



TOM DIARDICHUK, goaltender for M and M Pro Sports Major Bantams, blocks another Milton shot in the Tri-County contest against Milton, Saturday afternoon at Gordon Alcott Memorial Arena. The M and M Pro Sports Major Bantams defeated Milton 7-6 in the Saturday afternoon contest, the second win in a row over their Milton rivals. (Herald photo by Ben Dummett)

M & M Pro Sports conquer Milton

M and M Pro Sports Major Bantams won the home-and-home series against Milton two games to none this past week and look like they're starting a roll.

Thursday saw Georgetown in Milton for their second meeting of the season with the top ranked Milton team and Milton scored first in the period to take an early lead but 40 seconds later Georgetown tied it up when Tim Presswood popped one in, assists going to Derick Ellard and Shaun Curry.

Chris Barrow scored on a pass from Steve Wright to put Georgetown in the lead and Presswood again from Ellard and Curry finished off the first period scoring, giving Georgetown a 3-1 lead.

The third period was all Georgetown's as they scored three unanswered goals to blow Milton away 6-1. Goals went to Barrow, Wright and Ellard; assists to Pearson, Wright, Barrow, Curry and Ellard.

"We are still on a high after our play in the Waterloo tournament," said coach John Wright. "Milton didn't have a chance if we played the same game we did in the tournament and the boys knew it. Also, the fact that Tom Diardichuk robbed them in goal didn't hurt. Our injury list is shrinking now, we have Ryan Ward back to 100 per cent and Matt Downs is skating again, we will have a full squad for Saturday's game."

Saturday, M and M hosted a rematch between the two arch rivals with both teams having something to prove, and what a game it turned out to be.

It was a see-saw battle to the very end and a goalie's nightmare with Georgetown emerging the victor with seven goals to Milton's six.

Jake Mashinter got a hat trick plus an assist to lead Georgetown's attack with other goals going to Dustin Thompson, Tim Presswood, Derick Ellard and Chris Barrow.

Assists went to Mike Large, Mark David with two, Shawn Pearson with two, Steve Wright with two, Dave Osborne, and Ryan Ward.

"This proves we are finally putting it together and that Thursday's game was no fluke," said Wright. "We fell behind early in

the game but came back. We knew patience and hard work would pay off now we have to keep our game at this level."

Fitness classes offered starting in January

In January Parks and Recreation will be starting up two new fitness classes.

Morning classes to be held at Glen Williams Town Hall Mondays, Wednesdays and Fridays 9:30 - 10:30 with babysitting available (You moms with preschoolers have no excuse).

Good way to start your day
Enjoy a class of stretching, cardio work, and working on those stomach, hips and leg muscles.

Good way to meet new people.
The second new class is Sandra Cousens' "Big, But, Trying Fitness."

This class is especially for people who are very overweight who might be too embarrassed to sign up for a regular fitness class.

Ten week session with a minimum signup that will allow for more of an individual attention.

Sandra Cousens would like to set up a personal meeting with each person that signs up before the sessions start. This will help her set up the class structure and get everyone involved in it.

Class will consist of stretching, no-bounce cardio work and floor exercises. Also discussions on diets, proper eating habits, dos and don'ts in exercising, how to motivate yourself to keep at a fitness routine on your own and anything else you would like to talk about.

This class will be held at Cedarvale Community Hall on Thursday nights 8 - 9. If enough interest for a

daytime class then that will be available Tuesday and Thursday mornings at Glen Williams Town Hall 9:30 - 10:30 with babysitting available.

What more could you ask for to start off the new year then to better your health, get rid of excess weight, get those body parts moving and feel good about yourself.



Here's looking at you

SHANNON NOLAN, 11 years old and a member of the Halton Hills Gymnastic Club performs a shoulder stand on the balance beam at a club workout. The club is holding Winter Registration tonight (Wednesday) for all ages in the Rose Room located on the top floor of Georgetown Memorial Arena, 42 Mill Street, from 6-9 p.m. A second registration session is scheduled for Saturday in the Rose Room from 10 a.m. until 12 noon. (Herald photo by Colin Gibson)



Lottery profits help hospitals.

On the night of the car accident, Bruce was not expected to live. Fortunately, a specially equipped and staffed trauma unit was ready and standing by at a nearby hospital. This special facility helped Bruce beat the odds and he has returned to work.

Helping hospitals is just one way lottery profits are used.

Lottery profits are also used to provide grants in other areas such as helping people with disabilities.

They also help fund sports and recreation, arts and culture, and province-wide charities.

This is how Lottery funds are working for you in your area.

Hotel Dieu Hospital, St. Catharines
Burlington Gymnastics Club, Burlington
Fieldcote Memorial Park & Museum, Ancaster
Hamilton Central Boys & Girls Club, Hamilton

Ontario Lottery Corporation
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