

Attention Boys and Girls ages 9 - 11

The Terrace Bay Parks and Recreation Department and the Ontario Ministry of Tourism and Recreation are inviting boys and girls 9-11 years to participate in the Bicentennial Youth Sport and Fitness Festival, July 16 through 20 at Terrace Bay Playfield.

The week-long Festival will offer young people a unique and interesting summer fun experience at no cost. The program will consist of ten two-hour sessions where participants will learn basic sport skills and how to become more physically active.

According to Sports and Fitness Ontario, thousands of youngsters throughout Ontario are eager to participate in sports, but they have to work twice as hard as the properly trained person to complete the same motion. The reason for this is that they have not learned the basics of good co-ordination, balance and agility. These basics can be improved and developed into skills.

Boys and girls participating in the Festival will receive instruction in the six basic skills which can be applied to any sport: running, jumping, kicking, throwing, catching and striking. As the week progresses individual

improvement in these skills will be measured through a series of activities which include a mini-obstacle course and a strengthathon that will challenge the participant's fitness level and movement ability.

The Festival will have six categories, one each for boys and girls ages 9, 10 and 11. Awards will be presented to everyone who successfully completes the program. In addition, a boy and girl in each age category will be named to the Terrace Bay team which will participate in the next level round of the Festival at Geraldton. The one-day second level of the Festival will bring together teams from all participating communities in the area. One team will be selected from this area event to advance to the Provincial event of the festival to be held at Centennial Park in Etobicoke, on the weekend of August 25-26, 1984.

Any child, 9-11 on July 1, 1984 will be eligible to participate. Parents who wish to register their children for the Bicentennial Youth Sport and Fitness Festival should contact the recreation office and complete the registration form.

For more information: call Terry Bryson at the Recreation Office, 3542.

The Terrace Bay Public Library

has an opening for one youth (18-24) for a summer experience '84 project

This project involves assisting in the collection and organization of local history material, and runs for 8 weeks, 30 hours a week.

Location: Terrace Bay Public Library salary rate: \$3.85 per hour. Applicants must have typing experience. Letters of application should be submitted to -

Mrs. J. Marcella
Head Librarian
Terrace Bay Public Library
P.O. Box 369
Terrace Bay, Ont.

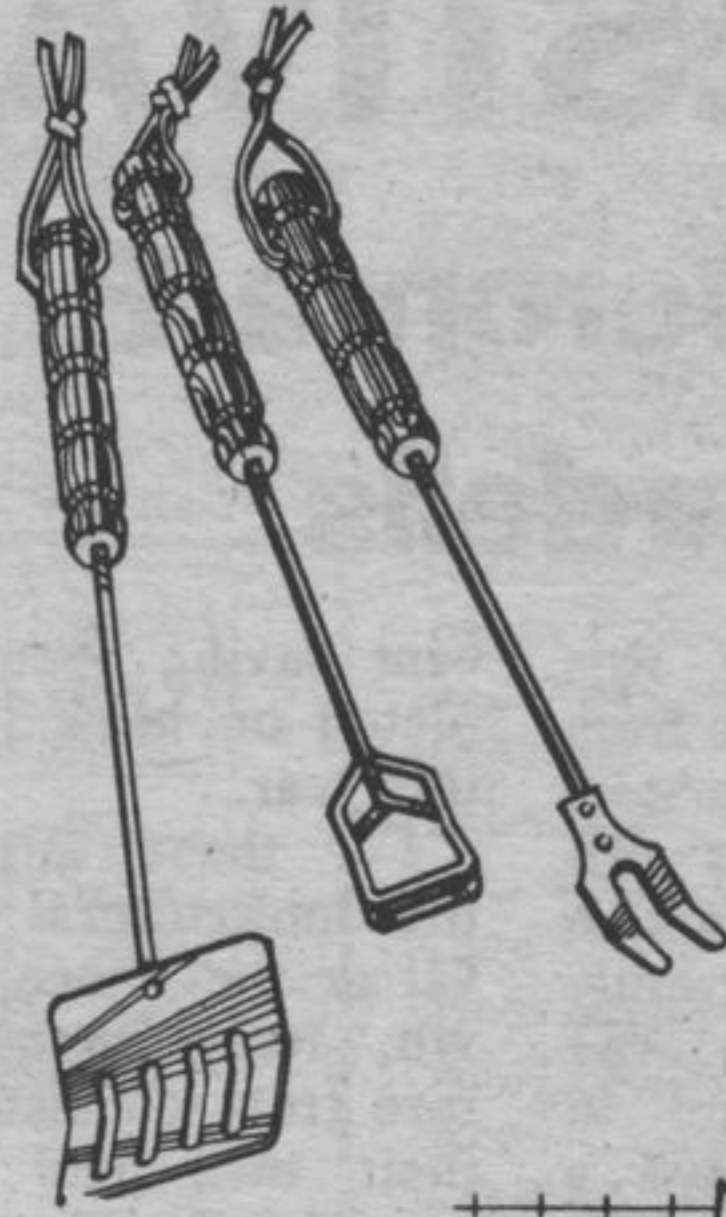
"The assistance of the government of Ontario through the Ontario Ministry of citizenship and Culture, the Honourable Susan Fish, Minister is acknowledged."

Happy 21st Birthday



Gump

Love: Kim



Barbecue Time

Meat Specials

m-m-m- good
CROSS RIB STEAKS
1.98 lb.

Bar-B-Que style:
Miami style -
Bar-B-Que ready
ROAST BEEF
3.59 lb.

Bar-B-Que style:
Miami style -
Bar-B-Que ready
BEEF RIBS
1.2 lb.

aged for good eating, Great on a Bar-B-Que CHUCK STEAKS 1.68 lb.	semi boned CROSS RIB ROAST 1.88 lb.	lean chunks of beef STEWING BEEF 1.98 lb.	boneless ROUND STEAKS 2.68 lb.
extra lean GROUND CHUCK 1.78 lb.	Family Pak 9-11 per pkg. PORK CHOPS 1.69 lb.	regular cut or sweet and sour PORK SPARERIBS 1.99 lb.	Seven Farms, 454 g. pkg. WIENERS .99 each

JUNE FOOD Specials

- Nature Valley, 200 g.
GRANOLA CLUSTERS... 1.69
- Tender Flake, 3 lb. tub
LARD..... 2.99
- "Thick" Cadbury pkg. of 3
CHOCOLATE BARS..... 1.49
- Purina, 500 g. box
TENDER VITTLES..... 1.69
- Cheese, Christies, 150 g.
FLINGS..... 1.09
- Buy one - get one free! Dares 225
BRETON CRACKERS.. 2 / 1.39
- Assorted, Old Dutch 200 g.
POTATO CHIPS..... 1.09
- Delsey, 4-roll pkg.
BATHROOM TISSUE... 1.69
- Kleenex 200's
FACIAL TISSUE..... .89



Downey, 3 litre
FABRIC SOFTENER

4.39

- Burns assorted 4-3 oz tins
MEAT SPREADS..... 2.49
- sliced, crushed, chunks, Del Monte 14 oz.
PINEAPPLE..... .85
- Green Giant 14 oz.
CREAM CORN..... 2 / 1.59
- Shaw's Butter Split Wheat 24 oz.
BREAD..... .85
- farm fresh
EGGS..... 1.45
- Marble, Mozzarella, Colby, Brick, Havarti, Karmens, Schneider's 340 g.
CHEESES..... 2.99
- 500 ml
LISTERINE..... 2.99
- chocolate wafers, macaroons, rosebuds, 340 g. bag
NEILSON'S CANDY..... 2.39

- seedless, Golden H
RAISINS....
- Heinz, 1 litre
KETCHUP...
- Heinz, Tomato or V
SOUP.....
- 1 litre bottle
CRISCO OIL
- White granulated
SUGAR.....
- Top Cup, 369 g.
COFFEE....
- Bravo, 5 1/2 oz.
TOMATO P...
- 225 g.
KRAFT DINI
- assorted, Betty Cr
MUFFIN MI
- Heavy Duty
TIDE

9.4

SCHREIBER F

FREE DAILY DELIVERY TO SCHREIBER AND