

Novices win

The North Halton Sports Major Novice "AA" team visited Orangeville on Sunday and skated to a 6-2 win.

The game was close for a period and a half, but five straight goals by Georgetown in the last half of the game decided the issue for the North Halton squad. Blaine McCauley led the offence with two goals and one assist. Single goals were scored by David Bouskill, Mark Aldridge, Dolug Sheppard and Jamie Stephenson. Stephen Onoprienko played a strong game and was awarded two assists. Stephenson and Sheppard earned the other North Halton assists.

Cross country skiing

By JOHN PEAKER
Herald Columnist

A number of years ago when I was participating in a masters cross-country ski championship, I came to realize that it is best to wax your own way and not to follow the leader.

As the competitors gathered in the waxing area, most of the conversation, naturally, concerned the wax of the day. Some of the competitors had tried green wax in the -5 degree fahrenheit temperature and said that it worked perfectly. Others said that hard blue wax was equally as good. Still others were using mysterious wax combinations while making the whole process look like a "Hollywood" production number. A number of skiers were melting in 6" of grip wax under the foot area while others were putting on 18" of grip wax.

In one corner of the room a quiet bearded, and reserved man was seen dotting the "kick" area of his skis with red wax. Red wax in -5 degree fahrenheit temperatures: "You've got to be kidding?" I said to myself. Several competitors, knowing who this man was kept their thoughts to themselves. Others, not knowing his identity almost laughed at the sight of this man placing tiny globes of red wax on his skis.

The man they laughed at won the race for his age category. Incidentally he just happened to be a "legend" in Canadian cross-country skiing circles. Red wax for -5 degree fahrenheit temperatures? Absurd? I guess not, for it sure worked for him, didn't it? And who can knock success? Certainly not the losers.

"The legend" probably broke all the rules of ski waxing, which would cause the wax manufacturers to throw up their hands in disbelief and frustration.

Always remember, that nobody is completely right and nobody is completely wrong when it comes to waxing. Each individual must experiment and use and reuse what works best for him.

There are some common sense rules to follow though, that offer a logical reason why you should use certain waxes for specific snow conditions. Getting back to "The Legend", nobody knew what he had used as a base wax. Obviously though, he had still followed the basics to a point and had simply improvised on them. His skis gripped the snow at the point of his "kick" contact with the snow. The end result is what counts.

Let's take a brief look at why and how certain hard and soft waxes work under various snow conditions. Basically, the shape of the snow crystals dictates the type of wax to be used. For example, a freshly fallen cold powder snow crystal has long spikes reaching out from its centre. The "spikes", which are sharp, jab into the wax on the base of the ski. Because they are so sharp, a hard wax is all that is needed for grip.

As the new snow crystals warm up and melt, the sharp spikes become dull and slanted; therefore, you need stickier or softer wax to grip these shorter spikes.

When the snow becomes old in the form of soft slush, ice or crust, it is no longer in crystal form. The spikes disappear leaving the round centres. Now, you need extremely sticky waxes or klisters to grip these remaining centres.

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Volleyball teams end year undefeated

Comeback earns Rebels top spot

The Georgetown District High School junior girls volleyball team went about capturing top spot in the East Division the hard way.

Georgetown defeated also previously unbeaten Milton 2-1 (15-13, 8-15, 15-12) Monday to cap an undefeated 8-0

season and take first place. However, the Rebels were down 8-0 in the deciding game before rallying for the win.

Georgetown coach Shirley White said when her team appeared destined to lose the deciding contest she began

looking at the good points of a 7-1 season.

"I was thinking second was pretty good," she said. "But when we went ahead 11-10 my whole feeling changed. I told the girls the momentum had changed and it did."

Prior to the Georgetown comeback in Game Three, it was Milton who staged the daring comebacks in the two prior contests. The Rebels won the first game 15-13, but had leads of 10-5, 12-7 and 14-10 but each time the Mustangs came back to make the score close. At 14-10 the Rebels were hard pressed as Milton crept back to 14-13 before Georgetown got the winning point.

In the second match the Rebels led 7-2 before Milton came back to take an 11-7 advantage en route to the 15-8 win. "In the second game I think their

offence really got working and it psyched us out a bit," White said.

Last week the Rebels defeated E.C. Drury 3-0 (15-7, 15-7, 15-1) and Acton 3-0 (15-2, 15-0, 15-5).

The Rebels won't have long to relish the Monday win. Tuesday they hosted the first round of league playoffs. The opponent wasn't known.

Earlier in the day the seniors also capped an undefeated season by defeating Milton 2-1 (15-7, 15-9, 9-15). The win gave the Rebels an 8-0 record, but coach Grant Clatworthy was less than pleased with his club's play on the year.

"We haven't been pushed this year," he said. "We've got a little bit of work to do on our intensity. We've got to want to beat teams 15-0 just to prove we can beat them."

"It's always nice to win, but we weren't challenged. To go 8-0 with the time we've put in is a crime. We haven't put that much time into it," Clatworthy said.

Monday the Rebels were without the services of setter Chris Harris, who had injured her finger in physical education class prior to the contest.

The Rebels chalked up two wins last week, defeating E.C. Drury 2-1 (15-8, 12-15, 15-2) and Acton 2-0 (15-8, 15-9). Tuesday, like the seniors the senior squad played in the first round of league playoffs, hosting Assumption at the Georgetown gym.

"I'm going to talk with the kids about their intensity and approach for the playoffs," Clatworthy said. "So far we've only gone out to win."

Redmen fare well in track

Acton High School track athletes had some fine performances on the weekend at the George Harvey meet held at York University.

Darryl Bartlett was first in the junior boys 60-metre hurdles in 8.75 seconds and was fourth in the junior boys long jump with a jump of 5.85 metres. Susan Craig was second in the junior girls 60-metre hurdles in 8.70 seconds and was third in the open girls long jump with an effort of 4.34 metres. Melissa Corson won the midgeet girls shot put event with a throw of 8.95 metres.

As well Bartlett ran in the junior boys 60-metre sprint and finished in a time of 7.35 seconds. Sabrina Papp ran in the junior girls 60-metre event in a time of 9.91 seconds. Angela Dunn competed in the midgeet girls 60-metre sprint in a time of 8.88 seconds and had a jump of 3.85 metres in the midgeet girls long jump. Acton track athletes will take part in the Central Tech meet Friday at York University.

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FIGHTING BACK-Georgetown District High School wrestler Martin Salt (on bottom) valiantly fights to gain the upper hand against E.C. Drury's Kevin Bates in the 149-pound bout. Bates won the match with a pin and was second overall in his class at Wednesday's Halton Wrestling Championships held at the Georgetown gym. Salt finished fifth overall in the class, just missing out on qualifying for the Peel-Halton meet. (Herald photo)

Rebel swimmers set records at Peel-Haltons

Like at the Halton meet a week before, Georgetown District High School swimmers continued to set records last week at the Peel-Halton event. However, the team titles again were just beyond the Rebels' grasp.

In all, Rebel swimmers set five new Peel-Halton marks as Karen Pepper (senior girls 100-metre backstroke), Pete Bray (junior boys 100-metre freestyle and 50-metre backstroke), Jason Dodokin (junior boys 50-metre butterfly) and the junior boys 200-metre

medley relay team of Dodokin, Bray, Kirk Serjantson and John Newcombe had new standards written into the record book. As well Carber Goodlet had first place

DRG squad tied in playoff

A pair of goals in overtime with just 2:29 remaining spelled defeat for the DRG Stationery juveniles Sunday night.

Streetsville emerged victorious 7-6 Sunday the result of the overtime tallies and knotted their best-of-seven Ontario Minor Hockey Association (OMHA) playoff set at one game apiece. Thursday night the Georgetown squad netted a 9-3 win in the series opener played at the Alcott Arena.

Sunday the DRG squad held leads of 3-0, 4-1, and 5-2 before the home team scored three times to tie the contest 5-5 and force the 10-minute overtime period. Georgetown scored first just 57 seconds into overtime, but at the 2:29 mark the home side scored the tying goal shortly after, then added the winner at the 1:37 mark for the game.

Marc Butcher had two goals for the locals, including the one scored in overtime. Singles went to Scott Farley, Paul Basha, Mark Webster and Hank Hamilton.

Thursday at home the DRG squad scored five times in the third period to break open a close 4-3 contest. Midgeet player Brian Doherty had a big night with four goals while singles went to Ray DeSouza, Steve Turner, Brian Stone, Scott Taggart and John Catling.

The third game in the series will be played Friday night in Streetsville, however it will be done so without both coaches. Georgetown's Howard Murphy and Streetsville's Steve McLellan will both serve a one game suspension the result of their teams accumulating too many penalty minutes in Sunday's game. Georgetown had 45 minutes in penalties while Streetsville had 49 minutes.

The fourth game of the series will be played Thursday Feb. 21 in Georgetown at the Alcott Arena starting at 8:45 p.m. Gave Five returns to Streetsville Mar. 1 while the sixth contest is scheduled for the Alcott Arena Thursday March 6. If needed the seventh and deciding game in the series will be played Mar. 9 in Streetsville.

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Royals out to early lead

By JAMES ROBILLARD

The Hillsburgh Royals jumped into a 1-0 lead in their best of five Ontario Hockey Association Intermediate "C" Central Division playoffs with Harrison after downing the Blues 6-5 Sunday on the road.

Doug Pembleton's second goal of the game lifted Hillsburgh to the win after he knocked in Paul Fraser's rebound with 11:27 remaining in regulation time. But the play of the game may have been Brad Miller's pair of saves with just six seconds remaining to preserve the Royals victory. Miller stopped Harrison's Jeff Bender on a breakaway and then the rebound try by Dave Strachan before covering the puck. The two saves were just some of Miller's outstanding work in the nets as he made 40 stops.

Hillsburgh trailed by a 3-1 score after the opening period but bounced back to tie the score at four-all before the second stanza ended. Paul Fraser had a goal and two assists to help pace the Royals attack while Glenn Murray, Karl Meyer and Dale Braiden added one each to round out the scoring. Murray Williams with two, Bill Williams, Bernie Haines and Bill Berfelz with singles replied for Harrison.

Hillsburgh's next game in the series is Wednesday night (tonight) at the community centre with face-off time being 9 p.m. Why not come out and give the club some support.

ROYALTIES-The third game in the series is scheduled for Harrison Friday at 8:30 p.m., the fourth and fifth games if necessary will be Sat. Feb. 22 in Hillsburgh at 7:30 p.m. and Sunday Feb. 23 in Harrison at 2 p.m. The Royals will be without centre Andy Broadbent for at least four games due to suspension and right winger Dale Braiden for two weeks after he injured his shoulder Sunday. Other series New Hamburg vs Elora in a best of seven, and Tavistock vs Exeter in a best of five. Hillsburgh dropped their final regular season game to Harrison last Wednesday night by an 11-3 count. The Royals were very short on players finishing the game with only eight skaters. Paul Fraser scored two goals and John Barnes one in the losing effort.

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Redmen playoff bound

By virtue of the Georgetown District High School senior girls volleyball win over Milton Monday, Acton Redmen senior girls team qualified for the league playoffs.

Had Milton upset the undefeated Rebels Monday, Acton would have finished in fifth spot and out of the playoff scene as only the top four in each division go on. However, with the Rebels winning it was Milton who finished in fifth and out of the playoffs.

However, the playoff picture doesn't get any easier for the Redmen, who finished the year at 4-4. Tuesday Acton travelled to Burlington to take on the top club in the West in Burlington Central.

Also the Redmen are riding a three-game losing streak as last week Acton dropped three games (two close ones) in the final week of the regular season. Last Monday the Redmen dropped a 2-1 decision to Oakville-Trafalgar (10-15, 15-11, 13-15). The following day the Redmen again went to three games before losing out to T.A. Blacklock 2-1 (13-15, 15-11, 8-15). Finally Friday at Georgetown the Redmen dropped yet another 2-1 contest, but their lone win came in the final game of the three-game set (8-15, 9-15, 15-8).

Redmen coach Bruce Andrews said if his club plays as well as it did in the Oakville-Trafalgar contest Acton will be competitive in its first match.

"I think the team's play has improved during the season, except maybe for the Georgetown game where the players didn't seem to come together," Andrews said. "Last week we did play two good matches and if we can play as well as we did against Oakville-Trafalgar we should be in the game."

As for the junior club, the Redmen team encountered some bad luck in its playoff search. Acton finished in a tie for fifth (final spot), but had to settle for sixth after the tie-breaking formula was applied.



Runner's notebook

Dietary deficiencies aren't a problem isolated to people who live in third world countries. It's very much in evidence in amateur and pro athletes as well as people concerned with their fitness and weight.

At the '84 USA marathon Olympic trials the first and second men's finishers both were suffering from deficiencies. Winner Peter Pflitzinger had a protein deficiency and Alberto Salazar displayed iron deficiency anaemia. Four major dietary deficiencies have recently been recognized among athletes.

IRON

Red blood cells need iron to bind oxygen and carry it to the body's cells. A diet of iron-poor foods or excessive blood loss can cause this. Runners can become so weight conscious that this is bound to result. Fruits, vegetables, salads, yogurt and cottage cheese are certainly low in calories but also in iron. Combine this diet with heavy exercise and anaemia will be sure to follow. To combat this problem, eat enriched breakfast cereals, bread, pasta or noodles. If you eat "all natural" grains remember these aren't fortified and contain little iron. Also try to drink a glass of orange juice with the morning cereal. Vitamin C will more than double your intake of iron contained in the cereal.

CALCIUM

Most people need 800 to 1200 mg of calcium daily to maintain bone strength. Osteoporosis (thinning of bones) is most prevalent in females and is further enhanced by a calcium-poor diet. To ensure good calcium intake without compromising your diet, use low-fat milk in cereal each morning. With salads prepare dressing using low-fat yogurt instead of mayonnaise to get your calcium. By adding powdered milk to mashed potatoes or casseroles you will help even more.

CARBOHYDRATES

Most people consume only 30 per cent of their food energy from carbohydrates instead of the 60 per cent they should be. This means the rest is fat and protein. To change this proportion around, lay off the eggs, bacon and butter and have that cereal in the morning. Have a thick bread sandwich at lunch instead of a burger and fries. At supper, steam and broil instead of fry. Your exercising will appreciate it.

BREAKFAST

It has been shown most people who skip breakfast tend to break down with a donut at mid-morning or a plate of chocolate chip cookies before bed. This diet in the morning and binge at night is a common problem which ultimately only increases your daily fat intake. So have a good breakfast and eat the things you should.

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