

Sat. - 9:45-11:00 Atoms
 Mar. 27 11:10-11:30 Scrape & Flood
 11:30-12:40 Midgets
 12:40- 1:00 Scrape & Flood
 1:00- 6:00 Figure Skating
 6:00- 6:20 Scrape & Flood
 6:20-10:00 Figure Skating
 Sun. - 9:00-12:00 Figure Skating
 Mar. 28 12:00-12:20 Scrape & Flood
 1:00- 2:30 Minor Peewees
 2:30- 5:00 Public Skating
 (open session)
 6:00- 7:00 Public Skating
 7:00- 7:20 Scrape & Flood
 7:30- 9:00 Intermediates
 Mon. - 1:00- 3:30 Public Skating &
 Mar. 29 Separate School
 3:30- 4:00 Scrape & Flood
 4:00- 6:00 Figure Skating
 Mon. - 6:00- 7:00 Peewee House League
 Mar. 29 7:00- 7:20 Scrape & Flood
 7:20- 8:20 Bantams
 8:20- 8:40 Scrape & Flood
 8:40-10:30 Intermediates
 10:30-11:30 Broomball
 Tues. - Arena closed due to ice repairs
 Mar. 30 5:00- 6:00 Atoms
 6:00- 7:00 Minor Peewee Allstars
 7:00- 7:20 Scrape & Flood
 7:20- 8:20 Bantams
 8:20- 8:40 Scrape & Flood
 8:40-10:30 Intermediates
 10:30-11:30 Broomball
 Wed. - 1:00- 3:30 Public Skating &
 Mar. 31 Public School
 3:30- 4:00 Scrape & Flood
 4:00- 6:00 Figure Skating
 6:00- 7:00 Major Peewees
 7:00- 7:20 Scrape & Flood
 7:20- 8:20 Public Skating (open)
 8:20- 9:20 Broomball
 9:20-11:00 Hockey - no body
 contact

HOSPITAL CORRECTION

Mr. Paul Mathew, McCausland Hospital Administrator wishes to make the following correction re: Budget Cuts For McCausland Hospital article he submitted to the New's for the March 10th issue:

Third paragraph should read: Ministry is being contacted by the hospital with regard to the reduction in staffing hours and budget for 1976. Since the position of the Ministry remain unchanged, the Board of Governors of the McCausland Hospital held a meeting and explored means and methods to effect reduction in

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staffing hours. And fourth paragraph should read: "Although every effort is made to retain all general and essential services available to the communities, yet staff reduction is inevitable at the McCausland Hospital under the present circumstances.

- Paul Mathew
Administrator

LEGION BOWLING

Nick Chopty bowled the high game for the week (350) and had two good games to go with it (222-212) for a 784 night.

Other good games were A. Daley 228, 245 (672); R. Belliveau 206; Y. Leclair 215; B. Bouchard 245; L. Fournier 210, 204; R. Thorpe 206; B. Moon 207; D. Coupal 280 (677).

Only five points separate the Bombardiers and the Corvettes for first place, with the last week of League Bowling on Friday.

The Irish Regiment have the bye this week.

Cooking Vegetables

Cook vegetables and fruit in the smallest amount of water possible, for the least possible time. Heat reduces vitamin C, water can leach out vitamins. Whenever possible, save and use cooking waters from meats and vegetables. They may be added to condensed soups, gravies and stews.