



Pumping iron

The ladies were "pumping iron" Tuesday night at the Midland YMCA. Mike MacVittie is starting a course in women's body sculpting and about 25 ladies attended the first class. Here,

MacVittie gets ready to hand the barbell to Bobbi Fleming for a bench press exercise. Course is designed to help women shape up their anatomies for their own specific reasons.

How we did it!

by Rick Larmand
Coach, Gervan, Jones
and Davy Minor atoms

In Buffalo, New York over the Easter weekend, Gervan, Jones and Davy minor atoms participated in the annual Tonda's minor hockey tournament.

Game one was played against Bowmanville. Chris Bales scored four goals, Chris Kinnear two, and Adam Bourgeois, Sean Lavin, and Doug Summers one each. Assists went to Lavin with three, Kinnear, Bourgeois, Scott Cunningham, and Chris Larmand. Final score was Midland 9 Bowmanville 0.

The second game was played against Little Britain. In this game, Chris Irvine played a very impressive game between the pipes for the Gervan, Jones and Davy squad, making many key stops.

The defence showed a great deal of strength, led by Steven Graham, who has been the backbone of the team's defence for some months.

The offence was led by Chris Diesveld, Chris Larmand, and Chris Bales with a goal and assist each. Sean Lavin had the other goal, while Mike Boyd added two helpers. Two steady defencemen, Dan Reidel and Steven Graham also picked up assists.

Final score this time:
Midland 4
Little Britain 0

Goaltender Dean Scott paced the Midlanders in game three against Ridgetown. Scott's steady work and the fine play of defensive specialists Chris Kinnear, Steven Graham and Scott Cunningham paced Midland.

Offensively, Adam Bourgeois scored twice and the usually productive Craig Dempsey finally broke his long drought by scoring the other goal as Midland won 3-0.

Garnering assists were Sean Lavin, Chris Diesveld and Chris Kinnear.

The opening period of the championship game against Mt. Bridges was a see-saw affair and ended with goals by Sean Lavin and Craig Dempsey for Midland. Mike Boyd and Adam Bourgeois set up the goals which offset a lone goal by Chris Suta of the opposition.

Last two frames featured standout play by Dean Scott in net, Steven Graham, Dan Reidel, and Scott Cunningham. Chris Kinnear and Doug Summers provided a defensive wall at the blueline.

For the game, Chris Bales had two goals and an assist. Adam Bourgeois one and one, as well as the first period scorers. Chris Diesveld added an assist.

Score of the championship match was Midland 5 and Mt. Bridges 1.

Team captain Chris Bales accepted the team trophy for 1983 Tonda's atom champs from tournament chairman Gene Harrington. Individual trophies were given to all team members.

A special thanks goes to Fred Lavin and Bill Diesveld for helping with the team throughout the tourney.

A good time was had by all, and the team would like to thank the Executive Hotel Playboy Club, and the "Bunnies" for their hospitality.

Ladies' body building course offered at Y

Round five: Penetanguishene Kings will have to do less fighting and more skating if they are to come back against Lindsay in Junior C OHA semi-finals. Game five is tonight at 8:30 p.m.

at Penetang Arena.



"Why are you interested in body building?"

That is the question posed to a group of beginning body builders at the Midland YMCA on Tuesday evening.

Here are some of the responses.

"...to try and get fit."

"...to make use of the weights at home that are sitting idle."

"...to learn the correct methods of weight lifting."

"...to better define my muscles."

"...to tone up specific parts of my body."

"...to re-shape my body after giving birth to my fourth child"

What? A child?

That's right this was a class in female body building, or "body sculpting" as it is now called.

Mike MacVittie, who has been a student and practitioner of body building for several years, is conducting this beginners course in ladies' body sculpting.

Approximately 25 women, ranging in age from 16 years to 49 years, showed up Tuesday to begin the course.

Bulls, MSS play rugby tomorrow

Midland Secondary School senior rugby team will take on the Midland Bulls in an exhibition rugby contest tomorrow afternoon.

This is the first official action of the year for both teams and is slated for the MSS athletic field at 2 p.m.

Besides the obvious benefits of increasing strength and building bigger muscles, body building also aids in increasing flexibility and improves conditioning for other sports.

MacVittie spent much of the initial session discussing terminology, anatomy and methodology of body building. He laid to rest two of the largest fears of uninformed body sculptors.

The first of these, is related by the following question.

"Will I get big ugly muscles?"

Women will not get large muscles like males can develop, because their musculature just does not permit it. Although women's bodies do contain some male hormones, they are not in large enough quantities to produce bulky muscles.

The second question answered was this.

"Will these muscles turn to fat if I quit body building?"

The answer to this is no. Muscles are made up mostly of protein and fat is largely carbo

hydrates and other stored materials. The two, muscles and fat, are separate entities and cannot become intermixed.

The one problem that could develop is that when progressing in body sculpting, people develop heartier appetites to meet their greater caloric needs. When they stop training they often have trouble breaking these

eating habits.

Mike MacVittie has set up a series of four circuits through which the ladies can progress. He has also set guidelines and rules by which these ladies can use the system to their best advantage.

All of the ladies appeared eager and very interested so they are on the right track to sculpting their bodies to their required levels.

Hockey Trivia Quiz

Answers on Page 16)

Let's compare this year's NHL final standings with last year's. There are some definite surprises.

1. Only one team repeated as a division winner this season. Who was it?
2. Which two teams had the greatest increase in points this year over last year?
3. Which two teams lost the most ground in the last year?
4. Name the three teams which won the same number of games both seasons.
5. One team actually improved its points total but failed to make the playoffs this year after qualifying last season. Who was it?
6. Which team dropped the farthest in order of standings?
7. Which team rose the farthest in the standings?
8. What team is playing in its first Stanley Cup playoff this year.
9. Two of this seasons' playoff series match the same pair of teams as last year's openers—Which two?
10. Besides the team mentioned in No. 8, who is the other newcomer to the playoffs this year?