

Sports

Like Parent, Like Child - It applies to activities as well!

by TOM STEPHENS
Downhill at 18?
 We all know that the teens are a period of rapid change. What we have learned from the

cross-country Canada Fitness Survey in 1981, sponsored by Fitness Canada, is that many of these changes take place around the age of 18,

and that they are detrimental to the future good health of adults. The important question for parents of teens and

pre-teens is: "What can be done to keep the negative effects of these changes to a minimum?"

First, what are these changes? The Canada Fitness Survey (CFS) reports that, at age 18-19, there is a sharp drop in participation in sports and exercise (especially for boys), an increase in the number of smokers (46 per cent of girls) and of regular drinkers (48 per cent of boys), and a decline in the numbers who eat a good breakfast on a regular basis (47 per cent of girls). Meanwhile, there is an ever-diminishing number of youth who believe that regular activity, not smoking, and moderation in alcohol

use are important to their well-being.

In all these changes in attitude and behaviour, there is a steady progression (deterioration?) toward the level of adults. This surely says something important about the example set by adult society, especially parents.

Can Parents Help it?

Parents are more influential than they sometimes think. And their influence can be positive. For example, when asked what new activities are appealing to them, youth aged 10-19 list the following, in order: jogging/running, swimming, tennis, weight training/lifting and racquetball. These are all individual-

type activities, and all except weight training are popular with adults. Team sports, so often associated with active youth, only account for three of the ten most common activities for this age group and none of the top ten for adults. Obviously, young people are influenced by adult activity choices.

Parents can also help their kids stay active by understanding the reasons given by young people for being active. Fun is number one, of course, followed by "feeling better." These apply equally to boys and girls. But there are differences too: challenge is more often attractive to boys while girls say weight control

is important to them. Finally, parents who want their children - especially the older teens - to be active, should know that a lack of time is the most common reason for not being more active. This is also the reason which adults give most frequently. Parents and kids may need to figure out together how to spend more time in an active way. In this way, children may grow up to become active parents, and thus raise active and healthy youngsters in turn.

More information on the CFS is available by writing to: 509-294 Al. writing to: 506-294 Albert Street, Ottawa, Ontario. K1P 6E6.

Bantam Hockey News

In this month's North Shore Bantam Hockey Tournament, held in the Terrace Bay arena, the Schreiber Bantam team came out with a record of one win, one loss and one tie.

In Schreiber's first game, they beat Manitowadge by a score of five to two. Scoring for the Schreiber team were Corey Huard with a hat trick, and Claudio Commisso with a hard worked double.

In Schreiber's second game, against the Marathon team, Schreiber lost by a score of twelve to three. Dominic Filane, Corey Huard, and Claudio Commisso all scored singles for the Schreiber team. Fatigue took its toll for the Schreiber team was playing a back-to-back game.

The third game, against the Terrace Bay Club, was the most exciting of the tourney. It ended in a six all tie.

At the end of the second period, Terrace Bay was winning by a score of five to three. Scoring for the Schreiber team were Coe Commisso, Corey Huard and Steven Boon all with singles. Then in the third period Terrace Bay scored an early goal to take a six to three lead. With one minute and forty-nine seconds left in the game, when it looked gloomy for the Schreiber team, Dom Filane scored to start the comeback. Gerry Filane then scored to leave a one goal margin between the two teams. Then, the man of the hour, Corey Huard

scored to tie up the game with 53 seconds left in the game. The Schreiber team is determined to beat this foe in Schreiber's very own Annual Invitational Tournament being held this weekend.

Superb goaltending by Shane Duffy, Tony and Peter Speziale played a vital role in the Schreiber team's success.

Atom North Shore Hockey

Attention Hockey Fans! The Schreiber Minor Hockey "Filane's Flyers" Atom hockey team will be hosting an Atom North Shore Hockey Tournament on Saturday, January 21 and Sunday, January 22, 1984. Please note the "Tournament Schedule"

Saturday, January 21
 3:00 to 4:15 p.m. Schreiber vs. Manitowadge

4:30 to 5:45 p.m. Marathon vs. Terrace Bay
 6:00 to 7:15 p.m. Marathon vs. Schreiber
 7:15 to 8:45 p.m. Terrace Bay vs. Manitowadge

Sunday, January 22
 10:00 to 11:15 a.m. Manitowadge vs. Marathon
 11:30 to 12:45 p.m. Terrace Bay vs. Schreiber

Terrace Bay to host Pee Wee Hockey

Jamboree

The 4th Annual North Shore Directors' Pee Wee "Fun" Hockey Jamboree will be held in Terrace Bay on February 24, 25 and 26th. Approximately 200 youngsters aged eleven and twelve will be involved in the tournament. Invitations have been forwarded to: Red Rock, Nipigon, Geraldton, Nakina, Beardmore, Longlac, Manitowadge, Marathon, White River, Wawa, Chapleau, Arnprior, Schreiber and Terrace Bay. The Jamboree is sponsored by the North Shore Recreation Director Association and locally, is being organized by the Recreation Committee and a sub-committee consisting of the following individuals: Nestor Trach - Chairman, Ted Wilson - Billeting Convener, Roger Fournier - Equipment Storage, Jody Davis - Entertainment, Hospitality Convener, Tom Pollard - Games Convener

Betty Ellsworth - Meals Convener
 Cy Brassard - Twinning Convener

The concept of holding this type of event was founded four years ago by Glen Arthur, former Recreation Director in Red Rock. He has since moved to the same position in Arnprior and will be involved in this year's Jamboree. The Tournament will stress fun and participation over competition. This Jamboree declares no one team as winner and allows boys and girls to travel, make friends and develop social and physical skills. Teams consist of players from different communities and players do not find out which team they are on until the night prior to the first game. This allows interaction of all players and emphasizes the importance of on-ice and off-ice social development. Each team plays three games. Two periods of hockey, one period of skill session or

continued on page 10

MEAT SPECIALS

Foodmarket quality Ground Beef	1.18 lb.	Butt or shank portions Hams	1.48 lb.
Extra lean Ground Chuck	1.78 lb.	Great with ham & eggs Ham Steaks	1.98 lb.
Select, tender & juicy Beef Liver68 lb.	Boneless, waste free Round Steaks	
Butt or shank end Leg 'O Pork Roast	1.29 lb.	2.68 lb.	
Center cut, "lean & tender" Leg 'O Pork	1.99 lb.	Fast-Fry, great with steak & eggs Minute Steaks	2.98 lb.
Boneless, lean chuck of meat Stewing Beef	1.99 lb.	Semi-boned Cross Rib Roasts	1.78 lb.
Family Pak, 9- 11 per pkg. Pork Chops		Aged for good eating Chuck Steaks	1.68 lb.
1.39 lb.		'Old' cheddar from the deli Cheese	3.68 lb.
Short or long cut, great for spaghetti sauce Beef Ribs	1.28 lb.		

PRODUCE

California BROCCOLI	.79 lb.	California No. 1 LETTUCE	.79 each	
Texas, Pink GRAPEFRUIT	4/.89	Ontario Mac's, 5 lb. bag APPLES	1.99	Navel, size 72's (large) ORANGES
		Red Emperor GRAPES	.79 lb.	.49 lb.
		Ontario, No. 1, 2 lb. bag CARROTS	.79	P.E.I. Gem, 5 lb. bag POTATOES
		Golden yellow BANANAS 2 lbs.	.89	Ontario, cooking, 2 lb. bag ONIONS
				1.29
				.79

OWNED & OPERATED BY THE FIGLIOMENI FAMILY
SCHREIBER FOODMARKET LTD.

Free Daily Delivery to Schreiber and Terrace Bay • 824-2599 • (Butcher Shop) 824-2037