

Shipbuilders come away with win

Collingwood has Raiders' number

By DAN RALPH
Herald Sports Editor
Georgetown Chrysler Raiders did not start the New Year off on the right foot.

Playing their first game of 1985, Georgetown dropped a 5-3 decision to Collingwood Shipbuilders in an Ontario

Senior "A" Hockey League game played Friday at the Alcott Arena. Over 900 people watched the Raiders completely dominate the visitors in the first period, but Shipbuilders' goalie Rick Laferriere and Lady Luck held Georgetown to

one goal. The Raiders hit the goal post on three separate occasions in the first period, and could not convert their many scoring chances into goals. Probably one of the best scoring chances came with two minutes remaining in the period when Ron Twiss took a Dave Hill pass and beat Laferriere high on the glove side. But the puck hit the crossbar and went into the corner.

If that was not enough, assistant captain Tim Ampleford took a shot with five seconds left that beat Laferriere on the stick side, but once again the puck hit the post and stayed out. The Raider domination was reflected in the shots on goal as Laferriere handled 22 shots while his counterpart Dave Tataryn had nine.

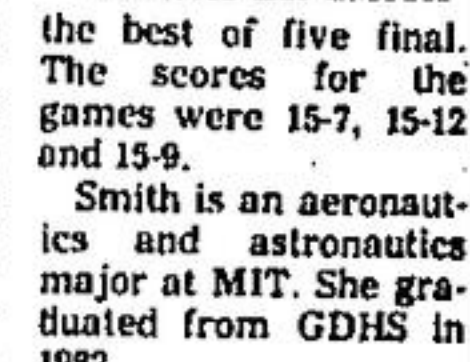
The missed chances came back to haunt the Raiders as in the second period Collingwood scored four times to put the game away. Georgetown did score a power play goal in the third period, but could not manage any more goals.

Raider coach-general manager Gil Eyre was not happy with his team's play. "We had 46 shots and only scored three goals. That's not enough," Ampleford, Russ Elliot and Gary McFadyen had the Raiders goals.

Friday's game was the first home game for Fred Bolmistruk, the former Toronto Maple Leaf. Bolmistruk was not spectacular, but

Eyre said that is the result of not being on skates for a while. "He was sluggish, but he'll be alright."

Eyre was not happy with the officiating in the game. He cited a call on Peter Sturgeon when the Raider defenceman apparently made a clean check on a Shipbuilder. But referee Bob Lawrence did not think so, and gave Sturgeon a tripping penalty. "The officiating stunk," he said. "It (call on Sturgeon) was a bad call."



JENNIFER SMITH
the best of five final. The scores for the games were 15-7, 15-12 and 15-9. Smith is an astronautics and astronautics major at MIT. She graduated from GDHS in 1982.

Raider news

Pro memories

Friday's game could have brought back memories of 1981 for two Raiders. John Gibson and Fred Bolmistruk played together on defence, and back in 1981 the two played defence for Toronto Maple Leafs of the National Hockey League.

Cutting down

It looks like the Raiders will have to reduce their roster by four players by Jan. 10. League rules stipulate teams must have 21 cords. Right now the Raiders are at 25.

CBC on hand

The Canadian Broadcasting Corporation was on hand Friday night, and it is conceivable the taping for the 15 minute feature on the Georgetown Raiders could begin as early as this week. The piece will be aired on the television news program The Journal.

No release

Defenceman Mike Braun did not play in Friday's game because he has yet to receive his release from Almont, an intermediate "A" team he played for last year. The six-foot three-inch, 215-pounder will likely sign once the release comes through.

No backup

The Raiders had a new blueliner playing Friday, Craig Frank from Boston University played in the Collingwood game.

All-star win

The all-stars defeated Cambridge 10-3 in the Senior "A" all-star game played Dec. 29 in Cambridge. Raider Paul Gallagher was voted the MVP of the game, but no scoring statistics were available. Raider general manager-coach Gil Eyre coached the team while executive member Jack Handy was the general manager for the game. The Raiders then beat Chatham 6-4 Dec. 30 there.

Penalties return to haunt Geminis in loss

By DAN RALPH
Herald Sports Editor
Penalties in the third period really came back to haunt Georgetown Geminis Saturday.



JULES RUSSIANI
said, "We completely dominated them for two periods."



BRIAN DEMONE
ing for their chance once we put the game out of hand."

The Georgetown team led Vaughn Raiders 7-4 heading into the final period of their Central Ontario Junior "B" Hockey League game, but six goals in the period, five of which came on the power play, gave the visitors a 10-7 win. The game was played at the Alcott Arena.

Gemini coach Jules Russiani, visibly upset after the contest, said mental mistakes were what cost his team the win. "We had good opportunities to score," he

ally the hometown squad completely dominated play, and were on top of Vaughn as the puck arrived. "Russiani said he could not blame referee Jon Fleming for his team's penalties. "We knew he was calling a tight game. That's why I told our guys to protect the lead and stay out of the penalty box."

"I could cope with this if we were teaching a new system because it usually takes time to develop. But I can't cope with the mental immaturity. "I become frustrated when we have a game in hand, but lose it due to the mental mistakes," he said.

Poppy's major Peewees record wins

Playing in Milton Jan. 2, Poppy's "AA" major peewees defeated their hosts 4-2 at Thompson Road Arena.

Wes McCauley counted for Georgetown at the 6:05 mark of the first period, Milton tied the game.

Jim English tipped in Rod Pasma's shot from the blue line to go ahead 2-1 early in the second period. At 5:09 Chad Bailey surprised the Milton goalie putting the puck home from around the corner of the net from Wes McCauley.

In the final frame Milton counted their second goal and with 43 seconds remaining on the clock, David Watts' pass to Rod Pasma became goal number four for Georgetown to cement a 4-2 victory. Hosting the blue and

gold Flamboro squad at Memorial Arena Jan. 3, fans were treated to a fast hockey game as the score see-sawed back and forth for the entire game.

Flamboro drew first blood. Rod Pasma's lead pass sent Andy Pearce up the ice for a slap-shot to tie the game. With 53 seconds remaining in the first stanza, working on a power play, Pearce flew in alone and fast hustling Richard Bond counted Georgetown's go-ahead marker picking up the rebound.

Bill MacDonald put Georgetown ahead 3-1 on a nice three way passing play from Pasma and Dale McNiven, the only goal to be notched in the second frame.

Georgetown Track Club

Running hints

The best thing about running aside from how good it makes you feel is how it makes you look. Even if your weight is on the upward trend or if you are holding an even keel, you almost certainly will lose weight in the first year of running.

Not only will you lose weight but you will also lose inches. The most important thing to understand about getting thin is the excellent accounting your body does when it comes to counting calories. The human body is totally unforgiving in this respect. If you consume more calories than you are burning up you will certainly gain weight. And not pretty weight - it is fat.

If we think of our body as being made up of three major components (muscle, bone and fat) we begin to understand how these three units work. Muscle is the major furnace in our system. Constantly using energy to perform work. The more work they do, the more fuel they consume.

Bone is active as well. It is constantly producing new blood cells to replenish the ones we lose or eat out. Bone requires energy to do this. Fat however requires no energy because it does not do anything. It just sits there and jiggles. It does attract oxygen when we exercise though. This makes exercising more difficult.

When we run, we are using the biggest set of muscles in the body. As we exercise, our legs (or quadriceps muscles) with time become better at burning the fuel we provide and also do us a favor by burning more fuel when we don't exercise. By setting our wheels in motion we can become very good at losing weight and the extra inches.

A 140-pound person burns approximately 100 calories by running a mile at an eight-minute pace. So a five-mile run will burn about 500 calories and only take a person about 40 minutes. Curiously the speed with which you run a mile only varies slightly the number of calories needed to perform the task. Weight, however is a greater determining factor. For instance, a 200-pound man running our eight-minute mile would use 136 calories. But as he loses weight his requirements of fuel would also depreciate.

It makes sense that athletes - world class or otherwise - should try to consume the "right" kinds of calories. Caroline Kroff, a nutritionist and triathlon coach says that ideally a runner's diet should compose 85 per cent carbohydrates, 20 per cent fat and 15 per cent protein. "Fat is the real problem," she says. The average Canadian makes up 40 per cent of their diet with fat. By reducing our fat intake we not only reduce our calorie intake, but also reduce some of the common running problems of diarrhea, indigestion and cramping.

RUNNING SHORTS

Next weekend we will be publishing the results of the Peterborough Snow-Fest half-marathon. We are allowed to enter 30 people in the Mega team event with the best 20 counting. If you are interested in coming, call a club member or contact The Herald for a contact person.

Why not join the Georgetown Running Club? It is only \$5 for students and \$7 for adults per year. One of life's little bargains.

NEXT WEEK - More on diet.

Georgetown wrestler invited to accompany team to Sweden



BILL MURPHY
called wrestling's version of the Golden Boy.

The 14-year-old Grade nine student at Georgetown District High School has won all of his matches so far this wrestling season. He has also walked away with the gold medal in all four of the GDHS team's wrestling tournaments this year.

Competing in the 38-kilogram class (84 pounds), the four-foot, 11-inch Murphy has found his first year of high school wrestling to be a year of learning. "I really didn't have that much knowledge," he said. "I knew a couple of moves, but people were doing things I hadn't even known about."

Murphy's success this year has not gone unnoticed. The youngster recently received a letter from Nat Brigante, who coaches the Thorold Wrestling Club asking if Murphy would be interested in accompanying the Thorold team on a wrestling tour of Sweden. The team will leave April 25, and return May 8.

Currently Murphy is looking for sponsors to help cut some of the costs of the trip, which will be anywhere from \$650 to \$800. All expenses will have to be paid for by Murphy and his family.

Only two minutes into the final period Flamboro's rushing defenceman Dodman had tied the game 3-3. At 10:40 Andy Pearce beat the gold and blue netminder with a wrist shot to the top corner to again go up 4-3. Jim English assisted on this goal.

BOWLING

THE GOLD MEDAL TRAIL. Georgetown's "Jewel" of bowling, Julie McCorry, is coming "alive in '85" and is going after her first gold medal as a senior YBC bowler. Having already won a gold at the Provincial and the National Championships as a junior, she is preparing to repeat in her first year as a senior.

The next three positions will be decided between Karol Doyle, Cindy Kavanagh, Teresa Maslach and Dee-Dee Haynes. For the first time in many years the girls team will be made up of bowlers with over a 200 average.

Senior "Jewel" McCorry preparing for the National Championships, again failed to reach her goal, a 300 triple, this time by 29 pins. McCorry rolled games of 246-277-346 for a 871 triple.

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