SKI TIPS

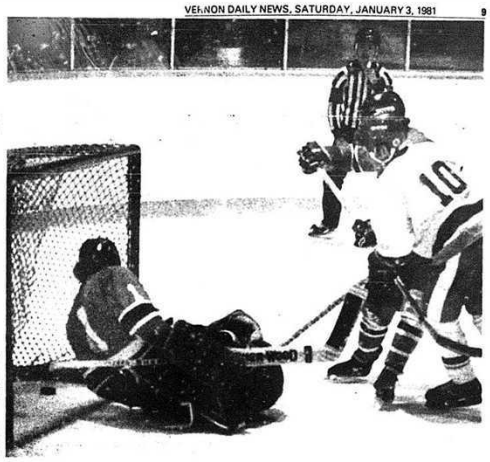
By TOM FERRIS
Ski School Director
Tillicum Valley

GREAT BIG FAT ONES

Early in the season, it's hard to get off the lift at the top of the hill and really feel like you could dazzle the crowd. Well, how about a little preparation and a game plan.

Before you even get off the lift, try skating uphill a short distance; and then make a couple of turns on the flats coming down. That way, if you happen to have the left boot on the right foot, at least you are the first to know.

At the top, pick a reasonably smooth, intermediate run. Make large, round turns. Great, huge fat ones. Those big, completed turns give you a feel for the edge that will make the second run better no matter where you ski or who's looking!



Vernon Lakers forward Dave Fish was in the right place at the right time, Friday, when he converted a pass in front of Merritt Centennial goaltender Carl Landry into a sudden death overtime tie breaker. The Lakers who fought back from a 4-1 first period deficity, had the game in hand until near the end of regulation time, when Merritt tied the game up. The Lakers, however, redeemed themselves early in the overtime period, when this backhand shot went under Landry. (Daily News Photos)

Daily News

SPORTS PAGE

DON KENDALL — Sports Editor
Phone 545-0671

Karate classes good for health

For those looking for a good all round conditioning and discipline sport, karate could be the answer.

Beginning Monday, both beginner and advanced karate classes, set up through Okanagan College adult education, will be taught.

According to instructor Lyle MacWilliam, this course has proven popular in past, with about 80 students participating in the beginner course, and 15 to 20 involved in the advanced. Registration for the courses will take place at 8 p.m. at Beairsto Elementary School.

Beginners classes will then continue every Monday and Thursday at 8 p.m. in Beairsto. Advanced classes will run from 6 to 8 p.m. Monday at Beairsto and from 7 to 9 p.m. Wednesday at Coldstream Elementary.

"For the beginner course, there is no pre-requisite, other than having loose fitting clothing to wear," MacWilliam said. "The pre-requisite for the advanced course is the beginner's course."

TESTING DONE

Students can work toward the various karate levels, and testing is done at the completion of the course. Virtually anyone can fit in.

"The beginners course involves a lot of conditioning, basic exercises, stretching and flexing techniques, plus some basic techniques," MacWilliam said.

"It is basically an introductory course."

Becoming proficient, like any other sport, requires a long time and a lot of effort, MacWilliam said.

"Karate, on any level, is a good form of conditioning, offering aerobic training, muscle development and coordination. The advantage of this is it can be easily done on a group or individual level, there is little equipment needed and it is inexpensive."

The four month course costs $35.

SPORT POPULAR

The sport is showing a popularity trend in the area, and MacWilliam said he would like to introduce it to as many people as possible.

"It does take a lot of work to do proficiently, and we do have a fairly large dropout rate. People of all ages can participate, however, if they are willing to get themselves into shape."

All classes are mixed, both in terms of age and sex. Participants can proceed at their own pace.

"We don't really emphasize competition in our classes, because you usually have to travel a long way," MacWilliam said. "We try to stress more heavily the aspects of personal development and self defense.

"The classes are fairly heavily disciplined and traditionally run. Part of the philosophy is to accept the discipline."

MacWilliam said an individual can even get a lot out of the beginner course.

BACKED BY EXCELLENT GOALTENDING

Lakers win overtime game

A sparkling performance by Vernon Laker's goaltender Rex Slizak and an overtime goal by Dave Fish helped the team to a 6-5 victory over Merritt, Friday.

Before 350 home town fans, the Lakers doggedly fought back from a 4-1 deficit at the end of the first period to capture the victory.

Vernon drew first blood in the contest, on a powerplay goal from captain Dean Hascarl, who was set up by Darryl James.

Merritt came back strongly in the middle of the first period, on goals from Rich Norberg, at 8.12, Dan London, a minute later, then Mike Lapointe, just 30 seconds later. Centennials capped off their first period scoring later in the period on a Dwaine Jurrlit shot.

LAKER COMEBACK

Just two minutes into the second period, on another powerplay goal, Dave Fish, aided by Richie Odiorne, began the Laker comeback.

At the three-quarter mark in the period, Vernon closed the margin to one goal, on an effort by Vaughn Peoples. Kevin Balfour and Les Creelman assisted on the drive.

Creelman got his first of two for the night less than a minute later, to leave the score tied at the end of the first second period.

Creelman got the go ahead goal at the 5.27 mark in the final period, with Hascarl assisting on the effort. The Lakers nearly managed to squeak out the victory, but with 1.42 remaining in the game, Centennial's Allan Kerr tied the score, forcing a 10 minute sudden death overtime.

SEAL WIN

Just two and a half minutes into the fourth period, Wayne Bodnaruk and Creelman set up a goal by Dave Fish to seal the win.

In the game, Vernon goaltender Slizak faced 52 shots, while Carl Landry, of Merritt, faced 31.

The game was relatively free from penalties, with no majors being called, and a total of eight minors.

Vernon only drew two minors, and were effective on the power play, scoring three of their goals with the man advantage.

Laker's general manager Hank Aarsen said his team played a good game, with "super" goaltending.

"Slizak played the best hockey I have ever seen him play," Aarsen said. "There is no doubt that he was the difference in the game."

Another factor helping the Vernon win was that the Lakers did not give up, Aarsen said.

"The boys were behind 4-1 at one point in the game, but engineered the comeback. It was a good, clean and hard fought effort."

SECOND EFFORT

Aarsen said his team is starting to play the kind of hockey that management has been trying to see.

"They have learned to make that second effort and were hungry for the win against Merritt. We hope to be able to continue our strategy and continue winning.

"They are playing the kind of hockey we have wanted them to all along."

The Lakers, says Aarsen, can play with any team in the league.

"When the players want to be, they are as good as any."

Aarsen said he was pleased with the fan support in the game, and would like to see a continuance and a growth.

REAL BOOST

"We would like to see more people come out because it would give the team and the players a real boost. Keeping a junior hockey franchise going is a struggle.

"If we were to drop out of the league this time, it would spell the end of junior hockey in Vernon."

The Lakers next home game is Sunday, when the Kelowna Buckaroos meet the locals at 7 p.m.

The contest, as all Kelowna-Vernon matchups, promises to be a good one.

"We have had a strong rivalry going this season and some of the best games in the Interior division have been played between these two clubs. It will be clean and fast hockey; a real delight to watch."

In other British Columbia Junior Hockey League action, Revelstoke Rockets cut it pretty fine, Friday, but came up with a victory.

At Kelowna, the Rockets needed Terrance Grams' goal with two minutes and one second left to record a 7-6 win over the Buckaroos.

Also in Friday action, Cowichan Valley Capitals humbled Vancouver Blue Hawks 11-5 and Abbotsford Flyers skated to a 5-5 tie with Victoria Cougars, their Western Hockey League parent club, in an Abbotsford contest.

Eric Samuelson scored twice for the Rockets, who moved four points ahead of second place Kelowna in the Interior division. Fred Bower, Jeff Armitage, Murray Matheson and Kari Poeschek were the other Revelstoke marksmen before 1,111 fans.

Gary Leask scored twice for the Buckaroos who got their other goals from Paul Houck, Ken Filbey, Mike Correale and Tom Martin.

At Vancouver, Tracy Patterson scored three goals and Marty Irvine added two to lead Cowichan Valley. Rob Jamieson, Darryl Wavryk, Geoff Cortnall, Len Myer, Dean Evanson and Al Gooding completed the Caps' attack.

Randy Heath led the losers with two goals while Jim Bird, Harry Perler and Curt Brandolini got the others.

Tonight, the Flyers visit Vancouver, Kelowna is at Merritt and the Lakers travel to Revelstoke. Sunday, Coquitlam Comets play host to Nanimo Clippers, Richmond Sockeyes are in North Vancouver to play No-Wes Caps, and Revelstoke is at Merritt.

SPORTS BRIEFS

ROGERS WINS

MONTREAL (CP) — Mike Rogers of Hartford Whalers, who had at least one point in each of 12 games last month, has been named player of the month for December, the National Hockey League announced Friday. Rogers, the NHL's player of the week for the period ending Dec. 28, scored 13 goals and added 15 assists for 28 points in December.

ROSE DIES

ROYAL OAK, Mich. (AP) — Mauri Rose, three-time winner of the Indianapolis 500 in the 1940s, died in hospital on Thursday. He was 74. Rose, who remained involved with automobiles until his death, started racing on dirt tracks in Ohio in 1927 and raced in 15 Indianapolis 500 races between 1933 and 1951. He finished first in 1941, 1947 and 1948, second in 1934 and third in 1940 and 1950.

CLOUD WALKER

Silver Star ski patrol member John MacKenzie appears to be "walking on clouds" while travelling up one of the mountain's chairlifts. While the valleys below are shrouded in overcast, conditions atop the Star, when this picture was taken New Year's Day were perfect, giving the mountain a heavenly appearance.

(Don Weixl Photo)

LOOK BACK FIVE YEARS

JANUARY, 1976

A Vernon rink, skipped by Cindy Ogasawara, is competing in the Junior Ladies Zone Curling Playdowns this weekend in Revelstoke. Teams from North Kamloops, Chase, Armstrong, Ashcroft, Revelstoke, as well as Vernon are competing for the right to advance to provincial playdowns.

The Corporation of the City of Vernon

NOTICE TO TAXPAYERS

Interest on 1980 Property Tax Prepayments

Effective Jan. 1, 1981, all Property Tax Prepayments received before April 30, 1981, will be credited with interest at 13% per annum, calculated from date of payment to June 30, 1981. For further information, contact the Tax Dept., City Hall. Phone 545-1361.

L. G. DANALLANKO, Collector

BARBARA A. WHITE
NOTARY PUBLIC

Wishes to announce the January 5th opening of her office at 2700 - 48th Ave.
(Across from the Village Green Mall)
Hours: 9:00 a.m. to 5:00 p.m.
Monday to Saturday
Dial 542-1111

SERVE YOU BETTER!
The Only Pharmacy
Open Every Sunday
11:30 a.m. to 8 p.m.
3101 - 30th Ave.
Nolan's DRUG
542-2929

The Corporation of the City of Vernon

NOTICE TO DOG OWNERS

Every person, within the City of Vernon, who is, the owner, in possession of, harbouring, or in charge of any dog, must, on or before Jan. 15, 1981, procure a licence for such dog.

1981 Licence Fees are:

Male	**$15.00**
Female	**$15.00**
Neutered Male	**$5.00**
Spayed Female	**$5.00**

Licences are available at City Hall, 3400 - 30th Street, or from the Animal Control Officer.

L. G. DANALLANKO Collector

TALK OF THE TOWN

With Anne Sommers

PLAYTIME CAN BE FUN . . . And also a learning time, for young children, if you choose the right daycare centre. Arts and crafts develop skills, music and gym play develop co-ordination and also a sense of sharing with others . . . books develop intellectual abilities. At Babes In Toyland, you can easily see these developments, because there is no such person as a bored child at Louise Kruger's "home for kids". There are rooms and rooms of activities, along with an outside fenced play area when the weather's right. Delicious meals prepared in the clean and spacious kitchen mean a good lunch, along with morning and afternoon snacks. The youngsters even participate in baking cookies, pancakes, and other simple foods, and they love it. Playdough, finger painting, and other crafts keep them occupied. BABES IN TOYLAND, 3801-27th Ave., Phone 545-8230.

PERSONALIZED BOUQUETS . . . you can choose them, and specify the colors, the container, the type of flower, and anything else you'd like to include. It's also your choice of size . . . sometimes a single flower can say a lot! (If you're a man, you know it's an accepted move to send flowers to your lady . . . but if you're a lady, why not send a flower to your favorite guy?) At the VERNON FLOWER SHOP you can find exactly what you want . . . perhaps a dried flower arrangement would be ideal; these flowers come from all parts of the world — Africa, Portugal, Spain, Israel, Mexico, and other areas . . . a truly continental collection. One thing to remember is that if you're planning a wedding or ordering a specialized bouquet, give the shop time to order the particular flowers you want. (Incidentally, these dried flowers make terrific wall hangings . . . drop in and look at their selection. VERNON FLOWER SHOP, 3011-31st Ave., phone 545-2181.

CARE MEANS SAFETY . . . both on the job and off . . . and besides the regulatory safety gear (hard hats, vests, gloves, etc.) KAL FIRE AND SAFETY carries extra items such as liners for your hard hat, rainwear, and warm working gloves. Whether our weather is wet or windy, sometimes these extra items can mean the difference between a comfortable working day or one that is absolutely miserable! You can also check into earmuffs, sometimes just a convenience around a home with a rock music lover, or a necessary item at work. Remember, if you have used safety wear that you'd like to sell, give Eileen a call, and you can sell the item on consignment. And although this subject can be mentioned many times, the importance of checking your smoke detector and fire extinguisher cannot be stressed too often. The difference in minutes of warning or quick protection could be a difference in life or death. KAL FIRE AND SAFETY, 2909-29th Ave., phone 542-1031.

PLANNING AHEAD SAVES MONEY . . . and holiday trips are no exception. Whether it's a short hop to Calgary or Vancouver for a weekend of fun and relaxation, or a European holiday, booking in advance and before the busy summer season, can save money. The early bookings for nearby centres mean a reduction in rates at many of the top hotels, such as Four Seasons, the Georgia, or the Bayshore. And planning your trip to Europe by Wardair, if you arrange times in advance of the summer rush, you can save substantially. This can all be done at TRAVELWORLD, where the friendly staff are as concerned about getting you the best deal for your money as you are! One of the several advantages of Wardair flights is the "come and go as you please" policy, which allows you freedom to travel to one city, then another, in your own choice of combinations. TRAVELWORLD, 2911-30th Ave., phone 542-5311.

HAPPY DRIVING IN 1981 . . . it will be happier if your gas costs can be kept low as the prices increase. The answer to the jump at the pumps is an economical vehicle like the Honda. Easy to handle front-wheel drive (for great roadability) and efficient gas mileage, are just some of the reasons for choosing a Honda. SUNSHINE HONDA offers a good choice of 1981 models — Civic, Accord, or Prelude — in colors and styles that suit everyone. Remember, money invested in a reliable vehicle is money saved from monthly repair bills. (But if you can't manage a new car right now, look at the used compact models which Ron or Ted can show you.) Meanwhile, everyone at Sunshine Honda says a friendly "Happy New Year" to everyone. And don't forget your resolutions to keep your car in top running condition . . . another money-saver. The service department at Sunshine Honda is a good place to drop in to. SUNSHINE HONDA, 4705-27th St., phone 545-0531.

TREAT YOUR FEET . . . to the luxury of inexpensive yet soft and gorgeous carpeting for 1981. . . . SPELCHAN'S UNITED CARPET has roll-ends at discount prices, and they're clearing them for inventory. This means a good deal for carpet lovers, and a good chance to fix up that rec room, the spare bedroom, or even the bathroom. There's a wide variety of colors and sizes (12 by 6 ft. — up to 20 feet) and at these prices you could even think about covering the basement walls for soundproofing, as the kids play their favorite records on the stereo. Another hint is to van owners . . . this would be an ideal time to install your carpet on the floors and sides of the van . . . for that exclusive look. Spelchan's carries full supplies for installation, and if you need advice on how to do it, they'll give it to you. Drop around and chat about your carpet needs, and meet the friendly staff — Steve, Jerry, Marilyn, Roger, Bob, Diana, Norm and Ted. Happy New Year from all. SPELCHAN'S UNITED CARPET, 4400-28th St., phone 542-1211.

A BEEFED-UP SALE . . . and is this going to be a good one . . . watch next week for specials, Jan. 12 to 17, at DAN'S DISCOUNT MEATS. January is traditionally a month for good buys, but when you combine Dan's locally-purchased (and locally grown) meats, with his expert trimming and cutting, AND the friendly atmosphere of his shop, you have a winning combination . . . along with great tasting roasts, steaks, chops, or whatever. Dan has been in his line of work for at least eight years, and his shop is quickly gaining a fine reputation, even though it's been open just three months. It's located next to Fisher's Hardware . . . convenient for a short stop to pick up your family's weekly meat supplies. And as the bills from Christmas and the holidays seem to pile up, you'd like to economize . . . check Dan's low prices — another bonus. Dan, Fanny, and Dave wish everyone a Happy New Year . . . and good eating! DAN'S DISCOUNT MEATS, 3314 Coldstream Ave., phone 545-9038.

HOMEMADE BREAD AND BUNS . . . nothing smells more delicious, or makes a meal more tasty. The VERNON BAKERY staff are hard at work, beginning at 3 a.m. weekday mornings, and starting at 5 p.m. Fridays (for Saturday) to prepare the freshly baked supplies that are wholesome and nourishing, along with being flavorful. The various types of bread add different touches to sandwiches, and if your children are bored with the same bread day after day, why not try a submarine or poorboy bun — it suddenly livens up a lunch box. Watching the French bread sticks being rolled out and seeing them come from the giant oven, crusty and crisp, is a mouth-watering inspiration. And now, sincere wishes for a happy 1981 go out to all of you from Fred, Evert, Frank, Walter, Ross, Sue, Eleanor, Denise, Judy, Faye, Stella, Gloria, Martha and Renze . . . THE VERNON BAKERY, 3414-30th Ave., phone 542-7780.