

On Those Cold Days, Look Into Sun

It is easy to be negative about the skiing this past weekend because it was so severely cold. There was the ski jumping at Lake Placid with temperatures running around 18 below zero; there was the ski area in Maine that reported a wind chill factor of 125 degrees below zero; and there was the fact that skiing was dangerous recently unless you were properly and scientifically dressed.

On the other hand, if you were properly dressed and skied in the right place, there was some fine skiing. There are some good rules about skiing in the cold and it can be fun:

Only ski when there are good conditions meaning a good packed powder surface;

Never ski when it is cold if there is a lot of wind because the wind is always a greater problem;

Always ski so that your face looks

Vail, for example, you can always keep your face into the sun in its back bowls; there is the sun-up, high noon bowl, and the sun-down bowl. The back bowls are so marvelous that you can ski all day with your face skiing into the sun and you do not get cold. The gondola area at Stowe, Vt., has a nice southeast exposure where you get a lot of sun if it is shining, plus there is that warm ride up the enclosed gondola with the heaters in the lift lines. Killington's new glades skiing area has a marvelous southern exposure and you really get a lot of sun. I skied there one day last March when the temperature was near zero with a strong wind, and I found that the sun and the shelter from the northwest wind made a great skiing day. People who stayed on the other side of the mountain just did not know what they were missing.

The cold that cannot be solved: that is, what do you do when the lift breaks down? If you are skiing in an area with the southern exposure, you should still be warmed up until there is an evacuation. On the other hand, if you are on the northeast exposure side of the mountain, you could be hospitalized for serious frostbite. The risk is just not worth taking in my opinion. Watch where you ski on cold days.

Whiteface appears to have its snowmaking machine working better and the trails that are going to be utilized for the upcoming races have good snow. The natural snow fall helps a lot too. The upper mountain area serviced by lift number six will be closed until March 9 because of scheduled races.

Conditions are pretty good at press time almost everywhere. Frankly, I am looking forward to a little spring skiing.

sports Potsdam Jr. Team Wins

Cross-Country Ski Race

The annual Adirondack Barkater Citizens' Cross-Country Ski Race will be Feb. 18, at the Barkater Touring Center in Keene (Lake Placid Olympic area).

Men's, ladies' and children's 5 and 10 kilometer races with age divisions. Awards will be presented by former cross-country Olympian, Joe-Pete Wilson.

Registration no later than 11 a.m. Race starts at 1 p.m.

Entry fee \$3.50 with proceeds going to the American Heart Association. Refreshments and food are available.

Joe-Pete will be available for ski and wax techniques. Call (518) 576-2221 for more information.

Outstanding goal tending and excellent team work by all players proved to be an unbeatable combination for the undefeated Potsdam Mosquito "B" hockey team.

The youngest division of the Potsdam Junior Hockey Association traveled to Brasher Falls this past weekend and returned to Potsdam as the winners of the Tri-Town Mosquito Invitational.

The first game of the tournament saw Potsdam defeat Norwood-Norfolk by the impressive score of 7-0. Led by Cory Varney's hat trick and goals by Greg McCasland, Jamie Emerson, Tommy Pryme and Chet Thomas, the Potsdam squad proved too strong for the Norwood-Norfolk Team. Aiding the Potsdam cause were assists from Kevin Blanchard, Dan Carey, Brian Theobald and Jeff Grant.

The second game of the championship saw Potsdam pitted against hosting team Tri-Town. After skating a

hard fought scoreless first period, Dan Carey broke the ice for Potsdam by scoring early in the second period on a penalty shot. Carey scored again later in the period on a goal assisted by Brian Theobald. Jerry Viviamore and Chet Thomas each added unassisted goals while Tri-Town was only able to break through the Potsdam defense and score once.

Potsdam goalie Scott LaGrand was superb in goal. While only called to make five saves in the Norwood-Norfolk game, La Grand made several spectacular saves in the championship game which helped the team with its 4-1 win.

Marathon Event To Be Held

Join us in Tupper Lake for the 40-Kilometer "Little Logger" Marathon on 9 a.m. Feb. 18 beginning and ending at Little Wolf Pond off Route. 3.

SKI TRAIL NOTES

JERRY LEEK

right into the sun and stay off of those trails which are shaded and try to find one where you ski into the rays of the sun.

Go inside frequently before your feet and hands feel the cold.

Unfortunately both Tupper and Whiteface Mountain do not have a good southern exposure so there really is not a real comfortable place to ski on those mountains on real cold days. Bromley, Vt., has mostly a southern exposure, and as long as the sun is out, there is never a problem skiing there on a cold day.

Other mountains come to mind that are good on cold days in certain areas.

Bowling Scores

SANDSTONE
For the fourth week Western Auto claimed first place with a 433½-226½ and Curtis Motors is doing likewise with a 422-238 in second place for the fourth week. Ward's Hotel moved up to third place with a 393½-266½.

Western's Auto says they would like to hold on a little longer to the team high three scratch position with a 2755 score she also took on team high three handicap this week with a 2827. Pryce's Shell made a good match for the Western Auto team this week as they claimed two categories, team high single scratch with a 931 and a 970 in team high single handicap.

D. Ellis held a 245 in individual single game scratch. D. Creighton held a 616 score in individual three handicap and a 45 handicap was held here also. D. Mundy held a 610 in individual high three scratch.

MARKETTES
Wards Hotel took first place for the week of the 8th of February with a 60-28; in second we saw White's Garage with a 59½-28½ and in third is Grants Farm Supply with a 54-34.

Norwood Motors took three of the four categories this week, high team single, 806; high team handicap, 1016 and high team triple handicap 2829. Ellis Trucking took the last category with a 2269 in high team triple.

Mary Anne Collins held three positions this week. High ind. single, 234; high ind. triple, 567 and high ind. triple handicap, 618. Debbie Kirkey held the last position high ind. single handicap with a 265.

PINDUSTER
Market Lanes remained in first place for the second week. Good and Plenty moved their way up to second and Chris Fays fell one position to make them a third placer for the week.


Market Lanes took two positions, team high three scratch with a 2336 and team high single scratch with an 823. a 984 was held by Breckenridge in team high single handicap and Good and Plenty held a 2697 in team high three handicap.

Debbie Kirkey was the gal to ware the crown this week as she claimed title to all categories. Individual single game scratch saw her with a 200 even; a 90 handicap and a 612 score in individual three handicap and a 522 in individual high three scratch.

Basketball Contest Held

The United Church of Madrid has challenged the Chipman Church to a basketball game. The game will be held at 7:30 p.m. Feb. 14 at the Madrid Elementary School. Donations will be adults, 25 cents; children, 10 cents.

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LIMIT 2
OUR REG. 87¢
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BREAKS UP ICE QUICKLY
A-CA30
OUR REG. 1.49
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OUR REG. 1.09
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OUR REG. 89¢
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LIMIT 1
OUR REG. 1.99
- 42 OUNCE TREND LAUNDRY DETERGENT** 76¢
LIMIT 1
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- 32 OUNCE Dishwashing Liquid** 67¢
GENTLE BLUE OR GREEN
OUR REG. 87¢

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- ½ GALLON **DARLING ICE CREAM** 118¢
VARIETY OF FLAVORS
OUR REG. 1.69
NO RAINCHECKS PLEASE
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DUNCAN HINES
Pudding Recipe • Devils Food or Yellow • Deluxe II Fudge • Marble or Lemon
OUR REG. 75¢
NO RAINCHECKS PLEASE
LIMIT 2
- 6½ OUNCE **Empress CHUNK LIGHT TUNA** 57¢
IN WATER
OUR REG. 73¢
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LIMIT 2
- 1 POUND **FUN CREME COOKIES** 51¢
VANILLA CHOCOLATE PEANUT BUTTER
OUR REG. 79¢
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OUR REG. 99¢
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