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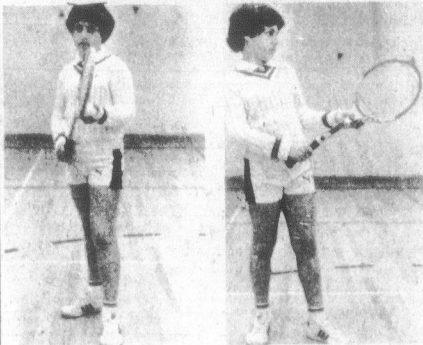


Illustration 1 Illustration 2

The Serve . . . Part 1

The key to the serve is preparation. Proper execution during match play comes from proper preparation.

In illustration 1, these points should be noted.

1. The body is sideways to the net at approximately an angle of 45 degrees.
2. An imaginary line can be drawn through the tips of the toes to the court to which the ball is being served.



Ron Thornbury

3. The racquet is pointing in the same direction as the player's toes. If you bend and place your racquet in front of your toes while in this position, the racquet should be pointing in the same direction as your toes.

4. Both arms are in a relaxed position close to the body. The supporting hand (in this case the left hand) holds the ball in the first three fingers and the racquet with the remaining fingers.

5. The player's weight, prior to placing the ball in the air, is on the back foot.

The second illustration indicates the player's feet should be shoulder-width apart. Observe that the back foot is almost parallel to the baseline.

The grip most recommended for the serve is the continental grip. The backhand grip can be used by players interested in developing a little variety into the serve. Beginners can use the eastern forehand grip but should convert to the continental grip to develop their game.

Ron Thornbury is director of the Oakville Tennis Academy.

Eight's enough

Mary Brown's Chicken barely scrap ed together a team last week but still managed to blast A-Auto 28-11 in Forest Glen ladies softball.

The chickens fielded only eight players. Eight players is the minimum allowed by the league.

Winning pitcher Carol Thompson drove in five runs on two homeruns. Karen Heinessner was the losing pitcher.

Marion hit a three-run triple as Kipling Lumber edged Centennial Cycle 15-13. Terry Rountree hit a homerun for Centennial Cycle.

Firing blanks

The Lakeshore Soccer League reconvened play last week but Bramalea Athletic and Monaco Paint Stores scorers were a little rusty.

Neither team could find the net as Bramalea's Norman Nelson and Monaco's Vic O'Reilly collected shutouts.

OTHER GAMES

Ashland Rangers 6 (Bill Birch 2, Bill Burke 2, Brian Marchant, Mikeal Brett) Black Dragon 1

Black Lion 4 (Moulton Calo, Marcus Calo, Michael Calo, Boris Laing) Turkish Cyprits 3 (Ahmet Mehmet, Halil Vali, Rex Graham)

Postal Albion 3 (Sam Gellel, Cyril Stacey, Gerry Garay) Milton Cougars 3

Port Credit Legion 4 (Al Lightowler 2, John Foulds, Frank Dunleavy) Wee 2 (Des Dewhurst, Trevor Bitrain)

Colwill gets 15

Lori Colwill struck out 15 batters and allowed only one run as Applewood Scotts Colonels defeated Alderwood 4-1 in Peel County Rep girls softball last week.

Stacy Diehl led the Applewood attack with a homerun and a single. Vicki March added two singles and Jackie Marchand and Colwill had one hit each.

In another game, Applewood defeated Erinedale 28-5 as Joanne Wirheley and Melissa Parker hit a homerun and two singles each. Dale Adamson hit three singles.

More sports on page C-10

Travel



Scotland

A leisurely visit to the land of Burns

By AILEEN ADAMS

Kircudbright, Scotland — This country is a kaleidoscope of color and history: the elegance of Edinburgh; the austerity and serenity of Sterling Castle; the slate-mauve stone of cottages; and, above all, the gentle wash of green that whispers across fields and trees, the great sunbursts of daffodils, the little puffs of white that are baby lambs animating every hill.

This is what we had come to see and enjoy. To travel at leisure — to dine well and sleep in comfort — this was our plan.

Landing at Prestwick, we drove southwest along the coast, the sea pearly in the early morning light.

This is Robert Burns country and we drove through Alloway, his birth place, across the Auld Brig O'Doon, where Tam O'Shanter escaped the witches, and on to the huge white Turnberry Hotel, perched high above the sea, and its famous golf course.

PREMIER RESORT Turnberry Hotel calls itself, with some justice, Scotland's premier coastal resort hotel. Built probably at the turn of the century, it has miles of corridors, vast lounges and dining rooms. Its 600 acres include one of the best golf courses in the world, where you can work off the calorie-laden meals.

Even if you don't play golf, to whet your appetite there is the sea air, nearby Culzean Castle and the ruins of Dunure to explore, and the gardens and the woods to walk in.

Therefore, it is practical to book a room with a rate that includes a full Scottish breakfast (large enough to fill you until dinner). The rate for a twin-bedded room (in Canadian dollars) including service charge and Value Added Tax (VAT) ranges from \$72 to \$100 for two. Golf fees are an additional \$7.50 a day.

From Turnberry, we turned further south and stopped at the enormous Grant's distillery at Gervain.

The distillery covers acres and a tour through the chilly works, where 14 million gallons of good Scotch whisky rumble through the vats, takes more than an hour.

We were glad to share a glass with our charming tartan-clad guide to cheer us on our way.

HILLS, SHEEP Then, nicely warmed, we turned inland to rolling hills with cloud-like clusters of sheep and little towns with their houses close to the road, each with a pocket-handkerchief of a garden chock full of daffodils between the inevitable

fence and the front door. In such a small country, compared to our own, it is always astounding to see so much space. So many miles of green, populated only by sheep, with so few cottages tucked away among the trees and daffodils. Mile upon mile of grazing land, knitted together by dry-stone walls.

Then, on to the mouth of the Cree and Wigtown Bay and along the coast to Gatehouse-of-Fleet.

This little town, with its shiny, white-washed building, boasts only one street. Our stopping point, the Murray Arms Hotel, was really a cluster of coaching houses (the main building) and several houses that form part of the Cally Estate.

The Murray Arms has been in use as an Inn since 1642 and it was here that Robert Burns wrote Scots Wha Hae.

The early gate (still part of the hotel property) gave its name to the entire town. Here the Keeper of the Gait (in Middle English) — the road to the ford across the river Fleet — took his tolls and made his home.

Gatehouse-of-Fleet is in a beautiful area. The hinterland stretches into wild hills where the roe deer abound and the lowlands dip to the sea, making the area a mecca for both hunters and anglers.

MURRAY ARMS The rooms at the Murray Arms are of various sizes and shapes, as befooves ancient buildings. They are heated, with private bathrooms and an ingenious automatic tea-maker so that you can serve yourself morning tea in bed.

The tariff, including full breakfast, service charge and eight per cent VAT, is about \$25 a day from July through September.

About six miles away along the coast is Kirkcudbright (pronounced Kir-Coo-brie), which has recently been discovered, but 'not ruined, by artists and craftsmen. The houses have been white-washed in traditional Galloway style, but the wood trim is in every hue —lavenders, pinks, blues — all rain-washed and wind-faded.

It was here, staying at the Selkirk Arms (licensed since 1770), that Robert Burns wrote the famous Selkirk Grace:

Some hae meat and canna eat
And some wad eat that want it:
But we hae meat and we can eat,
Sae let the Lord be thankit.

Early next morning, off across country northeast to Edinburgh. The distance seems great, but we

drove through Castle Douglas, Dumfries, stopped for lunch at an old mill, for tea at Moffat, walked the edge of the Devil's Beef Tub and reached Edinburgh shortly before 4 p.m.

Moffat is a delightful country town renowned for its sheep market and its toffee. It is also an excellent place to buy Scottish woollens.

Nearby is the Devil's Bowl, a huge, grassy, crater-like depression acres wide. Here, the Scots herded their sheep and cattle to hide them from English raiders.

EDINBURGH

Edinburgh always seems a haunted city, with its mists, its murders and its castle so high and aloof upon its hill.

It is also highly sophisticated, with streets of Georgian houses, luxurious shops, countless antique and book stores, museums, galleries and theatres. There's enough to see and be entertained by for a whole vacation.

For our brief stay, because our purpose was to explore the byways, we chose a small, converted Georgian house.

Only about six blocks down the hill from Princess Street and the castle is the Howard Hotel, on Great King Street. The hotel provided most comfortable accommodation and splendid meals. A room for two with breakfast is about \$44 per night.



Writer Aileen Adams says Edinburgh "always seems a haunted city, with its mists, its murders and its castle so high and aloof upon its hill." On the less dramatic side, this sophisticated city has plenty of museums, art galleries, theatres, luxurious shops and antique book stores.

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Lacrosse schedule

MISSISSAUGA LACROSSE LEAGUE
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TUES, JULY 11
6:30 p.m., Peewee, Erinedale-1 vs Clarkson; 7:30 p.m., Tyke, Erinedale-1 vs Erinedale-2; 8:10 p.m., Novice, Erinedale vs Cawthra; 9 p.m., Juvenile Central, Erinedale vs Midland.

TUES, JULY 11
7:30 p.m., Midget, Central, Clarkson vs Milton; 9:00 p.m., Juvenile, Central, Clarkson vs Hamilton.

WED, JULY 12
6:30 p.m., Tyke, Clarkson-1 vs Clarkson-2; 7:30 p.m., Peewee, Clarkson vs Erinedale; 8:10 p.m., Bantam B, Clarkson vs Cawthra; 9:00 p.m., Midget, Clarkson vs Cawthra-1.

MON, JULY 16
6:30 p.m., Tyke, Cawthra vs Clarkson; 7:30 p.m., Peewee, Cawthra-1 vs Clarkson; 8:10 p.m., Midget, Cawthra-2 vs Erinedale; 9:00 p.m., Midget, Cawthra-1 vs Brampton.

MON, JULY 16
6:30 p.m., Paperweight, Streetsville vs Cawthra; 7:30 p.m., Novice, Streetsville vs Clarkson; 8:10 p.m., Bantam B, Streetsville vs Erinedale; 9:00 p.m., Midget, Central, Streetsville vs Ajax.

WED, JULY 12
6:30 p.m., Paperweight, Streetsville vs Erinedale-2; 7:30 p.m., Novice, Streetsville vs Erinedale; 8:10 p.m., Peewee, Streetsville vs Cawthra-1; 9:00 p.m., Midget, Central, Streetsville vs St. Catharines.

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Oshawa Area — McLaughlin Home, Antique Cars.
Hamilton Area — Botanical Gardens, Hamilton Place.

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Make time for a visit to the historic 17th century Fort St. Catherine, one of the more than 20 old fortifications on Bermuda.

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Bermuda's clear, clean waters boast a balmy 80°F average in July. And a moderate temperature of 62°F average in January.

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The choice of dining in Bermuda ranges from international fare to country-side pubs.

Like a jewel glistening against a soft setting of blue-green water lies Bermuda. Rising majestically out of the Atlantic Ocean and blessed by the gentle influence of the warming Gulf Stream, Bermuda has beckoned visitors for 3 1/2 centuries.

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Sunshine is bountiful (over 300 days annually); the temperature is moderate (70.3°F average); there are miles of uncrowded, soft pink beaches and a year round calendar of sporting activities for every taste.

From the clean and colourful architecture through the custom of proper dress for evening dining to the restricted use of motor vehicles, there is a sense of old fashioned style in Bermuda.

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For further information on a Bermuda Holiday Experience write to the Bermuda Department of Tourism, Ref. MST-15-78
2 Bloor Street West, Toronto, Ontario M4W 3E2 or call your travel agent.

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