

# TO BEAT PENTICTON

## Lakers take advantage of penalties

Vernon Lakers scored four powerplay goals on route to a 7-5 win over Penticton Knights in B.C. Junior Hockey League action Tuesday night at the Civic Arena.

For Lakers, it was their fourth win in the six games. Kevin Balfour, Les Creelman, and Jeff Vest scored two goals each for Vernon while Sean Hascari added a single. Larey Kemple had two goals. Randy Maxwell, Ron

Beck, and Rob Meyers replied for Knights. Penticton held a 3-2 edge after the first period and the teams were deadlocked 5-5 after 40 minutes.

**GOALSHAKY**  
Both starting goaltenders, Ian Woods of Knights and Mark Lang of Lakers, were shaky. Woods was lifted in favor of Bruno Campese midway through the second period. Lang settled down in the latter stages

to blank Penticton for 25 minutes. Vernon outshot Penticton 48-40.

Creelman collected both his goals on powerplays, the first coming only five seconds after Hascari had been sent off for slashing in the second period. Hascari also took quick advantage of a Penticton penalty. Only four seconds after Ken Karpuk was banished for high sticking, Hascari slid the puck through Woods' legs, while laying on the ice.

**BEST GOAL**  
Vest scored the best, and winning, goal. The big forward broke in behind the Penticton defence, picked up a pass from Hascari, and put the puck in the top corner at 3:37 of the third period.

While Lakers' powerplay was explosive, the penalty killing unit was equally as effective. Vernon took five penalties and did not surrender a short-handed goal.

Knights were penalized nine times. Vernon Coach Gary Criss told the Daily News he was pleased with his team's performance.

"I told our guys to come out checking in the third period," he said. "Penticton is like hitting them, you'll get them on the run. That is what we did in the third period."

**HOSTS CENTS**  
Meanwhile, Criss expects a physical game Friday, when Lakers host Merril Centennials. Cents occupy fourth-place in the Interior Division, now just eight points ahead of Lakers.

"That is a big game for us," said Criss. "I have no doubt Merril will come out hitting."

Goaltender Rex Sitak, who has rejoined Lakers after quitting in October, is expected to see some duty this weekend. Vernon visits Kelowna on Saturday.

In other B.C.JHL action Tuesday, Chilliwack Colts extended their losing streak to nine

games with an 8-3 loss to Richmond Sockeyes, Kelowna edged Revelstoke Rockets 2-1, over-

time, and Abbotsford Flyers nipped Norwex Caps 3-4. In Kelowna, Brooke Oden-

vald's second goal of the game 34 seconds into overtime lifted Buckaroos to victory.

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### BOWLERS BLITZ

Youth Bowling Council members, Barbara Erdman, 3, and Paul Evans, 6, are among the dozens of young bowlers who will hit the streets tonight for their annual sale of chocolate covered almonds. Proceeds go to help fund travel to tournaments and other club activities. (Daily News Photo)

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### Daily News

**SPORTS PAGE**  
DON KENDALL - Sports Editor  
Phone 545-0671

## Panthers meet Victoria squad

Vernon Panthers meet Mt. Douglas, of Victoria, in the opening round of the B.C. Senior Boys' Volleyball Championships Thursday in Comox.

Panthers, who placed second in the Okanagan, are in one of four round-robin sections with Prince George, Mt. Douglas, and Princess Margaret, of Surrey. Top two teams from each

section advance to Friday's championship round.

The pre-tourney favorites include Mission, Prince George, Esquimalt, and Okanagan champion K.L.O. of Kelowna. Vernon Coach Denis Murdoch said, "We've got a young team, but we came within three points of K.L.O. in the valley finals. We could be a dark horse."

**HOOF BEATS** with Jeanne White

A weekly column to aid the novice horseperson.

**FEEDING**  
In his wild, natural state, the horse was able to satisfy all his food requirements from grass alone. It must be remembered that he was able to change his pasture whenever he wished to find the best food. He seldom travelled at more than a walk, grazing as he went, except when he had to run to escape his enemies.

Once man domesticated the horse, his size increased and he was required to work. It follows that he now needs a more concentrated and well-balanced diet in order to maintain his larger body and additional energy needs. Our northern winter climate also puts a demand on the horse in that a good portion of his food is also required to maintain body heat.

**PARASITE CONTROL**  
Before getting into what the horse should be fed, let's deal with the worm problem. Even when strict pasture and stable management practices are put into effect, the horse will become host to worms, in some degree, and therefore it is necessary to have an adequate worming program. This should be discussed with your vet. As a general rule, worming should be done 3-4 times per year with a tubing in the late fall to catch the bots. Unless proper de-worming is carried out, you are wasting your money on good horse feed, and your horse will suffer accordingly. There is little point in feeding the worms!

**WHEN TO HAY**  
Unless a pasture is especially planted to produce nutritious feed out of season and the climate is right for it, it is generally accepted that there is little or no nutrition in the pasture from November to April. It will therefore be necessary to start to feed hay. The quantity fed will depend on the size, temperament, breed, and general condition of the animal to be fed.

The quality of the hay is also extremely important. Poor quality hay is useless at best and can be damaging. There is no saving in skimping on this item nor trying to make do. Never, never, feed mouldy hay - you are inviting colic and many other disorders.

**FEEDING TIMES**  
A horse has a small stomach in relation to his size. One of the principles of good feeding is little and often. Ideally, the horse should be fed four times per day. However, this is not always practical if one works or is away all day. Therefore, most people split the hay ration into morning and evening feeds, with the larger quantity being fed at night especially if the horse is to work all during the day. If also feeding grain, the hay should be fed first to get the digestive juices working.

**WATER**  
Water is the most common, but most important of all foods. Animals can live longer without solid food than without water. Its functions are to aid digestion and circulate the system. A large percentage of water is found in roots and grass when the horse is able to graze, but a constant supply of fresh, clean water is absolutely necessary to the horse's health.

### LOOK BACK FIVE YEARS

NOVEMBER, 1975  
Vernon Vikings defeated Maple Ridge Blazers 5-1 at the Civic Arena here during the weekend B.C. Junior Hockey League action, putting the Vikings ahead of Kelowna Buckaroos.

In other B.C.JHL action Tuesday, Chilliwack Colts extended their losing streak to nine

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