

JOHN DOSER
**Scholastic
Notebook**



One of the less exciting aspects of schoolboy football is writing about injury prevention.

Roger Bunce, No. 2 man in the Rochester City School District's health and physical education office, is also chairman of Section 5 football. He recently submitted a report on injuries to the section. His findings were impressive.

For example, to allay fears of mothers everywhere, your football playing sons (at the high school level) turned in a 17% decrease in serious knee and ankle injuries last year compared to the previous season. Bunce cites these reasons:

- Conditioning—year around conditioning is important;
- Selection — testing programs should include both medical and skill examinations;
- Classification — individual abilities need to be identified before contact practices;
- Rehabilitation — medical attention and direction must be given to the boy who has had a serious knee injury;
- Facilities—the grass needs to be kept short;
- Blocking — there should be a sensitivity to the effect of crack back or downfield cross body blocking on the frequency of knee injuries;
- Equipment — combinations of equipment showing significantly lower frequency of total and serious knee and ankle injuries include low shoe, disc heel, shortie sole cleat and ankle wrap or tape.

ALTHOUGH SUMMER is just underway you'll soon hear the grunts and groans from those "unofficial" football camps at your neighborhood schools.

While officials conducting the camps insist they're only fun and game things, the youngsters doing the work are geared toward the first day of fall practice which this year begins Wednesday, Aug. 25.

A ninth football game is possible this year (OK'd by the state) if voted by the chief school officers of any Section. If the Monroe County League still doesn't want to square off with the best from the new City-Catholic circuit, maybe it will pit its No. 1 from the East Division against No. 1 from its West Division? And then let

the dailies decide by their polls who's really No. 1.

Joe Paterno, head football coach at Penn State, has already been signed up to conduct the annual Section 5 Football Coaches Clinic next March at The Flagship Rochester.

SECTIONAL NOTES — Section 5, with basketball chairman Bill Farrell applying the "pressure," is expected to use a seeding system for next year's War Memorial tournament. . . . County schools are lukewarm to the idea according to D&C sportswriter Bill Parker. . . . Gate prices of tournament games next season to go to \$1.50, still one great deal for entire family, (and still \$1 if purchased in advance) . . .

Section 5 tried hard to get state association to limit cross country meets to 13 per season but was turned down. . . . the 72 hours between meets still holds . . .

The Section has been given permission to experiment with the "sliding tackle" in soccer this coming season . . .

It's up to each individual school to decide if girls can participate on boys' teams. . . . eligibility rules apply to girls as well as boys and neither can jump back and forth from one team to the other. . . . the choice is made for the whole season.

**St. Anne Novena
At Holy Family**

Holy Family Church, at 415 Ames St., will start its 86th annual novena to Good St. Anne on Sunday morning, July 18, at all the Masses.

Services thereafter will take place in the evening, at 7:45. There will be a Mass, a short sermon and novena prayers, and relics of St. Anne will be displayed in the sanctuary. Redemptorist Father Paul Bryan of St. Joseph's Church will conduct the novena.

OLPH PICNIC

The annual family picnic of Our Lady of Perpetual Help parish will be held at Seneca Park on Sunday afternoon, July 18.

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RG&E consumer news

RG&E Opens a Consumer Information Center

How many appliances do you have at home that are not working as efficiently for you as you think they should?

One? Two? Even three?

You may even have an appliance that is not "earning its keep" and is getting away with it because you aren't aware of all that it can do.



RG&E has opened a Consumer Information Center where during a set time period attention will be focused on one appliance. Whether you own that appliance or are just thinking about owning it, you may come to the Center on RG&E's main floor, 89 East Avenue, during its open hours—Monday, Wednesday and Friday from 11 a.m. till 3 p.m. and Tuesday evening from 7 to 8:30—and have your questions about the featured appliance answered by one of RG&E's Home Economists.

Freezers featured

During this first week freezers will be featured at the Consumer Information Center. On display will be the three main types of freezers on the

market today—the chest type, the upright type, and the no-frost upright. You can learn the advantages and disadvantages of one type over another. Which one costs least to operate, which is most convenient to use.

Wilma Schnabel, an RG&E Home Economist who has a wealth of information about freezers, will answer your freezer questions—whether it be on which one to buy or how to wrap what foods for freezing. Don't feel that you have to own a freezer or even be thinking about owning one in order to ask questions. You probably have a freezer section in your present refrigerator which could be working harder for you.



Drop in at RG&E's Consumer Information Center between 11 a.m. and 3 p.m. Monday, Wednesday and Friday and between 7 p.m. and 8:30 p.m. Tuesday. Mrs. Schnabel will be glad to answer your freezer questions or questions relating to the use of any of your appliances.

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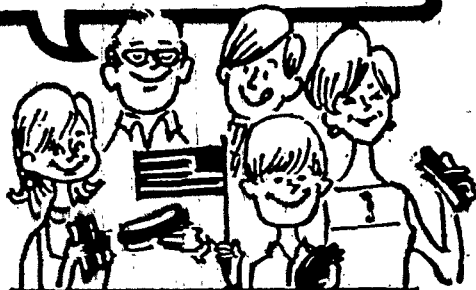
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