

## Judi Graham at Rose's Gym Tuesday

Have you ever watched "Fitness Break" on CKVR television in the mornings? It's a half-hour exercise show starring Judi Graham, which is fast becoming a favourite with ladies all over Simcoe County.

Next Tuesday evening at 7 p.m. at Rose's Fitness and Self Defence on Vinden Street in Midland, you'll have an opportunity to work out in aerobic fashion with Judi Graham in person.

Rose's is inviting all ladies, gentlemen too of course, to come out to the gym on Tuesday night and exercise with Judi Graham, and then take part in discussions concerning fitness, exercise and diet.

There will be a question period following the exercise session and discussion.

Cost for members of Rose's is just \$5, and for non-members it is just \$6.50. Non-members must pre-register by calling Rose's Fitness and Self-defence at 526-9115. Ask for Dave or Suzanne.

There will also be a healthy snack provided after the workout.

Aerobics is fun and good for your health. Judi is famous for making fitness fun, so get out your exercise outfit, and join them on Tuesday night at 7 p.m.



*Calling all ladies!!*

## MMHA skate and equip- ment sale

Ladies auxiliary of Midland Minor Hockey is holding their Annual Skate and Equipment Sale on Saturday Sept. 24, from 9 a.m. until 1

p.m. at the Midland Centennial Arena.

Drop-off is Friday evening only from 6 p.m. until 9 p.m. at the Arena. All monies and

unsold items must be picked up at the Arena by 1:30 p.m. or forfeited. There will be a charge of 20 percent on all sold items.

## ESPSS, LeCaron, STHS open V-ball season

St. Theresa's High School, ESPSS and Le Caron boys' volleyball teams, got together at St. Theresa's on Wednesday to play their first league games of the young season.

In midget action, Le Caron beat both St. T's (15-2, 15-10) and ESPSS (15-4 and 17-15).

When STHS and Penetanguishene squared off, it was STHS emerging victorious with the scores reading 5-15, 15-7, 15-0.

St. Theresa's juniors, coached by Jean Goodrow, downed Le Caron 15-11, 12-15, 15-13, and then beat ESPSS by

the scores 15-12 and 15-5.

LeCaron also beat their cross town rivals at ESPSS. The scores were 15-7, 15-10.

In senior play, STHS also took the measure of Both Ecole Secondaire Penetanguishene Secondary School and Le Caron. Crusaders beat ESPSS 7-15, 15-11, 15-6, and defeated Le Caron 15-3, and 15-4.

ESPSS beat Le Caron in senior action 7-15, 15-4 and 15-2.

According to Rick Presse, STHS senior coach, the calibre of volleyball by all three schools was very good for opening games.

"Things were a little shaky for all the teams as they were playing for the first time this year, but once they got the kinks worked out, there was a big improvement. It looks like there's a big improvement in general in the volleyball skills this year" explained Presse.

Regarding the St. Theresa's Crusader teams, Presse analyzed each team succinctly.

"The midget team, coached by John Madden, made a real effort to set the ball, rather than just hit back over the net, and they displayed some great

team spirit."

"The junior Crusaders, coach by Jean Goodrow, are working on a new 4-2

they did well."

"The seniors (Presse is the coach) are still working out the kinks, and finding out where

## Calibre of play better each year

- Presse

system, and had some trouble adjusting to it. Once they did adjust,

the individuals fit in. We were quite pleased for the first time out."

## 'Fun Shoot' at Gun Club

Simcoe County Gun Club is holding a "Fun Shoot" this Sunday, Sept. 25 at 1 p.m.

The shoot will be held at the Clubhouse on Pine Grove Road off Fuller Avenue.

It's open for .22-calibre rifles and shotguns.



**Twilight golf champs**

This is the winning team from the Twilight Golf League this summer. They are the regular season and playoff champs from the Thursday night league, and were presented with the trophy at last

Thursday's awards banquet at Brooklea Golf and Country Club. Members of the team are (L to R) Larry Green, Brad Yorke, Leighton Smith, and Andy Wicksted.

## Midland rec hockey draft

Midland Recreational Hockey League will hold its annual draft of new players for the 1983-84 season, this Sunday morning at 11 a.m. at the Centennial Arena boardroom.

If you are an average juvenile or junior player, you are welcome to enter the league this year without sitting out a year. The same goes for intermediate players who wish to play rec league.

If you want to play non-contact rec hockey, just show up at Centennial Arena about an hour before the draft to get registered, or contact Danny Woods at Olympia Billiards before Sunday.

Midland rec hockey league will play the games each Monday night starting at 7 p.m.

## Baseball Trivia Quiz Answers on Page 11

Here's a quiz about my favourite all-time baseball player. Some of the questions may seem obscure to some of you, but to those of us who have followed his career, they are firsthand knowledge. See how much you know about Hank Aaron.

1. How many homers did "Hammerin' Hank" hit in his career?
2. Can you name the two Dodger pitchers who served up more of Aaron's homeruns than anyone else?
3. Name the pitcher who pitched Aaron's first big league homer.
4. Who served up homerun number 715 which broke Babe Ruth's all-time record?
5. For which team did Babe Ruth hit his final career homer?
6. Aaron and three teammates were the first to hit four consecutive homers in one inning on June 8, 1961. Can you name the other three players?
7. Hank Aaron hit the same number of homers as the number on his uniform in four separate seasons. What was that number?
8. What is the most homers hit by Henry Aaron in one season?
9. Who served up Aaron's first World Series homer in October of 1957?
10. With which team did Hank finish his active playing career.