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The Sports Clinic

(An official department of Sports College)
Conducted by Lloyd "Ace" Percival

RUNNING THE EIGHT

Here's a drill that will teach the football player how to change direction quickly, and with good balance and agility.

This is something that both the lineman and backfielders should practice. The ball carrier uses his ability to change direction when avoiding tacklers. The tackler must use it to get close to the runner. The lineman has to be able to cover lots of ground to line up his block.

Although some are naturally more agile than others, and will learn the knack of changing direction faster, everyone should develop the ability to his highest degree. Changing direction properly isn't something that just happens. It has to be learned.

Many players can change direction well one way, but not the other. Consequently, they lose a large part of their effectiveness. Once their opponents get this weakness tabbed, they will know what to do when they meet this particular player. "Running the Eight" will teach you to go both ways if it's practiced enough.

This is how it's done: The player runs slowly in a circle, starting for example, by going to his left and coming back to the starting point. When he reaches this spot, he then circles to the right. When he returns to the starting point a second time, he has completed a figure that resembles an eight.

Now, the player stops dead when he reaches the starting point, pivots completely around, and runs back over his original tracks. When he has completed the eight this time, he again pivots, and repeats.

Run slowly until you get the hang of it. Then increase your speed. The objective is to run as small an eight as possible, as fast as possible.

The action in running the eight should be much the same as cutting corners on skates. The inside knee should be well bent, and the body should lean in toward the center of the circle.

By timing yourself during early workouts at this drill, and keeping a close check during following weeks, you can see just how fast you are improving. Time yourself running just the top half of the eight — that is, a circle. Run it five times; then turn around and run the same circle five times the other way. By comparing times you will be able to determine which way you change direction slowest, and will be able to work on this weakness.



Pictured above is the original group of Richmond Hill square dancers with their two instructors. These people completed a Leadership Training Course for Folk and Square Dancing held last March in Aurora. Seated in the front row from left to right are: Mrs. Betty Harwood, Mrs. Ede Butlin, Mr. Harold Harton (instructor), Miss Eleanor Shaver and Mrs. Pearl Wilson. Standing in the back row from left to right are: Mr. S. Harwood, Mr. Ed Butlin, Mr. Stan Pipher, Miss Orphie Orr (instructor), Mr. Bill Wilson, and Mrs. Stan Tinker.

R. H. Square Dancing Group To Sponsor Training Course

On October 22nd. to 25th. inclusive, the Community Square Dancing Group of Richmond Hill, will be hosts at a Leadership Training Course in Folk Dancing at the Public School Auditorium.

This course is under the sponsorship of the Community Programmes Branch of the Ontario Dept. of Education and will be open to delegates from the surrounding districts who are interested in learning to instruct groups in their own communities.

The Richmond Hill "Two-Bit Squares" Group originated from such an instruction course last Spring, and has grown with such enthusiastic vigor that they are unable to admit any more beginners due to lack of space. However, we are hopeful that the group from Richmond Hill who are attending this year's course will

spak a new group for the beginners who have been patiently waiting to learn.

As a recreational activity, square and folk dancing, offers unlimited possibilities for fun and relaxation. The old "knock 'em down drag 'em out", howdown idea is gradually being replaced by a more streamlined version. Modern square dancing shows more evidence of rhythm, grace and form and the "singing" calls are becoming more and more popular. It is no longer a fight for survival of the fittest but rather an expression of happiness set to lively music. It is expected that the Instruction Course will be well attended and it would be advisable for anyone wishing to participate, to contact Mr. W. E. Butlin, Box 154 Richmond Hill, Telephone 265M as soon as possible.

THORNLEA NEWS
Correspondent: Mrs. J. Gribble Telephone Thornhill 36r31

The Thornlea Home and School Association meeting will be held at the school, Wednesday evening, October 10, at 8 p.m. Dr. Tanner will be the guest speaker. His topic will be "Diet and Dental Hygiene." A question period will follow and an invitation is extended to all to attend this first H & S meeting of the season.

Mrs. George Jackson represented Thornlea Home and School, at the Home and School Institute at the Y.W.C.A., McGill St., last Thursday.

Congratulations are extended to Mr. and Mrs. E. Rivers, Bayview Ave., on the arrival of another little girl, a sister for Susan and Clifford.

Mr. William Ness and Mr. Donald Reid have gone on a motor tour to the Atlantic Coast, and intend to tour Prince Edward Island. Hope to get some highlights when they return.

Anyone who has something of interest is welcome to phone your correspondent to help our column along.

School Children
While the Thornhill village school children had the thrill of seeing the old Stage Coach and the Indian runners depicting the centennial of the sale of postage stamps, Thornlea school children had the privilege of viewing the century old wood burning locomotive which went past the school last week, such a contrast with the new diesel locomotive was mentioned quite often by the pupils.

Winners
Thornlea has some very fine young ladies who take great pride in their love for horses, and take great pleasure in riding their mounts for honors. Last Saturday Miss Beverley and Miss Teddy Rodgers of John St., entered their mounts in the Junior Flat Race, at the Eglinton Hunt Club, with Beverley on Fashion Parade, coming first and Teddy coming very close in second place on Patsy Pal. Both sisters make a nice picture with their horses, as was seen in the daily papers. They are daughters of Mr. and Mrs. L. E. R. Rodgers, John St.

GORMLEY
Correspondent: Mrs. Allan Doner Phone Stouffville 67104

We wish to congratulate Mr. and Mrs. Jack Gamble on the birth of a daughter last Saturday in Newmarket Hospital.

Miss Myrtle Sider is spending a few days with Mrs. E. Jones this week.

Mr. and Mrs. Howard Baker left recently for Kitchener where Howard plans to attend Emmanuel Bible College again.

Mrs. Helen Henry had dinner Monday evening with Mrs. Pelling and Margaret.

Plan to attend the Sunday School convention of the United Missionary Church to be held here at 10 a.m., 2.15 and 7 p.m. on Thanksgiving Day. Rev. F. R. Wellington of Toronto, executive secretary of the Evangelical Sunday School Association of Canada will be guest speaker and Mr. John Pipher will preside over the convention.

The Liberal is very anxious to give Gormley and district complete news coverage. Therefore if you have any news or items of local interest please contact our correspondent Mrs. Allan Doner.

"Where prices meet purses" — in the classified ad. section. Telephone yours to Richmond Hill 9.

CONCORD NEWS
CORRESPONDENT: Mrs. Raymond Stuart, R. R. 1, Maple Telephone Maple 110R3

Mrs. Gordon Darling and two children returned home on Saturday after spending two weeks at their cottage in Port Bruce on Lake Erie.

Congratulations to Mr. and Mrs. Harold Clapp on the birth of a daughter on September 26.

Polio Victim
Little Roy Diceman, age 8, who is suffering from polio and has been spending the past couple of weeks in an iron lung in Isolation Hospital, is now improving a little each day and is allowed to spend

14 Communicable Diseases Recorded

The past month continued the heavy demand on the staff of the York County Health Unit, with considerable communicable disease visiting, and numerous sanitary problems throughout the Health Unit.

Communicable Disease
A total of 14 cases of communicable diseases were reported and of these, 7 cases were poliomyelitis. While poliomyelitis actually does not create a major problem for the public, there is a general apprehension and concern about this disease, out of proportion to the actual danger from illness or from paralysis. For this reason it occupies a great deal of the time of the staff of the Health Unit.

There have been 4 active cases of Tuberculosis admitted to Sanitarium during August. This unusually high figure is partly the result of recent mass X-ray surveys conducted throughout a part of the Health Unit area during past months. During August, the Public Health Nurses attended 5 chest clinics in the area.

General Sanitation
The tremendous and general problem throughout practically every community in the Health Unit concerning septic tanks, private sewage disposal, and other private waste disposal systems is taking a great deal of the time of the sanitary inspectors. It is becoming more and more apparent that appropriate local by-laws or regulations must be written and put into effect in order to bring the waste disposal problem under control. Otherwise an already out-of-hand situation may become not only a sanitary problem, but a tremendous financial load to local Municipalities at a later date.

The original fortifications of Old Quebec date back to 1608.

One of the most extensive fish-counting experiments in Canada is the salmon population check being carried out on the Miramichi River in New Brunswick.

OLD AGE ASSISTANCE
For Ontario Citizens
65 to 69 Years of Age

APPLICATIONS—may be taken by Municipal Clerks, City Welfare Administrators or by Provincial Welfare Field Workers.

QUALIFICATIONS—persons 65 to 69 years may receive \$40.00 monthly commencing January 1st, 1952 if resident in Canada for 20 years and have income, including allowance, less than \$720.00 a year if single and \$1200.00 if married.

If further information is required please write to Department of Public Welfare, Parliament Buildings, Toronto, Ontario.

ONTARIO BLIND PERSONS ACT
An applicant may receive \$40.00 monthly if 21 or over, a resident of Canada for 10 continuous years, and their income, including allowance, is not in excess of \$840.00 if single and \$1320.00 if married.

ONTARIO CITIZENS 70 YEARS OF AGE AND OVER
who are not now receiving Old Age Pensions should obtain an application from the nearest Post Office—complete and forward to—**OLD AGE SECURITY, ONTARIO REGIONAL OFFICE, 122 Front St. W., Toronto.**

ONTARIO DEPARTMENT OF PUBLIC WELFARE
Honourable W. A. Goodfellow,
Minister of Public Welfare.

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WRESTLING Every Friday In Richmond Hill Arena At 8-30