

SPORTS HIGHLIGHTS

BROOMBALL NEWS

Things are looking up recently in the Broomball League, with the addition of a team from Shift 2 and a team from the High School. This means that there are now four teams active, and a schedule will be set up immediately and games will commence.

Anyone still interested in playing should contact the following people to be sure that they get on a team list:- Townsite -- Lionel Waghorn - Millworkers - Art Beaulieu - Shift 2 - Bill Kurylo - High School - Fern McLeod.

A schedule will be published as soon as team lists are completed and dates finalized.

SIGN RENTAL SPACE AVAILABLE

Space is now available on either side of the time clock in the Terrace Bay Arena. For further information contact the Recreation Office.

CURLING NEWS

The annual Club Bonspiel is scheduled for January 26th and 27th. Skips may pick their own rinks but may not use any members of their regular rinks nor more than two members of any one other rink.

All Club members, including Tuesday Night and Associate members may participate. Entry fee is only \$1.00 per person. Enter now on the form on the bulletin Board.

In local play-offs for the right to represent Terrace Bay in the Northwestern play-downs, Scotty Hamilton defeated Lou Duquette two games straight in a best of three series and now goes to Marathon for the North Shore Play-offs. Scotty has Ken Johnson, Gary Galvin and Don Blom curling with him. We wish this rink the best of luck.

In regular Club play last week 'Big Guns' toppled like ten pins. Olson was dumped by Knight, Duquette by McLeod, Hamilton by Reynolds and McDonald by Thorsteinsen. Aye, 'tis a slippery game.

MINOR HOCKEY NEWS

On Saturday afternoon the Manitowadge Pee-wee's, Bantams and Midgets met the Terrace Bay teams at the local ice-house but didn't have much success.

In the Pee-Wee game the Terrace Bay lads defeated Manitowadge 6 - 0. Joe Papineau led the winners with a 3-goal performance and Junior Cadieux had two markers while Tommy Schock added a single to round out the scoring.

In the Bantam game the locals won by a wide 9 - 1. Terry Black and Steve Fedoruk led with two goals each while singles went to Brend, Pineault, MacMillan, Mallais and Renette. The lone Manitowadge goal came off the stick of Veudrin.

The local Midgets ran roughshod over the visitors as they handed them a 19-0 defeat. Frank Schock and David Falzetta led the onslaught with four goals and two assists each. Dan Schock had three goals and three assists--Lorn Turner also had three goals--Bill Stachiw two and MacKay, Williams and Coates racked up singles. All games were very clean--only seven minor penalties being called in the three games.

BOWLING NEWS (Ladies 10-Pin League)

Points taken last week were - Rockets 15½,

Capers 14, Alibiers 12½, Miss-1's 12, Inorbits 8, Pluta-Cats 8, Telestars 7, Handycaps 7.

Kay Graham bowled high single of 174 and high three of 424. Aggie Szpak 403 and Kay Weppler 401.

MEN'S 10-Pin League

Team Standings prior to January 16, 1963. Bears 113 - Plaza Restaurant 108½ - Team #4, W.Kurylo 87½ - Team #3, P.Pluta 85, Team #6, C.Knauff 82½, Team #2 T.Stachiw 77½, Blockbusters, 76.

High Single James Last Week - T.Stachiw, 193, 189 - A.Tanner 183, 183 - C.Buck, 179.

High Triples Last Week - T.Stachiw 538, C.Buck 500, A.Tanner 483, A.Pattison 457 and W.Kurylo 455.

PHYSICAL FITNESS

Last week we published the first of a short series of exercises designed to strengthen the abdominal and back muscles. These muscles could be weakened by defect, disease or simple lack of exercise. Much of the pain that occurs in the back is due to tiring or fatigue of the structures that must keep the spine erect. This is particularly true of back pain that is not severe in the morning but gets progressively worse as the day goes along. Therefore, it is important to exercise and strengthen abdominal and back muscles.

Start the exercises slowly, gradually increasing the number of times each is performed as your strength builds up.

NOTE: Don't forget the fitness classes every Thursday from 4:45 - 6 P.M. at the High School. Bring Sweat clothes, towel and running shoes and join in -- EVERYONE WELCOME.

Exercise #2

LYING ABDOMINAL RETRACTION



This exercise takes advantage of gravity to help you pull in the abdominal area. It also provides a "breather" for you between two more strenuous exercises.

Lying on the floor, legs well bent, feet near your hips and hands resting against your upper thighs, take a deep breath then exhale as fully as possible. As you exhale, press hard with your hands against your thighs and pull your stomach muscles up and in as far as you can. Hold for a count of three, then relax, breathe easily for a few seconds and repeat 5 times. Every 3 - 4 days add another repetition until you are going at least 15.

NORTH SHORE MINOR HOCKEY

On Jan.12th the first of two games in the regular No.Shore Schedule, Minor Hockey was played between White River Bantams & Pee-wee with Schreiber. White River Bantams won 5-1 and Schreiber Pee-Wees won 3-2. Bantam officials were R.Campbell H.Nicol and Reg Bailey. Pee-wee Officials were F.Eickmeier, F.McColeman and Paddy Duggan. The game scheduled for Jan.13th was postponed because of weather. The players were treated to hot dogs by the Legion Auxiliary in the Club Rooms.