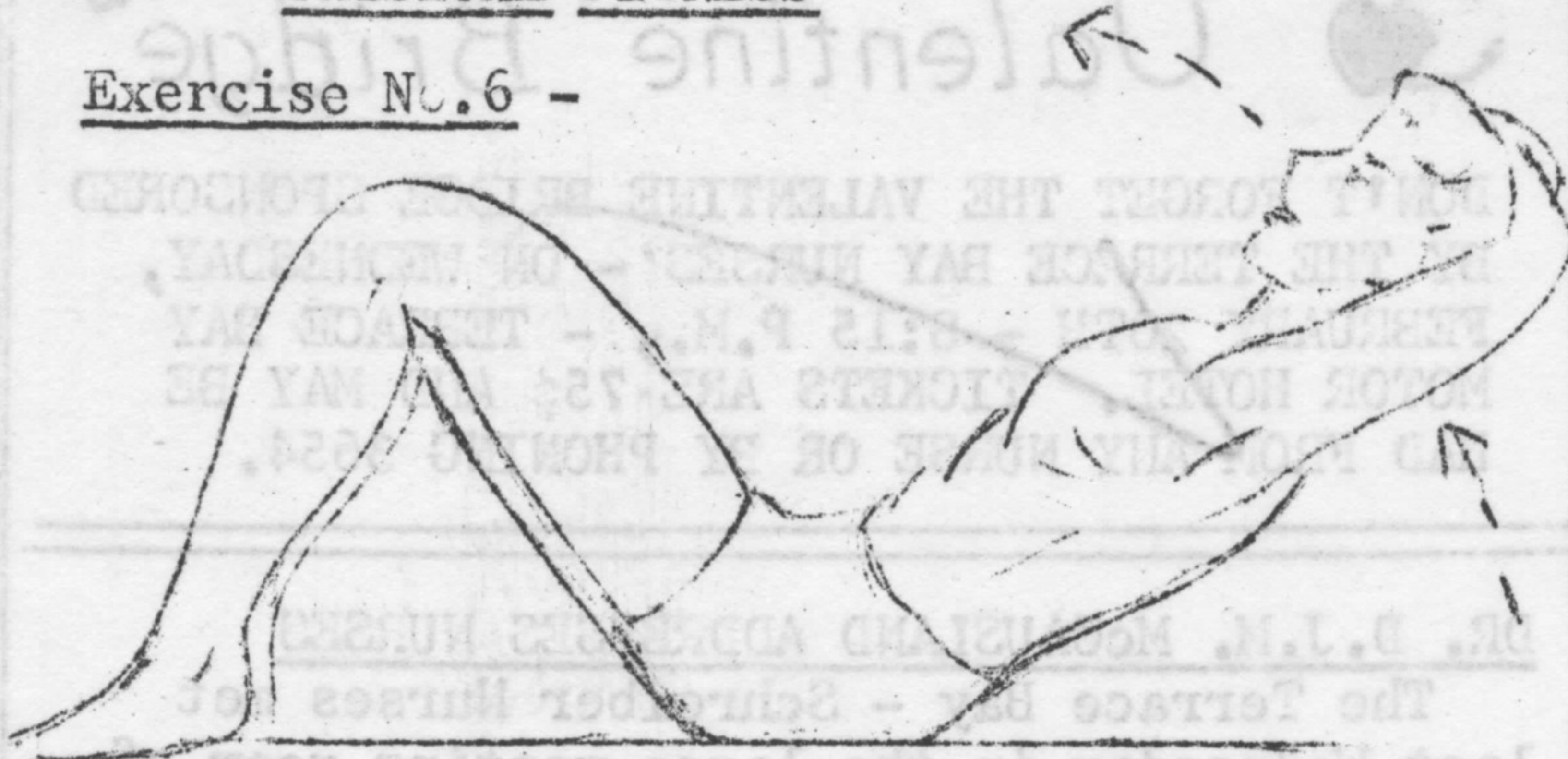


**PHYSICAL FITNESS**

**Exercise No. 6 -**



**STATIC BENT-LEG SIT-UP**

This is an excellent exercise for strengthening the all-important abdominal muscles which support and protect the vital internal organs and help you maintain correct abdominal posture. Strong abdominal muscles also help give you a slimmer, neater appearance and protect you from possible strain or rupture.

Lie on your back on the floor, knees well bent, feet flat on the floor near your hips, hands clasped behind your head. Have someone hold your feet down or place them under a chair, dresser or similar heavy object. From this position raise your upper body until you are half-way to a full sitting position. Hold this position for a count of 5 then continue forward all the way until your chest touches your knees. Immediately lower steadily to the half-way spot for another count of 5 then continue down to the floor and repeat for 6 repetitions.

Add another every 3 - 4 days until you can perform at least 12.

If you find this too difficult at first, do the exercise with your legs straight, moving to the bent-leg version once you have gained the necessary strength.

**REMEMBER ....** Fitness Classes every Thursday at the High School Gym, 4:30 - 6:15 p.m. Bring Sweat clothes, towel and running shoes and join the fun !!

**D. EVANS BURIED IN SCHREIBER (Cont'd from Pg8)**

home in Schreiber, was conducted on February 8th in St. John's Anglican Church by Rev. R.J. S. Inshaw, assisted by Rev. James Turner of Port Arthur and Rev. George Honor of Marathon.

The funeral was under the auspices of the Royal Canadian Legion, Br. 109, of which the deceased was a member. F. Ginn was the Marshall, W. McCoucan and M. Boon the color guard, and Pall Bearers were G. Caccamo, J. Winters, C. Dimmery, M. Chepelsky, and G. Willoughby. Interment was in Schreiber Cemetery.

Mr. Evans is survived by his wife - two sons - Sgt. Thomas, Canadian Army, Winnipeg and David George of Vancouver, six daughters - Mrs. A.C. Rigelsford, Schreiber, Mrs. V. Thorpe, Terrace Bay, Mrs. R. Champion, Sudbury Mrs. E. Milne, Mrs. J. Gilbey, Mrs. W. Windlock all of England.

Mr. Evans was born in Wales, serving in the Grenadier Guards for three years prior to the first World War, through the war and until invalided out in 1919. He came to Schreiber that year and has since lived here and in Sudbury.

Attending the service, from out of town, in addition to the clergymen, were Sgt. and Mrs. Thomas Evans of Winnipeg, Mrs. Roy Champion of Sudbury, and Mr. and Mrs. V. Thorpe of Terrace Bay.

**CARD OF THANKS-** The Ladies Auxiliary to Minor Hockey wish to express their sincere thanks to those who contributed in any way to the success of their Bake Sale last Saturday. *chge*

**KNIGHTS OF COLUMBUS OFFICIAL HOCKEY RESULTS**

Player	G.	Assts.	Winner	Amount
Baun			Art & Lorne	\$ 2.00
Nevin			J. Young	2.00
Harris			F. Reilly	2.00
Douglas	1		D. Serneskey	15.30
Horton			B. Larson	2.00
Armstrong	2		G. Rioux	28.60
Duff	1		G. Singleton	15.30
Brewer			H. Fontaine	2.00
Pulford			L.R. Tremblay	2.00
Keon	1		Mrs. C. Boon	15.30
Mahovalich			A. Erickson	2.00
Shack			Ray & J. Gross	2.00
Litzenberger			R. & J. Corrigan	2.00
Kelly	1		A. Longpre	15.30
Stewart	1		Mill Carp. Shop	15.30
Stanley			H.E. Smith	2.00
Goal Tender			A. Drexler	2.00

Game of Feb. 11th Total \$ 127.10

Score - Tor. 3 vs. Mont. 3

NEXT WEEK'S SHUTOUT POOL \$ 210.00

**MEN'S TEN PIN LEAGUE**

Team standings - Bears - 153, Chopty Team # 5 - 145 1/2, Stachiw Team # 2 - 122, Kurylo Team # 4 - 120, Knauff Team # 6 - 119 1/2, Pluta Team # 3 - 113 1/2, Block Busters - 108 1/2.

Ray Stachiw, high three game of 533 (164 - 148 - 221).

**LADIES TEN PIN LEAGUE**

Handycaps moved into fourth spot after taking 20 points last week. Bea Fawcett bowled high three of 499 (170 - 168 - 161).

Team standings - Rockets - 224, Pluta - Cats 196 1/2, Miss-1's - 192 1/2, Handycaps - 178 1/2, Telstars - 174 1/2. Alibiers - 160, Capers 157, Inorbits - 146.

**CURLERS!!!**

Have you made up a mixed rink for the Kimberly-Clark Trophy Spiel? Don't wait for Spring - do it now!!

The entry list is on the Club bulletin board. Single entries are urged to sign up also. Rinks will be made up from these names. Regular Curlers in the men's and ladies' Clubs and 'Tuesday-niters' are eligible. No entry fee - excellent prizes - Hurry - Hurry - Hurry - the spiel is on February 23rd and if necessary the 24th.

Big Social Saturday night for Club members, their partners and invited guests. Guest cards available from Dan Kenney.

We want at least 16 rinks - let's all participate !!

**SATURDAY MOVIE**

This Saturday's Movie is an action - packed war story entitled "Battle Hymn". It stars Rock Hudson and is the story of the U.S. Marines.

Show starts at 6:45 p.m.; ticket office open at 6:30 p.m.

And did you hear about the Toronto fire fighter who calls his girl Pearl.

He found her in a dive.