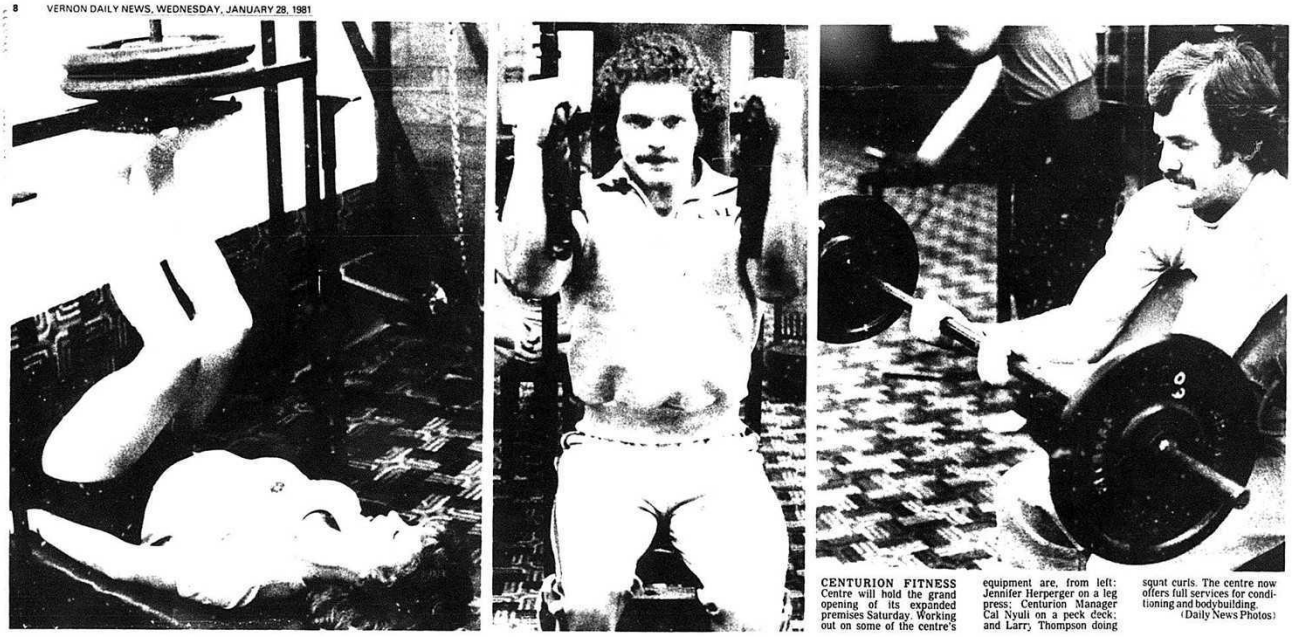


CENTURION FITNESS Centre will hold the grand opening of its expanded premises Saturday. Working out on some of the centre's equipment are, from left: Jennifer Herperger on a leg press; Centurion Manager Cal Nyuli on a peck deck; and Larry Thompson doing squat curls. The centre now offers full services for conditioning and bodybuilding. (Daily News Photos)

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.

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 diversified 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.

COUNSELLING

Nyuli, who has studied nutrition for more than 10 years, also plans to counsel on that subject. "we'll be offering advice on both nutrition and dieting."

The new facility includes change rooms, two saunas, and a pro shop. The club currently has 425 members, including 40 women. And future expansion could help that total swell.

"We've got some plans in the works, which include an indoor pool," Nyuli said. "But, that is still in the future."

While the centre is offering a wide variety of programs, those interested in bodybuilding and powerlifting are welcome, Nyuli, as the 1980 Mr. British Columbia, is certainly qualified to instruct in those areas.

"We've got a tremendous variety of weights and exercise equipment," he said. "We'd like everyone to come in and give it a try. You don't have to be muscle-bound to enjoy yourself ... to do your body some good."

FREE VISIT

The centre has an introductory offer which permits free use of facilities on the first visit.

Nyuli said, "In the past few years, people have become much more aware of their bodies ... and conditioning. The growth of our club reflects that fact."

HOOF BEATS with Jeanne 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, therfore, 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 long 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 horses (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 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 order to earn the money for its keep. They would also ride their bicycle, or walk the miles, at least twice a day to feed and care for their beloved companion. I believe the child must accept the responsibility in as many ways as is possible for their animal — they will appreciate it far more.

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 — at least for information and advice. If your child does not have a pony yet, and you are not sure how long the enthusiasm will last, then riding lessons at a proper riding school, under a qualified instructor, will 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 rides it and doesn't fall off, does not make them an expert. Pony club district Commissioner is Cherryl Halbert 542-4561. 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 Penticton.

Forward Vaughn Peoples and defenceman Barry Lepine were named Tuesday as replacements for two injured players. No Lakers were selected to the original 18-man roster.

Vernon General Manager Hank Natsch said he is happy for the two players. "I think it is good that these two boys will get a chance to play in the all-star game," he said. "Every team should be represented."

However, he feels the all-star selectors overlooked an obvious choice — Dean Hasearl deserves to be on the Interior team definitely."

Hasearl has been a standout with the club since returning from an ankle injury that sidelined him for several weeks early in the season.

Lotus Gardens; and at 9 p.m., Lakeside Whalers take on National Hotel Raiders.

GAME ON TV

The final game of the recent Abbotsford Cash Bonspiel will be shown on Vercom Cable-TV (channel 10) Monday, at 9 p.m. Vernon's Wayne Laface won the game ... and $10,000 in prize money.

LACROSSE 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 38-35 in junior boys' basketball action this week. Jay Zimmerman led Lakers with 22 points. Kal recently edged Kelowna Owls' junior squad 59-51. In that game, Darren Raash was top performer for Lakers with 10 points and 10 rebounds. Zimmerman added nine points.

CONTEH TO FIGHT

LONDON (AP) — John Conteh of Britain, former World Boxing Council light heavyweight champion, said Tuesday he will fight WBC titleholder Carlos de Leon of Puerto Rico for the cruiserweight crown at Liverpool, probably in late March. The final date depends on U.S. television contracts. De Leon won the cruiserweight title last November with a split decision over Marvin Camel of the U.S. in New Orleans.

BAKES JOINS AHL

MONTREAL (CP) — Rookie defenceman Bill Baker, a member of the U.S. gold medal-winning Olympic hockey team last year, has been loaned to Nova Scotia Voyageurs of the American Hockey League, Montreal Canadiens said Tuesday. Baker, a 24-year-old product of the University of Minnesota, was Montreal's fifth choice in the National Hockey League's 1976 amateur draft. He has seen action in only 11 games with the Canadiens this season and has gone pointless.

KUSH SUIT STARTS

PHOENIX, Ariz. (AP) — Kevin Rutledge, a former Arizona State University punter was the opening witness Tuesday in his $2.2-million damage suit against former AS football coach Frank Kush and the school. Rutledge filed the suit in 1979, contending he was punched by Kush, now head coach of Hamilton Tiger-Cats of the Canadian Football League, after a poor punt and harassed to the point he gave up his scholarship and left the Pacific-10 Conference school.

BORG ENTERS TOURNEY

MONTREAL (CP) — Sweden's Bjorn Borg, winner of the last five Wimbledon singles titles, has confirmed he will take part in the Canadian Open men's tennis championships in August, it was announced Tuesday. The tournament moves to Montreal's Jarry Park from Toronto, with qualifying matches Aug. 8-9 and the Player's International tournament proper scheduled Aug. 10-16.

Daily News
SPORTS PAGE
DON KENDALL — Sports Editor
Phone 545-0671

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 Edgelow (70 kg.), and Alvin Kienlien (74 kg.) were victorious. Steve Dmytriw 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 52-48 victory over National Hotel in Men's Intermediate Basketball League action Tuesday at the Priest Valley Gymnasium. In other games, Cougars nipped Professionals 54-51 and Silver Streaks edged Lumby Ramshorn 54-53.

SKIERS 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 3-0 win over Western Computing in Women's Broomball League action Monday night at Centennial Rink. Cathy Grundy also scored for Crusaders. In other games, Big Time Operators tied Sunset Properties 0-0 and Commerce Imperials fought to a scoreless draw with Longhorn Wranglers. Monica Ahl was a standout in goal for Operators.

DROPS DROPPED

Spallumcheen Golf and Tennis Club beat Lemon Drops 32-27 in Women's intermediate Basketball League action this week. Val Peters led Spallumcheen with 10 points while Cathy Cascavette replied with 12 for Lemon Drops. In another game, Sue Sheldon sunk six points as B.C. Tel Polecats doubled Toros 20-10.

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 sink the most free throws in 15 attempts, will be declared their school champions. School champions advance to the North Okanagan finals Feb. 22, at 12:45 p.m., at the Priest Valley Gymnasium.

TWO GAMES

There will be a White Valley Hockey League doubleheader tonight, at the Lumby Arena. At 7 p.m., Labatt's Sabres tackle

ON THURSDAY

Silver Star to re-open

Silver Star Ski Area will re-open Thursday.

Silver Star closed last Saturday when mild tempratures 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."

The Yellow Chair, pona lift, and mid-tee will be running Thursday. All lifts are scheduled to be in 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 snowmakers are useful only 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."

Simpson rink gains a berth

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

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

Simpson joins Frank Brewer and Jack Hockey as Vernon's representatives. Brewer qualified as zone champion while Hockey gained a berth through the BCCA spiel earlier this week.

Two other local rinks are still in contention for playoff spots. Wayne Laface and Brown will attempt to qualify through the spiel's 'C' event today.

Gerry Habinger of Kitimat edged Laface 10-9 in a 'B' event qualifying game. Laface had a chance to win the game in the 11th end, but he hit and rolled out on his final shot enabling Habinger to steal one.

Two other Vernon teams, skipped by Barry Amies and Herb Van Grootel, were eliminated Tuesday.

Up to 16 rinks, including seven zone winners, will compete in the playoffs.

Top four Interior teams meet four Pacific Coast Curling Association rinks 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-team event.

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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: –

	Date & Time
School District No. 19 (Revelstoke)	
Revelstoke City	Feb. 3 - 10:00 a.m.
Vernon Collection District	Feb. 3 - 1:30 p.m.
Location: City Hall, 216 McKenzie Ave., Revelstoke, B.C.	
School District No. 21 (Armstrong and Spallumcheen)	
Armstrong City	Feb. 2 - 10:00 a.m.
Spallumcheen District Municipality	Feb. 2 - 10:00 a.m.
Location: Municipal Hall, 3570 Bridge Street, Armstrong, B.C.	
School District No. 22 (Vernon)	
Vernon City	Feb. 2 - 9:30 a.m.
Vernon Collection District (except Lumby Rural)	Feb. 2 - 1:30 p.m.
Location: City Hall, 3400 - 30th Street, Vernon, B.C.	
Coldstream District Municipality	Feb. 3 - 9:30 a.m.
Location: Municipal Hall, 9901 Kalamalka Rd., Coldstream, (Vernon) B.C.	
Lumby Village	Feb. 3 - 1:30 p.m.
Lumby Rural - Vernon Collection District	Feb. 3 - 1:30 p.m.
Location: Lumby Village Office, Glencaird Street Lumby, B.C.	
School District No. 89 (Shuswap)	
Enderby City	Feb. 2 - 10:00 a.m.
Vernon Collection District – Sicamous, Salmon Valley, Deep Creek, Falkland, Mara Lake to Canoe, Eagle River Valley, Enderby to Grindrod, Enderby to Mable Lake	Feb. 2 - 10:00 a.m.
Location: City Hall, Cliff Street, Enderby, B.C.	
Salmon Arm District Municipality	Feb. 2 - 9:30 a.m.
Vernon Collection District – N. of Shuswap Lake, Squilax to Wild Rose Bay, Tappen to Bastion Bay, Seymour Arm (formerly Kamloops Collection District)	Feb. 2 - 9:30 a.m.
Location: Municipal Hall, 8540 Harris, St., Salmon Arm, B.C.	

Dated at Vernon, B.C. January 15th, 1981.

R. G. FOISY, AREA ASSESSOR