

**YOUNG'S**  
PHARMACY LTD.  
Open Weeknights  
Until 9:00 p.m.  
PHONE 877-2761

the HERALD  
**Sportswavek**

SECTION C, THE HERALD, Wednesday, May 2, 1984 - Page 1

SAME DAY SERVICE  
**TIDY CAR**  
TOTAL APPEARANCE CENTER  
71 MOUNTAINVIEW RD. N., GEORGETOWN  
FREE PICK-UP & DELIVERY  
877-6136

**Mayor to lead in fitness challenge**

Will you exercise for 15 minutes on May 16?

By GERRY TIMBERS  
Herald Sports Editor  
Mayor Russ Miller isn't taking this Participation Challenge thing sitting down. No, siree. He plans to be out walking May 16, doing his part for Halton Hills on "Challenge Day."

We have been officially challenged by Red Deer, Alta. Mayor R.J. McGhee, so we have to get up and get going. The rules of the competition are simple enough: the community that gets the greatest percentage of its population to participate in 15 minutes of continuous physical activity on May 16 wins.

Last year, 650,000 Canadians in 52 communities took on the challenge. To participate is easy enough. Just complete your 15 minutes of activity, and then phone it in on the special Neilson's Hotline, so town officials can record it. The number to call is 873-1691.

boosted at a recent press conference. That boast was in response to Red Deer Mayor McGhee's claim that his town is "the most healthy, active and vibrant community of our size in all of Canada."

Several community groups are pitching in to make the day a success in Halton Hills. The Georgetown YMCA will be registering for members of their

programs on the big day. The Georgetown Track Club will be holding a fun run, leaving the high school at 6:45 p.m.

If you would like to pick up a registration form for your group, whether it be a service club, a sports team or the people at the office, drop by the Parks and Recreation offices in Georgetown or Acton. The forms are also available in North Hal-

ton Sports, J-T Sports in Acton, and the local newspaper offices. Program supervisor

Eva Carney is looking for volunteers to help make the Participation Challenge a big success

in Halton Hills. If you would like to help out, call her at 877-5185, extension 261.

**GREAT CANADIAN PARTICIPATION CHALLENGE**

Wednesday, May 16, 1984

DON'T JUST THINK ABOUT IT - DO IT!  
REGISTER YOUR ACTIVITY  
873-1691

Mayor Russ Miller would rather fight than switch! The Mayor will lead Halton Hills into the Participation challenge May 16. He's going to walk for 15 minutes. What are you going to do? Call program boss Eva Carney (that's her behind the Mayor) if you want to help Halton Hills win the challenge. (Herald photo by Gerry Timbers)

**DePaoli wins junior race on weekend**

Louis DePaoli streaked to a first-place finish in the junior boys 110-meter hurdles at the Rowland Games in Toronto on Saturday.

The Georgetown District High School track and field Rebels were one of 30 high school teams at the games, held at St. Michael's Collegiate.

DePaoli's victory in the hurdles was the best Georgetown performance on the day. He also raced to a fourth-place finish in the junior boys 100-meter sprint.

Jody Barwell was second overall in the junior girls 80-meter hurdles, while Cathie Barton earned a second in the midget girls shot put.

Kriss Krafczek earned a fourth in the midget girls 80 meter hurdles.

Junior-aged Rich Stacey was an impressive fifth in the senior boys shot put competition.



Fred Howse presents Bernie Stoyles of Georgetown with his trophy for catching the largest speckled trout hauled ashore in these parts. Stoyles pulled his one-pound speckled beauty out of the creek at Stewarttown. (Herald photo)

**Season open for local anglers**

By GERRY TIMBERS  
Herald Sports Editor  
April showers bring two things; May flowers and fishing season.

Trout season officially opened on the weekend, bringing hundreds of anglers to the banks of the Credit River in Norval, Glen Williams and Terra Cotta.

Some had great success. Twenty-four-year-old Bernie Stoyles of Georgetown, hauled a one-pound speckled trout out of the Stewarttown creek and won the Fred's Live Bait and Tackle trophy for largest speckled trout caught over the opening weekend.

Most, however, were disappointed. The problem in many cases, according to Norval tackle shop owner Fred Howse, is that the would-be fisherman lack experience and know-how.

**WHERE AND WHEN**  
Eliminating a few common mistakes and using some common sense can result in the difference between hauling in your limit, and going home empty-handed, Howse maintains.

Knowing where and when to fish is a good place to start. The best place for trout is flowing

water, in the current leaving or entering a pool.

The best times to fish are early morning and early evening.

"Ninety per cent of the water has no fish in it," Howse says. "There has to be a reason for a fish to be somewhere."

You don't need a tackle box full of expensive equipment, Howse assures.

"When I went out opening morning, all I had were some split-shots, some hooks and worms," Howse said. He caught his seven speckled trout in a couple of hours.

Using a light line is the important thing, according to Howse. He recommends 2-6 pound test line. Fish can see heavy line, he says. Needless to say, steel leaders are out.

Garden worms are all the bait you need, on a small hook. If you prefer a lure, use a small Mepps or a Panther-Martin.

You don't need expensive equipment, either. Howse can outfit the average angler with a rod and reel for about \$30.

**DOS AND DON'TS**  
Once you have your gear, you're wise to learn stream etiquette.

There are certain dos and don'ts when it comes to patrolling a creek bank.

Never walk in the water, under any circumstances. If you do happen to step into the drink, head up stream.

Be very quiet. "Don't walk the shore like a bull elephant," Howse says.

Presenting the bait properly is important.

"You don't hit a fish in the head with your bait to get his attention," Howse says. "Toss it in upstream, and let it float down to him naturally."

Finally, don't let the fish see you. Keep well back from your target area. If you can see the trout, then the trout can probably see you.

Where to go? Well, according to Howse, there probably isn't a stream between Georgetown and Guelph that doesn't have trout running in it.

Heart Lake in Brampton, and Kelso near Milton are both well-stocked with trout. There is Campbellville pond and Burns pond, and the lake at Belfountain near the Forks of the Credit.

And, of course, the Credit River.

**Rebel track team runs away at high school relay meet**

The Georgetown District High School Rebel track team rolled up 213 points to win the 1984 Rebel Relays at Sheridan College in Oakville last Wednesday.

The host Rebels won both the girls (134 points) and the boys (79 points) to sweep the 19-school meet. The Georgetown girls easily out-distanced the field, finishing 55 points ahead of second-place Leger of Brampton. The GDHS boys, on the other hand, narrowly edged out the

second-place Leger boys by five team points.

The Rebels won three of 30 high school and elementary school events. They were best in the midget girls 4 x 800 meters, the midget boys 4 x 800 meters, and the midget girls 4 x 400 relay.

Amy Powers, Carolyn Grassy, Alison Irvine and Tammy Green ran away in the midget girls 4 x 800, finishing nearly a full minute in front of the second-place entry from Leger.

Yanne Letarrec, Terry Dixon, Jeff Amato and Darren Boudreau were best in the midget boys 4 x 800.

The third winning entry from GDHS included Shannon Snyder, Sandy Rahn, Carolyn Grassy and Alison Irvine, in the 4 x 400 event.

Three times Georgetown teams finished second in events that were won in record-setting times.

Nancy Mustard, Shawn Langdon, Angie Mackey and Linda

Wenham were second-best in the junior girls 4 x 800 relay, behind Leger.

Joe Wilkins, Louis DePaoli, Dan Weisz and Dan Gallagher finished second, seven seconds off the pace set by Leger in the junior boys 4 x 400 event.

Jenni Gallagher, Tara Burroughs, Shannon Snyder and Sandy Rahn also finished second in the midget girls 4 x 200 relay, less than a full second behind the winners from Nelson High School in Burlington.

**Exchange House win in ball hockey opener**

The Exchange House and the Stone Crushers flexed their early-season muscles in big opening-night wins, this week in Georgetown Ball Hockey League action.

Greg Lawr connected for a hat-trick to lead Exchange House to a 6-0 victory over the French Connections, while Gary Nix potted three goals for the Crushers in their 8-3 win over Dave's Service Center.

John Sellars, Mark Waters and Kevin Phillips all counted singles for Exchange House in their shutout win. Kevin Franks and Gary Lockwood both earned a pair of assists.

Clint Guest also connected for a hat-trick for the Stone Crushers, while Glen Baker and Mike Kitts fired singles.

Paul Allison, Steve Breen and Kevin Donalds retaliated for Dave's Service Center. In other games it was ReMax Realty over Pompeii Pizza, 3-2; Martin Structure over Dutch Exports, 4-3; and A.E. LePage battled Team Eight to a 3-3 draw.

Gerry Coffey, Brian Kennedy and Ken Gerisse scored consecutive goals as ReMax Realty overcame a 2-0 deficit to beat Pompeii Pizza. Dave Hill and Steve Gage had scored for the Pizza men.

Greg Robertson scored his third goal of the game midway through the final period to provide the winning margin for Martin Structure over Dutch Exports, while Paul

Rick Poot bagged a pair of goals for Dutch Exports, while Paul

**Awards given out**

The Georgetown Ladies Basketball League honored its top players at the season-ending banquet Saturday night.

Capricorn captain Irene McCauley was selected the league's most-valuable-player by her peers.

The team captains selected Jennifer Reynolds of the Mustangs as the most-improved-player in the league.

Dyxhorn added a single marker.

Al Hay scored twice to pace A.E. LePage to a 3-3 draw with Team Eight. Ron Faulkner added the third LePage marker.

John Hodgson, Scott Taggart and Frank Robertson replied for Team Eight.

**Local wrestlers at provincial Bantam championships**

**Robinson 2nd at Ontario meet**

Fourteen-year-old Brett Robinson of Georgetown wrestled to a second-place finish in the 51.3-kilogram weight division at the Ontario Bantam Wrestling Championships in

Toronto on the weekend. Robinson, a Grade 8 student at Stewarttown Senior Public School, lost only one match on the day. That was his opener, against Canadian champion Kim of

the Scarborough Olympic Wrestling Club. Kim went on to be named the tourney MVP.

Robinson rebounded from his opening loss to win three straight matches by pins, leav-

ing him third in his division. In his fifth match of the day, after almost six hours of competition, Robinson challenged second-place Terry O'Neil of Durham for the silver medal.

Robinson went on to out-point O'Neil, 9-3.

While Robinson was the lone Georgetown competitor at the bantam finals, there were several Acton-area wrestlers who did well.

Steve Sheppard, 12, a Grade 7 student at MacKenzie-Smith School, was third overall at 32 kilograms. Like Robinson, Sheppard also lost his first match, before rebounding for three

consecutive victories. MacKenzie-Smith teammate Jim Wheeler, 13, was third in the 40-kilogram competition. Wheeler came within a whisker of taking the gold in his division.

Wheeler battled his first opponent to a 9-9 draw, but lost the match on a tie-breaking technicality. He rebounded for three consecutive wins, all by pins, but that first setback cost him the gold.

Three other MacKenzie-Smith wrestlers, Julian Ashworth, Troy Foster, and Greg Wagner, came fourth in their respective divisions.

Foster missed out on a bronze medal by 30 seconds. He lost his final match, 4-3, when he gave up a point in the dying seconds.



BRETT ROBINSON



GREG WAGNER



JIM WHEELER



TROY FOSTER



JULIAN ASHWORTH



STEVE SHEPPARD

**PLAYING THE FIELD**

GERRY TIMBERS  
Herald Sports Editor

**Time off was the key for skater**

Sometimes, all it takes is a change of scenery.

No-one knows that better than Debra Dougal. Less than a year ago, Debra was ready to give up for good at the age of 16 on a sagging figure skating career. But as we head into another summer, Debra is coming off an absolutely brilliant season in which she accomplished all there was to do, and then some.

"I was in a big slump. I just wasn't accomplishing anything," Debra admits today. "I talked it over with my mom, and finally decided to take a break. I need time to get myself together."

That was in March, 1983. Debra didn't return to the ice for seven months, missing two complete seasons. But while her skills and conditioning had suffered during the lay-off, her mind was rested. Forgotten were three years of frustration, except for a tender ego that was gingerly nursed back to health by coach Nancy Dowding.

"I'm proud of myself. I feel I really deserve it. Skating is part of my life. I was wondering for a while if it was all worth it, but I guess I really knew inside that it was."



DEBRA DOUGAL

"I came back fresh. I'd gotten rid of all of my old habits," Debra explains. "I had been so depressed before, but I came back ready to go."

"Nancy helped me get through all the bad part of it. She kept my ego up, and wouldn't let me get down. She made me start to feel good about my skating."

Her confidence restored, Debra came on like gangbusters. She passed her senior silver freeskate and fifth figure, and received her gold freeskate. That's equivalent to passing two grades of school in the same year.

A gold freeskate is the highest level of achievement possible. It requires perfect execution of a strenuous 4 1/2-minute program, a demanding task for the most skilled skater.

Darren Kemp, a local boy fast becoming one of the better young skaters in the nation, has yet to acquire gold freeskate standing. That's not to put the knock on Darren. Rather, it's to point out the magnitude of Debra's achievement.

Debra simply sizzled in competitions. She won the junior ladies competition when the Georgetown Figure Skating Club hosted the zone inter-club finals in February.

She bested nine other skaters to win the senior ladies division at the Peel-Halton inter-club meet in Port Credit. She was second at the Western Section senior ladies competition.

"I'm proud of myself," Debra can finally say now. "I feel I really deserve it. Skating is part of my life. I was wondering for a while if it was all worth it, but I guess I really knew inside that it was."

Having learned her lesson, Debra now plans to take the summer off, before returning to the ice in September. She has a part-time job and a sun tan to worry about. Not skating, though.

"I'll be more sure of myself this time," Debra said. "I'll be going back knowing I can do it, if I just put my mind to it."