Shipbuilders come away with win

Collingwood has Raiders'number

By DAN RALPH Herald Sports Editor

game of 1985, George- period, but Shipbuildtown dropped a 5-3 deci- ers' sion to Collingwood Ship- Laferriere and Lady

Senior "A" Hockey League game played Georgetown Chrysler Friday at the Alcott Raiders did not start the Arena. Over 900 people New Year off on the right watched the Raiders completely dominate the Playing their first visitors in the first goalie Rick builders in an Ontario Luck held Georgetown to



Pro memories

Friday's game could have brought back memories of 1981 for two Ralders. John Gibson and Fred Boimistruk 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 cards. Right now the Raiders are at 25.

CBC on hand

The Canadian Broadcasting Corporation was on mand 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.

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

No backup

Georgetown still does not have a backup goalie for Dave Tataryn. However, one option the club could take is to have Tataryn play the remainder of the regular season games, and once the playoffs begin Georgetown could pick up a goalie from one of the two teams that will not make the playoffs.

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 avallable. 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



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 fou 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 ear 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 quadricep 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 colories 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 65 per cent carbohydrates, 20 per cent tat 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 then Sandra Weeks, no stranger results of the Peterborough Snow-Fest halfmarathon. 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.

The Raiders hit the 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

with five seconds left but could not manage that beat Laferriere on any more goals. the stick side, but once again the puck hit the manager Gil Eyre was Raider domination was reflected in the shots on goal as Laferriere handled 22 shots while

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

Tataryn had nine.

Ampleford took a shot goal in the third period, Raider coach-general

post and stayed out. The not happy with his team's play. "We had 46 shots and

only scored three goals. That's not enough." his counterpart Dave Ampleford, Russ Elliot and Gary McFadyen had the Ralder goals.

> Friday's game was the first home game for Fred Boimistruk, 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'll be alright." Eyre was not happy with the officiating in the game. He cited a call on

Peter Sturgeon when the Ralder defenceman apparently made a clean check on a Shipbuilder. But referee Bob Lawrence dld not think so, and gave Sturgeon a tripping penalty.

The officiating

call."

"He was sluggish, but

won 7-3.

stunk," he said. "It (call on Sturgeon) was a bad

Georgetown's tuck did not change any Sunday in Petrolia. Heading into the final period the Squires held a 4-3 lead, but when all was sald and done, the home team

Russ Elliot had two goals while McFadyen had the other. The Raiders are on the road this weekend, playing in Petrolia Friday and in Flamboro Saturday

GDHS grad NCAA finalist

Georgetown almost had a National Collegiate Athletic Association (NCAA) volleyball winner recently:

Georgetown District High School graduate Jennifer Smith of 35 Chelvin Dr. was a member of the Massachusetts Institute of Technology (MIT) women's volleyball team that recently finished second in the NCAA Division III championships held in Elmhurst, Illinois. The Engineers were defeated by University of California-San Diego 3-0 in



JENNIFER SMITH the best of five final. The scores for the games were 15-7, 15-12

and 15-9. Smith is an aeronautics and astronautics major at MIT. She graduated from GDHS in 1982.

By DAN RALPH

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

ed at the Alcott Arena. Gemini coach Jules Russiani, visibly upset after the contest, said mental mistakes were what cost his team the

"We had good opportunities to score," he

Playing in Milton Jan.

2, Poppy's "AA" major

pecwees defeated their

hosts 4-2 at Thompson

Wes McCauley count-

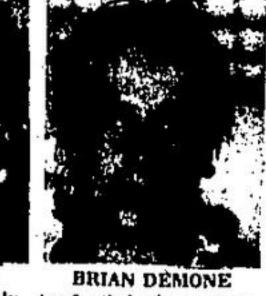
ed for Georgetown at the

6:05 mark of the first

period, Milton tled the

Road Arean.





The Geminis were could have netted a few more goals had they received a break or two. away rather than wait- In the first period especi-

four for Georgetown to

Hosting the blue and

Bill Murphy could be

called wrestling's versi-

The 14-year-old Grade

nine student at George-

town 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

Competing in the 38-

kilogram class (84

pounds), the four-foot,

11-inch Murphy has

high school wrestling to

"I really didn't have

be a year of learning.

that much knowledge,"

he said. "I knew a couple

of moves, but people

were doing things I

hadn't even known

Murphy's success this-

year has not gone un-

noticed. The youngster

found his first year of ly.

this year.

about."

on of the Golden Boy.

cement a 4-2 victory.

completely dominated play, and were on top of Vaughn as the puck arrived.

Russiani sald 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.

Rlv Kennedy had two goals for the Geminis as dld Terry West, Joe O'Toole, Dean Hooper and Wayne Morrow had singles, Brian Demone played a fine game, assisting on three goals

as did John Hodgson. Earlier in the week, the Geminis dropped a close 4-2 decision to Barrie in Barrie Thurs-

The home team struck for three first period goals, then held on for the win. Kent Falby had both goals for Georgetown, whose record now stands at eight wins, 20 losses and three ties.

The Geminis are in action Tuesday when they travel to Streets-

up the ice for a slap-

shot to tie the game.

With 53 seconds remain-

ing in the first stanza.

working on a power play,

Pearce flew in alone and

in Nobleton.

The Geminis will likely have a new goaltender for their game in Streetsville. Coach Jules Russiani said Tuesday he had hoped to sign former Waterloo Siskin Scott McDougal for last

Russiani was asked to help select players for a midget team the City of Guelph was sending to Czechoslovakia and Mc-Dougal was the team's goaltender. The Guelph goaltender also played Junior B Tier II hockey night's game. McDougal in Guelph and was draftis no stranger to Russia- ed by the Platers once ni, who knew of the goal- the team became a Junitender when he was a or A franchise.

Liftech atoms score pair of ties

Liftech atom A's played two exciting games

ing in 3-3 ties.

last week with both end-The team was in Orangeville Thursday

night and got goals from Jell Wright and Ryan Kurnell. The other scorer was not available. Assists went to Stephen Leoni and Jeff Wright. . Hosting Burlington Sunday the team played its best and most exciting game of the season.

Superb team effort paid off as Georgetown came from a 3-0 deficit in the final period. Tim Diardichuk, Jeff Pettigrew and Leoni had the goals. Wright had two assists while Rooster Pearce. and Sean Curry had singles. Steve Smith and Kevin McMurray shared goaltending chores.

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Penalties return to haunt Geminis in loss ville. Sunday the team is midget in Guelph. ally the hometown squad

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 play-



dominated them for two

periods. "But this team is very young. With their lack of experience, If something happens to them that they don't like, they want to do something right

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

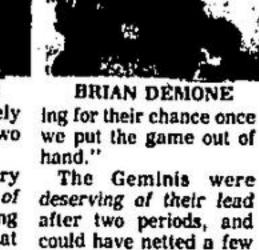
Bailey surprised the

Milton goalle putting the

puck home from around

the corner of the net

from Wes McCauley.



Poppy's major Peewees record wins

In the final frame gold Flamboro squad at Milton counted their Memorial Arena Jan. 3. second goal and with 43fans were treated to a seconds remaining on fast hockey game as the the clock, David Watts' score see-sawed back pass to Rod Pasma and forth for the entire became goal number

> Flamboro drew first blood. Rod Pasma's lead

er from Nat Brigante.

who coaches the Thorold

Wrestling Club asking if

Murphy would be

sinterested in accompa-

nying the Thorold team

on a wrestling tour of

Sweden. The team will

leave April 25, and

by Murphy and his fami-

return May 8.

fast hustling Richard game. Bond counted Georgetown's go-ahead marker picking up the rebound. pass seht Andy Pearce Georgetown wrestler invited Bill MacDonald put Georgetown ahead 3-1 on a nice three way passing play from Pasma and

to accompany team to Sweden bale McNiven, the only goal to be notched in the second frame.

> Currently Murphy is 4-3. Jim English assisted looking for sponsors to on this goal. 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

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

A flying Wes McCauley broke in alone on a long lead pass from Mark Mininch for the fifth goal on a great short

Rep hockey handed effort. Flamboro

again came back within 20 seconds for a 5-4 game. Dodman tied the game at the 4:31 mark and put away the game winner for Flamboro

with two minutes left on the clock for a 6-5 victory. The match was a hard played game despite 20 penalty minutes assessed to Georgetown and 16 penalty minutes to Flamboro.

- Travelling to Dundas Jan. 6, Poppy's "AA" major peewees took a 7-3 beating from the hosting team. Georgetown goals were counted by Richard Bond, Rod Pasma and Dale McNiven with assists earned by Wes McCauley with two, Bill MacDonald and Andy Pearce.

THIS YEAR?

STARTING SUN, JAN, 13 MCKENZIE SMITH GYM

recently received a lett-

BILL MURPHY

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 Champilonships as a funior, she is preparing to repeat in her first year as a senior. With the qualifying house rounds under way since the middle of December, Julie has the honor of being the singles "rep" and her average to date is 261. Her sister, Kelly McCorry, has top-1867, a 233 average, followed closely by Jane Hicks with 1798. The next three positions will be decided between Karen Doyle, Cindy Kavanagh, Teresa Masiach 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. The qualifiers in the senior boys' division have been narrowed down to David Hicks, Marc Bassett, Brinley Hole, Brent Osalchuk, Mark Miller and Charlle Weatherall, Jim Carpenter has clinched the spot as Georgetown's senior boys'
"rep". With the Canadian finals
being in Vancouver this year, all

bowlers are battling hard for the free trips.

The junior division is led by Chris Somers with 1874 followed by Brian Bell 1718 and Barry McLean 1657. The other three team positions are still open between Ian Vint, Ian Wilkes. Alan Larocque and David Ridley, Chris Somers, who as a bantam won Provincial gold and a National silver after losing a tle-breaker gold medal after three days of competition again-at all provinces, is determined as a junior to win all after having increased his bowling then. Sandra Weeks, no stranger to singles competition, has again so qualified and now bowling at a 20 pin higher average clip has an excellent chance to go alt the way. The leading team qualifiers are Kelly Batley, Teri Korzack, Tracy Ball, Tracy Weeks, Leanne Burt and Sherilu Topping, with Theresa Pearce and Judy Alton an outside chance.

The benism division will not be decided till the end of the

Pin Bowling Championships start this coming Salurday ofternoon, Jan. 12. This event is live coming from Winnipeg at 3 p.m. and will be seen on the CBC T.V. Network, the "Sport-Weekend' program. This will continue for five consecutive weeks with the first week being Southern Ontario vs Alberta. The Ontario Champions are Danny Betts (St. Catharines) and loy Kall (Scarborough) while Ken Norris (Calgary) and Greg Gigliuk (Red Deer) will represent Alberta.

The \$28,000 Carling-O'Keefe 5-

Bowling

COMING EVENTS: The zone ships will be held at Georgelown Bowl on Sunday, Jan. 13 at 11:30 a.m. There will be a lotal of 11 local doubles teams par-ticipating in this event to decide Winners for the provincials in Orillia...The League Executive Provincials is at London, Ont. on Saturday Jon. 12. Taking part in the finals and the Seagram's sponsored feativities are three local Georgetown bowlers. In the Presidents' Division is Christine Somers of the D.R.G. League. Competing in the Secretaries section is Shirtey Chaplin of the Friday Nite Social League. The Treasurers Division will have Marion Corney of the Wednesday Mixed League also trying to win a spot for the National Championships n Vancouver. The winners in each section of this event will also be awarded free holiday trips for two to Florida...The Master Bowlers Mid-Winter Blues Regional Finals will be held at Georgetown Bowl on

YOUTH BOWLING Senior 'Jewel' McCorry prepping for the National Championships, again falled to reach her goal, a 900 triple, this time by 29 plns. McCorry rolled games of 248-277-346 for a 871 triple. SENIORS: Julie McCorry 871 (346), Jane Hicks 750 (304), Teresa Maslach 645 (244), Cindy Kavanagh 613 (232), Charlie Weatherall 639 (224), Mark Miller 630 (231), Brent Osatchuk 619 (229), Marc Bassett 612 (217), David Hicks 805 (206). JUNIORS: Chris Somers 708

Sunday, Jun. 20 al 9:30 a.m.

Vint 681 (245), Jan Wilkes 604 (250), Teri Korzack 631 (294), Leanne Burt 617 (223), Tracy Ball 806 (228), Sandra Weeks 604 (256), Tracy Wreks 600 (227). BANTAMS: Lorne Hayes 536

(200), Scott Hobbs 440 (161), Alastair Kermack 430 (148). Blake Smith 407 (149), Robt. Harrison 407 (154), Laura Doyle 475 (203), Nicole Ferguson 415 (1501, Christine Lane 414 (164), PEEWEES: Ryan Martin 378 134), Darrell Donald 330 (123), Steven Jackson 283 (118), Geoffrey Beauparlant 280 (104). Tanyo Martin 341 (126), Sharon Kearsey 296 (122), Kerry Wright 274 (109).

Golden Agers

GOLDEN AGE BOWLING RESULTS JAN. 4 HIGH SINGLE FLAT: Anne Nicholson 223, Gretta Bos 221, George Burt 225, Jim Wilson 225, Len Bunton 223. HIGH SINGLE WITH HAN-DICAP: Jane LeFeuvre 271, Vina Shannon 261, Jim Wilson 266, Len Bunton 261. HIGH TRIPLE FLAT: Anne Nicholson 624, Greits Bos 595, Jim Wilson 592, George Burt 578. HIGH TRIPLE WITH HAN-DICAP: Gretia Bos 724, Jane LeFeuvre 505, Jim Wilson 715,

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