SKI TIPS

By GERRY GOUDGE
Director, Silver Star School of Skiing

Recreational racing can help your skiing. That's the Molstar idea — to help you get the maximum enjoyment from the way you ski and to help you improve your techniques for greater skiing pleasure in the future.

Molstar Racing is a confidence builder. The courses are set on novice and intermediate terrain and the purpose is to encourage amateur recreational skiers of all levels and ages to test their ability through gate skiing.

At Silver Star we are offering both single and dual Molstar slalom events on Saturday and Sunday in which you can measure your ability in two ways; against yourself and against other skiers.

HANDICAP SYSTEM

Using the handicap system, male competes with male, female with female, each in his or her own category, at their own level.

There are eight Molstar handicap categories: male and female in four age groups up to 18 years; 19 to 29 years; 30 to 45 years and over 45 years.

Thus your Molstar handicap reflects exactly where you stand on your personal route to better skiing. It's simply you against the clock.

PACESETTER

Our resident pacesetter sets a basic slalom course. The pacesetter then establishes an area par time for this course. The area par time is the time you ski against. If you can ski the course within certain percentages of the area par time, you win a Molstar gold, silver or bronze medal.

Your first run establishes your handicap. Since reducing your handicap is part of the fun, you can enter as often as you like throughout the season. Surprise yourself, you can do it.

Vernon Daily News

sports

Editor — DON KENDALL

DAILY NEWS SCOREBOARD

WHITE VALLEY HOCKEY LEAGUE

TEAM	GP	W	L	T	GF	GA	P
Lotus Garden	18	12	4	2	107	77	26
Mustangs	16	9	6	1	83	81	19
Sabres	17	5	11	1	64	86	11
Raiders	17	6	11	0	74	104	12

TOP SCORERS (to Jan. 13)

	G	A	P
Jeff Vest, Lotus	17	19	36
Rick Ryce, Lotus	17	15	32
Darcy Anderson, Lotus	10	21	31
Paul Inquist, Mustangs	16	12	28
Fabian Alexis, Mustangs	9	18	27
Clay Anderson, Lotus	11	15	26
Ray Horochuk, Lotus	11	12	23
Rod Trentini, Mustangs	10	12	22
Brian Hunt, Raiders	11	9	20
Neil Herzog, Raiders	10	9	19

PLEASANT VALLEY HOCKEY LEAGUE

TEAM	GP	W	L	T	GF	GA	Pts
Carling O'Keefe	13	13	0	0	127	43	26
Lakeside Lakers	13	8	4	1	85	49	17
RCMP	13	8	4	1	67	57	17
Toros	13	6	6	1	49	48	13
Kinsmen	13	5	7	1	62	98	11
AE Lepage Flyers	13	4	6	3	60	65	11
Cougars	13	2	9	2	32	68	6
Cemcon Raiders	13	1	11	1	61	115	3

CARLING O'KEEFE MAJOR MEN'S BASKETBALL

TEAM	GP	W	L	T	Pts	Agn	Pts
Sun Valley Athletics	9	9	0	0	715	422	18
Armstrong	9	8	1	0	735	602	16
Express Constructors	9	4	5	0	549	537	8
National Hotel	9	4	5	0	553	592	8
Trophy Gallery	9	3	6	0	617	653	6
Wheelhouse Bros.	9	0	9	0	567	719	0

TOP TEN SCORERS

Player, Team	GP	Tot	Ave
Bob Martindale, National	9	205	23
Rene Dolcetti, Sun Valley	9	194	22
Morris Vardabasso, Sun Valley	9	186	21
Kelly Olson, Gallery	9	182	20
Mike McKay, Armstrong	9	169	19
Tony Wolcott, Armstrong	9	154	17
Rick Wilson, Express	9	138	15
Clint Kanester, Gallery	9	129	14
John Henson, Wheelhouse	9	111	13
Glen Wheelhouse, Wheelhouse	6	106	18

MAJOR MEN'S VOLLEYBALL

TEAM	GP	W	L	T	Pts
Golden Crown	12	8	4	0	8
National Hotel	12	7	5	0	7
Spikers	12	5	7	0	5
Dyuamo	12	4	8	0	4

MAJOR WOMEN'S VOLLEYBALL

Four Seasons Cement	6	4	2	0	4
Keshiki Gardening	6	4	2	0	4
Kal Nursery	6	4	2	0	4
Vernon Interior Printers	6	3	3	0	3
Postill Diggers	6	3	3	0	3
Coldstream Motor Hotel	6	2	4	0	2

INTERMEDIATE 'A' WOMEN'S VOLLEYBALL (PEARL)

Thrifty's	8	6	2	0	6
H and L Glass	8	6	2	0	6
Colts	8	3	5	0	3
Jokers	8	3	5	0	3
Golden Crown	8	2	6	0	2
Gilbeys Girls	8	2	6	0	2

INTERMEDIATE 'A' WOMEN'S VOLLEYBALL (DIAMOND)

Taylor Service	8	6	2	0	6
Pizza Patio	8	5	3	0	5
Al's Gutter Gals	8	4	4	0	4
Sight 'n Sound	8	4	4	0	4
Downtown Realty	8	3	5	0	3
Peter's Firecraft	8	3	5	0	3

INTERMEDIATE 'B' WOMEN'S VOLLEYBALL (BEAIRSTO)

Sunshine Girls	8	6	2	0	6
Swinging Sizzlers	8	6	2	0	6
Jokers	8	6	2	0	6
Merrion Excavating	8	4	4	0	4
Steak and Swim	8	2	6	0	2
Farmco Blasters	8	0	8	0	0

INTERMEDIATE 'B' WOMEN'S VOLLEYBALL (OKANAGAN LANDING SCHOOL)

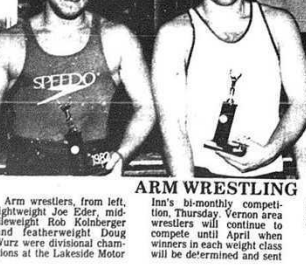
Technics	8	7	1	0	7
Net Benders	8	3	5	0	3
Those Girls	8	4	4	0	4
Artesian Search and Rescue	8	4	4	0	4
Koalas	8	3	5	0	3
Pink Panthers	8	3	5	0	3

HONEYMOONER'S VOLLEYBALL (MONDAY)

Vernon Optical Specacules	12	10	2	0	10
Third Wave Industries	12	10	2	0	10
Spectacular Spikers	12	7	5	0	7
Duck Soup	12	6	6	0	6
Darts	12	5	7	0	5
High Ballers	12	5	7	0	5
Eights Enough	12	5	7	0	5
Boomers	12	0	12	0	0

MEN'S INDOOR SOCCER

Rangers	2	1	0	1	3
Hawks	2	1	0	1	3
Rovers	2	0	0	2	2
Wanderers	2	1	1	0	2
Kickers	2	0	1	1	1
Dirties	2	0	1	1	1



ARM WRESTLING

Arm wrestlers, from left, lightweight Joe Eder, middleweight Rob Kolnberger and featherweight Doug Wurz were divisional champions at the Lakeside Motor Inn's bi-monthly competition, Thursday. Vernon area wrestlers will continue to compete until April when winners in each weight class will be determined and sent to Petaluma, California for the World Arm Wrestling Championships.

(Vibeke Neumann Photo)

JUNIOR HOCKEY ROUND-UP

Knights double Lakers 8-4

Vernon Lakers came as close to the Penticton Knights as they have all year, but still took an 8-4 loss, in B.C. Junior Hockey League action Friday night in Penticton.

In previous games Penticton was beating Lakers by scores of 8-1 and 12-1 so Lakers Coach Gord MacBeth said there's some improvement being made by his club.

"We're getting there, we're a lot closer than we used to be," said MacBeth.

For the second game in a row, the Lakers ran into some penalty problems, this time in the first period.

"We got hurt with penalties in the third period of our last game and this time we got hurt in the first period," MacBeth said.

TWO EJECTED

Defencemen Dale Reimer and Reagen Deroche were both ejected from the game in the first period for fighting. This left Lakers with three defencemen for the rest of the contest.

"Those guys are two of our toughest defencemen and it hurt us when we lost them," said MacBeth.

Lakers were then forced to put forward Ian Walters back on the blueline and MacBeth said he's filled in adequately, despite being inexperienced.

Losing Reimer and Deroche also gave Rick Woods his first chance to show how he can help the club.

"He played real well, he showed up real strong and helped us out when we needed him," said MacBeth.

Lakers never had the lead in the game, trailing 2-0 after the first period and 4-1 after the second.

TROY TAYLOR
... scored one

Dennis O'Neil scored twice for Vernon while Dean Hascarl and Troy Taylor added the single markers.

Ray Ferraro and Kevin Trach scored two goals each for Penticton while Roy Depaoli, Leroy Rempel, Brad Beck and Randy Maxwell added singles.

MacBeth said despite the loss, he was pleased with his team's performance.

PLAYED WELL

"Actually we played pretty well. We had lots of chances, but just couldn't find the net," he said. "We played well in the first period, but sort of fell apart in the second and then came back in the third."

Lakers return to the Ice Sunday when they host Revelstoke Rockets. Vernon and Revelstoke are locked in a battle for third-place in the Interior Division.

Sunday will also be Family Night when an entire family is admitted, regardless of size, for $7.

SOCKEYES WIN

In other BCJHL action Friday night, Eric Cathpol scored two goals to lead visiting Richmond Sockeyes to a 6-5 win over Vancouver Blue Hawks and New Westminster Royals defeated Langley Eagles 11-1.

Darrin Ziner, Craig Angus, Terry Hamalainen and Steve Moria rounded out scoring for Richmond, which led 2-0 at the end of the first period and 5-4 after 40 minutes.

Earl Graham led Vancouver with a pair and singles came from Dwight Mathieson, Brian Mueller and Don Friesen. Vancouver outshot Richmond 37-35.

Richmond scored 15 of 28 minors and each team had two majors and four game misconducts.

Jim Thon led the Royals rout in Langley with four goals. Duane Potehal and Rob Wallance added two each with singles from Larry Cahan, Grant Harris and Geoff Harrigan.

Richard Holfeld spoiled Rich Wills' shutout bid by scoring with 1:12 left in the game. Wills blocked 25 shots while Langley goalie Jeff Atlee made 34 saves.

In BCJHL play tonight, Kelowna Buckaroos visit Revelstoke, Nanaimo Clippers play host to Vancouver, Richmond takes on the Flyers at Abbotsford and Penticton plays Cariboo College.

ZONE CHAMPS

The Edith Myler rink, of Vernon, recently captured the senior women's zone curling title. Myler's foursome now advances to the district playdowns, next weekend, in Williams Lake. Team members are from left, rear: third Joyce Hartmann and Myler; front, second Irene Baker and lead Jo Fish.

(Daily News Photo)

SPORTS BRIEFS

Swim club gathers funds

Vernon Kokanee Swim Club members are gathering pledges for their annual swim-a-thon. Each swimmer is responsible for collecting about $100 toward the club's target figure of $8,000. The money is used for travel expenses, coaching, and equipment. Prizes will be awarded to the swimmer who gathers the most pledges.

GAME TONIGHT

Lotus Gardens takes on Labatt's Sabres in White Valley Hockey League action tonight, at 8 p.m., in the Lumby Arena.

WOMEN'S BASKETBALL

Sue Shelton scored 11 points to lead B.C. Tel Polecats to a 31-24 victory over Okanagan Laketies in Vernon Women's Basketball League action Thursday at VSSS. Sue Louis and Val Oppenheimer hooped eight points each in the losing cause. In other action, Mark's Mothers edged Yellow Submarines 24-22. Top scorers for Mothers were Sheryle Woods and Jeanne Georgetti with eiht apiece. Linda Vriend scored 10 points for Submarines.

INDOOR SOCCER

In Vernon Men's Indoor Soccer League action at Kal Junior Secondary School, Thursday, Hawks dumped Wanderers 8-2, Dirties tied Rangers 1-1 and Kickers fought to a 2-2 tie with Rovers.

BONSPIEL PLANNED

Winfield Lions Club will hold its invitational bonspiel Feb. 20 weekend, in Winfield. There will be 28 rinks, representing 15 Lion's clubs from most Interior points.

POOL CLOSED

The Recreation Complex pool will be closed from noon to 9 p.m., Jan. 30, and noon to 2 p.m., Jan. 31, for a Kokanee Swim Club meet. Public swimming resumes Sunday, at 4 p.m.

COACHING CLINIC

Ken Richardson will conduct a level two theory coaching clinic in late-February. The course will be held over two weekends beginning Feb. 19, from 7 p.m. to 10 p.m., and continuing the next day from 8 a.m. to 6 p.m. The same hours are repeated on the following Friday and Saturday. The clinic is designed to give coaches, and those interested in becoming coaches, a general idea on all aspects of the job as it applies to all sports. Pre-registrations will be taken from Jan. 18 to Feb. 8, at the Recreation Complex.

WELL STOCKED

CINCINNATI (AP) — Cincinnati Bengals say they have enough Super Bowl tickets for 85 per cent of the season ticket holders who requested them. The tickets have been mailed out for the National Football League championship game between the Bengals and San Francisco 49ers, Jan.24, at the Pontiac, Mich., Silverdome. Fans who don't get tickets will receive notices by mail, the club says.

SURVIVES LONG MATCH

CARACUS (CP) — Aided by massages to comfort an aching back during the final two sets, Harry Fritz of Toronto survived one of the longest tennis matches ever to defeat Jorge Andrew of Venezuela 16-11, 11-9, 5-11, 4-6, 11-9 in the opening match of first-round Davis Cup competition Friday. Fritz, 30, making his Davis Cup debut, finished off the six-hour, 100-game match with a pair of forehand, cross-court winners to give Canada a 1-0 lead in the best three-of-five match competition.

SABRES BUY INTEREST

BUFFALO, N.Y. (AP) — Buffalo Sabres of the National Hockey League have reached an agreement to buy controlling interest in Rochester Americans of the American Hockey League The Sabres said Thursday they signed a working agreement with the Southern Division leaders three years ago with a clause giving them right of first refusal should Rochester's board of directors decide to sell the franchise.

WINS WORLD CUP

LA BRESSE, France (AP) — Kveta Jeriova of Czechoslovakia won a women's World Cup cross-country ski race Friday by covering the five-kilometre course in 15 minutes 8.01 seconds.

Pledge total growing

Businesses, sporting groups, and individuals in the North Okanagan are continuing to help this province's crippled children by placing pledges on Daily News Sports Editor Don Kendall, for Snowarama '82.

Snowarama, a 100-mile snowmobile ride sponsored by the Lion's Club and Vernon Snowmobile Association, will be held Jan 31 on Silver Star Mountain.

Pledges on Kendall surpassed the $3,000 mark Friday . . . to a total of $3,086.

Spallumcheen Golf and Tennis Centre answered challenges from the Vernon Curling Club and Vernon Golf Club by pledging $1 per mile, for a total of $100.

National Hotel Raiders responded to a challenge issued to all hockey teams by donating 25¢ per mile.

Pledges will be accepted weekdays, from 7 a.m. to 5 p.m., at 545-0671. All proceeds go to the crippled children of B.C.

Other pledges per mile include: John Taporowski 5¢, Pete Harlock 5¢, Gord Henschke 10¢, Mark Longworth 20¢, Clark Inglis 5¢, Brenda Kulak 5¢, Diamond Delivery Service 10¢, Mew Wells 10¢, and Gord Nuyens 5¢.

Morgan's Glass 10¢, Nick Turik 10¢, Bryn Jones 20¢, Rick Wilson 5¢, Elaine Walliser 5¢, Syndi Prokopich 5¢, Gary Holte 5¢, Mel Briggeman 10¢, John Ross 11¢, Chum Kaneda 10¢, Ethel Thompson 5¢, MacKay's Prescriptions 25¢, and Jim Duddle 10¢.

VOLLEYBALL ROUND-UP

MAJOR MEN

National Hotel 2, Dynamo 0; National 2, Spikers 0; National 1, Golden Crown 1; Golden Crown 2, Dynamo 0; Spikers 2, Golden Crown 0; Spikers 2, Dynamo 0.

MAJOR WOMEN

Kal Nursery 1, Postill Diggers 1; Nursery 2, Coldstream Hotel 0; Keshiki Gardening 2, Nursery 1; Nursery 1, Vernon Interior Printers 1; Four Seasons Cement 1, VIP 1; Four Seasons 2, Coldstream 0; Four Seasons 1, Postill 1; Kashiki 1, Postill 1; Keshiki 1, Coldstream 1; VIP 1, Coldstream 1.

INTERMEDIATE 'A' WOMEN

H and L Glass 3, Pizza Patio 1; Jokers 4, Peters Tirecraft 0; Downtown Realty 3, Golden Crown 1; Colts 2, Taylor Service 2; Al's Gutter Gals 2, Gilbey's Girls 2; Thriftys 2, Sight N Sound 2.

MONDAY HONEYMOONERS

Third Wave 2, Duck Soup 0; Third Wave 2, Spectacular Spikers 0; Spikers 1, Duck Soup 1; High Ballers 1, Darts 1; Vernon Optical 2, High Ballers 0; High Ballers 2, Boomers 0; Spikers 2, Eights Enough 0; Duck Soup 2, Eights Enough 0; Third Wave 2, Eights Enough 0; Vernon Optical 2, Boomers 0; Vernon Optical 2, Darts 0; Darts 2, Boomers 0.

Panthers record second hoop win

Vernon Panthers improved their record to 2-0 with an 89-62 victory over Rutland Voodoos in Okanagan-Mainline Senior Boys' Basketball League play, Friday, at Vernon Senior Secondary school.

In Panthers' league opener they defeated Kamloops Red Devils 68-55, but Vernon coach Jack Yamaoka said he wasn't too impressed with his team. Again the Panthers put on a lackluster effort in their victory over Rutland.

Panthers' Assistant Coach Rick Wilson said the team didn't play well against Voodoos and was disappointed with their effort.

"We seemed to be sleeping . . . we weren't sharp," said Wilson.

In fact Yamaoka, made some changes early in the game to try to shake things up. Only minutes into the game and Panthers were behind 8-2. Yamaoka pulled four of his starters off the floor.

Panthers were still trailing midway through the first quarter 16-14, but by quarter-time, they were ahead 22-18.

Panthers extended their lead by half-time to 45-34, but still didn't look sharp and star forward Dale Olson seemed to be struggling.

However, in the second-half, Panthers got rolling a little better and their lead was never in jeopardy.

Kevin Korol led game scoring with 22 points. Dale Dafoe sunk 18 and Olson had 14 points. Panthers shot 56 per cent from the field and 62 per cent from the free throw line. Lane Kamke had eight steals for Panthers while Olson hauled down 13 rebounds and Korol grabbed eight.

Randy Anderson and Darwin Schweitzer each had 14 points for Rutland while Schweitzer hauled down 13 rebounds and Anderson had 10. Terry Pfliger also had 10 rebounds for the Voodoos.

Panthers are back in action when they travel to Salmon Arm, Wednesday.

KEVIN KOROL
... 22 points

THIS WEEKEND

Cougars can clinch regular season title

Vernon Cougars can clinch first-place in the North Okanagan Hockey League, for the third consecutive season, with a pair of victories this weekend.

Cougars host Oliver Bighorns tonight, at 8 p.m., in the Civic Arena. On Sunday, Vernon visits the Aces, in Salmon Arm, with a 2:30 p.m. face-off.

With four games remaining, Cougars have 26 points, eight more than a second-place Kelowna Packers. Third-place Oliver has 17 points, but has six games left to play.

HEALTHY

Cougars' Coach Gary Swanson told the Daily News his team is the healthiest it has been for two months.

"We're just about back at full strength," said Swanson. "we'll be tough from now on."

Veteran winger Les Salo, who started practicing with the club several weeks ago, may make his first start of the season tonight.

Salo has been sidelined by an eye ailment. He is expected to play on right wing with the league's two leading scorers, Terry Lowe and Dave Caldow. In 1979-80, that trio was the top scoring line in the NOHL.

Bruce Green (jaw) and Marty Stein (ankle) recently returned to the line-up. Only other injured player, defenceman Murray Batty, is still listed as a doubtful starter. Batty suffered a painful leg injury during the Cougars' Tournament, in November.

Swanson said, "Murray could probably play tonight, but I don't want to take a chance. We'll probably rest him for another week."

Despite missing more than a month of action, Batty was named to the league's first-half all-star team.

LES SALO
... eye ailment

PIN POINTS

JANUARY 2
THURSDAY MATINEE

Women's High Single: Marg Humphreys, 258; High Triple: Jane Postill, 675; High Average: Elma Haizel, 204.

Team High Single: Del's Belles, +132; High Triple: Wammer Jammers, +194.

TEAM STANDINGS

Wammer Jammers	43
Go Getters	41
Del's Belles	38½
Alley Oops	34
Ding Bats	32
Happy Wonderers	30
Jet Set	25

JANUARY 5
TUESDAY 7-9

Women's High Single: Joan Allen, 258; High Triple: Joan Allen, 661; High Average: Marg Forscutt, 219.

Men's High Single: Len Chaisley, 333; High Triple: Art Block, 783; High Average: Art Block, 248.

Team High Single: Notel, 1317; High Triple: Notel, 3828.

300 Club: Len Chaisley, 333; Ron Potts, 323.

TEAM STANDINGS

Notel	43
Winsomes	42
Garnet Stewart	38½
4 Roses I a Prickle	32
Geniers TV	28½
Coldstream Hotel	25

Royals blast women's squad

Vernon Royals showed some firepower by defeating a Vernon senior women's team 76-35 in women's exhibition basketball game, Friday night, at Vernon Senior Secondary school.

Royals haven't really played to their potential this year placing seventh out of eight teams in a recent tournament in Kelowna.

However, the high school squad displayed good ball control as well as a strong defence in defeating the more experienced senior team.

Royals opted to work the ball outside the senior team's zone, rather than go inside for lay-ups. Coach Andy Gilbert said he wanted to see a lot of passes so his girls had an opportunity to handle the ball.

"What we're working on right now is some ball movement to the outside," said Gilbert. "We're trying to work the girls around and try to get a good shot."

BIG LEAD

Royals led at half-time 45-16 and the game was out of reach. Gilbert also used his bench frequently splitting the time with the starters equally.

"I played my starters the first 10 minutes of the first-half and the first 10 minutes of the second-half," said Gilbert. "it was really pleased with the girls today, it's the best we've played all year."

Gilbert said his team ran into some difficulty when the senior team used a zone and Royals had a problem reacting.

"I don't know why they (seniors) didn't stay with the zone," said Gilbert. "Once they went back to man-to-man defence, we were okay."

Sharon Weitzel and Lynn Zwarych shared the point lead with 14 each a somewhat low total for Zwarych who's been on a scoring rampage lately. However, the shared playing time kept her total down. Zwarych will have to come up big when Royals meet top-ranked Penticton, Monday.