

SPORTS FRONT

By NICK FILLMORE

Pre-Season Golf Tip

Take note weekend golfers.

Want a tip or two on how you can improve your game off the course and reach a peak of better physical fitness than you have probably ever reached since leaving high school? You can improve your golf game by standing still or sitting down in your living room.

Ben Hogan says it's all a system of isometric exercises. The dictionary says isometric means "equal measure." In this case it means exercising force against an immovable object. One way is to press your hand against a table. Or lean against a door frame. Or to swing a stick that's held tight by a strap. Or lift a foot that's clamped to the floor.

Isometric exercises is the gospel being preached to the puny, out-of-shape business man who can play golf only on weekends.

Hogan, who won four U.S. Open championships and two Masters before going into semi-retirement, insists that the casual golfer can only improve his physical condition but also lower his score through regular battles against immovable objects.

The shot master from Fort Worth, Texas, now in the club manufacturing business, has come up with a series of gadgets designed to aid in these exercises.

Created by Hogan as an outgrowth of his recuperation from a near-fatal auto accident in 1930, the exercise kit consists of a position instrument which measures the angle of motion exerted by muscle groups, a clamp which fits on the side of the top of a door, a lace-wrap strap, a bar exerciser and a weighted golf club.

You sit astride the exercise bar and try to pivot, but you can't. You try to raise the bar and strain against it, but you can't. You try to push down the door but you can't.

"That's the idea. Exercising muscles against immovable objects causes contraction. It builds muscles to make you stronger and a better golfer."

Many weekend golfers don't score well because it takes a number of holes for them to lose up their golf muscles. Hogan says. "Other golfers don't work on the weaknesses of their swing or strengthen muscles that may need building up."

McCarthy, one of the greatest managers of big league ball had this favorite story he always liked to tell.

As McCarthy tells it, he had a dream that he'd died, gotten to heaven and found out that he was the greatest manager of big league ball who ever lived. He was sitting on a throne and all the other super-stars.

"This will be the greatest team of all time," gloated the happy Larry.

Just then the phone rang. It was Satan calling from downstairs and challenging the heavenly host to a ball game.

"But you have a club of winners," protested McCarthy to the Devil. "I've got all the hall-fuffers."

"I know that Satan," But I've got all the umpires."

Maritime Spiel At Summerside

SUMMERSIDE — The eighth annual Maritime open hockey tournament, the RCAF Summer Side, is under way here with some 50 rink participating in postponed yesterday due to a storm. Play will resume today.

The Spiel is being played in four events with each level ending in the rink into a consolation event. The finals will be held Sunday afternoon with prizes being awarded in all four events.

The longest records of the various rinks to date are as follows:

- W. Fisher, RCAF, Summerside, 20;
- Johnson, Summerside, 20;
- Worwick, Torbay, 20;
- St. Margarets, 20; Husman, RCAF Summerside, 20;
- Folger, Summerside, 20;
- RCAF Summerside, 20;
- Fisher, RCAF Summerside, 20;
- Swain, Summerside, 21;
- Greenwood, Moncton, 21;
- Hopner, RCAF Summerside, 21;
- Carver, RCAF Summerside, 21;
- Steele, Chatham, 21;
- Hoar, Gagetown, 21;
- Lentle, Gagetown, 21;
- Ramsey, RCAF Summerside, 21;
- Lozan, RCAF Summerside, 21;
- Jennings, RCAF Summerside, 21;
- MacGregor, Summerside, 21;
- Young, Summerside, 21;
- Bax, Summerside, 21;
- RCAF Summerside, 21;
- Bryan, Summerside, 21;
- Holme, Summerside, 21;
- Wolfe, Summerside, 21;
- Conroy, RCAF Summerside, 21;
- Brown, Summerside, 21;
- MacPherson, RCAF Summerside, 21;
- Crockett, Summerside, 21;
- Christopher, St. Margarets, 21;
- Spicer, RCAF Summerside, 21;
- MacLeod, Summerside, 21;
- Topper, RCAF Summerside, 21;
- Wormsworth, RCAF Summerside, 21;
- Yelman, Gander, 21;

CURLING DRAW FOR MONTAGUE

The following is the curling draw for the Montague rink in the Oland Trail competition.

7 p.m.

Ice 1 — F. Vuozzo vs. D.R. C.A. Johnston.

Ice 2 — J. Cudmore vs. D. Mc Gowans.

8 p.m.

Ice 1 — George Nicholson vs. P. Sinclair.

Ice 2 — A. Sullivan vs. A. Robertson.

STANDINGS

P.W.L.	P.W.L.
Manitoba 4 5 1	ANNOUNCES GRANTS
CP 4 5 1	QUERREC (CP)
Saskatchewan 4 5 1	Emile Laplante, Quebec
Quebec 4 5 1	cultural affairs minister, announced Monday his department has given about \$16,000
Prince Edward Island 4 5 1	in grants to five French-speaking organizations outside the province. Three grants of \$5,000
Northern Ontario 4 5 1	each were given to the College
New Brunswick 4 5 1	Mathieu, Sackville, and Gravelbourg, Sask. The St. Andre
Alberta 4 5 1	College of Notre-Dame, Bonifacio, Sask. and to the St. Boniface
Ontario 4 5 1	College in Manitoba for Scholastic
Bye—Prince Edward Island	Parish. A \$750 grant was given to a

Manitoba Loses First Match In Mixed Curling

TORONTO (CP) — Saskatchewan defeated Manitoba, 2-4, in the seventh round of the national mixed curling championship Thursday night — the first setback for the Winnipeg rink.

The loss was dropped by the Saskatchewan foursome into a first-place consolation with G.L. Leung of Trail, B.C. Each won five games and lost one.

SIXTH ROUND

Alberta 010 010 010 — 3	Sask 010 001 011 — 1
Quebec 001 001 001 — 3	B.C. 100 101 000 — 2
N.B. 002 001 100 — 1	P.E.I. 001 003 003 — 4
Northern Ont. 011 010 210 — 3	Nfld. 002 000 310 — 3
Nfld. 002 000 310 — 3	Nova Scotia 010 101 001 — 4
Bye—Manitoba	

DRINKING LEGAL IN FISHING HUT

NEWARK, Ont. (CP) — Magistrate Russell P. A. has changed his mind in an ice-fishing hut — providing there is enough room in it to lie down and sleep.

"Be it ever so humble, a man's fishing hut can be licensed to his cattle," argued lawyer Joseph Dale, defending Ernest Spruce, 43, Gravelbourg, in a suburban Toronto, on a charge of keeping liquor in an illegal place.

On March 4 Magistrate P. A. ruled that a fish hut "is not a place of residence" but reserved judgment until he heard evidence on the argument.

Two days earlier Magistrate P. A. had ruled in Milton, Ont., that it is legal for a man to have liquor in his fishing hut, but he intends to stay overnight.



CONFEDERATION SPIEL WINNERS

Shown above are the winners of the Wholesaler's Trophy in the Confederation Bospiel competition currently being held at the Charlottetown Club. Left to right are Doug George, skip; Art Lavoie, mate; Jim Brooks, 2nd; and Hillard MacLennan, third. The Gordon Stewart rink took the runner-up honors and the consolation winners were Dr. Blair Kelly, Art Lavoie, Don Wonnacott, Ed Tanton, and Tom White.

Red Wings Beat Rangers, Macdonald Scores Brace

DETROIT (AP) — Detroit Red Wings scored five goals in the first period and went on to thump the New York Rangers 9-3 in the only National Hockey League game played Thursday night.

The triumph put the Red Wings three points behind Toronto in the battle for third place. The two teams will close out the season with a home-and-home series this weekend.

Four of Detroit's first-period goals came in a span of three minutes and 30 seconds. Parker Macdonald scored twice.

and Alex Delvecchio and Doug Barkley once each in the first period. Delvecchio got another goal in the third period.

Floyd Smith opened the scoring with a little more than two minutes gone but New York led 1-0 38 seconds later on a shot by Paul Goyette.

Camille Henry scored the Rangers' second goal, giving New York a brief lead. Gordie Howe and Paul Henderson were the Detroit marksmen in the second period.

Andre Pronovost scored Detroit's final goal in the third period—making his first tally in 30 games.

Goyette got his second goal later in close out the goals.

Defenseman Al Langlas assisted on four of the Detroit goals.

The victory was the fourth in a row for the surging Red Wings and their ninth in the last 10 home games.

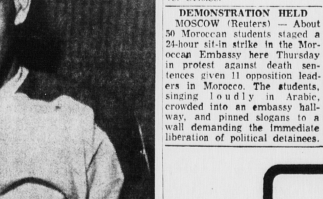
Summary

First period — 1, Detroit, Smith 17 (Ulman, Langlos) 2:06, 2, New York, Goyette 2:39 (Henry, Neilson) 2:59; 3, New York, Henry 29 (Howell, Gilman) 8:39; 4, Detroit, Macdonald 19 (Howe, Langlos) 10:19; 5, Detroit, Delvecchio 21 (Langlos) 10:36; 6, Detroit, Macdonald 20 (Martin) 12:07; 7, Detroit, Barkley 11 (M. Pronovost, MacGregor) 13:35. Penalty — Jeffrey 17.

Second period — 8, Detroit,

Stores Taken Over

RANGOON (Reuters) — Burma's revolutionary government Thursday nationalized all private-owned stores, warehouses and brokers offices in Rangoon. The move was disclosed in an announcement issued by the government-owned radio station.



LOCAL HOCKEY STAR

Shown above is Alfred Flanagan, well known local hockey performer, who has been establishing a name for himself in the top Maritime hockey circuits during the past few seasons.

Alf told us he is leaving for Windsor in the morning where he will practise with the Windsor Maple Leafs and will join the team in their quest for the Allan Cup. Alf spent a successful year with the Halifax Schooners after a tryout with the Long Island Ducks. Alf is the son of Mr. and Mrs. Reg. Flanagan, Charlottetown.

ANNOUNCES GRANTS

QUERREC (CP) — Quebec's cultural affairs minister, announced Monday his department has given about \$16,000 in grants to five French-speaking organizations outside the province. Three grants of \$5,000 each were given to the College Mathieu, Sackville, and Gravelbourg, Sask. The St. Andre College of Notre-Dame, Bonifacio, Sask. and to the St. Boniface College in Manitoba for Scholastic Parish. A \$750 grant was given to a French-language center in the New England area. The time and place were not announced. A \$200 grant was given the French-language fly club at Gravelbourg.

FORUM

Intermediate "A" Playoffs

Friday, March 20th, 8.15 P.M.

RCAF EAGLES

vs.

Johnnys Flying Hawks

Adults 75c — Students 35c

Usual Friday Night Skate Canceled

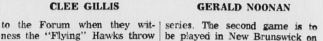
Jonnie's Flying' Hawks Meet RCAF Eagles Tonight

By JIM CULLEN

League officials were forced to postpone the Island Intermediate championship hockey match scheduled to be played last night at the Charlottetown Forum, until tonight at 8:15. Jonnie's "Flying Hawks" from Charlottetown were to battle with the RCAF Eagles from the Air Force base in Summerside. The Hawks must do or die when they face-off against the RCAF Eagles tonight at the West "Backs" Trainer ice palace on Filzow street. The Hawks must come up with this one, as it will give the Sheppard coached crew a first place tie with the Summerside Texaco Combines thus forcing a playoff between the two first place teams. On the other hand, the Hawks will leave the "Flying Hawks" in second place and leave the Warren Texaco Combines to pick up all the marbles in Island Intermediate hockey.

The Ralph Sheppard coached Hawks will be playing their full lineup for this crucial contest. Among the Hawks starry line-up will be sturdy defencemen, Darrell Pollock, formerly a member of the Moncton Juniors, and Steve Swales, University and Mount Allison varsity hockey teams. Teamed with playing coach Sheppard, the pair gives opposing forwards plenty to worry about when they cross the Hawk net.

These teams serve up a pleasing brand of good fast moving hockey and the Hawks who turn out to support Jonnie's Hawks in their efforts to capture the Island Intermediate championship will be well rewarded for their journey.



CLEO GILLIS GERALD NOONAN

to the Forum when they witness the "Flying" Hawks throw everything but the kitchen sink at these battling armies from Summerside, in striving to obtain the Island championship and the right to advance against the New Brunswick Intermediate representative.

The tentative date for the New Brunswickers to travel to the Island to either Summerside or Charlottetown depending on who takes the Island honors, is next Thursday night for the first game of a two-game home and home total goal series. The second game is to be played in New Brunswick on the 28th of this month.

In the accompanying photo are two members of the Hawks who are well known in the Intermediate circuit for their aggressive tactics and they will be making a determined effort to put this one out of the tree for the John Reid sponsored team.

North River Meets Stars

The North River Juniors meet the Saint Dunstons Junior Varsity in the first game of the Charlottetown and District Junior hockey league at the St. Dunstan's rink on Saturday night.

The Malpeque road collegians will be favored to overpower the North River parksters, as North River will get the possible mileage out of its players in an attempt to upset the Powerful Stars.

Ch'town Club Curling Draw

The following is the curling draw for Saturday in the Confederation Bospiel at the Charlottetown Club.

9 A.M.

Ice 1—Vaughan (Fred) vs. Writton (Sack.).

Ice 2—Sullivan (Mack) vs. Whiston (Sack.).

Ice 3—Tringley (Sack.) vs. Helbert (Mack.).

Ice 4—McCarville (Monc.) vs. Eastbrook (Sack.).

Ice 5—Grey (St. J.) vs. LeLachur (Sack.).

11:00 A.M.

Ice 1—Wear (Monc.) vs. Whiston (Sack.).

Ice 2—Dr. Baird (Fred.) vs. Thorton (Sack.).

Ice 3—Acorn (Bel.) vs. Dr. Robichaud (Monc.).

Ice 4—Lemone (Amh.) vs. Crawford (Fred.).

Ice 5—McGowan (Mont.) vs. Tremblon (Amh.).

Note: Registration of teams 10 minutes before scheduled.

STANDINGS

By THE CANADIAN PRESS

National League

W.L.T.F.A.P.I.

Chicago	35 22 12 14 166 42
Montreal	34 21 13 20 165 81
Toronto	30 27 11 187 151
New York	22 37 10 135 549
Boston	18 38 12 166 20 48

NEW BRUNSWICK - P.E.I. JUNIOR HOCKEY CHAMPIONSHIPS TONIGHT, FRIDAY, MARCH 20 CIVIC STADIUM

Game time 9:15 P.M.

New Brunswick Junior Champions

versus

Summerside Junior Legionnaires (P.E.I. Junior Champions)

Admission: Adults 75c; Students 50c

If a third game is necessary, it will be played at Civic Stadium 2:15 p.m. on Saturday.

Advance sales, Botes Pharmacy.

DEMONSTRATION HELD

MOSCOW (Reuters) — About 30 Moroccan students staged a 24-hour sit-in strike in the Moroccan Embassy here Thursday in protest against death sentences given 11 opposition leaders in Morocco. The students, singing loudly in Arabic, crowded into an embassy hallway, and pinned slogans to a wall demanding the immediate liberation of political detainees.

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