

# The Sports Clinic

An Official Department of Sports College  
Conducted by Lloyd Percival

## CAN FEAR OF INJURY BE CURED?

Fear of injury is common in sports, even among experienced athletes. This is a normal thing. It is not normal, however, when this fear becomes great enough to create tension and the inability to play with proper abandon and a carefree attitude.

Such obsessive fear can be caused by many things. There just isn't space enough here to deal with all of them (further information is available from Sports College). But here are some general tips that can help you or your athletes ease the fear problem.

1. The athlete who is in the best of physical condition and who has tried to develop a well-rounded physique is less likely to be injured.

2. Proper warm-up before practices and games will help prevent many injuries.

3. There is less likelihood of injury when equipment fits properly.

4. The athlete who plays with carefree abandon, letting the chips fall where they may is less likely to be injured than the one who plays cautiously, always watching for possible injury situations.

The athlete who knows these things and tries to act accordingly will have more confidence in action; he knows he has done the things that will help him avoid injury. It helps to know, too, that real injuries are rare — insurance statistics show that more accidents take place right in the home.

If there is an unusual fear of injury, it is best to bring it out into the open and try to find what experiences or attitudes have created it. A good talk with a knowledgeable trainer or coach or with the family doctor, often will fix things up.

## MORE ENERGY FOR STUDIES

Now that school has started again and young athletes will have to mix football and studies, ways and means of recovering from workouts in time for studies become increasingly important.

In a special survey of this problem, athletes claimed that they could study better when they had tea to finish off the after-practice meal. This was backed up by his findings of Dr. Coleman R. Griffith, who reports in his 'Psychology of Athletics': "Tea is an excellent mental and physical stimulant that has no later ill-effects."

# DISTRICT SPORT NEWS

## Rams Begin Practise For O.H.A. Hockey Season

Richmond Hill Rams have both teams working hard this week in preparation for the approaching hockey season. The Rams are entering the Junior D OHA series with Aurora, Stouffville, Unionville, Beeton, Alliston and Orangeville. The Midgets will play in the North York and Ontario Minor Hockey Association series. It is hoped that the home games will be played Friday nights, with the Midgets playing the first game and the Juniors rounding off the doubleheader. Two well-known local coaches and managers will carry the leadership chores for the Rams, Mack Clement will coach the Juniors assisted by Paul Morley as manager. The Midgets will have Tim Saul as coach with Wick Mills as manager.

## Maple Bowling

Monday, October 31  
High triple: Betty Hodgson 658; high single: Hilda Allen 268. Other high scores: Ann Lawrie 267, Betty Hodgson 255, Jean Calder 245, Ada Watson 244, Catherine Johnson 234, Pat McLaughlin 231, Merle Mains 211, Marg. Specht 210, Doris Cooper 201.

## 150 Attend Skating Club First Meeting

Members of the Richmond Hill Figure Skating Club were pleased to welcome 150 skaters to the Arena for the opening class last week. Under the direction of Pro. Chuck Kiel, the Club has got off to a good start and is sorry to announce that due to shortage of ice time, it will be necessary to curtail the membership.

Chuck Kiel, who is also an instructor at Stouffville and Newmarket, is particularly successful with beginners and tiny tots and residents of the area will be looking forward to the big Ice Carnival planned for the spring.

The executive for the inaugural year consists of Mrs. D. Featherstonhaugh, pres.; Mrs. W. Smith, vice pres.; Mrs. W. Hall, secretary; Mrs. R. D. Gillard, treasurer; Mrs. Norman Gibson, membership; Mrs. K. McGregor, publicity; supervisors, Mrs. T. P. Henry (Ch.), Mrs. N. Dean, Mrs. W. Mason, Mrs. D. Bain.

## Indian Death Lock Takes First Fall For Chief

There was lots of action in the main bout at Thornhill Farmers' Market Tuesday night when Diamond and Jensen from Hamilton teamed against Chief Little Beaver and Bob Pryor from Detroit.

The fans were tearing the market down while waiting for Little Beaver to work up steam. But when the Chief got into high gear, the Hamilton boys backed a little water as they realized the Chief and Pryor were no fools. The Chief won the first fall with his deadly Indian death lock, and then the fireworks really started.

The Hamilton boys looked a little fed up with the Chief and his partner who, although they took quite a pushing around, showed them they were as game as ever. However, Pryor was pinned by Jensen, to have the second fall go to Diamond and Jensen. The final fall came suddenly when the boys from Hamilton had it pretty much their own way.

## Opening Bout

The opening bout of the show brought together Ron Ronescu and Ron Ebyer in a 30 minute time limit which was won by Ronescu at the 15 minute mark.

In the second bout, Rock Bowley and Jim Hopkins met, with the Rock soon putting an end to Hopkins in 10 minutes of a 30 minute time limit.

In the semi-final, Scissors Joe Greenfield and Harold Van Dyke matched their skill and strength. Van Dyke tried hard but Greenfield was a little too much for him.

## HOLLAND MARSH

Rotted bridge planking on a King township bridge on the 3rd concession over the drainage canal collapsed under the six-ton weight of a gravel truck last week. As a result, the bridge's side steel supports had to hold the off-balance weight of the truck until a leverage job got the wheels back on to the bridge floor.

## WOODBRIDGE

Howard Agar, 28, of Nobleton, lost a leg last week when his trouser leg became entangled in a posthole digging machine. A neighbour managed to shut off the machine.

Agar and his neighbor were installing a fence at the rear of Agar's farm.

## BOLTON

Mrs. Thomas Hall celebrated her 90th birthday here recently.

## THURSDAY NIGHTERS

Team standings: Red Sox 28, Handicappers 23, Bombers 17, Cards 16, Tigers 16, Indians 14, Kingpins 14, Strikeouts 2. High 3 game scores: Minnie Ground 621, Hugh Yerec 647. Individual high scores: Minnie Ground 277, 211, Iris Pratt 238, Beth Rice 219, 210, Lucy Dickie 217, Dorothy Bovaird 21, Evelyn Thompson 206, Eleanor Lecuyer 205, Mari Beresford 203. Morley Hall 263, Floyd Pratt 263, Fred Bovaird 249, Ross Kerwin 242, Tim Murphy 232, Hugh Yerec 231, 222, Al. White 230, Harold Ground 229, Dick Mills 227, Cam Cowan 217, 212, Bill Waters 215, Eric Charity 214, 209, Jack Hall 205.

## MONDAY COMBINES

High scores for Monday night were Mable Fenwick 273; Beulah Baskerville 238, 207; Jane Clement 213, 204; Doreen Horner 220; Ethel Carlisle 219; G. Paterson 270; John Mabley 233, 226, Cam Cowan 244, Jim Crean 224; Alf Stong 212; A. Peters 207; D. Clubine 224; E. Mashinter 245, 268; S. Foster 231, 227; Herb Joslin 258, 202; J. Buchanan 224, 264, 211; Geo. Chassis 202; Ross Casement 239; S. Smith 214, 226; S. Carlisle 210; Jim Baskerville 220; A. Hawkes 220.

## RICHMOND ROLLERS

Thursday, October 27  
G. Churcher 267, A. Lund 252, E. Dale 249, 220, M. Fleming 241, L. Acreman 224, E. Carlisle 218, A. Blakely 215.

## HOLY NAME LEAGUE

Top Bananas took the lead again on Tuesday night by trimming the rival Rockets. Three new members joined the Richmond Bowl Club, Mel Rawlinson 304, Tony Freer 308 and Pat Fitzpatrick with 263. Audrey Natale's 284 showed last week's 290 was no error. Mel Rawlinson 702 and Tony Freer 695 topped the men while Audrey Natale's 586, and Pat Fitzpatrick's 565 were the best of the ladies. Team standing with two more nights to go — Top Bananas 29, Rockets 26, Pin-its 18, Shakers 17, Natural-7 14, Mad Hatters 14, Hard-8, 13, Mixed-up-8 9.

## ARENA ATTRACTIONS

FRI., NOVEMBER 4 —  
3:30-5:30 : Skating Club  
8-10 : Public Skating  
SAT., NOVEMBER 5 —  
8-10 a.m. : Skating Club  
8-10 p.m. : Public Skating  
MON., NOVEMBER 7 —  
1:30-3:30 : Richmond Hill High School  
6-11 : Reserved for Hockey Practice  
TUES., NOVEMBER 8 —  
1:30-3:30 : Richmond Hill High School  
4-5:30 : Skating Students and Public School Children, 25c  
6-11 : Reserved Hockey Practice  
WED., NOVEMBER 9 —  
3-6 : Skating Club  
8:30-10:30 : Public Skating  
THURS., NOVEMBER 10 —  
4-5:30 : Skating Students and Public School Children 25c  
6-11 : Hockey Practice  
THIS PROGRAMME SUBJECT TO CHANGE  
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TU. 4-1368

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## Red Wing Stars Cool Off



World Champion Detroit Red Wings cool off with a carton of cold milk following a hot session on the ice. Shown are four stars who are expected to lead Wings in quest for eighth straight National Hockey League crown, left to right—Ed Sandford, acquired by Detroit in the trade which sent Goalie Terry Sawchuck to Boston; Marcel Pronovost, star defenseman, and the Wings' scoring aces, Gordie Howe and Capt. Ted Lindsay.

## Hilltop Sports

by Bob McCurry  
To-day's write-up deals with three different topics - a quick run-down of the football, a few notes on the intramural schedule, and news of the ice project.

In the recent football schedule, Richmond Hill played eight major games of which they won four and lost four. The locals played Markham twice in the series, beating them both times, and took one game each from Stouffville and St. Andrews College (second team).

Richmond Hill lost twice to Thornhill High School, once to Aurora and Georgetown. The bout with Georgetown was an exhibition game, and due to terrific playing of Red Hart and Pete Hart (ex town boys who learned their ball at Richmond Hill), the Hill went down to defeat.

The soccer season is finished for the colour team and Football and Bordenball have already started. Aiding in coaching and refereeing of these colour football teams are many of the boys who played on the school football team. They are also helping in drills and showing fundamentals to the colour teams. Borden-

ball and football will go on till about November 10 when hockey will take over at the arena.

## Ice News

Ice cards will be on sale this week at the pre-mentioned price of \$2.00. The first big skating day is Monday, November 7 only four days away from to-day, when it is planned to hold one of the many big parties of the season. There will be races and skating contests of all types for which prizes will be awarded. Music will be provided and there will be skating for all for two hours, from 1:30 to 3:30.

## Greenhouse League

High Singles: Bert Cook 217, 20, A. Everett 268, I. Everett 217, 230, 202, Audrey Mills 232, Al. Baker 208, Alex Peters 246, Fred Leech 238, Frank Price 221, 211, 285.

High Triples: F. Price 717, I. Everett 649, A. Everett 609, B. Cook 605.  
Team Standing: Lucky Strikes 31, Ramblers 31, Nighthawks 29, Bearcats 21, Hustlers 18, Wrens 17.

## NOTICE

### CLERK'S NOTICE OF FIRST POSTING UP OF VOTERS' LIST, 1955

Municipality of the Township of Markham, County of York

Notice is hereby given that I have complied with section 9 of the Voters' Lists Act and that I have posted up at my office in Buttonville on the second day of November, 1955, the list of all persons entitled to vote in the said Municipality at Municipal Elections and that such list remains there for inspection.

And I hereby call upon all voters to take immediate proceedings to have any errors or omissions corrected according to law. The last day for appeals being the sixteenth day of November, 1955.

Dated at Buttonville this 3rd day of November, 1955.

CHARLES HOOVER, Clerk  
Township of Markham  
Note: Copies of the Voters' List are supplied to Post Offices in the Municipality.

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THORNHILL FARMERS' MARKET

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2 out of 3 Falls  
**ROCK BOWLEY & JOE GREENFIELD**  
VS.  
**ALEX JENSEN & JACK DIAMOND**

SEMI-FINAL  
2 out of 3 Falls  
**BOB ROBERTS**  
VS.  
**HAROLD VAN DYKE**

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