

# Proper fit important

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Younger children may require a lighter helmet due to their developing neck muscles which may not be able to support a heavier helmet.

### Fit

Make sure the helmet fits snugly and is comfortable. Check for stability. When purchasing a helmet, try it on. Adjust the straps and comfort pads and attempt to try to pull the helmet off your head. The helmet should not move much or come off. Try on several different helmet models - they all seem to fit slightly differently. To be effective, the helmet should fit completely level on your head. It should not be inclined too far forward

or back on the head.

### Visibility

Look for brightly coloured helmets for visibility and style. Some helmets have reflective strips that enhance visibility. Black helmets are difficult for motorists to see.

### Replacement

Helmets are designed to crush on impact. Therefore, replace the helmet after it has been involved in a crash. Normal wear and tear may put dents in the helmet which may decrease its safety. The helmet is less protective but the damage may not be visible.

Proper care and protection can help ensure safety on a bicycle for riders of all ages.

# Figliomeni gains experience on the International scene

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of the boxing glove. The hit must either be in the face or on the torso above the belt. Any contact with the head gear or boxers arms will nullify the hit.

It's hoped that this method will eliminate the political decisions that have been seen in previous Olympics.

On Sunday, July 26, Dominic fought Tadahiro Sasaki of Japan in the first round. Dominic fought well, seemingly out-boxing Sasaki, however one of the draw-backs of this new scoring method is

that most inside work is not registered by the judges. As a result, a fighter with a strong jab will score more points.

Unfortunately, Dominic was eliminated by dropping the first round match 5-3.

While he may have lost the bout, he did gain valuable international experience, and represented Canada with an effort that should make us all proud.

The experience will prove to be invaluable to Dominic, who knows what to expect from, and is looking forward to Atlanta in 1996.

## BLUE COLLAR BART



## THE BUSHWHACKERS



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MGS

Ministry of Government Services

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JOB NO. 24-MNR-13301

Tender documents may be obtained from: Ministry of Government Services, District Office, 500 Algoma St. North, Thunder Bay, Ontario P7A 5C1 Sealed tenders will be received until 3:00 P.M.

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at which time they will be opened in public. TENDER CLOSING IN THUNDER BAY.

NOTE: For further information please contact **Cindy Langen**, Ministry of Government Services, Thunder Bay, Ontario Telephone (807) 343-7531. The lowest or any tender not necessarily accepted. Pour des renseignements en français veuillez composer (807) 343-7531.

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