

SPORTS COMMENT

Hypothermia, an instant killer

By Colin Gibson
Herald Sports Editor

Weather conditions, at best, can be described as "unpredictable." Using this past week, as an example, we've seen bitter cold, snow squalls and even a period of relative mildness. It is at this time of the year that tragic accidents occur, especially in the out-of-doors, and the layman's term for the phenomenon is simply, "freezing to death."

The medical term is hypothermia and last year, around this time, I wrote a column, that was extremely well-received, concerning the condition. Recently I have received several requests for a re-run of the column and now seems the appropriate time.

Too often, one hears reports of death through exposure, or shock. The medical term used in describing these fatalities is "hypothermia." The term describes the lowering of the body's innerheat, the core heat. This condition occurs the moment the body begins losing heat faster than it produces it.

The frightening thing about this condition is that it can happen anywhere. In the water; in a boat on a wind-swept lake; in a car that runs out of gas or suffers some other breakdown; in a house without heat and even in the woods where one would assume that ample protection is available.

The main cause of hypothermia, plainly speaking, is that people foolishly didn't prepare properly for outdoor conditions and suffered the consequences. A man hiking all day, suddenly feels the temperature drop and his fatigue, coupled with the weather change, affects him dangerously. A fisherman without adequate clothing finds himself capsized and at the mercy of the elements.

The examples can go on and on but the crux of the matter is, "the lowering of body heat." There is hypothermia danger even in mild weather. Thirty to 50 degrees Fahrenheit, 0 to 10 degree Centigrade, might seem pleasant enough but throw in precipitation and a wind chill factor and the results could literally, be fatal.

There are ways to combat hypothermia and the best way is to realize when it occurs. Hypothermia victims have been known to die within half-an-hour and similarly, unless the condition is treated, death will inevitably occur within three hours.

The temperature of the hands and feet can drop to 20 or 30 degrees (Centigrade) below their normal temperature without any lasting harm; but a person could succumb if his body temperature dropped as little as three degrees.

The speed at which hypothermia develops depends on the amount of energy a person has available when struck by the condition, but warning signs are apparent. Intense shivering heralds the start of danger and from here, unless treated, it's all downhill. Poor coordination, stumbling, thickness of speech and loss of memory follow in rapid succession and in the later stages, the victim will not even attempt to help himself.

If a victim has a mild case of hypothermia, get him to shelter, make him warm, and feed him quarts of hot sugared water or beef broth. If the victim is in the field however, and has severe case of hypothermia, he shouldn't be moved and the ministrations should be performed on the spot.

It cannot be emphasized enough, however, that in most cases, hypothermia can be avoided if the proper clothing is worn. Jeans are poor for outdoor trekking as they afford little or no protection at all. In a similar sense, duck down, while good for stopping wind, is of no use at all, when wet.

The outdoorsman should be dressed in layers and the old standard, wool, still affords the best protection. If one doesn't have the proper apparel and is in danger of developing hypothermia, dry grass, moss, cattail down and milkweed afford some relief. Dry clothing and adequate shelter are however, the keys to survival.

It's a joy to take in the splendors of our outdoors, but one must be aware that dangers are perhaps surprisingly close. Statistics mean little to anyone and provide little consolation to a bereaved family. If taking to the woods, don't end up as a statistic, use common sense and BE PREPARED.

COLIN IS ON HOLIDAY THIS WEEK

Minor schedule

TYKE & NOVICE SCHEDULE

- 1 GREENS
- 2 BLUES
- 3 GOLDS
- 4 REDS
- 9 WILLIAMS ELECTRIC
- 10 ARMSTRONG INSURANCE
- 11 LIONS CLUB
- 12 SENGHA HOMES
- 5 JOE'S GULF
- 6 ARMBRO TRANSPORT
- 7 SMITH & STONE
- 8 HALTON HILLS CATERING

FRIDAY, JANUARY 7th, 1977
4:30 PM Team No's 6&12 7&11
5:30 PM Team No's 2&4 1&3
6:30 PM Team No's 5&10

SATURDAY, JAN. 8, 1977 - MEMORIAL ARENA
6:30 am Murray Motors vs Nell's Music Centre
7:30 am Barrager's Cleaners vs Mac's Milk
8:45 am Dockery Plumbing vs Ontario Electrical League
9:45 am Chicken Villa vs GR Muckart
11:00 am North Halton Motor Sales vs Robert Gougeon Furnishings
12:00 noon Standard Products vs BAC Motors
3:15 pm Decco Metal Products vs CAC Finance
4:15 pm Varian Associates vs AV Tennant Contractors
5:30 pm Feendley Florists vs Garbutt Plumbing
6:30 pm Chris IGA vs Quik-Pik Variety

BATURDAY, JAN. 8, 1977 - ALCOTT ARENA
7:30 am Critron Carpets vs Elks Lodge
8:30 am Stevenson's Men's Wear vs Halton Auto Wreckers
10:10 am Robert Real Estate vs Armbro Construction
11:30 am MacPherson's Esso vs Kingsway Pools
12:50 pm Georgetown Chrysler vs Johnson Carney Real Estate
4:15 pm I.O.F. vs Adams Photo
5:30 pm Georgetown Industrial Gals vs Oakville
SUNDAY, JAN. 9, 1977 - MEMORIAL ARENA
5:00 pm Cable TV vs Burns Transport
6:15 pm Masson Motors vs Montego Construction
7:30 pm Lane's Transport vs Scotia Bank
8:45 pm Exchange House vs Nelson's
10:00 pm Mister Steering vs Junior Raiders



ART WEBSTER, OF THE GEORGETOWN CHRYSLER RAIDERS, attempts to skirt by Georgetown Gemini defenders in last Thursday's Benefit Game at the Memorial Arena. The Raiders walked all over their Junior "B" opponents and posted an 8-2 win.



GEORGETOWN CHRYSLER RAIDER PRESIDENT-PLAYER NEIL COTTON, manoeuvres for a shot on goal in last Thursday night's benefit game between the Raiders and the Georgetown Sunny Acre Farms Gemini's. The Raiders walked off with an 8-2 win.

Consolation championship lost at Dundas tournament

The GDHS junior boys basketball team suffered from injury and illness last week to lose the consolation championship at the Dundas Green and White Tourney to T.H. Blake-lock secondary school.

The team dropped a 62-43 decision after trailing 30-26 at the half.

In the first of three encounters, the boys lost 60-39 to Don Mills Henry Carr secondary school in what was described as a weak effort brought on by being a little rusty over the holidays.

Jamie Hansen was high scorer notching 12 points.

Norm also tallied for the winning basket in the team's second encounter won in the last second of play 39-38 against Hamilton's Scott Park collegiate.

Jamie Hansen scored for 10 points while teammate Steve Keslick notched nine.

GDHS BASKETBALL Long shot kills Rebels hopes of Bramalea win

GDHS seniors hopes of winning its first of four encounters with Bramalea as five seconds remained in an exhibition basketball game sank with a half court long shot.

The long shot last Wednesday counted for two points to give Bramalea a narrow 57-55 win over the Rebels who have lost all four encounters by a total margin of less than seven points.

The Rebels were hampered in the well-played game by injuries. Three members of the squad were off with ankle

injuries and a fourth was off with a knee injury.

Only six members made the game, four of which sank better than 10 points each. (One junior was called up to fill ranks.

Paul Nichol led scoring with an impressive 16 points while teammates Paul Krowchuk and Mike Stankovits scored 12 points each. Doug Lamb dropped 11 points.

The Rebels begin league play today in an away game at Queen Elizabeth Park and then Friday again away at Brampton Centennial Secondary school.

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GDMSA WEEKLY ROUNDUP

Close scores highlight minor hockey games

MIDGET
Masson Motors tied Halton Cable Systems 2-2 in midget action Sunday. Dave Taggart and Rick Donaldson notched markers with Pat Zuber assisting on one of the Masson goals.

Terry Anderson and Mitch Leblanc each tallied one goal in the contest.

Scottie Bank dropped a 4-0 lead to four quick goals by Burns Transport before winning 6-5 on a goal by Perry Steel with only 25 seconds remaining.

Craig Wilson was the other Scotia Bank star of the contest notching a hat-trick to tie the Steel. Mike Cannon and Steve Keslick, Mark Kirley (2) Fergus Barnes (2), Perry Steel, Wade Emmerson and Dan MacIntosh all gained assists.

Dave Bell and Gord Miller each potted a pair to bring Burns within grasp of the game. Kevin Harrison scored the single. Assists came from Kevin Paynter, Angus Willoughby and John Lavole.

A complete team effort highlighted seven single goals scored by Montego Construction Bantam 4-Town in its 7-2 victory over Lane's Transport.

Don Thompson and Ron Timpson notched the markers for Lane's with assists from John Patters and Jamie Frank.

Scoring for Montego were: Bill Wheeler, Tom Simpson, Terry Cull, Bob Montague, Craig McLaughlin, Bill Davis and Paul Mercer.

Mercer also racked up two assists while singles went to McLaughlin, Don Rea, Darrel Westwood and Russ Hammer.

JUVENILE
Stu Malison with a triple goal game and Scott Dwyer with a single and a pair of assists paced the Junior Raiders to a close, well-played, 4-3 win over the Exchange House Sunday.

Gary Agnew, Berni Stoyles, Lewis Humphries and Claire Stuart each notched assists in the win.

Ted Phillips, Don Cumming and Bob Bryant each tallied once with Alan Reed assisting for the Exchange House.

Nelson's Crispy Crunchers, Midget 4 town, dropped Mister Steering 5-1 on single goals by Bill Kent, Jim Taggart, Jamie Hansen, Jeff Richardson and Curt Brownlee.

Scott Wilson led the assists column with a pair while Larry Davis, Alex Virag and Gary Johnston each notched a single.

Russ Hogan scored the single for Mister Steering with assists going to Jeff Lockwood and Peter Stapleton.

BANTAM
Stevenson's downed Georgetown Chrysler 3-2 in a well-played game Sunday.

Clint Girwood, Ernie Haller and Brad Tyndall each notched a single in the win while Phillips netted the other marker.

Elks Lodge romped to a 3-1 win over Robert Real Estate on two goals by Rob

Sonford and a single by Mike Roberts.
Sean McQuarrie scored the lone Robert marker.

Johnson and Carney Real Estate fought Halton Auto Wreckers to a 3-3 draw Sunday in a hard-hitting game.

Ron Girardi, Mike Taylor and Terry Mostaard each potted a single for JIC while Rick Jeffrey, Brad Bludd and Mario Spliteri hit the twine for the Auto Wreckers. Paul Lesley, Kevin Hughes and Brad Bludd also notched assists.

M. Kitts drew three goals and an equal number of assists Sunday to pace Kingsway Pools to an 8-7 win over Criterion Carpets.

Criterion's Bob Patterson however, almost held the swimmers single-handedly in five markers during the contest.

Jeff Parker added a pair of tallies to the Pool's scoreboard while singles came from Scott Brush, Mike Dine and Stacy Graham.

Adding assists to their point total were Kingsway players: Mike Dine (2), Jeff Parker (2), Scott Brush (2), Dave Bruton and Kevin Webster.

Paul Kirby and Gary Gillespie scored the other pair of markers for the carpets while Carman Lorusso (2), and Juergen Hack tallied assists.

Armbro Construction and MacPherson's Esso managed a 2-2 tie in what is described as a rough game. Jim Ferris and Tom Cull netted markers for Armbro while Ferris added an assist. Glen Peer also earned an assist.

Sam Bell and Bob Grasby each dented the twine for MacPherson's with help from Robert Hase and Pete Robinson.

ATOMS
Al Pilutti minor atoms trounced Preston in exhibition play Sunday 9-2.

Georgetown bombarded the opposition goaltender with 31 shots while only allowing 19 shots to be made on its own net.

The hard-checking game saw many players from both teams come off the ice injured, coach Brian James said.

Georgetown led 2-0 at the end of the first period on goals by Shawn Coffey and Brent Smith.

Despite Preston scoring 50 seconds into the second frame, Georgetown blasted four markers into the net to take a second period 6-1 lead. Brent Smith notched twice to earn a hat-trick while Mike O'Brien and David Montagne rounded out period scoring.

Preston added its second goal at the five minute mark of the third and five minutes later Georgetown responded with the first of a trio of goals by Wayne Morrow, Mike O'Brien and Mike Moore.

"We hardly made a mistake in the whole game," coach Brian James said, adding that "we skated and checked well."

Assists in the game were picked up by Brent Smith, Stephen Turner, (2), Shawn Coffey (2), Stephen Marcovini (2), Todd Cull and Danny King.

Georgetown Tops No Contact League

Georgetown is still flying along at the top of the standings in the No Body Contact league, undefeated after nine games.

Last Tuesday (Dec. 28) Georgetown defeated Hillsburgh Country Centre 10-4. Walter Arbuckle and Ed Eislinger each scored two goals, singles went to Walter mariani, Bill Bingham, John Packer, Howie Cornfoot, Brian Gunn and Bill Wells.

Georgetown escaped with a 6-3 win based on a solid game effort from the entire team. Special mention to George Koeslag who played a standout game in the net. Koeslag was especially brilliant in stopping two breakaways.

STANDINGS AS OF TUES. JAN. 4

Team	P	W	L	T	Pts.
Georgetown	9	8	0	1	17
Orangeville	9	4	4	1	9
Hillsburgh C.G.	6	3	3	0	6
Hillsburgh T.G.	5	2	3	0	4
Milton	7	0	7	0	0

Sunday (Jan. 2) Georgetown travelled to Grand Valley to play Hillsburgh for one of their toughest game this year.

On Monday Georgetown was home to Orangeville, and beat them 14-6. Scoring for Georgetown: Bill Wells with 4 goals, Ken Norman and Howie Cornfoot with 3 each, singles went to Walter Mariani, Larry Knight and Ernie Bodnar.

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