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DISTRICT SPORT NEWS

The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Percival

How To Strengthen Your Throwing Arm

Last week we dealt with an exercise to build up your forearms and wrists to help you hit that long ball. This week we are going to concentrate on an exercise designed to develop hand, wrist, forearm and finger strength to help your throwing ability. First, get a ball and cover it with 7 or 8 layers of heavy black electric tape. This can be done with a softball or hardball depending on which game you play. Then, holding your arm out in front of you, and holding the ball as if you are ready to throw it, you twist and turn your hand at the wrist in all directions, doing each twist and turn as quickly as possible. Do this until your wrist and forearm muscles really ache. Rest for a while and then continue to drill as follows:

Hold the ball in the tips of your fingers and then try to squeeze it flat. Do this until your fingers are too tired to continue. Then, put the ball down and continue by doing a session of hard, hand stretching. To do this you simply stretch your fingers as wide as you can, trying to make your hand as large as possible. Stretch till your hands become tired. Stretch your hand on a piece of paper and trace the outline. Keep this outline and compare it with your outline several weeks later. The outline should have increased. This will be all to the good because the larger and stronger your fingers are, and the larger and more flexible your hands are, the better you will be able to throw or pitch. Do each section of this exercise drill once and then start all over again and continue in this way for 10 and 15 minutes and do the drill every day. Really work at this drill it pays off in speed and greater accuracy.

Single Leg Driving

If you are to do well in any jumping event, the leg muscles you use to drive yourself up or forward must be packed full of a quality known as "spring" or "drive." Here's a drill to help you develop this power: Hold on to a chair or table. Lift one leg up behind you and grasp that ankle. Now bend your other leg and squat down as close to the floor as possible, and "drive" up to a standing position on your toes as fast as you can. Do three on each leg until tired. If you can't do this, do sections of 10 deep bends with both legs with a 10 second rest in between until tired each day.

Persistence
Yes, persistence is the mark of a champion athlete. If you want to become a top-notch athlete you too must develop this all-important character trait. Developing per-

severance is a tough job but if you work at it day by day, you will be surprised at how soon you will have added to the ammunition that will give you the power to be a good athlete or whatever you are interested in becoming. Another point to remember is that you can't expect to have persistence in just your athletic activities. You must have it in your general life, in everything you do! Persistence builds champions and perseverance is developed by trying continually to persevere. So make your motto those all-important three words that the legendary Knute Rockne of Notre Dame said were the most important in the English language — they are: "Start! Stick! Finish!" Make perseverance a habit!

Highland Park Bowling

Bowling on Wednesday, April 8, concluded a successful season and play-offs resulted as follows: Ritchie's Roamers, 3111 pts.; Francis Fivers, 3092 pts.; Floy's Flock, 2930; Bell's Beauties, 2744.

In consolation play-offs, Miner's Middlets defeated Gaze's Groaners, 3150 pts. to 2978. Good flat scores saw Ken Minor with 792 (324), Ivor Francis 689 (303), Floyd Baillageron 684 (239), Ed Gledhill 611 (241), Bob Fisher 615 (236).

Merchants of the area have been kind enough to donate trophies to award to the following prize winners. High averages, Ivor Francis for the men and Kay Williamson for the ladies. High three flat Bob Fisher, Irene McPherson. High flat with handicap, Anne Flemming, Grace Stagg, High 3-flat with handicap, Elizabeth Jennings and Floyd Baillageron. A beautiful championship trophy, donated by John Love, and the others will be presented to winners at the bowling banquet at Forest Hill Golf Club on Thursday, April 30.

Alleys have been arranged for new series on September 10 at 9:30 p.m. It will be on Thursday nights and any new bowlers would be welcome if they contact Harold Bell, AV. 5-1830. Congratulations to all season's winners.

Maple Bowling

Ed Walker's team in Maple Men's Bowling League is leading the playoffs by a 233 margin. Ed Walker was high man with 703 triple, Jack Sheppard 642, Herb Joslin 761 in consolation series. Maple ladies' teams bowling Monday, April 20, are 1 vs 3 and 2 vs 4. High ladies for Monday, April 6, were Dit Palmer with 210 single and Clara Baker 509 triple.

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JOHN W. PERRY AS CANDIDATE

On Wednesday evening, April 22 at Aurora High School we propose to sponsor Mr. John W. Perry as candidate for the forthcoming Federal election. Mr. Perry was born in Schomberg-Nobleton district and has always resided in this constituency. During World War II he served his country with distinction as a Squadron Leader and was awarded the D.S.O. and D.F.C. On repatriation he returned to our district — completed his education and graduated from the University of Toronto as a Pharmacist. Since 1945 Mr. Perry served on the Council of Woodbridge and is presently on Vaughan township Council. Mr. Perry is the proprietor of drugstores at King and Maple where he resides. We therefore announce our intention to nominate Councillor, Squadron Leader, John W. Perry D.S.O., D.F.C., Phm. B. This advertisement is sponsored by a group of interested citizens.

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R. H. Ladies Bowling Club Bridge & Euchre

Well over 100 ladies attended the Richmond Hill Ladies Lawn Bowling Club Bridge and Euchre, held at the home of Mrs. C. Cowan, Church St., on Wednesday, April 8. Winners of the bridge were: 1st, Mrs. R. Eggle of Thornhill; 2nd, Mrs. J. R. Herrington and consolation, Mrs. R. Paris. Mrs. R. Roy and Mrs. M. Southwell were the winners of the euchre prizes. The door prize went to Mrs. C. Harrington and Mrs. S. Adams held the lucky ticket. Twenty other ladies were the fortunate winners of draw prizes.

Mrs. R. Robbins favoured the ladies with two solos with Mrs. George Pollard assisting her at the piano. Mrs. J. Anderson supplied music at the piano.

Many thanks are extended to all the ladies who helped make the evening such a success and the following people who donated the prizes: L. Clement, F. Perkins, H. Pipher, B. Rice, E. Chatterley, R. Charity, M. Scrivener, L. Nelson, G. Yerex, R. Cowan, W. Savage, Chester Cleaners, A. Clarke, M. Hall, A. Murray, R. Paris, T. Mansbridge, N. Hill, P. Hill, Mrs. H. Reesor, Mrs. J. Herrington and Mrs. Maltby. A special thank you to Mrs. C. Cowan who so kindly offered her home, and Mr. J. Pollard who supplied the roses for the occasion.

Concord Athletic Assoc. Sponsor Dance

Last Friday night's dance held in Edgeley Community Hall under the auspices of the Concord Athletic Association was highly successful. About 125 guests entered with zest into the round and square dances as Sally and Her Musical Mates supplied the music. Ernie Evans was the genial master of ceremonies and caller of the square dances.

About 11:30 p.m. everyone's attention was directed toward the refreshments being served in the dining hall upstairs where Doug and Ron Keffer, assisted by their team mates, expertly dispensed hot dogs, pop, coffee, etc. These tasted particularly delicious after such energetic dancing.

Lucky spot dances were won by Chas. Ash and Mrs. Percy Ash, Mr. Pallister and Mrs. Radley, Miss Stajek and her partner and Mr. and Mrs. Ballie Jr.

Construction Begins On King City Factory

Preliminary construction on the proposed \$100,000 Potato-chip factory in King City started last week. The excavation for the plant to be situated between the CNR tracks and Keele St. South has been almost completed.

This project has brought a storm of protest from residents in the area and recently a delegation of property owners from King City presented a petition bearing 107 names to the King Twp. Council. An earlier petition requesting immediate action on the matter was submitted to the Trustees of King City who refused to forward it to the township council.

Lorne C. Lee, Barrister, of Aurora, representing the 107 petitioners emphasized the need of planning for the township and was confident that if approached, Mr. Watson, builder of the factory, would seek another location for his plant, not so close to homes. Mr. Lee added that the residents were not opposed to industry but only to the location of the industry. Reeve Elton Armstrong stated that he did not feel that the area in question was a residential area considering its location near the railway tracks. He added that proceedings had started to form a zoning area for the village and already there has been action taken to establish a township Planning Board.

Council decided to investigate a land use and zoning by-law and to enquire of Mr. Watson what arrangements he had made regarding waste, water volume, etc.

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HEADFORD NEWS

CORRESPONDENT
Mrs. H. Acreman
R. R. 2 Gormley, Ont.
Phone Turner 4-2236

Personals

Mr. and Mrs. Stinson Arbuckle and Ross of Drayton and Mr. and Mrs. Percy Whaley, with Karen, Shirley and Brian of Goldstone were visitors last week at the home of Mr. and Mrs. Wesley Clark.

Mr. and Mrs. Melvin Wellman entertained Mrs. Wellman's sister Mrs. Mullen, her husband and two children, Gloria and Brian, also Mrs. Marshall of Ravenna, at the week-end.

Sharon Bell is fully recovered from her tonsillectomy last week. Mrs. Roy Simpson visited her mother in Lindsay one day last week.

Mr. and Mrs. Allan Wellman and their family visited with Allan's parents, Mr. and Mrs. Wm. Wellman, on Sunday.

Birthday greetings this week to Jimmy Curtis, George Clark and Mrs. Cummer Lee.

Mrs. Acreman, with Mrs. H. D. McCague of Richmond Hill, entertained the Easter Thankoffering meeting of Thornhill United Church on Tuesday afternoon.

Mr. and Mrs. John Simpson, Margaret, Ruth and Noreen, recently of Headford, left on Saturday for their new home near Peterborough.

Mr. and Mrs. Hugh Deverell entertained friends from the city in honor of their wedding anniversary on Tuesday.

David Rumble is getting better, after his illness. Two weeks in bed especially when Easter holidays are part of the time, is hard to take for young folk.

Murray Acreman, Ron Leuschner, Matthew Corby and Lawrence Neill of Markham went sucker fishing one night last week, but found the fish not quite so plentiful as on other years.

W. A. Meeting
Headford W.A. met on Tuesday evening at the home of Mrs. Greenwood. After the devotional and business part of the meeting, a trio of ladies from Toronto rendered a few vocal numbers. Guest speaker was Mrs. Joyce of Stouffville, a missionary at present on furlough, who spoke most interestingly of her work among the Moslems of South China.

These people while they worship God, whom they call Allah, do not believe in Christ as the Messiah, and therefore are without hope. Mrs. Joyce, who showed some wonderful pictures of the Moslems and their Mosques, said that they constitute one-seventh of the world's population. She earnestly sought our prayers on their behalf.

The committee and hostesses for the evening were Mrs. Greenwood, Mrs. Roy Simpson and Mrs. Walter Leuschner. They are to be thanked for a very fine evening.

GORMLEY

Mrs. Allan Doner
Correspondent:
Phone Stouffville 67104

Mr. Andrew Jones entertained 16 of his friends at his 8th birthday party last Thursday. One of his guests, Barbara McMullen, was also celebrating her 10th birthday.

Miss Anne Redwood of Concord spent several days of the Easter vacation with Miss Lois Moorthy.

We are glad to see Mrs. Alvin Winger home again after spending two weeks in the General Hospital with eye infection.

Mr. and Mrs. Harry Jones, Gary and Lynn of Toronto had supper Friday evening with Mr. and Mrs. Geo. Barrett and family — being the occasion of Mr. Barrett's birthday.

Mrs. Katie Hoover and Ruth had Sunday evening supper with Mr. and Mrs. S. Doner and Grace.

Mr. and Mrs. Eldon Gooding and family of Utterson visited friends around Gormley over the week-end.

Mrs. J. Bond spent Sunday evening with Mrs. Roy Brilinger.

Mr. and Mrs. Geo. Barrett and family, Mr. and Mrs. Don Pickering visited friends in Port Credit on Sunday.

For letting people know about your euchre or bridge try the "Coming Events" column of The Liberal. Telephone Richmond Hill Turner 4-1261.



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As you know, Ontario is Canada's All Year Vacation Province. It abounds with interest, enjoyment and relaxation for vacationists from other parts of Canada and the United States. Just prepare a friendly, persuasive letter saying why you think a visitor will enjoy an Ontario vacation. It's as easy as that!

You know what Ontario has to offer, put it in your letter. You can mention Ontario's 52 Vacation Areas, its busy cities, its shaded streets in countryside towns and villages... its resort areas, its sports, the C.N.E., and many, many other attractions.

IF YOU NEED HELP—If you want information about Ontario, write to Ontario Travel, 67 College Street, Toronto. Illustrated literature will be mailed promptly.

You don't have to actually mail your letter to a non-resident of Ontario. You send it to Ontario Travel for judging... fill in coupon below.

ALL ENTRIES MUST GIVE THE NAME OF A NON-RESIDENT TO WHOM ONTARIO TRAVEL CAN SEND FREE MAP AND ILLUSTRATED LITERATURE ABOUT ONTARIO. THIS WILL BE SENT WITH THE COMPLIMENTS OF THE CONTESTANT.

ENTER NOW... YOU MAY SUBMIT AS MANY LETTERS AS YOU WISH
CONTEST CLOSES MIDNIGHT MAY 15, 1958

CONTEST RULES

- All Ontario students enrolled in Grade IX, X, XI, XII or XIII or their equivalent are eligible to enter this "Invite Them to Ontario" Contest.
- Letters must not exceed 200 words of body matter and may be written in either English or French. Letters will be judged for originality of thought.
- (a) All letters must be accompanied by the name and address of a non-resident of Ontario to whom the Ontario Department of Travel and Publicity may send a map of Ontario and illustrated literature with the compliments of the entrant.
(b) All entries must be certified by the student's form teacher as being the original work of the entrant.
- Contestants may submit more than one entry provided requirements of paragraph 3 are complied with.
- Contest closes at midnight May 15, 1958 and entries postmarked later will not qualify. Winners will be notified by registered mail.
- All letters submitted become the property of the Ontario Department of Travel and Publicity and may be published in advertising or literature of the Department.
- The decision of the Board of Judges will be final.
- A Student whose either parent is employed by the Government of the Province of Ontario or by any Provincial Board or Commission or by any of the Government's advertising agencies is not eligible for this Contest.

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