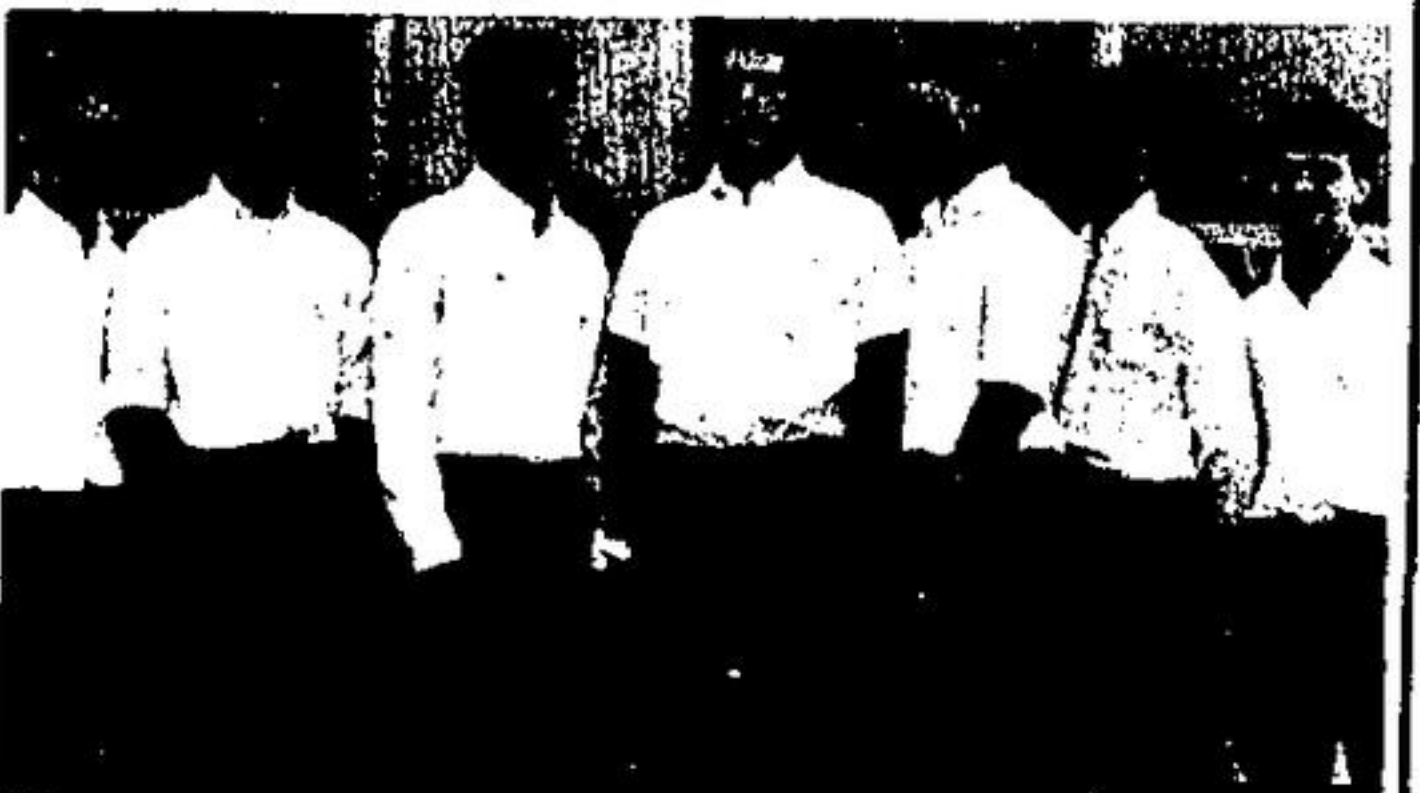


### Bishop's top athletes



Girls' athletic award nominees at Bishop Reding School include (front, left to right) Joanna Miller, most sportsmanlike; C.J. de Ryk, Bishop Reding athletic award; Michelle Durante, athlete of the year. In the back are Anna Petrilli, Bishop Reding athletic award; Beatrice

Bauer, athlete of the year and most sportsmanlike; Marie Sweeney, Bishop Reding award; Christine Graham, most sportsmanlike. Absent was Nicole Remedios, athlete of the year. Awards will be doled out at the school's June 3 athletic banquet in Milton. (Herald photo)



Male sports nominees at Bishop Reding for 1988 are (front, left to right) Chris Check, athlete of the year and most sportsmanlike; Daniel O'Hara, athlete of the year; Dan Fratink, most sportsmanlike; Steve Kokelj, athlete of the year; Tim McDonald, most sportsmanlike player; Jay Kerslake, athletic award; Eric Mattison, athletic award. (Herald photo)

## Heat wilts Rebels

GDHS junior and senior girls' soccer teams bowed out of the 1988 season on Monday but they did it in contrasting styles.

The seniors gave Lester Pearson everything they could handle before hearing the final whistle on the short end of a 2-1 score while the juniors were victimized by heat and a potent Queen Elizabeth Park offense in a 5-1 loss.

"The girls never gave up until the final whistle," coach Sheena Kewley said of the senior side. "The juniors suffered from the heat," she added.

Lisa Mason scored for the seniors who ended the season in fifth position to Lester Pearson's fourth. Mason's goal capped off a fine passing play that saw the Rebels move

the ball upfield smartly before Mason deposited it behind the Pearson goal.

Kewley reserved high praise for Mason. "She's played soccer here for three years and this year was her best season," said Kewley. "She's really a competitor and a good team player."

Kewley combated the heat and kept her charges cool by changing players every 10 minutes and ensuring they took frequent water breaks. The Junior Rebels had less luck in the hot weather and it played a large part in their 5-1 loss to QEP.

Melanie Remes scored the lone Rebel goal on a penalty kick in a game which saw one GDHS player go down with heat exhaustion.

## Olympic trials in July

# Cleary's road to Seoul starts here

Georgetown is a long way from Seoul but 26-year-old Dermot Cleary is hoping the hills of Halton will help carry him to the Korean city in time for the 1988 Summer Olympic Games.

Cleary is bidding for a spot on the Canadian Olympic Cycling Team and according to the local racer Halton Hills is considered one of the premier sites in the nation for bike training.

However, Cleary managed to focus on the positive aspects of the race. "There were a lot of Olympic and national calibre racers at Trex-

ed about his one-kilometre success in Winnipeg. While Cleary cut time from his performance on the slower track some noteworthy counterparts had difficulties.

"Curt Harnett, who won a silver medal for Canada in 1984, won in Trexler town with a 1:07 and he rode a 1:06 in Winnipeg," said Cleary.

Meanwhile, plane connection hassles in Ohio bogged up Cleary's 4000-metre pursuit race in Winnipeg. "It was a washout," he said.

Cleary says such contrasting performances within a competition are commonplace in pursuit track cycling. "My riding this year has been up and down," he said. "There are various setbacks that are part of the sport."

Looking to a summer schedule of racing and heavy training Cleary hopes to develop consistency and improve his speed before the Olympic trials. Having started out as a roadracer, Cleary has established a solid endurance base. He said his current training is designed to increase his speed.

"Intensity is the name of the game now," he said. Speed work for Cleary currently consists of two-day workouts 5 times a week, the longest session stretching to about three hours.

That type of rigid training regimen requires a fulltime commitment from Cleary, especially with the Olympics as a goal. He is currently sponsored on the North American racing circuit by Furolator Courier. One of the expenses they may be helping the Georgetown athlete to cover is his penchant for fig newtons.

"They're a great training food," said Cleary, who will often eat an entire "saddle meal" while on an extended training ride. Cleary relies primarily on fruits, a cola and water fluid mix and, of course, fig newtons to sustain him on his endurance rides.

Cleary says it's not uncommon for a cyclist to consume upwards of 6000

calories a day and still lose weight. He said constant hydration and caloric replacement must be undertaken about one hour into a long ride.

As important as his diet is the supplementary training Cleary pursues as part of his overall cycling game plan. Weight training, particularly heavy squats, figure heavily in Cleary's bikeless workouts, as does cross-country skiing during the winter months.

As ideal as Halton Hills may be for cycling Cleary finds training alone to be "a bit of a compromise." He's pleased to see cycling becoming increasingly more popular in Canada and he would like to see the formation of a cycling club in Georgetown in the near future. "Cycling is a lifetime sport," says Cleary.

Meanwhile, the would-be Olympian is keeping his goal firmly in mind. "I'm taking one step at a time," he said. Cleary is hoping that each of those steps will lead him that much closer to Seoul.



Georgetown's Dermot Cleary hopes to pedal his way onto the Canadian Olympic Cycling Team in time for the 1988 Summer Games in Korea. National trials take place in Montreal in July. (Herald photo)

lertown," he said. "It was the first track meet for me against that calibre of riders. It was a good experience."

In a sport where half-second improvements are major accomplishments, Cleary was enthus-

### Tennis loss

The Gordon Alcott Ladies "C" Inter County tennis team did not fare well against Sheridan team on Wednesday. Oulda Graville and Margot Prior had scores of 4-6, 4-6. Deb Koster and Norma Maynard lost in three sets 3-6, 6-2, 6-7. Barb Rieger and Trudy Roy went three sets 6-0, 6-7, 1-6. Our only win came from Sandy Morrow and Daiga Zelek who won handily 6-1, 6-2.

The Ladies "A" Inter County team did well against York Old Mill getting three points. Doreen Thomson and Pat Harris won with 6-1, 6-2. Ann Kennedy and Pauline Kent also won with 6-1, 6-2. Kay King and Audrey Houston in a tie breaker won 6-4, 7-6. Isla Allison and Brenda Smettt had scores of 6-1, 3-6, 3-6.

The Remington sponsored Father and Son, Mother and Daughter tennis event will be June 18 and 19. Those interested please register in clubhouse or call Norma at 877-9918. The House League play starts June 1. The Mixed Inter County teams are away every other Tuesday and Thursday evenings.

### Redmen exit

A tired-up Oakville-Trafalgar team and a hot day combined to end the 1988 rugby season for the Acton High School midge Redmen.

John McLean scored his team's only try as the Redmen suffered a 23-4 defeat at the hands of O-T last Friday in Oakville. "We didn't play well," said Acton coach Martin Lewis. "It might've been the heat."

Lewis, however, was also quick to credit an enthusiastic Red Devil side. "O-T was really up for the game," he said. "We had no spark."

O-T had little time to relish their victory though as they were later beaten by White Oaks in the midge final.

### Legion girls win third

Georgetown Legion Girls softball team won third game in a row with a decisive 10-0 win against a short-handed Erin Mills club.

Carrie Gallant pitched the game for Georgetown for her second win of the year striking out 11 in the five innings game while giving up just two hits.

Erin Mills arrived with just eight players and in the fifth inning the game had to be cancelled due to an injury to the third baseman.

The big bats for Georgetown were Lesa Shrubsole reaching base three times, Linda Botters three for three including a double and a single driving in four runs. Teri Korzack had a home run to cap off a fine game.

Georgetown again proved their speed on the bases as they stole five bases with Toni McClements stealing home on a passed ball at the plate.

Georgetown's next home game is May 31 against Forest Glen followed by a home-and-home with Milton.

### Recreation briefs

#### Summer

Visit a wild game reserve, walk through yesterday or splash in a wave pool - all during Halton Hills Recreation and Parks Department's Summer Bus Trips. Eight trips are offered this summer as part of the Summer Activity Centre Program. They are also open to anyone interested in just getting away for a day. Trips run each Tuesday and will be visiting:

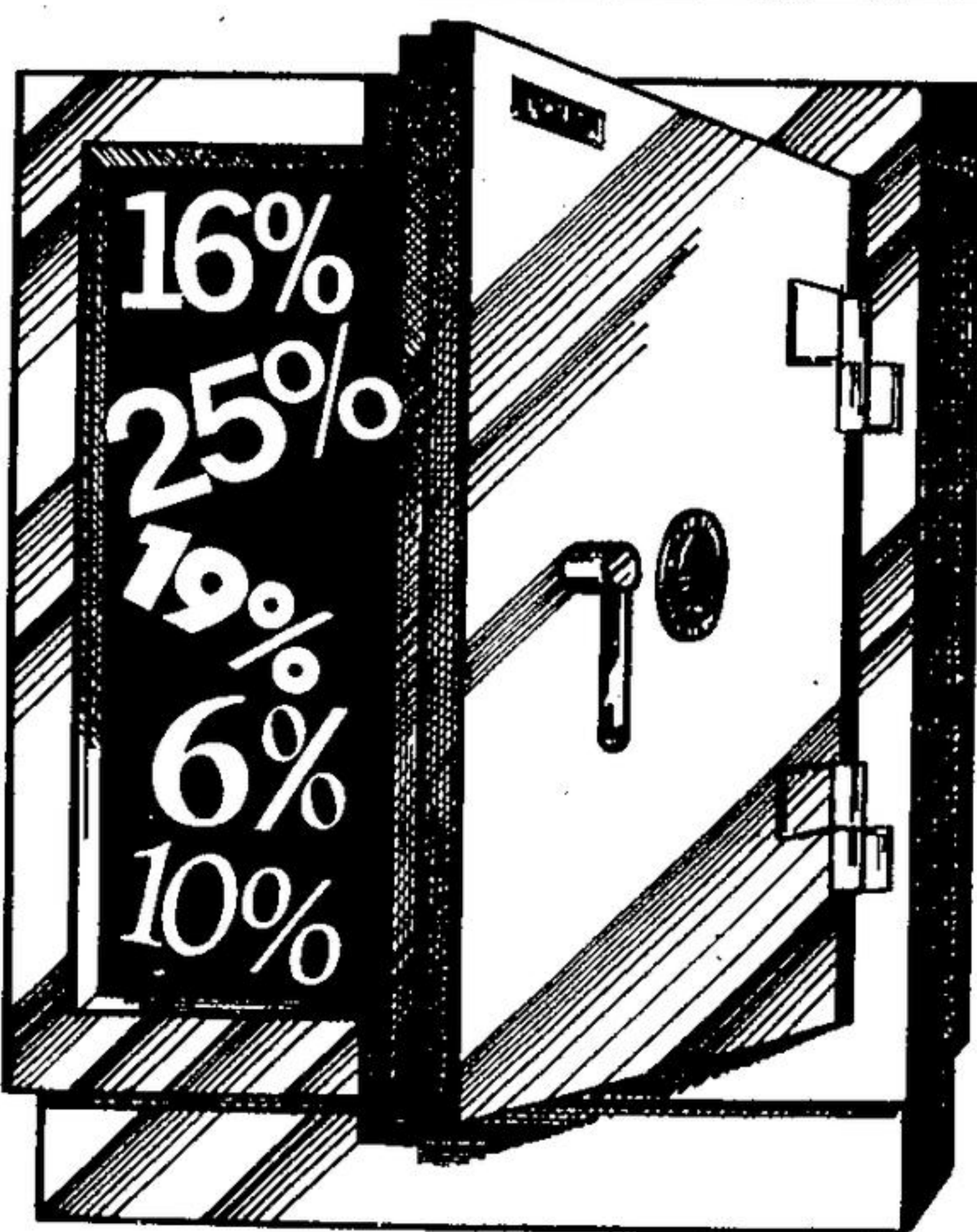
- Session 1 - African Lion Safari - July 5; Session 2 - Black Creek Pioneer Village - July 12; Session 3 - Marineland - July 19; Session 4 - Bingham Park - July 16; Session 5 - Toronto Metro Zoo - August 2; Session 6 - Ontario Place - August 2.

#### 9: Session 7 - Canada's Wonderland - August 6; Session 8 - Sunshine Beach Water Park - August 23.

Registration for any Bus Trip must be made by the Friday prior to each trip and children 8 years of age and under, and who are not registered in our Summer Activity Centre Program, must be accompanied by an adult. Come and join one of our adventures - just for the fun of it!

#### Volunteers

This year the Halton Hills Recreation and Parks Department's Theatre Camp is full and we are currently seeking volunteers with theatre experience to help assist the program. Call 877-5185 ext. 275 and ask for Pete.



### You have a right to know.

Interest charges and service fees should be closely examined whenever you are in the market for credit.

Rates vary greatly and the methods of calculating interest and services differ from one institution to another.

It is your right—and in your best interest—to know precisely how much credit is costing you!

You should always compare carefully such things as:

- the interest rate being charged
- the amount of time allowed to pay in full before interest is charged
- how the interest charges are calculated
- the non-interest charges such as transaction or service fees
- the competitive benefits offered by one institution over another

## An Open Letter From Garth Turner



A few days ago I took a big risk. I gave up my daily newspaper column in Toronto. I suspended my own business affairs. I stopped my work on radio and TV.

Now I am running to be the Tory candidate for Georgetown, Acton and the rest of the new federal riding of Halton-Peel in the coming election. Because I spent the past month leading a protest of more than 100,000 people against incredible tax increases in the last Ontario budget, I entered this race late.

Very late. The three other candidates have a big lead among party members. I'm behind, but that doesn't matter because I believe in the power of the average person - not just the political insiders.

I can win the next election for you. I can go to Ottawa and tell them what this area is all about; what it needs and wants - because I've lived here for 10 years. And I can try to make the government understand we're tired of steadily rising taxes, over-spending and political inefficiency.

But I can't do it alone. This riding is huge, stretching from Orangeville to Burlington. Already, in just a few days, people are coming forward on their own - in preparation for that exciting nomination meeting, June 22 in Georgetown.

Will you help? In return I promise to listen, work hard and be somebody within the system that you can trust. No slick campaign. No backroom deals. Just us, starting small, starting together.

Thank you, my friends. Here's what I need:

- Buy a \$5 Halton-Peel Progressive Conservative membership before June 17. As a member, you can vote for me at the June 22 meeting. This is the **only** way I can win.
- Volunteer a few hours of your time during the next 16 days and evenings to help us get organized for the big meeting.
- Be a part of the convention night.
- Talk to a neighbour or a friend about supporting me.

Here are some of our community helpers. They're waiting for your call:

- |                   |                                    |
|-------------------|------------------------------------|
| Millie Adams      | Georgetown, (416) 873-0300         |
| Malcolm Martin    | Georgetown, (416) 877-9686         |
| Peggy Height      | Acton, (519) 853-2014              |
| Angus Doughty     | Bolton, (416) 857-2099             |
| Mary Attenborough | Nassagaweya, (519) 856-9877        |
| Gail Grant        | Palgrave, (416) 941-5923 (evening) |
| Donna Corbett     | Norval, (416) 877-3535             |
| Roy Wood          | Campbellville, (416) 854-2580      |
| Elaine Tansley    | Campbellville, (416) 854-2579      |
| Jamie Tuck        | Burlington, (416) 336-7136         |
| Greg Brechin      | Burlington, (416) 681-2476         |

Or you can call me directly, and toll-free, at this number: 1-800-265-2993. Again, thanks. We're growing.

*Garth*