGUE  
Oct. 19

	W	L	Pts
Hamelin & Leroux Builders	14	4	32
Sargeant Boys	12	6	29
Ogilvie Mills	12	6	29
Commodore Hotel	12	6	28
Borsa Produce	12	6	28
Desroches Bros. Paving	11	7	28
Duval's Variety	10	8	24
Wally's Mens Wear	6	12	13
Legion Br. 68	6	12	13
Carriere Ready Mix	6	12	13
Emery's Taxi	5	13	11
Pilon Construction	2	16	4

### Top 10 Averages

Bill Puddicombe	245
J.P. Desroches	244
Jules Marion	225
Peter Lacroix	219
Bill Leach	213
Gerry Borsa	211
Dan Hamelin	211
Julien Desroches	211
Larry Dion	210
Remi Desroches	209

### High Scores for the Week

Bill Puddicombe	953
J.P. Desroches	759
Gord Dusome	719
Remi Maurice	699
Don Robitaille	691
Don Lacroix	686
Bill Robbins	681
Dan Hamelin	667
Mike Desroches	651
Remi Desroches	650

### High Single of the Week

Bill Puddicombe	390
-----------------	-----

### KNIGHT HAVEN MENS' BOWLING LEAGUE Standings

Juneau's Electric	34
Penetang Sand & Gravel	30
Dial A Movie	21
Talbot Communications	15
A.E. Lalonde Auto Body	15
Alley Cats	11

### High Single of the Week

Ernie Cascagnette, 307

### Total Pinfall

Richard Moreau, 3557

### High Triple

Cleo Desroches, 732

### PENETANGUISHENE Y.B.C.

#### PeeWee

Jennifer Desjardins	67
Doug Rawson	59
Roberta Gidley	55

#### Bantam

Karl Gostick	236
Roy Patenaude	224
Keith Secord	219

#### Junior

Kevin Dumais	226
Kevin Lacroix	206
Darren Lediard	199

#### Senior

Kevin Farthing	238
Gary Lediard	198
Roland Laurin	152

• Cont'd pg. 19

## Elmvale, Wasaga dumped by Midland

The Midland Stoneleigh Motors Minor Midgets scored weekend wins over Elmvale and Wasaga Beach to balance their minor hockey exhibition record at two and two. The Midland club started off the weekend with a 5-0 hammering of host Wasaga Beach on Saturday, led by a two-goal performance by Mark Gieseler and one-goal efforts by Don Seemann, Kevin Beausoleil, and Chris Moreau.

Chris Friesen earned the shutout.

The Midlanders took their act to the Floss-Elmvale Community centre the next day and came out on top of things once again, this time by an 8-2 margin over the Elmvale Co-op Midgets.

Kevin Belcourt lived up to the jersey of former teammate Shawn Davy—currently one of the top shooters with the Midland Centennials Junior C club—by connecting for five goals to lead the Midland attack.

Mike Gadsby added two to the Stoneleigh cause and singles were had by Les Shannon and Steve Zeitel.

Steve Chalmers and Larry Amos replied for Elmvale.

Gary Watson was the winning goaltender.

### PLAY & WIN



Channel 12  
Every Tuesday  
7:00 p.m.



## Gymnastics Corner

by Ken St. Amant

Nissin is the name of a company which produces gymnastics equipment. In their involvement in the sport they have evolved a physical conditioning and power training program for female gymnasts.

Written by Gary McMullen, the article from Nissin's 'Physical Conditioning and Power Training' takes a look at the myths and problems involved in training for gymnastics. The following is a general overview of this article.

### Introduction

If you're a coach, you'll know that stronger gymnasts are better gymnasts. They're easier to teach because they have the strength to learn new skills faster. They're better competitors because strength training gives them self-confidence, self-awareness, flexibility, poise, grace, and endurance, too. As a result there will be a much lower drop-out rate.

A gymnast finds that strength training today will give them the winning edge in next year's events. They'll discover that the benefits will carry over into each and every aspect of their life and may just make them more confident in everything they do—be it in school athletics or just plain living.

Parents know that modern physical conditioning methods have nearly forced calisthenics and old-fashioned resistance methods into extinction, and with them will go their inherent hazards and shortcomings.

### Myths

Many girls and parents are concerned that weight lifting makes girls big and brawny. Of course this cannot happen. This myth stems from popular ignorance. Girls lack testosterone, a male hormone. Because of this they cannot develop the bulges of their counterparts. It simply can't happen.

Today's most effective strength training techniques can increase a girl's strength 60 percent with no corresponding increase in bulk.

Many claim that strength training builds more muscle fibers and therefore make bulges. Again this is incorrect. No chemical or physical means can create more muscle fibers. Each muscle contains a given number

and the number never changes. Males can increase the diameter of each fiber to build size and definition while females can enhance the strength, efficiency and neuro-muscular response—but not the size. If the female athletes appear leaner, showing greater muscle definition this is because body fat has been trimmed off through regular workouts: that can be a healthy, beautiful way to live. way to live.

The last myth discussed is the idea that weight training will ruin flexibility, poise, grace and fluidity of motion. Wrong again.

Weight training will increase flexibility, strength, tone, grace and poise. In brief, it will make women even more supple and feminine.

### Warning

The age that a girl begins a serious weight training program is critical. Prepuberty students should never lift their maximum weight; it may be okay once, but only to establish setting a 40 to 60 percent prepuberty weight or an 80 to 90 percent postpuberty weight recommendation.

Once this weight is established always have them lift the recommended percentage while exercising. Frequent lifting of maximum weights by prepuberty users contributes to bone-shear stress and may hinder growth.

Before you start any kind of weight lifting program seek help from many of the resources available in the surrounding communities.

### GYMNASTICS CALENDAR

Fri., Nov. 5—deadline for completion of all competitive routines.

## MOVIE GUIDE

ROXY THEATRE MIDLAND 526-5791

Held Over! Fri-Sat. Oct. 29-30 Nightly 7 p.m.  
Together for the first time!!!



Sat. Matinee 1:30 The Empire Strikes Back

Sun. til Thurs. Oct. 31-Nov. 4

One showing 8 p.m. due to length of film.

## TEMPEST

PEN TWIN PENETANG 549-2953

PEN 1 Wed. to Sat. Oct. 27 to Oct. 30 7:15

Take your date to see the wildest film since 'PORCY'S'!

WATRESS plus

Sat. Matinee 1:30—TEX

Sun-Mon-Tues. Oct. 31 to Nov. 2 7:15

HOTTER THAN BO... AND READY TO GO!

THE "TEN" GIRLS plus

FORBIDDEN LESSONS

### PEN 2

Fri-Oct. 29 to Thurs. Nov. 4 Matt Dillon

7 and 9 in

TEX

## movie

Call 326-3338 or 326-3339

Orillia Cinema 3 64 Colborne St. W.

CINEMA 1 HELDOVER STAR WARS & EMPIRE STRIKES BACK 7&9 PG Matinee	CINEMA 2 TEX 7&9 PG Sat. & Sun. Matinees	CINEMA 3 AN OFFICER ANDA GENTLE- MAN 7&9 Restricted
--	---	---

Fri. night Sneak Preview

THE MAN FROM SNOWY RIVER

# The Entertainers

### •LEGG'S

(LOWER LOUNGE)

All week-Mon. to Sat. 2

dancing girls 12 Noon 'till

12:30 a.m.

•Quick delicious, homecooked

meals and chicken from

Joyce's kitchen

• Tues. & Wed. night

Industrial night

4 dancing girls

•Thursday night-

Ladies night

Male Dancer

•Thurs. Fri. Sat.

"NIGHT MOVES"

• Sat. mat. Male Exotic

Dancer

Join us  
for our  
Hallowe'en  
Party  
Saturday Nite!

## PORT McNICOLL

359 First St. HOTEL 534-7301

## PRIME RIB ATA PRIME RATE

The Highland introduces PRIME RIB at a price you'll find hard to beat! A dinner includes a 1/2 lb. serving of slow roasted, tenderly aged and perfectly seasoned PRIME RIB. With our great service and celebration atmosphere, no other restaurant can compare.

EVERY SUNDAY ONLY \$8.95

PLAN YOUR CHRISTMAS BANQUETS NOW!