

The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Percival

A TIP ABOUT LEARNING

With spring just around the corner, baseball players, track and field men, tennis players, golfers and other athletes are polishing up their equipment and getting ready for another season. The keen ones are thinking up new ways to get the jump on the opposition by doing extra pre-season conditioning and learning new skills.

Many of these athletes, however, will give up on their new and better ways of doing things because they seem strange and uncomfortable and don't seem to be as efficient as the old ways. This is one reason athletes often level off and fail to improve after showing a great deal of early promise.

Knute Rockne, the great Notre Dame coach, summed it up this way:

"When a new idea or system is tried, the athlete usually feels awkward and loses some of his skill at first, and usually some of his interest. The wise coach must sell the athlete on the idea that after this temporary period of decreased skill a new peak of efficiency will be reached."

So, if you're planning to try out some new ideas this season, remember this — don't shun them when they don't seem to work immediately. Remember that there often is a loss of skill at first — a loss which will soon be overcome when you really learn the new technique.

The time it takes to learn the new skill or technique depends on the attention and effort you give to practice, and the confidence you have in yourself and your coach.

HOW TO LOSE A POUND

Tests by some of the world's top physiologists have established the amount of exercise it takes to lose a pound of fat. You would have to:

1. Jog easily for 45 miles.
2. Run at 10 miles an hour for more than four hours.
3. Do 5,700 continuous push-ups.

So, next time you hear an overweight athlete say that he's going to run his extra poundage off, let him know what he's in for. There's only one way to lose weight, and that's at the dinner table. Diet — not exercises — removes weight.

JOB PRINTING

Quality Workmanship at Reasonable Prices.
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TU. 4-1261

HOCKEY PLAYOFFS

Mercantile Hockey League Finals
DYNES JEWELLERS
VS
HALL'S FUEL OILS
FRIDAY, MARCH 23, 9 P.M.
Adults 50c Children 25c

TOWNSHIP OF MARKHAM

Applications will be received by the undersigned for a township Building Inspector until Friday 12 o'clock noon March 23, 1956. Applicants please state previous experience, age, other qualifications and salary expected. Duties to commence April 2, 1956.

CHARLES HOOVER, Clerk
Township of Markham
Gormley R. R. 2

NOTICE

Due to the expiry of our lease, our store at 53 Yonge St. North will be closing at the end of March. However, we plan to carry on business as usual from our sheet metal shop on Yonge Street at the rear of the Thos. Oakley Real Estate offices.

We hope to receive your continued patronage.
R. C. BOSTOCK
HEATING AND SHEET METAL
RICHMOND HILL TU. 4-2060

RETURN MATCH

Champion Wrestling

TUES., MARCH 27, 8.45 p.m. Thornhill Market

Al Orlando vs Stoney Brooks

WEST TORONTO Canadian Middleweight Champion	CAMPBELLFORD, ONT. The Durable Scot No. 1 Challenger
Benedetto Lima vs Baron Von Sieber	Ron Ronescu vs Billy Foster
	Jimmy Lickers vs Orro Morro

DISTRICT SPORT NEWS

Richvale Winning Boxer

"Hot Spell of Blossomlea", the beautiful red and white Boxer puppy, seen in Richmond Hill during the past weeks with his owner, Miss Jean Grant, 60 Yonge Street, made his debut at the Sportsmen's Show last week and won 1st Canadian Bred, Winners Dog, Best of Winners. Best Canadian Bred Boxer Puppy in show, Best Canadian Bred Puppy in working group, Best Canadian Bred Puppy in show, all breeds. "Hot Spell" is now owned by Mr. and Mrs. S. Whitmore, Langstaff, Ont. "Chataway of Blossomlea" won three firsts and Winners Bitch.

Dynes 9 Goals In 3rd Period

Dynes Jewellers broke out in a scoring rash in the third period, in Tuesday night's opening game of the Mercantile League Finals and defeated Hall's Fuel Oils by a score of 9-4. The first and second periods were all Halls, with Waters and Van Dyke scoring the first period for Halls, and Waters again in the second period to make the score 3-0 for Halls at that time, but in the third period Dynes came out with fire in their eyes and rapped in nine goals, while Hall's could only count for one. It was a hard fast game and at one time had four men in the penalty box, serving major penalties for fighting.

First period scoring: Hall's: 5:20 Watters, Hall's 17:53 Van Dyke. Penalties: Halls, Beringer 2, Card 2, Van Dyke 2, Dynes, Thompson 2.

Second Period Scoring: Hall's: 12:30 Watters. Penalties: Hall's: Charles 2, Dynes, Mashinter 2.

Third Period Scoring: Dynes: 3:22 Banton, 3:28 Foster, 4:50 Thompson, 6:31 Kavanagh, 7:30 Gillespie, 8:25 Mashinter. Hall's: 12:58, Watters.

Dynes: 13:50 Gillespie, 16:08 Gillespie, 16:20 Gillespie.

Penalties: Dynes: McClinton 5, Mashinter 5, Beringer 2, Hall's: White 5, Charles 5, Van Dyke 2, Sharpe 2, Hunter 2.

Second game, Friday night, March 23, Richmond Hill Arena 9 p.m.

Players and fans please note: tickets are now available for the dinner and dance at the Graystones on March 31. Contact team captains Jim Barker, Harold Mabley or Dave Brownlee to make your reservation.

Army, Navy, Air Force League

March 12, 1956
Games 300 and over: Jim Beech 311.
Games 200 and over: Jack Stanway 223, 229, 228, Jim Beech 311, 200, Ted Bird 211, 225, Clare Tomlinson 244, 214, Bud McKee 213, 219, Hanna Bird 269, 212, Bob Jones 209, Derek Paget 210, Grace Lusignan 244, Esther Topp 231, Jim Fletcher 241, Keith Sanderson 214, Betty Palmer 219, Allen Rumney 227, Harold Tomlinson 218, Dick Cooper 233, George Lusignan 214.
High Single: Jim Beech 311, Hanna Bird 269, Clare Tomlinson 244.
High Triple: Jim Beech 698, Jack Stanway 680, Clare Tomlinson 640.
High Average: Grace Lusignan 210, George Lusignan 204, Clare Tomlinson 200.

Mill's League

High Singles: T. Bennett 219, H. Bennett 209, K. Bennett 200, 211, B. Karsh 209, F. Leech 219, I. Leech 232, N. Cook 296, N. Bowen 227, 223 206, A. Gibson 224, A. Peters 337, 201, W. Mills 262, 251, T. Nolan 224.
High Triples: A. Peters 726, K. Bennett 665, N. Bowen 656, W. Mills 648, N. Cook 633, I. Leech 607.
Team Standings: Ramblers 104, Lucky Strikes 95, Bearcats 91, Nighthawks 89, Hustlers 74, Wrens 71.

R.H. Juniors Beat Alliston For Third Championship

Down five points after a 56-51 loss at Alliston Richmond Hill Juniors came back this week to defeat the Banting Memorial High School team 54-44 and to win the round 105-100.

In the first game at Alliston the local players were behind 12 points before they came to life. Then Pete Smith started to roll, along with John Passmore, to get 18 and 19 points respectively. The Hill team was visibly tired, having only one day rest after playing twice on Saturday. But they worked hard defensively with strong rebounding by Jim Williams, Alex Caron and Bill Osmond.

Before the home game, Pete Smith put his hand through a window, and could not play. Jim Smith turned up with a sore back and did not play, although he dressed for the game. However, after an extra day of rest,

Williams came through with his best performance with 26 points, followed by Passmore with 20 points. The locals also befuddled Banting by switching to a 2-1-2 zone after using a 1-3-1 zone at Alliston. Caron playing right forward for the first time, made a capable replacement for P. Smith.

Osmond and Vallance went the whole game for the Richmond Hill team and each made their best showing of the whole season. Winning this series gives the local team the North York Junior A Championship for the fifth consecutive year. The team can pack away their uniforms after becoming North York Jr. B Champions; North York Junior A Champions; Georgian Bay Junior B Champions and C.O.S.S.A. Finalists for 1955. Congratulations to the team and to their coach, William Babcock.

Brooks Makes Good Show In Both Main Bout And Prelim.

Stoney Brooks may have been half of a losing team last Tuesday when he replaced the still ailing Jack Diamond, but he proved that he is durable. After disposing of Orro Morro in convincing fashion during a hectic semi-final, he then came back as a team partner with Alex Jensen and although they lost to Al Orlando and Benedetto Lima, they gave their opponents and the fans some anxious moments.

Lima, that tough strong Italian squeezed Jensen flat as the proverbial pancake and spread him for the first fall at 11:05. In the second stanza, Brooks jumped in and out of the ring so many times that the referee got dizzy trying to count, and then seized Orlando in a terrific hammerlock and forced him to submit. Alex Jensen did not seem to have as much to offer as in previous bouts (apparently he's only at his best when teamed up with

Jack Diamond) and fell victim to Al Orlando at 5:10.

As stated above the semi-final saw Stoney Brooks win over Orro Morro and earned him another crack at Al Orlando's championship belt. The Hawaiian youth dropped the last two falls to Brooks who forced him to submit with a vicious hammerlock as we have seen hereabouts in some time. Brooks was sharp all right and who knows he may be the one to topple Orlando.

In the second preliminary Jim Hopkins earned a win over rugged Billy Foster of Brampton and Ron Ronescu came through with a good effort and dropped Karl Mueller to win the opener. The Skidgets Pat Greenfield and Eddie Garner wrestled to a draw in a ten-minute limit bout and delighted the crowd with their activities.

Urge Protection Of Fish During Spawning Period

It would be very convenient as well as offering greater protection, if all spawning fish would decide to lay their eggs in deep water. However, it is Nature's way that fish prefer to spawn in shallow water, where temperature and other conditions are more favourable for a successful hatch. The spring spawners go all out to find suitable spawning grounds. Rainbow trout are noted in their persistence in overcoming all obstacles in their annual migration of many miles up streams to deposit eggs in shallow, gravelly areas at the stream's source. Pike and muskie will, also, travel many miles to reach these selected locations. Many times the eggs are deposited so close to shore that all spawn is lost when the waters recede to normal level and the spawn is left on dry land.

During this period the fish are so intent in their urge to propagate, and so sluggish from the weight of the spawn carried, that they are "sitting ducks" for poachers who give little thought to the countless potential fish destroyed.

At the first sign of spring break-up, pike will be in the marshes and even far up the connecting ditches. Shortly after the first warm rain rainbow will also be on their way followed later by the muskie. Simultaneously Conservation Officers will be on an around-the-clock schedule patrolling spawning areas and making every effort to give fish the protection they require. However, 100% protection can't be given by any one officer, no matter how efficient he is. Fish and Wildlife staff again look for co-operation from all sportsmen and Conservation Organizations in discouraging this illegal practice.

As a reminder it is illegal to be in possession of a spear within 50 feet of the water's edge in the Counties of Ontario, York, Simcoe and Dufferin. It is, also, illegal to fish or attempt to fish with any bait or unbaited snagger or snare, or any other device which is capable of snagging or snaring fish. No person may take or attempt to land any fish by means of a spring gaff.

ARENA ATTRACTIONS

FRI., MARCH 23
3:30-6:30 — Skating Club
6-7 — Bantam Practice
9 p.m. — Mercantile Final
Tip Top Trophy
Second game, best of three, final Dynes Jewellers vs Hall's Adults 50c, Children 25c

SAT., MARCH 24
8-11 — Skating Club
11-12:30 — Hockey Practice
Little N.H.L. Semi-Final
Goals to count on Round
1 — Canadiens vs Rangers
1:45 — Hawks vs Wings
Senior
2:30 — Rangers vs Bruins
3:15 — Wings vs Hawks
4:30 — North York Minor Hockey

Rams vs Aurora
8-10 — Public Skating
MON., MARCH 26
7-11 — Toronto Hockey League
TUES., MARCH 27
10-11 — Tiny Tois
1-5 — Public School Carnival
8:30 — Mercantile Hockey (if necessary)

WED., MARCH 28
3-6 — Skating Club
7-11 — Toronto Hockey League
THURS., MARCH 29
10-11 — Tiny Tois
1-5 — Public School Carnival
7-11 — Toronto Hockey League

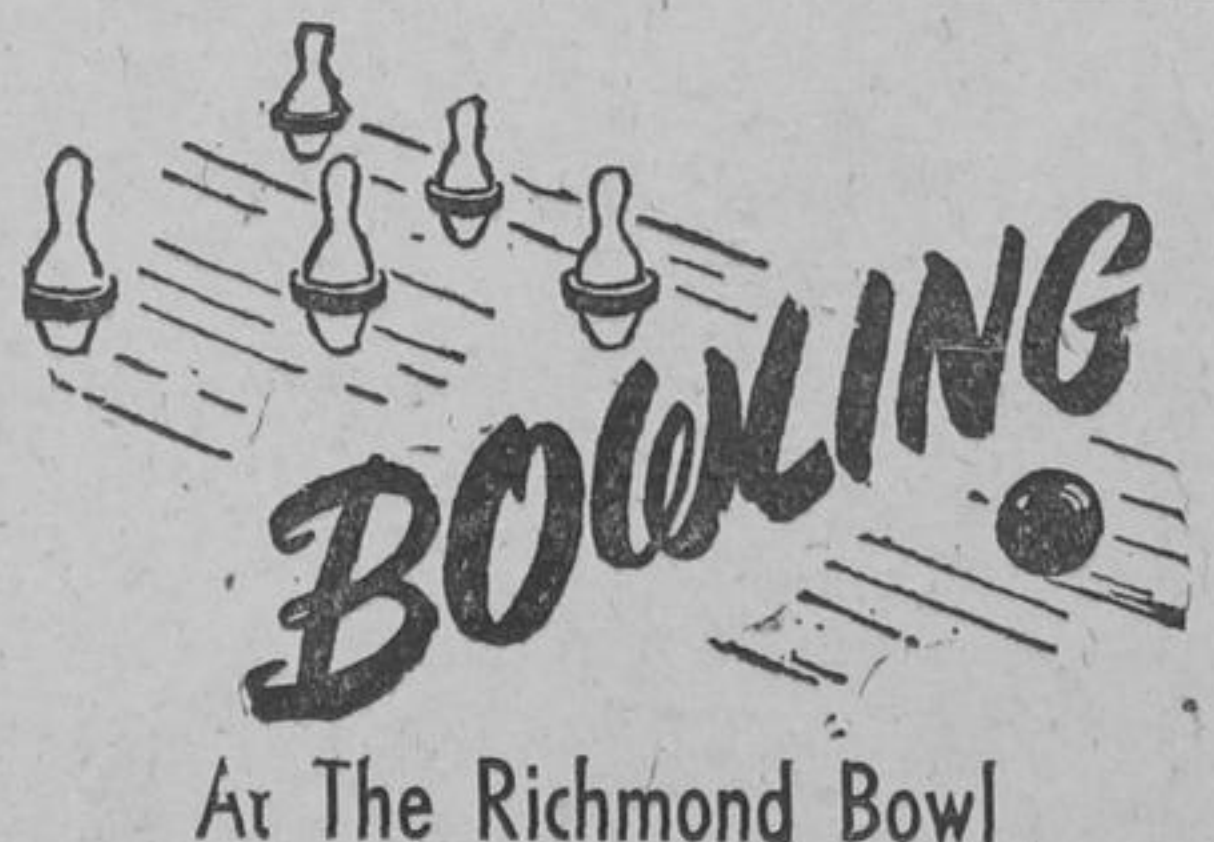
THIS PROGRAMME SUBJECT TO CHANGE
Richmond Hill
Arena Association
TU. 4-1368

Stoney Brooks Says Confident He Will Win Championship Belt

Stoney Brooks, the Durable Scot, has trained himself to a razor sharp edge for his title match with Canadian Champion Al Orlando next Tuesday, March 27, at Thornhill Market. Fresh from a terrific win over Orro Morro on last week's show, Brooks is "rarin'" to go and feels that it's now or never with him. When asked by this writer how he feels about the coming match he said: "I've trained hard for this match and I'm very confident of winning back the championship belt." On the other hand Al Orlando who very seldom predicts anything before a

bout just said "Brooks is a good tough boy and a lot better wrestler than most admit, but I think I will be able to throw him on the 27th."

So there you are, a confident champion and a confident first class bout. Who knows, maybe there will be a new champion when the smoke clears. Baron Von Sieber and Benny Lima have signed to clash in the semi-final. Orro Morro meets newcomer Jimmy Licken of Windsor and Billy Foster lock horns with Ron Ronescu in the opener.



At The Richmond Bowl

RICHMOND ROLLERS
Thursday, March 15th, 1956
Addie Lund 284; Thelma Evans 254; Isabelle Ellis 235; Madeline Leach 233; Effie Dale 204, 201; Reba Brillinger 202; Win Young 201.

THURSDAY NIGHTERS
Team standings — Indians 17, Handicappers 15, Tigers 12, Kingspins 10, Bombers 9, Strike-outs 9, Cards 6, Red Sox 6.
High totals for 3 games, Rena White 714, Eric Charity 642.
Individual high scores: Rena White 308, 220, Lorraine Waters 297, Minnie Ground 267, 227, Isabel Savage 237, Iris Pratt 244, 240, Jessie Yerex 229, 202, Helen Jones 218. Eric Charity 307, Norm Chatterley 254, Floyd Pratt 243, 201, Morley Hall 235, Al White 234, Harold Ground 219, 208, Cam Cowan 205.

MONDAY COMBINES
MARCH 19, 1956
High triple flat: Ladies, Ethel Carlisle 595. Men: Bob Karsh 707, followed closely by George Pollard 706.
Good flat single scores: Ladies, Irene Mashinter 216, Ethel Carlisle 216, Ruth Cowan 235. Men: Mac Clement 229, 264, C. Atkinson 204, J. Barker 236, J. Buchanan 234, C. Chapman 226, A. Stong 227, C. Tuck 203, K. Bennett 223, A. Peters 225, N. Bowen 261, B. Karsh 217, 248, 242, S. Carlisle 206, 217, 230, H. Bennett 236, 240; T. Bennett 259, G. Smith 218, 261, W. Pollard 208, 202, G. Pollard 210, 206, 290, A. Love 218, 211, H. Mabley 205, 246, E. McGruer 266, 202, E. Mashinter 200, S. Foster 219, 209, H. Joslin 245, J. Mabley 225, N. Hill 230.

FRIDAY NIGHTERS "CARDS"
Top scores by ladies: D. Turner 204, M. Littleford 218, B. Lambert 205, 235, M. Blackburn 200, 208, A. Lynett 208.
Men: A. Blackburn 231, 224, D. Laurie 246, 214, 247, R. Littleford 287, D. Pettes 213, F. Perkins 243, B. Hambly 219, F. Ross 259, W. Turner 252, P. Savage 206, R. Brillinger 234, 215, D. Smith 217, John Sim 260, K. Tomlin 202, B. McKee 257, 242, 249, J. Kirk 200, A. Eden 222, 206, W. Smith 320, 234.

HOLY NAME LEAGUE
Team standing: Hard-Eight 16, Rockettes 15, Mixed-Up 8, 9, Shakers 8, Naturals 5.
High three: Men: Ross Tierney 657, Bruno Battaglia 624. High singles: Men: Ross Tierney 256, Theo Van Wieringen 233.
High three for ladies: Vi Rawlinson 614, Rita Maurice 537, High singles, ladies: Vi Rawlinson 240, Mary Farrell 235.

FRIENDSHIP LEAGUE
Jessie Wainwright 317, Ethel Carlisle 290, 213, Maud Benjamin 287, Reta-McDowd 253, Dot Turner 247, Ruth Cowan 239, 207, Marge Blackburn 235, 220 Ruth Charity 230, Ruth McKenzie 224, Lorraine Acreman 217, Marg Williams 213, Jean Sims 213, Beth Rice 211, Ann Reid 205, Betty Houle 201.

STOUFFVILLE: Friends and neighbours of Miss Hazel Rees- or who is on furlough from a mission in the Sudan have presented her with a truck which she will use as headquarters for her mission work on her return to Africa.

Little N.H.L. PEE WEE

Canadiens	W	L	T	Pt.
Hawks	5	2	3	13
Rangers	4	4	2	10
Wings	3	4	3	9
Leafs	4	5	1	9
Bruins	1	7	2	4

SENIOR

Rangers	W	L	T	Pt.
Wings	8	0	2	18
Bruins	4	5	1	9
Hawks	3	5	2	8
Leafs	1	4	5	7
Canadiens	1	5	4	6

Semi-Final Play-Off
2 Games, Goals on Round Saturday, March 24, 1956
Pee-Wee
1:00 Canadiens vs Rangers
1:45: Hawks vs Wings
2:30: Rangers vs Bruins
3:15: Wings vs Hawks
Result of games played Saturday, March 17:
Pee-Wee
Hawks 0, Canadiens 0; Leafs 2 (Caverley 2), Wings 0.
Rangers 2 (Kirkpatrick 2), Bruins 0.
Senior
Hawks 2 (Edwards 2), Canadiens 1 (Brydon), Wings 1 (Patfield), Leafs 0, Rangers 3 (Moorehead 2, Haldane, Swindle, Smith), Bruins 0.

Hockey Finals School Area

In the School Area 1 hockey finals held recently Charles Howitt defeated Thornlea 1-0 to take the boys championship while the Girls champions are Thornlea, after defeating Thornhill 2-0. The single goal which took the boys game for Thornhill was scored by Ray Winterfield. In the girls playoffs, Rosemary Curtis scored both goals for the winning Thornlea team. Coaching the teams were the following: Charles Howitt, D. Brown; Thornlea G. Learn and D. McSpornan and Thornhill E. Mazur.

Rose Garden Supplies

Stop 22A Yonge St.
RICHVALE

WHITE BIRCH (2, 3, and 4 clusters), various sizes

FULL LINE OF EASTER LILIES, FLOWERS, HOUSE-PLANTS

Peat, Foam and Fertilizer
TU. 4-2291

All Citizens Of York County

are cordially invited to attend the official opening of the new

SOUTH WING

OF YORK COUNTY HOSPITAL
Saturday, March 24
at 2 o'clock in the afternoon

THE HONORABLE McKINNON PHILLIPS, M.D., C.M.
Minister of Health for Ontario will officially open the new wing
Public inspection from 2:30 to 4:30 in the afternoon from 7 to 8:30 in the evening
All citizens are urged to take advantage of this opportunity to inspect the fine new building and modern hospital equipment.

The Board Of Directors
York County Hospital
Newmarket, Ontario
MR. K. M. R. STIVER President
MR. F. T. COURTNEY Secretary-treasurer