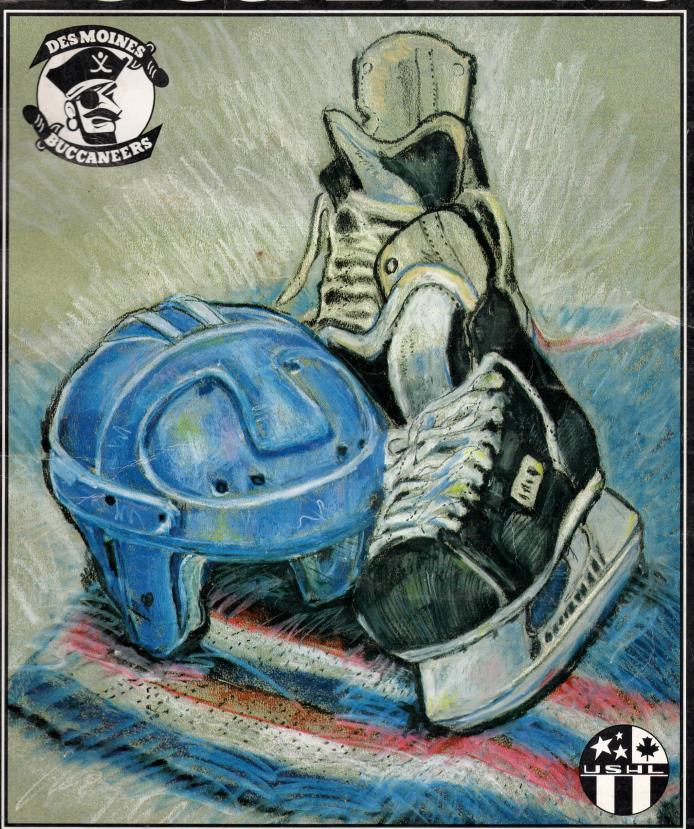
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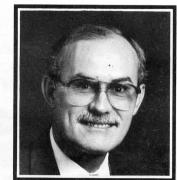
Welcome to another year of exciting Buccaneer Hockey!

After six seasons with the Buccaneers, Jim Wiley decided last spring not to seek renewal of his contract for this season. The Board is very grateful for Jim's contribution during his tenure as the Buccaneer Coach and General Manager. Jim added a high degree of professionalism to our organization. It has been a pleasure for me to work with Jim. We all wish Jim and his wife Chris the very best in their future endeavors.

I am pleased to introduce our new coach and general Manager, Bob Ferguson. Bob is a very familiar face to Buccaneer fans after having been Coach and General Manager for the Sioux City Musketeers for the past nine seasons. There have been a great many exciting moments over the years between our two franchises. There is no reason to expect the rivalry to diminish since Bob has come over to our side. Bob has a tradition of winning teams and we expect that tradition to continue. Please welcome Bob, his wife Lisa and their son Brett to Des Moines.

The young men playing for the Bucs stay with host families while they are in our town. I thank these families for their contribution to these young men's careers by allowing them into their homes for the season. Thanks to the outstanding efforts of Karen Lettington, Director of Player Housing, we have an excellent group of host families

I also want to thank you fans. Fan support can be a deciding factor for players choosing to come here to play. I believe our fans are among the best in Junior A hockey today. Now, sit back and enjoy tonight's game.



Bob WalkerPresident
Buccaneers Board of Directors

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Dear USHL Fan:

It is my privilege, on behalf of the entire USHL, to welcome you to this evening's exhibition of the most exciting, hard-hitting, fast-moving, competitive sport in North America. USHL competition, tonight, here and throughout the League, and throughout the season, continues to be the best entertainment value in sports.

Last season continued the League's tradition of being "better than the season before." For the fifth year in a row, a USHL team was crowned National Junior "A" Champion in the United States, as the Rochester Mustangs captured their third National Championship in the last five years. The Thunder Bay Flyers continued to demonstrate USHL excellence on the other side of the border by competing in the playdowns for the Centennial Cup-- the Canadian National Junior "A" Championship.

Our true success, however, is measured in the advancement of the careers of our participants. The benchmark of last season will be hard to surpass as 53 athletes were advanced to Division I-NCAA careers on scholarship assistance and an additional 50-plus are expected to walk on at Division I or find homes on Division III-NCAA rosters. Further, two of our USHL officials signed NHL trainee contracts, and one of our coaches was selected to lead the ice hockey program at a Division I-NCAA institution in the WCHA. Rest assured the USHL will not bask in the warmth of past accomplishments, but rather looks aggressively ahead to this season and the chance to improve on our performances of the past.

You too can be a contributor to the perpetuation and improvement of our outstanding tradition. You, the fan, can make a difference! Your positive support of your players, coaches, and team, both on and off the ice, can, and will, significantly assist all of us in maintaining the high caliber of competition within our League.

<u>Please</u> be a "good host!" Spend a little extra time and effort to extend a warm USHL welcome to visiting teams and fans.

Your support, both now and in the past, makes it possible for you to sit back and enjoy Junior "A" hockey at its finest--USHL style.

Yours in Hockey,

Dave Tyler, President

HOCKEY

Steve McCall, P. R. Director 3615 Canterbury Ct. #11 Waterloo, IA 50702 (319) 234-2200 Office (319) 232-3489 Home

John Cowley, League Statistician P.O. Box 3644 Sioux City, IA 51102 (712) 258-1525 Office (712) 239-4945 Fax

Rochester Mustangs • Des Moines Buccaneers • Sioux City Musketeers

Dubuque Fighting Saints • St. Paul Vulcans • Waterloo Black Hawks • North Iowa Huskies

Madison Capitols • Thunder Bay Flyers • Omaha Lancers



1 Kevin Deschampbeault Leeds, ME 6' 180 - Goalie



2 Chad Norman White Bear, MN 6' 170 - Defense



Schaumburg, IL 6'5" 200 - Defense



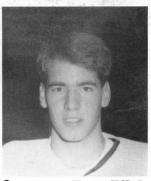
Aaron Miles Eleva, WI 6'3" 200 - Defense



6 Chad Evers St. Louis Park, MN 6'1 170 - Defense



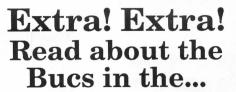
Pat Mikesch Hancock, MI 5'9" 160 - Forward



8 Beau Bilek Clive, IA 6'1" 180 - Defense



Dan Berry Birmingham, MI 6' 170 - Forward



News EVIS



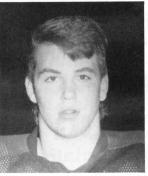
276-0265



10 Chad Halvorson Bloomington, MN 6' 180 - Forward



Jon Jenkins
Dedham, MA
6' 180 - Forward



12 Eric Perardi Pekin, IL 6' 190 - Forward



Brian Connor Somerset, WI 6'3" 190 - Forward



16 Jon Strako West Des Moines, IA 5'11" 160 - Center



Derek Block Carmel, IN 5'10" 185 - Forward



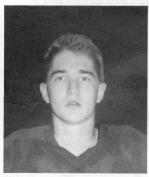
18 Tyler Echternach Anoka, MN 6'1" 200 - Defense



19 Russ Johnson St. Paul, MN 5'10" 165 - Wing



Todd SulivanWayland, MA
5'8" 160 - Goalie



Marc Boxer
Houghton, MI
5'11 170 - Forward



22 Jared EchternachBemidji, MN
6' 200 - Forward



Jamie AdamsPittsburgh, PA
6' 175 - Center





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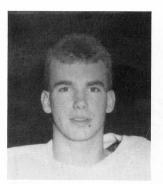
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E. Grand Forks, MN 5'11" 180 - Defense



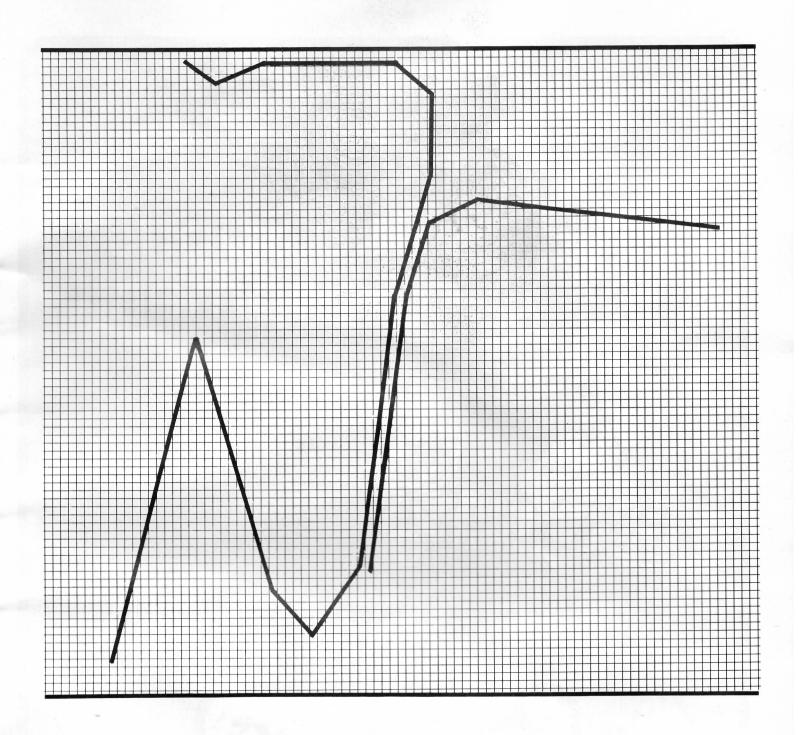
25Randy Hankinson Romeo, MI 5'10" 180 - Forward



26 Traves Peterson Hallock, MN 6'1" 186 - Defense



Ben Scheibe
Bloomington, MN
5'9" 170 - Goalie



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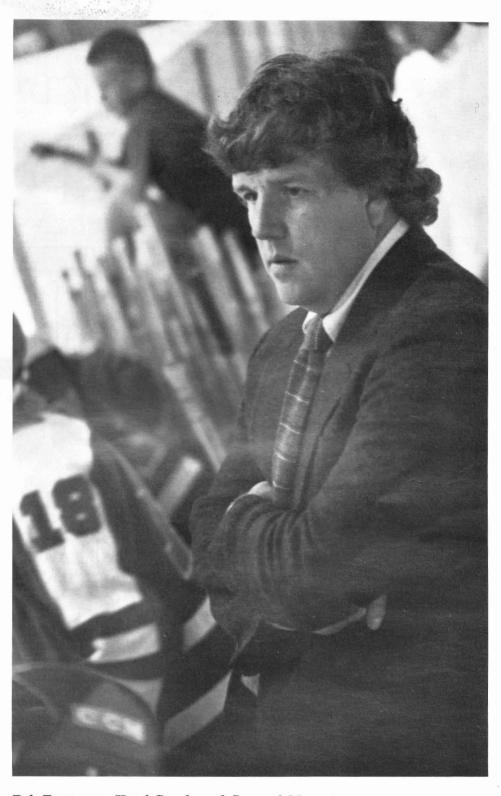
Bob Ferguson joins the Buccaneers with a record of success...

Bob Ferguson is from Kingston, Ontario, where he grew up in a family that knows hockey success (his father, Lorne, was an 11-year veteran of the NHL.) Bob played Major Junior "A" for the Oshawa Generals and Cornwall Royals before being drafted by the New York Islanders.

After playing professional hockey for seven years he began his coaching career with the Sioux City Musketeers in 1980. During his nine seasons there, Bob's teams won two USHL Championships, two Playoff Championships and made four National Tournament appearances, culminating with the National Championship in 1986.

Bob has been named coach of the year three times, but he is most proud of the fact that over 150 of his players have advanced to play collegiate hockey.

Coach Ferguson brings to the Des Moines Buccaneers a history of success and the knowledge of what it takes to develop players into solid collegiate hockey prospects.



Bob Ferguson, Head Coach and General Manager



BUCCANEERS/Z93.3/PEPSI The Perfect Hat Trick

Get refills for our Buccaneer Squeeze Bottle for only \$1.25 at concession stands during Buccaneer Home Games this season

Do you know your HOCKEY VOCABULARY?

Back Check (Legal) Attempts by the forwards on their way back to the their defensive zone to regain the puck from the opposition.

Boarding (Illegal) Violently forcing an opponent into the boards.

Body Check (Legal) Using hip or shoulder to slow or stop an opponent with the puck.

Breakaway The puck carrier getting ahead of all opponents except the goalkeeper.

Breakout When a team leaves their defensive zone with the puck.

Charging (Illegal) Taking 2 or more strides before checking an opponent.

Cross Checking (Illegal) Hitting an opponent with both hands on the stick and no part of the stick on the ice.

Drop Pass Puck carrier leaves the puck behind for a trailing teammate to pick up.

Fore Check Keeping opponents at their own end of the ice while attempting to regain the possession of the puck.

Freezing the Puck Holding the puck against the boards with stick or skates.

Hat Trick Three goals scored by one player in one game.

High Sticking (Illegal) Carrying the stick above shoulder level.

Headmanning Passing the puck forward to a teammate farther up the ice.

Interference (Illegal) Hindering or restraining a player not immediately involved in playing the puck.

Neutral Zone Center ice between the blue lines.

Penalty Box Area off ice where penalized players serve their "sentence".

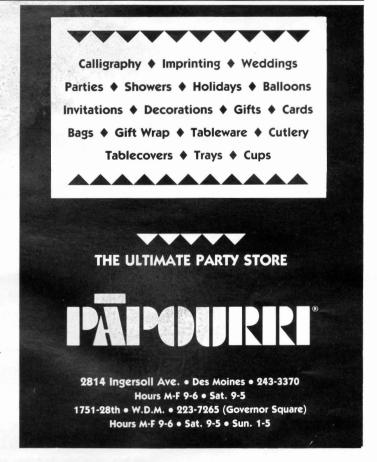
Poke Check (Legal) Stabbing at the puck with the blade of the stick to try to take it away from the puck carrier.

Power Play While an opposesing teamis short handed due to penalty, the team with the manpower advantage send five men into the attacking zone.

Slap Shot Bringing the stick back and swinging it quickly forward, slapping the puck toward the goal.

Splitting The Defense Man with the puck goes between two defenders.

Wrist Shot Flicking the wrists to propel the puck off the blade of the stick.



Following the tradition of more than sixty former Buccaneers who preceded them, many of last year's players are joining the college ranks this season.

Here's a partial list with the schools they will attend:

Greg Joyce U of Wisconsin/River Falls
Bryan Braccinni U of Wisconsin/River Falls
Eric Figura U of Wisconsin/River Falls
Alan Bouschor U of Wisconsin/Stevens Point
Brian Steele U of Wisconsin/Eau Claire
Tony Stoskopf Bemidji State
Brian Krueger Iowa University
Rob Ventura Lake Forest College
Dean Foster University of Dayton

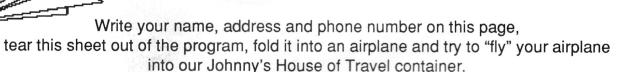
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Each "plane" made from this ad landing inside the container will win two tickets to the next Bucs home game and be eligible for the NHL drawing.

Each plane landing in one of the five face-off circles also will be eligible for the season-end drawing.

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Address	City	State

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November

2 Friday Iowa State (Exhibition)

23 Friday North Iowa Huskies

December

28 Friday Waterloo Blackhawks

31 Monday Rochester Mustangs

January

11 Friday Sioux City Musketeers

18 Friday Waterloo Blackhawks

February

1 Friday Thunder Bay Flyers

15 Friday Univsity of Minnesota (Exh.)

March

1 Friday Dubuque Fighting Saints

8 Friday Sioux City Musketeers

*Drawing held Friday March 8, 1991.







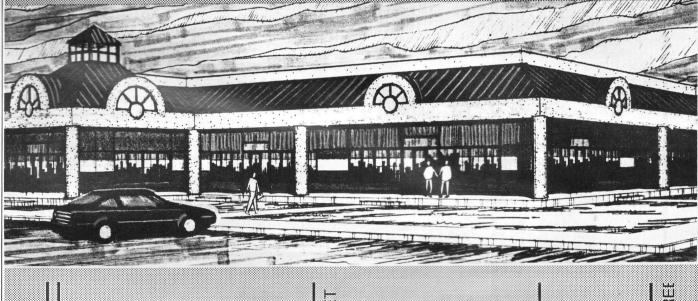
Garry "Jonny" Johnson

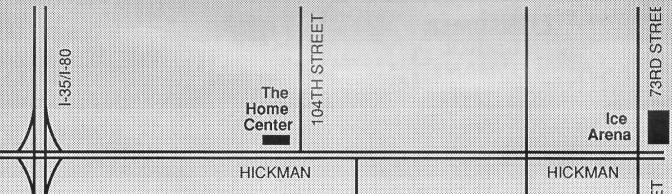
Manager

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^{*}Game selection and date to be determined by the Bucs and Johnny's House of Travel.

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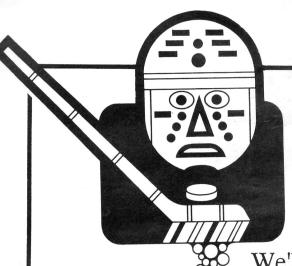
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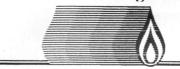


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BUCCANEER PLAYER AWARDS

Each season the Buccaneers recognize outstanding players and their achievements by presenting them with the following awards...

THE STANDARD TROPHY

To The Most Valuable Player Sponsored by Standard Distributing Company This award is highly coveted by the players because it is voted by their teammates. It adds the recipient's on-ice performance with on-and-office leadership. Last season the honor was shared by linemates Greg Joyce and Russ Johnson.

THE LANDMARK TROPHY

To The Most Popular Player Sponsored by Landmark Inn Presented to the fans choice. as their favorite player to watch, this trophy always goes to an exciting hockey player. Last season's winner was Brian Braccinni.

BOB McCORKLE MEMORIAL AWARD

To The Player Who Combines Sportsmanship With Outstanding Ability In memory of Buccaneer defenseman. Bob McCorkle. who died in an accident in 1982, this award is presented to the Buc player who exemplifies sportsmanship and dedication. For the past season, the versatile forward Chris Ratzloff was chosen by his teammates for this honor.

BOB PUNSALAN MEMORIAL AWARD

For Dedicated Contribution To

Amateur Hockey Sponsored by Joan Punsalan and Family In 1987-88 and again in 89-90, Dean Foster gave much of his free time to coaching Des Moines' younger amateur goalies in the house leagues and travel teams.

CURT HAMMER AWARD

To The Team's Leading Scorer This tribute was established to recognize the outstanding contribution of Curt Hammer, a great friend of Des Moines hockey. Each year it goes to the player who leads the Bucs in total points, that is, both goals and assists. Russ Johnson was the Buccaneer's team leader.



Most Valuable Player

The Standard Trophy Steve Palmiscno 80-81 Myles Hart 81-82 Daryl Seltenreich 82-83 83-84 Scott Purpur 84-85 Tim Bottem 85-86 Jim Webb Mike Gulenchyn 86-87 87-88 Mike Real 88-89 Mike Real Greg Joyce Russ Johnson

89-90

Most Popular Player

The Landmark Trophy 80-81 Dave Cooper 81-82 Doran Doty 82-83 Bob Anzalone 83-84 Steve Hammer 84-85 Mark Pijanowski 85-86 Kevin Gorg 86-87 Bob Nardella 87-88 Bob Nardella 88-89 Stu Vitue 89-90 Brian Braccinni

Sportsmanship Bob McCorkle Memorial Award

82-83 Greg Shively & Dave Wallenstein 83-84 Tim Mishler 84-85 Jim Webb 85-86 Brad Nelson 86-87 Mike Real 87-88 Bret Lynch 88-89 Dan Laughlin 89-90 Chris Ratzloff

Community Service

Zales Award 81-82 Jeff Ulrich 82-83 Greg Schively 83-84 Kevin Tobin 84-85 Eric Clark 85-86 Mark Pijanowski 86-87 Kevin Zimmermann 87-88 Don Erbach 88-89 Stu Vitue

Contribution to Amateur Hockey

Bob Punsallan Memorial Award

81-82 Scott Rupp 82-83 John Demann 83-84 Dan Richards 84-85 Rob Harris 85-86 Kevin Gorg Scott Geiger 86-87 87-88 Ray Kopitsch & Les Lundberg 88-89 Dean Foster 89-90 Dean Foster

Leading Scorer Curt Hammer Award

85-86 Mark Pijanowski 86-87 Bob Nardella 87-88 Bob Nardella 88-89 Stu Vitue 89-90 Russ Johnson

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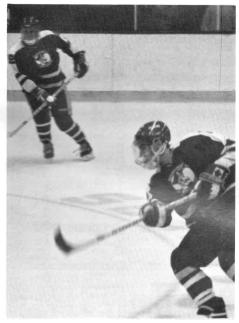
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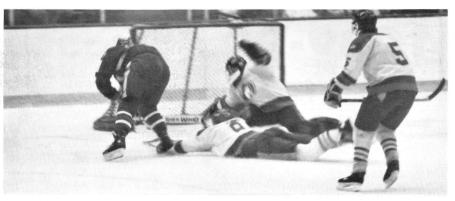
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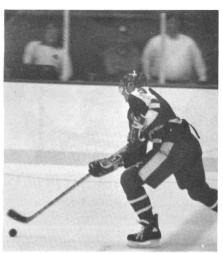












1989-90 Buccaneer Statistics

Name	Games Played	Goals	Assists	Points	Penalty Minutes	Power Play Goals	Short Handed Goals	Game Winning Goals
Russ Johnson	47	38	42	80	138	9	4	3
Greg Joyce	48	29	40	69	77	7	5	O
Tony Stoskopf	48	25	32	57	34	5	1	4
Jim Brignall	48	20	19	39	61	4	1	4 2 2
Bryan Braccin	i 48	14	21	35	48	1	0	2
Mike Walker	42	10	24	34	56	4	1	0
Alan Bouschor		11	18	29	24	4 3	0	0
Brian Krueger		11	15	26	16	3	1	1
Jon Strako	48	13	13	26	75	3	0	1
Chris Ratzloff	44	7	18	25	14	1	0	0
Chris McLaugh		9	11	20	2	0	0	0
Pete Helgeson	22	7	12	19	8	1	0	1
Steve Borko	44	6 3 3	10	16	110	3	0	1
Mark Boxer	15	3	12	15	17	0	0	0
Darren Blue	40	3	11	14	122	О	1	1
Beau Bilek	30	1	12	13	16	0	0	0
Rob Ventura	27	5	7	12	8	0	0	0
Eric Figura	21	3	5	8 5	22	0	0	0
Tony Dressen	44	1	4	5	41	0	0	1
Charlie Elliott	18	0	5 4 5 3 2	5	41	0	0	0
Robb Johnson	22	0	3	3 2	41	0	0	0
Aaron Miles	38	0			12	0	0	0
David Rowe	3	0	0	0	0	0	0	0
Goalie Name Dean Foster Jami Andersor Brian Steele Returning play	7	Minutes 1280 919 310 a bold.	Shots 863 620 199	Goa	ls Against 120 92 30	Ave. 5.63 6.01 5.81	W-L-T 6-15-2 9-7-0 2-2-0	% Saves 86.1 85.16 84.92
Proof	,							

The Buc-Backers 21 Club... Thanks for your support!



There is a special group of supporters that each year contribute greatly to the success of the Buccaneers. These sponsors provide the extra backing that is needed to keep improving our team and facilities. Our objective is to have the best organization in the league... with the Twenty-One Club backers behind us we're getting closer to our goal each year.

As this program goes to press the 1990-91 roster of members keeps growing. Included to date are:

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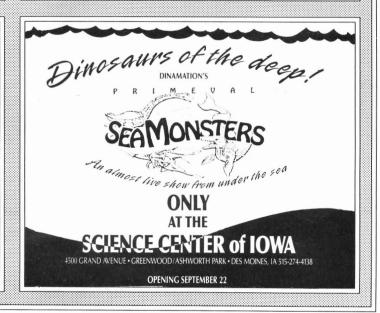
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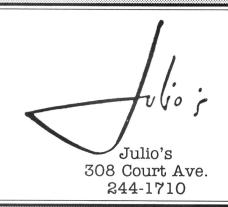
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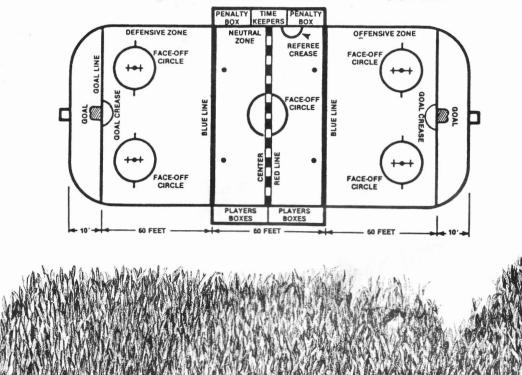
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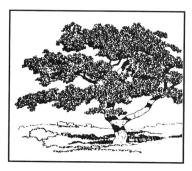




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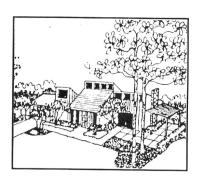
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Hockey's three main rules...

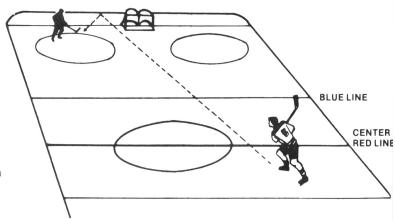
Learn these rules and you will know the cardinal principles of hockey,

Icing the puck

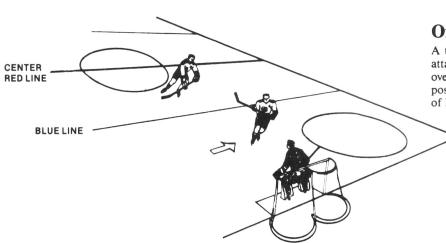
Icing occurs when a player on his team's side of the red center line shoots the puck all the way down the ice, it crosses the red goal line at any point other than the goal itself and is first touched by a defending player. When this occurs, play is stopped and the puck is returned to the other end of the ice for a face-off in the offending team's zone. In order to avoid icing, a player shooting the puck down past the goal line must be over the center red line when he releases his shot.

Icing the puck is not called if:

- a) the goalie plays the puck by leaving his net;
- b) if puck cuts across part of the goal crease;
- when a defending opponent, in the judgment of the linesman, could have played the puck before it crossed the red goal line;



- d) when an attacking player who was onside (in the same zone) when the puck was shot down the ice, manages to touch it first; and
- e) when a team is playing shorthanded because of a penalty or penalties.



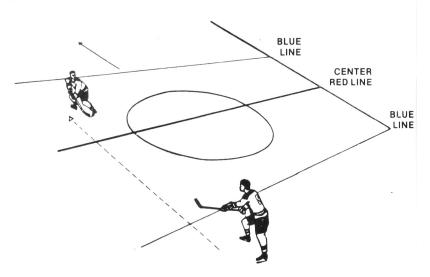
Offside

A team is offside when any member of the attacking team precedes the puck carrier over the defending team's blue line. The position of the player's skates and not that of his stick is the determining factor. If both

skates are over the blue line before the puck, the player is offside. If he has only one skate over the blue line and one on it, he is onside.

Offside pass

When a player passes the puck from his defending zone to a teammate beyond the center red line (thus crossing the blue line and the red line) it is an offside pass. The position of the puck (not the player's skates in this case) is the determining factor in deciding from which zone the pass was made.



Buccaneer Single Season...

Team Leaders		
Goals	Daryl Seltenreich	53
Assists	Myles Hart	78
Points	Scott Purpur	111
Penalty Minutes	Ted Wiles	236
Power Play Goals	Jeff Ulrich	17
Short Handed Goals	Daryl Seltenreich	7
Defensemen		
Goals	Matt Wegmann	17
Assists	Matt Wegmann	34
	Tim Miller	34
Points	Matt Wegmann	51
Penalty Minutes	Jamie Husgan	157
Goal Tenders		
Wins	Dave Cooper	19
Wins Goals Against Average		19 5.02
Goals Against Average	John Blue	5.02
Goals Against Average Minutes	John Blue Dave Cooper	5.02 2080
Goals Against Average Minutes	John Blue Dave Cooper	5.02 2080
Goals Against Average Minutes Games	John Blue Dave Cooper	5.02 2080
Goals Against Average Minutes Games Centers	John Blue Dave Cooper Dave Cooper	5.02 2080 41
Goals Against Average Minutes Games Centers Goals	Dave Cooper Dave Cooper Dave Cooper	5.02 2080 41 51
Goals Against Average Minutes Games Centers Goals Assists	Dave Cooper Dave Cooper Scott Purpur Myles Hart	5.02 2080 41 51 78
Goals Against Average Minutes Games Centers Goals Assists Points	Dave Cooper Dave Cooper Scott Purpur Myles Hart Scott Purpur	5.02 2080 41 51 78 111
Goals Against Average Minutes Games Centers Goals Assists Points	Dave Cooper Dave Cooper Scott Purpur Myles Hart Scott Purpur	5.02 2080 41 51 78 111
Goals Against Average Minutes Games Centers Goals Assists Points Penalty Minutes	Dave Cooper Dave Cooper Scott Purpur Myles Hart Scott Purpur	5.02 2080 41 51 78 111
Goals Against Average Minutes Games Centers Goals Assists Points Penalty Minutes Wingers	Scott Purpur Myles Hart Scott Purpur Bob Anzalone	5.02 2080 41 51 78 111 141
Goals Against Average Minutes Games Centers Goals Assists Points Penalty Minutes Wingers Goals	Scott Purpur Myles Hart Scott Purpur Bob Anzalone Daryl Seltenreich	5.02 2080 41 51 78 111 141

Career Records

Team Leaders

Mike Real	107
Bob Nardella	130
Bob Nardella	229
Doran Doty	308
Scott Purpur	30
Mike Real	10
Kevin Tobin	178
Bob Nardella	16
	Bob Nardella Bob Nardella Doran Doty Scott Purpur Mike Real

Defensemen

Goals	Greg Shively	20
Assists	Greg Shively	59
Points	Greg Shively	79
Penalty Minutes	Kevin Tobin	208
Power Play Goals	Greg Shively	9
Short Handed Goals	Matt Wegmann	3

Goal Tenders

Wins	Mark Pagnac	21
Losses	Mark Pagnac	29
Minutes Played	Mark Pagnac	3258
Saves	Mark Pagnac	3150
Fewest Goals	Dave Cooper	201
Goals Against Average	John Blue	5.02

Centers/Wingers

Assists	Greg Biskup	83
Points	Dan Richards	140
Penalty Minutes	Ted Wiles	236

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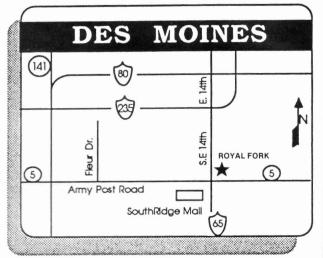
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Royal	069	9 or or					andy me
Fork	S	M	Т	W	Т	F	S
LUNCH	BREAKFAST 8 am - 11 am Baked Ham Scrambled Eggs French Toast Bacon & Sausage Hash Browns Biscuits & Gravy Blueberry Muffins Caramel Rolls Fresh Fruit	Golden Fried Chicken Beef Stew Oven-Browned Liver and Sauteed Onions Chicken and Dumplings Bread Pudding Dressing	Pizza Pork Chow Mein With Rice Baked North Atlantic Cod Golden Fried Chicken Oat Bran Muffins Dressing	Baked North Atlantic Cod Swiss Steak Golden Fried Chicken Homemade Chicken And Dumplings Dressing Blueberry Muffins	Spaghetti With Meat Sauce Fish Cutlets With French Fries Homemade Meatloaf Golden Fried Chicken Dressing Garlic Bread	Baked North Atlantic Cod Salisbury Steak Golden Fried Chicken Grilled Ham And Cheese Sandwich Old Fashioned Bread Pudding Dressing	Zesty Barbecue Ribs Tacos Baked Lasagna Baked Beans In Brown Sugar Sauce Golden Fried Chicken Corn Muffins With Honey
DINNER	DINNER MENU Roast Beef Baked Ham Fried Chicken Dressing Sliced Turkey* Meatloaf* Sweet Potatoes* Au Gratin Potatoes* Broccoli w/Cheese Sauce*	Tender Roast Beef Pork Chops Golden Fried Chicken Beef Stew Chicken And Dumplings Baked Cod Bread Pudding Dressing	Pizza Baked Ham Roast Beef Pork Chow Mein With Rice Fish Cutlets With French Fries Fried Chicken Macaroni And Cheese Peach Muffins	Baked Ham Tender Swiss Steak Golden Fried Chicken Homemade Chicken And Dumplings Roast Beef Baked Cod Dressing Blueberry Muffins	Country Fried Steak With Country Gravy Roast Beef Baked Ham Fried Chicken Fish Cutlets With French Fries Spaghetti With Meat Sauce Garlic Bread Dressing	Deep Fried Shrimp Gourmet Breaded Oysters Baked North Atlantic Cod Roast Beef Macaroni And Cheese Fried Chicken Baked Ham	Zesty Barbecue Ribs Baked Lasagna Roast Beef Golden Fried Chicken Onion Rings Baked Beans in Brown Sugar Sauce Corn Muffins With Honey
SOUP OF	*Alternate Weeks #1 CHICKEN NOODLE	NAVY	VEGETABLE	CREAM OF	CHICKEN	CLAM	1
THE DAY	#2 CR. OF BROCCOLL	BEAN & HAM	REFE	BROCCOLI	NOODI F	CHOWDER	CHILI

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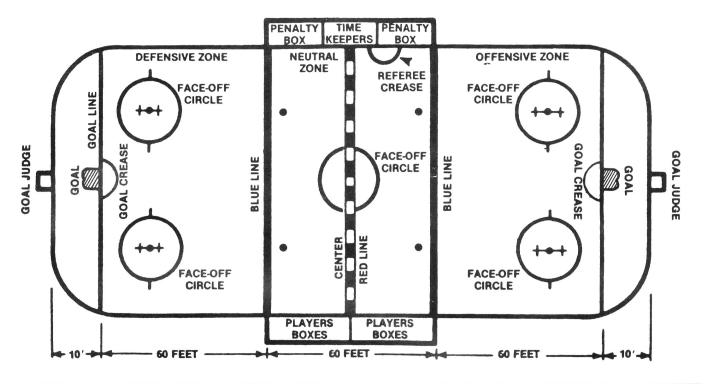
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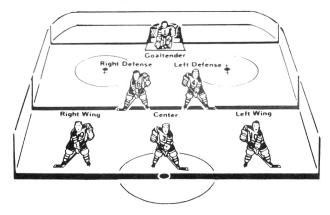
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DEFENSEMEN — Basically the two defensemen try to stop the incoming play at their own blue line. They also block shots, clear the puck from in front of their goal and watch the opposing forwards. Offensively, they carry the puck up the ice or pass the puck up to the forwards, then follow the play into the attacking zone and help to keep it there.

CENTER — The center operates mostly up and down the middle of the ice and usually leads his team's attack by carrying the puck. He sets up plays by exchanging passes with his two wingmen and tries to steer the play in towards the opponent's goal. Defensively, he tries to keep the play in the attacking zone by harassing the opponent's puck out of their end of the rink, and tries to interrupt their playmaking as it moves through the neutral zone and into his defending zone (backchecking).

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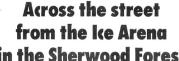
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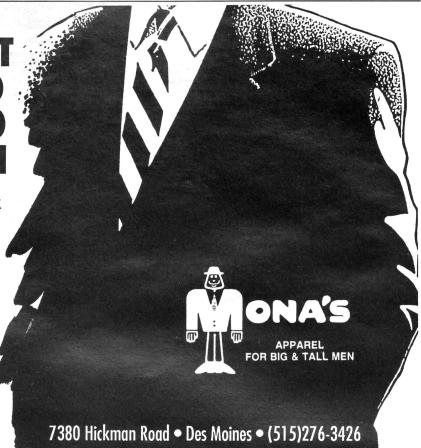
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About the game / Referee's Signals. . .



BOARDING

Pounding the closed fist of one hand into the open palm of the other hand.



HOLDING

Clasping the wrists of the "whistle hand" well in front of the chest.



DELAYED CALLING OF PENALTY

Referee extends arm and points to penalized player.



CHARGING

Rotating clenched fists around one another in front of chest.



ELBOWING

Tapping the elbow of the "whistle hand" with the opposite hand.



HOOKING

A tugging motion with both arms, as if pulling something toward the stomach.



CROSS-CHECKING

A forward and backward motion with both fists clenched extending from the chest.



HIGH-STICKING

Holding both fists, clenched, one above the other at the side of the head.



ICING

Linesman's arms folded across the upper chest.



INTERFERENCE

Crossed arms stationary in front of chest with fists closed.



ROUGHING

A thrusting motion with the arm extending from the side.



TRIPPING

Strike the right leg with the right hand below the knee keeping both skates on the ice.



KNEEING

Slapping the knee with palm of hand while keeping both skates on the ice.



SLASHING

A chopping motion with the edge of one hand across the opposite forearm.



UNSPORTSMAN-LIKE CONDUCT

Use both hands to form a "T" in front of the chest.



MISCONDUCT

Place both hands on hips.



SPEARING

A jabbing motion with both hands thrust out in front of the body.



WASH-OUT

Both arms swung laterally across the body with palms down.
When used by the Referee it means goal disallowed.

BACK THE MERCHANTS THAT BACK THE BUCS!

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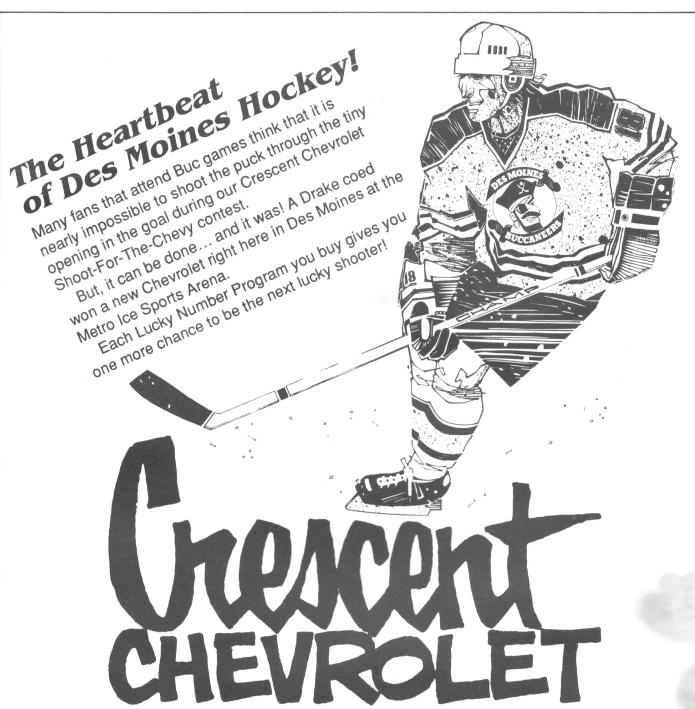
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Fitness Sakte: Tuesday & Thursday 1:00 - 2:30 pm. Admission \$2.00, Skate Rental \$1.25.



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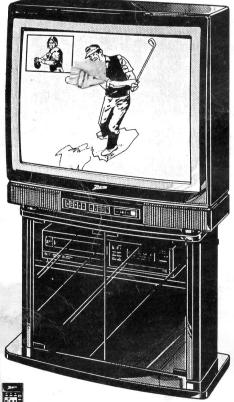
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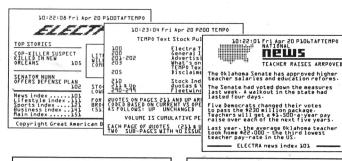
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