



CENTURION FITNESS Centre will hold the grand opening of its expanded premises Saturday morning on some of the centre's equipment area, from left: Jennifer Herpiger on a leg press; Centurion Manager Doug Duggan at a neck dock; and Larry Thompson doing squats. The centre now offers full services for conditioning and bodybuilding. (Daily News Photos)

HOOF BEATS
with
Jeane White

A weekly column to aid the novice horseperson.

RESPONSIBILITY
Over the years, many children interested in horses and ponies and seemingly keen to learn everything they could, have visited me.

It is so important that they should be taught correctly and learn the right things. Most children today have to learn by reading and from the guidance they receive from riding instructors. Some of them may also learn from family and friends. The attitude of the young towards horses and ponies will depend so much on the leadership they get from their instructors and from their older friends and relations. It is, therefore, very important that those persons understand the subject themselves and are willing to help them.

ENTHUSIASM
A great love of horses has become noticeably apparent among girls, and some boys, in the past few decades. They seem to find for some recreation which will bring them closer to nature and country pursuits, especially if they live in a city. As a result, the love for horses develops. Not all of these youngsters will be able to have a horse of their own, although this does not seem to dampen their enthusiasm and they are still able to learn horse care and stable management to be prepared for the day when their dream will perhaps come true.

If they do have their own pony, or are likely to get one, they should be taught that the pleasure they receive from him will be directly related to the amount of care and patience they devote to looking after him.

CONTACT WITH HORSES
Riding their horse or pony is not everything. In my opinion, a child will get much more from his contact with the horse's ponies if he learns as much as possible about grooming, feeding, first-aid, tack-cleaning and other elements of stable management, and also the correct approach to handling and handling of the animals.

In England, I had a number of enthusiastic pony clubbers who spent some years with just a wooden broom dressed up as a horse - they didn't know if they would ever be able to own a live one, but this didn't dampen their spirits. When these children did get a pony, they often had to keep it some miles away and to work hard at a number of chores in their bicycle or walk the money for its keep. They would also ride to earn the money for the feed, at least twice a day to feed their bicycle or walk the money for its keep. They would also ride to earn the money for the feed, at least twice a day to feed their bicycle or walk the money for its keep. They would also ride to earn the money for the feed, at least twice a day to feed their bicycle or walk the money for its keep.

GROOMING AND CARE
Even a very small child, six is probably about the youngest, can acquire a set of grooming tools and be taught their correct use. The pony club "Bible," or the "Blue Book" as it is often called, is an excellent starter for a child who is interested in horses. This book is properly called, "The Manual of Horsemanship." It is put out by the British Horse Society, is the official pony club manual, and is available in most tack shops.

If parents of a pony-loving child are not knowledgeable in this area, it is up to them to ensure that their child learns the correct things and does not just tag along with a person who is perhaps not really aware of the proper way things should be done. This is often difficult for the parent to sort out, especially if they have well-meaning friends who are really not well trained themselves.

What is the answer? Well, here in Vernon we are fortunate in having a very active pony club and this is certainly the route to take. Ask for information and advice. If your child does not have a pony yet, and you are not sure proper riding school under a qualified instructor, to be in order. Watch for evening courses in horsemanship offered through continuing education departments.

Find out who the knowledgeable people are and seek advice from them. Remember, just because a person owns a horse, or has a horse, it doesn't follow that he or she is an expert. Pony club district Commissioner is Cheryl Halbert (342-456). She will put you in touch with the assistant commissioner in your area.

Vernon players on all-star team

Two Vernon Lakers have been added to the Interior Division team for tonight's B.C. Junior Hockey League all-star game, at 8 p.m. in Portland.

Forward Vaughn Peoples and defenseman Barry Lapine were named to the team. Peoples is a replacement for two injured players. No Lakers were selected to the original 18-man roster.

Vernon General Manager Hank Varnell said he is happy

Daily News PAGE

DON KENDALL - Sports Editor
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SPORTS BRIEFS Local squad wins 'B' event

Vernon won the 'B' side of the Brentwood Kings Oldtimers Hockey Tournament last weekend, in Calgary. After losing to Calgary, Vernon bounced back to beat Armstrong 10-1 and Edmonton 6-5. Against Edmonton, Jim Moro led the Vernon attack with three goals while Bob Hawkins, Walt Trentini, and Jack Howard added singles. Vernon will host its own tournament, from March 20-22.

WRESTLERS WIN
Three Vernon wrestlers won their weight classes at the recent Kamloops Invitational Tournament. Denny Pearson (38 kg.), Greg Edington (47 kg.), and Alvin Kenien (74 kg.) were victorious. Steve Dmytryshyn placed third in the 41 kg. class. Vernon was missing eight wrestlers due to illness, but still managed to finish fifth in the team competition. The Vernon contingent will compete in the Okanagan Invitational Tournament this weekend, in Kelowna.

EIGHT STRAIGHT
Fulton Academicals stretched their winning streak to eight games with a 32-28 victory over National Hotel in Men's Intermediate Basketball League action Tuesday at the Priest Valley Gymnasium. In other games, Cougars nipped Professionals 34-31 and Silver Streaks edged Lamb's Ramblers 33-33.

SKIER MEET
North Okanagan Cross-country Ski Club will hold a general meeting Thursday, at 7:30 p.m., at the Arts Centre. There will be a waxing demonstration and slides. All cross-country enthusiasts are invited to attend.

CRUSADERS WIN
Diane Draper scored two goals to lead Crusaders to a win over Western Computing in Women's Broomball League action Tuesday night at Centre Rink. Cathy Grundy also scored for Crusaders. In other games, Big Time operators led Sunset Properties 1-0 and Commerce Imperials 7-0, then riding lessons at a proper riding school under a qualified instructor, to be in order. Watch for evening courses in horsemanship offered through continuing education departments.

HOTSHOT CONTEST
Greater Vernon Parks and Recreation Department is sponsoring its annual Hotshot Basketball Contest, in February. Grade 6 and 7 students are eligible to compete. A boy and girl from each elementary school, who finish the most free throws in 15 attempts, will be declared their school champions. School champions finals Feb. 22, at 12:45 p.m., at the Priest Valley Gymnasium.

TWO GAMES
There will be a White Valley Hockey League tournament tonight, at the Lumby Arena at 7 p.m. Lahat's Sabres tackle Lotus Gardens, and at 9 p.m., Lakeside Whalers take on National Hotel Riders.

GAME ON TV
The final game of the recent Abbotsford Cash Bonspiel will be shown on Vernon cable (channel 10) Monday, at 9 p.m. Vernon's Wayne Lafface will be the money man and \$10,000 in prize money will be on the line.

GROSSE MEETING
Anyone interested in lacrosse in Armstrong, is urged to attend a meeting Thursday, at 8 p.m., at the Armstrong Branch of the Royal Canadian Legion. B.C. Lacrosse Association officials will be on hand.

KAL VICTORIOUS
Kal Lakers beat Armstrong 38-33 in junior boys' basketball action this week. Jay Zimmerman led Lakers with 22 points. Kal recently edged Kelowna Owis junior squad 59-51. In the game, Darren Raash was top performer for Lakers with 10 points, and 10 rebounds. Zimmerman added nine points.

Fitness centre offers a variety of programs

By DON KENDALL
Daily News Sports Editor

Vernon's Centurion Fitness Centre will hold its grand opening Saturday, on 29th Street.

The centre recently moved into expanded premises, on 29th Street.

Centurion Manager, Cal Nyuli told the Daily News in addition to adding more equipment, the centre has oversupplied its programs.

"There is a lot more interest in fitness and bodybuilding now," Nyuli said. "Many women are interested in conditioning and we have some special programs designed for them."

Women's afternoon and evening fitness classes are scheduled, with babysitting service available.

"We didn't close due to a lack of snow... we closed because the rain and wet snow make skiing dangerous," he said. "With the hard base underneath and new snow on top, we're looking forward to good conditions."

The Yellow Chair, pony lift, and mid-tote will be running Thursday. It lifts and schedules in to operation Friday.

Duggan said, "It will take us a day, or two, to get the mountain back into full swing. By the weekend, everything will be back to normal."

TILLICUM UNDECIDED
Tillicum Valley Ski Area, which also closed last Saturday, may also re-open Thursday.

Tillicum Manager Tom Ferris said, "We'll make a decision later today. It is snowing at the ski area this morning and if it continues all day, we'll probably open Thursday. If not, we'll certainly be back in operation on the weekend."

A drop in temperature would also help Tillicum. Tillicum's snowmelters can't be used when the temperature dips below freezing.

WARM WEATHER
Western Canada ski areas have been plagued by the unusually warm weather this winter.

Several Lower Mainland areas including Grouse, Blackcomb, and Seymour have been closed for most of the season.

Kelowna's Big White Ski Area is open and reports good conditions. However, most other B.C. interior mountains are closed, or open on only a limited basis.

Duggan said, "If the weather co-operates, we can still salvage a good year. We've still got Winter Carnival and the spring break ahead of us."

ON THURSDAY Silver Star to re-open

Silver Star Ski Area will re-open Thursday.

Silver Star closed last Saturday when mid temperatures and rain made skiing dangerous. It was the first time in the mountain's history that a mid-season closure has been necessary.

Eleven centimetres of new snow has fallen on the Star, in the past 48 hours, and it was snowing heavily today at press time.

Silver Star spokesman Mike Duggan told the Daily News skiing should be great Thursday.

HARD BASE
"We didn't close due to a lack of snow... we closed because the rain and wet snow make skiing dangerous," he said. "With the hard base underneath and new snow on top, we're looking forward to good conditions."

Simpson rink gains a berth

At least three Vernon teams will be competing in the B.C. Curling Association playoffs which get under way Thursday in Prince Rupert.

Dave Simpson, the 1979 B.C. Interior champion, qualified Tuesday by beating clubmate Lanny Brown 8-5 in the BCCA Bonspiel, also being held in Prince Rupert.

Gerry Habinger of Kitimat and Wayne Lafface and Brown will compete in the playoffs.

Top four Interior teams meet four Pacific Coast Curling Association rivals Feb. 6 to 8, in Prince Rupert.

The eventual winner will represent B.C. at the Canadian Men's Championships in Halifax, from March 1 to 8.

LOOK BACK FIVE YEARS

JANUARY, 1976
Vernon Kokanees placed third in the recent Prince George Aurora Swim Meet. Kokanees took 19 swimmers to the five-event meet.

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BRITISH COLUMBIA ASSESSMENT AUTHORITY

TAKE NOTICE that the first sitting of the Court of Revision to hear appeals concerning the 1981 Assessment Roll for the Vernon Assessment Area will be held as follows:

School District No.	Revelstoke	Date & Time
School District No. 19 (Revelstoke)	Feb. 3 - 10:00 a.m.	Feb. 3 - 1:30 p.m.
Vernon Collection District	Feb. 3 - 1:30 p.m.	Feb. 3 - 1:30 p.m.
Location: City Hall, 216 McKenzie Ave., Revelstoke, B.C.		
School District No. 21 (Armstrong and Spallumcheen)	Feb. 2 - 10:00 a.m.	Feb. 2 - 10:00 a.m.
Spallumcheen District Municipality	Feb. 2 - 10:00 a.m.	Feb. 2 - 10:00 a.m.
Location: Municipal Hall, 3570 Bridge Street, Armstrong, B.C.		
School District No. 22 (Vernon)	Feb. 2 - 9:30 a.m.	Feb. 2 - 9:30 a.m.
Vernon City	Feb. 2 - 9:30 a.m.	Feb. 2 - 9:30 a.m.
Vernon Collection District (except Lumby)	Feb. 2 - 1:30 p.m.	Feb. 2 - 1:30 p.m.
Location: City Hall, 3400 - 30th Street, Vernon, B.C.		
Coldstream District Municipality	Feb. 2 - 9:30 a.m.	Feb. 2 - 9:30 a.m.
Location: Municipal Hall, 9901 Kamloops Rd., Coldstream, (Vernon) B.C.		
Lumby Village	Feb. 3 - 1:30 p.m.	Feb. 3 - 1:30 p.m.
Location: Lumby Village Office, Glencairn Street, Lumby, B.C.		
School District No. 89 (Shuswap)	Feb. 2 - 10:00 a.m.	Feb. 2 - 10:00 a.m.
Vernon Collection District	Feb. 2 - 10:00 a.m.	Feb. 2 - 10:00 a.m.
Squamish, Salmon Valley, Deep Creek, Okanagan, Mara Lake to Carleton Place, River Valley, Enderby to Girdwood, Enderby to Maple Lake		
Location: City Hall, Cliff Street, Enderby, B.C.		
Salmon Arm District Municipality	Feb. 2 - 9:30 a.m.	Feb. 2 - 9:30 a.m.
Vernon Collection District	Feb. 2 - 9:30 a.m.	Feb. 2 - 9:30 a.m.
N. of Shuswap Lake, Squilax to Wild Rose Bay, Tappan to Bastion Bay, Seymour Arm (formerly Kamloops) Collierston District		
Location: Municipal Hall, 8540 Harris St., Salmon Arm, B.C.		
Dated at Vernon, B.C. January 15th, 1981.		

R. G. FOISY, AREA ASSESSOR

