

Penticton was here

# For the Essos — no contest

Vernon 1, Penticton 6  
"Boy was that a good one to get out of their system!" said a spectator immediately after Wednesday night's hockey disaster for the Vernon Essos, when they were bombed 6-1 by the visiting Penticton Broncos.

The opinion expressed by this one fan was echoed by several hundred others who attended the game (approximately 300) and who sat through a scoreless first period, watched horrified as the Peach City crew scored four unanswered goals in the second stanza, then add two more into an empty net in the final minute of play for the one-sided victory.

No one can say the Essos weren't trying, but the trouble was they weren't trying at the right time or place on the ice.

The height of the Essos frustration was that they simply blew the game right for the early minutes of the start and spent the rest of the time trying to recover and failing miserably.

Coach Odie Lowe made himself scarce after the first Penticton men were sent off on back to back penalties.

With a two man advantage, for nearly two and a half minutes, coach Lowe added a third man to the front line of attack by pulling goalie Wayne Price. This maneuver gave the Essos a six man attack force while broncos had only three men out in front to back goalie McClelland.

With this commanding advantage, Essos kept the puck in the Bronco zone easily enough but in no way could they get it past the goal line.

These penalties by-the-way, came at 16:48 and 17:05 of the third period and when they were up, the last ending at 19:05, Lowe chose to keep Price on the bench, but the maneuver failed as Broncos' Harry Turk and Garry Donaldson added goals five and six eight seconds apart with the times registered at 19:12 and 19:20 on the big clock.

Next home game for the Essos will see them take on a re-luxated New Westminster Royals squad this coming Saturday night at Vernon civic arena, with the game due to get under-way sharp at 8:30.

League standings now show Victoria Cougars out in front with nine points on four wins two losses and a tie in seven games played so far.

Second place has Vancouver and Kamloops sharing the limelight with six points with Vancouver having a game in hand over the Rockets. Vancouver has three wins and a loss in four starts while Kamloops has three wins and two losses in five tries.

Vernon currently hold down third place with five points on two wins and a tie, with Penticton close behind with four points on two wins and a loss in three games played.

Three minutes later, Turk fired in a hard shot from a short

pass from Ron Gerk to give the Broncos a two goal edge, then with just over two minutes remaining in the second period, Bob Nicholson scored goal number three and Dale Turner added insult to injury with goal four eight seconds later.

Seconds into the final period, Essos looked sharp for the first time as they took control of the puck with a little more obvious determination and made it pay off as the first line of Jim Lawrence, Dave Neil and Ed Johnstone scored the Essos lone marker of the night with a minute and five seconds showing on the time clock.

Lawrence and Neil worked the rubber close to the Bronco net with Johnstone getting two good wacks at it as it rolled loose on the right side of goalie Dave McClelland, with his third try proving successful as he pushed it past the goal line on the short side.

Then late in the final session, Essos got one of their best chances of the game as two Penticton men were sent off on back to back penalties.

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New Westminster Royals

## Additional SPORT

have picked up three points on a win and a tie, plus a loss for their first four games and Chilliwack follow with a single point on a 6-6 tie gained with the Royals Wednesday night.

Still holding the wireless card are the hapless Kelowna Buckaroos who have yet to gain a point in four starts.

Game Summary: First Period—no scoring, Penalties: Wiffen (V) 11:14, Gawryletz (P) 13:35 and a misconduct at 13:35 for Gawryletz.

Second Period: goal 1 - Donaldson (P) unassisted, 13:30, 2 - Pen, Turk (Gerk), 3 - Pen, Nicholson (Affleck, Donaldson), 4 - Pen, Turner (Parent, Turk) 17:35, a power play, Penalties: Turner (P) 2:36, Lawrence (V) 3:24, Gassoff (V) 6:13, Neil (V) 16:55, Turk (P) 17:55.

Third Period: goal 5 - Ver. Johnstone (Lawrence, Neil) 1:05, 6 - Pen, Turk (Parent) 19:12, 7 - Pen, Donaldson (Unas) 19:20. Penalties: Ashman (P) 2:16, Sismey (p) 16:48, Gawryletz (P) 17:05.

## B'ball clowns coming

The Harlem stars basketball clowns are returning to Vernon after several seasons absence.

The funny men of the courts will be taking on former Vernon high school players mixed with the current crop of Panthers squad players.

Time and place of this exciting basketball action has been set for 8 p.m. in the new Vernon senior high school gymnasium located off 25th Avenue on 18th Street.

Prices for admission to the entertainment is adults \$1.50 and students and children \$1.00.

## SKI TIPS by GERRY GOUDGE

### Number 3 GET FIT KEEP FIT

How are you coming along with your pre-school season conditioning? Hard work huh!!

There is no easy way—no all inclusive snap system of instant physical conditioning but it is important as it helps to prevent skiing accidents caused by fatigue, so get at it! Start now join the Dry Ski school or the Ski conditioning classes through the Adult Education Program. For more information call 542-7770.

Skiing requires flexible joints, toned up muscles, timing and rhythm as well as technical knowledge. Exercising also improves your balance and co-ordination, therefore there is less chance of falling and you will not tire as easily. A tired skier is accident prone. You should follow a graduated daily program of exercises which will improve muscle strength, stamina and flexibility as well as co-ordination.

Outdoor exercising can be fun. As an example take the family up to Tillicum Valley Ski Area (Winterside) start to climb the ski slopes, then throw in a few "trunk rotations", then climb again. Then stretch the arms high over the head, bend at the waist keeping the knees straight, reach down and pick up a fair sized weight, (rocks varying in size and weight according to your strength, age and fitness). Keeping the arms straight, lift the rock high over head and walk to the edge of the slope, bend the arms, placing the weight against your chest, push the weight into the bush (making sure it doesn't roll back onto the slopes please!) Choose your rocks carefully gaining in size as you strengthen. Remember to take time out to admire the gorgeous view, not too long however, as you know the importance of

EMPTY TUMS  
TURN A DOLLAR

In Vernon, B.C., 60 students in a secondary school starved for 52 hours and raised over \$2,000 of which the Unitarian Service Committee received \$300, the balance was given to other agencies. USC headquarters is at 56 Sparks Street, Ottawa.

weight training in your keep fit program. For variety and balance try one leg pick ups and feet together hop-overs! See you at the rock picking!!

Announce New  
Healing Substance:  
Shrinks Piles

Exclusive healing substance proven to shrink hemorrhoids and repair damaged tissue.

A renowned research institute has found a unique healing substance with the ability to shrink hemorrhoids painlessly. It relieves itching and discomfort in minutes and speeds up healing of the injured, inflamed tissue.

In case after case, while gently relieving pain, actual reduction (shrinkage) took place.

Most important of all—results were so thorough that this improvement was maintained over a period of many months.

This was accomplished with a new healing substance (Bio-Dyrene) which quickly helps heal injured cells and stimulates growth of new tissue.

Now Bio-Dyrene is offered in ointment and suppository form called Preparation H. Ask for it at all drug stores. Satisfaction or your money refunded.

## THE KORRAL

SPECIALS!  
Boys' Shirts . . \$3.95  
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## Near miss doesn't count in this game

Vernon Essos found to their chagrin that near misses in hockey games doesn't give them any points in league standings. The above photo proved the point quite well as Essos tried everything, including having their extra men

up front at the time to try and get the little black puck past a determined Penticton goalie. See feature story on this sports page.

—Doug Bulwer Jr. photo

# SNOW TIRE

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## Snowplow

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## WIDE TRACK SNOW TIRES

—70 Series—Up to 2" wider tread than conventional snow tires.  
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### SUPER

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- Heavy duty casing resists road hazards.
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650-13	19.95	21.95	H78-14-15	27.95	30.95
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