

## Altauthpgter Furnium Herali

South Vietnam, China Battle Over Small Atoll

Iced Roads Make Driving Hazardous.

Freezing Rain Makes Highways Treacherous

SiricaSuggests Grand Jury Investigate Tape Erasures



Heath Struggling To End Britain's Economic Crisis
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Career Seminars



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Television Programs for the Week



Defense, Foul Shooting Key As Indians Avenge Setback


Tech Blows Big Lead, Bows to Somers High


Maloney High Tankers Post Win over Indians

ast Windsor
Nips Ellington


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Miller Holds Lead




## Irish Set to Repeat Role

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WIN AT BRIDGE
Transfer makes room at top Somity wid









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Odegard, Miller
Win GOP Backing









 Helen Horton and make a selec-
tion.
Jeff Odell was elected to
serve on the Fourth Senatrorial
District Finance Committee. District Finance Committee.
This is a new commite






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DRESSMAKING, TAILORING AND DRAPERY CLASSES For adults and giris $10-16$ will start the

## KATHLEEN STILES

SOUTH wimosor wappline professional centen
In The
News

Want Waterfalt
PERUGIA, Italy (UPI) -
onergy risis or not, the people
Umbria want water in their.
Fabio Fiorelli, president of
wrote the national electricity agency Friday protesting a plan
to use water from the Velino
River all week long for elec tricity production. The water is
now wsed on weekdays butt
channeed back on Sundays into
the river bed and the scenic woterfall.
PaLERMO, Sicily (UPI) -
Police said Police said today they have
solved the problem of the stolen
${ }_{-}^{200}$ birds. They charged Maria Perrone, 40, with hiring 10 -year-old
children to climb zoo walls and
steal dozens of rare birds over they caught a boys handing her
two ducks.

Head Stolen
BERLIN (UPI)
state has no head in head this West Remuseum. police said
Friday someone had stolen the head of West German
Chancellor . Willy
Brands

likeness from the entertain. Fire Calls | FRIDAY |
| :--- |
| $\begin{array}{l}\text { 12:10 p.m. } \\ \text { at } \\ \text { atire in fuse box } \\ \text { 1. }\end{array}$ | 1:43 p.m. - Smoking washing

machine at 15 Dover Rd. 10.55 p.m. - Alarm at
Ferguson Rd. and E. Middale
Tpke. (Town), detalls $10: 52$ a.m. $\overline{\text { TODAY }}$


##  <br> At The Manchester Parkade



OPEN
SUNDAY
8 A.M. to 9 P.M.
FOR ALL YOUR MEDICINAL NEEDS!


- manchester

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About Town




\section*{| sponsor a program Sunday at at | $\begin{array}{l}\text { card party M } \\ \text { Orange Hall }\end{array}$ |
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## ROCK SALT

25 lb . BAG $\quad \mathrm{s} 1.10$
100 lb . BAG $\quad$ s 2.89
CALCIUM CHOLORIDE
25 lb . BAG $\quad \mathbf{2} 20$
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## COVENTRY COVERERS

REUPHOLSTERY - SLIPCOVERS • DRAPERIES
Do You Want Quallty?Or Do You Want Price?


'Man-of:Year'
SEW YORK (UPI) -
Seretariat was made an
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FREE ESTIMATES
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master charge
COVENTRY COVERERS hes aload bult this saesosonal nuw. 10 keep our skillod halop buyy during
 remember, with no sacritice in Quality. LIMITED TIME
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Master Charge Carrs Accoptea




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If Olga Korbut Can Do It, Maybe You Can, Too!
 someone who stands in a special place so he can protect the performer in case of a fall.


To be good at gymnastics you should:

1. Have a good coach.
2. Practice and be determined to succeed.
3. Be well coordinated and have strong muscles.
4. Be brave enough to try new tricks.
5. Be the right size. Your size determines what stunts you can do best.
When you are young, you will probably do simple, beginner stunts on equipment your coach picks for you. You can also do stunts on the trampoline and ropes. When you get older, and if you compete, you can perform on other equipment designed specially for men and women. Both boys and girls do exercises and other stunts such as rolls and cartwheels on padded mats.


Girls and boys have flipped over gymnastics ever since the Russian schoolgirl, Olga Korbut, won the hearts of so many television viewers when she competed in the 1972 Olympics in Munich, Germany.

Although Olga made the stunts look simple, they are dangerous. If you take up gymnastics, you must be carefully taught and learn the procedures step by step.

Most experts feel that you must wait until you are 11 or 12 years old before going into this sport in a really big way. However, there are many exercises you can practice before then. Gymnastics builds physical fitness and is a relaxing sport you can enjoy. Success in it can give you confidence.




Gymnastic Safety Rules by Minnie Page
. Take time to warm up properly 2. Learn the basics before you try adanced stunts
Know what you can do. Don't try
to go beyond what you have mas tered. . When acting as a spotter, be alert. 5now the equipment you are us-
ing. 6. Be sure there are enough mats for proper protection. 3. Never "horse-around" when are doing gymnastics. This could Never change your mind in the
middle of the stunt you are trying.

Try'N Find"'Gymnastic Words Gymnastic words are hidden in this block of letters.
They run diagonally, across and down.



