



Sports Outlook

ROB RISK - Herald Sports Editor



Juniors win in bottom of the ninth, beating visiting Erindale team 4-3

The Georgetown Junior baseball squad gave the home crowd something to cheer about Wednesday evening, defeating the Erindale team in the bottom of the ninth inning.

The home team had trailed 2-0 after Erindale had scored one run in both the first and second innings, while Georgetown again had trouble solving left-handed pitcher Mike Gardner.

Curtis Green got something started in the second inning, when he cracked a lead-off single and advanced to second base on a walk to Craig Chantler. He then stole third, just avoiding the tag, but his ef-

orts were for naught as pitcher Tim Chapman struck out after him to end the inning.

Georgetown managed to get something going in the bottom of the sixth, when Maurice Kester led off with a walk and was scored easily when Chapman cranked a triple to deep right-centre.

Outfielder Chuck Peebles walked next and then shortstop Gord Anderson scored Chapman with a single to tie the game 2-2.

Some aggressive base running by Rob Ogden saved his team from a double play, when he put a flying bodycheck on the Erindale shortstop in the seventh. He was erased on the play, but Mike Ross reached first easily.

Failing to get the double play came back to haunt Erindale when

Kester walked to advance Ross to second. Both runners advanced on a passed ball and Chapman sacrificed to right field to score Ross and take a 3-2 lead.

There was no scoring in the eighth, but Erindale managed to tie things up with one run in their half of the ninth. Georgetown kept the fans on the edges of their seats when with one man on first and two outs, the game looked like it was going to be a long one.

Mike Ross had left off with a single and moved to second on a steal.

With two outs and two strikes on his shoulders, Kester connected with a pitch, sending the ball to right for a single that was deep enough to score Ross from second for the winning run.



Georgetown Junior pitcher Tim Chapman hurls a fastball, while an Erindale baserunner attempts to reach second during their game at the Fairgrounds Wednesday evening. Chapman went the distance,

getting the 4-3 decision. He pitched a strong game, striking out seven while allowing three walks and seven hits. (Herald photo)

GBA JUNIOR EAGLES STATISTICS AS OF JULY 19

PLAYER	AB	H	2B	3B	HR	SO	BA
G. Anderson	76	21	2	1	0	14	.276
C. Chantler	55	12	1	0	2	10	.210
T. Chapman	62	18	3	1	1	13	.290
C. Duff	78	27	3	1	1	11	.346
B. Falcone	30	7	2	0	0	3	.233
C. Green	82	31	5	0	3	5	.378
B. Hayward	32	8	0	0	0	10	.250
M. Kester	48	13	4	1	0	10	.271
C. Lane	10	1	0	0	0	4	.100
L. Mitton	56	10	1	0	1	9	.179
S. Mizener	25	4	0	0	0	6	.160
C. Ogden	66	18	3	0	1	11	.273
C. Peebles	55	11	2	0	2	12	.200
M. Ross	75	35	1	0	0	4	.333
D. Tate	1	0	0	0	0	1	.000
S. Williams	41	11	0	0	0	6	.268
E. Doyle	1	0	0	0	0	0	.000
TOTALS	793	217	27	4	11	129	.274

GBA Tykes House League

Royals dethroned by Tigers

Tigers 10, Royals 6

What a great team effort for the Mike Reed DJ Tigers. The whole team is to be credited for their outstanding playing in Thursday's game. RBI's are credited to Brian Normore, Andrew Wright, Brent McClung, Chad Gemmill and Adam Moy. Brian Normore also had two base hits while Andrew Wright had three base hits.

Great fly ball catchers by Brent McClung for an out as pitcher and to Aaron Greer for an out at third base. Good throw by Brian Normore as he threw to first base for an out. Outstanding playing goes to the pitchers, Brent McClung, Brian Normore and Andrew Wright.

For the Optimists Royals, RBI's are credited to David Pegg with four, Jason Bakker with one, Brett Hoare with one, and Darren Mansfield with one. David Pegg and Darren Mansfield also had two base hits. Great fly ball catches by Darren Mansfield and Ryan Gledhill. A great throw by Adam Szlachta from third to first for an out.

Outstanding plays go to David Pegg for his good drive catch at first for the tagout and to Darren Mansfield for his unassisted out at first. Good pitching by David Pegg.

Expos 14, Blue Jays 8

Good game for the Glendale Charter Expos as they beat the J.V. Clothing Blue Jays 14-8.

RBI's are credited for the Blue Jays to Chris Meyers with two, Kris Noonan with one and Craig Anderson with one. A great fly ball catch by Nick Johnston. Other outstanding plays are credited to David Leverette.

For the Glendale Charter Expos outstanding play goes to Topher

Baker as he struck out six players in the first two innings. Topher Baker is also credited with one RBI. Sam Southworth has two base hits and two RBI's. RBI's also go to Iain Murphy, Andrew Terrell and Glen Wood. Great fly ball catch made by Robin Deeley.

Dodgers 14, A's 13

Great game for the Dodgers as Ken Thompson stole the base to win the game. The Dodgers RBI's were made by Mark Fedhyshyn with 3, Adam Goddard with 3, Tasha Bradford with 2, Jeff Meinen with one and Ken Thompson with one. Mark Fedhyshyn had 2 base hits and Jeff

Meinen had three base hits.


A great fly ball catch by Adam Goddard. Calvin Simmie had a good snag at first for an out.

Outstanding plays go to Jeff Meinen for his base hit and to Ken Thompson for his good base running and the base stealing that made the Countryside Dodgers win the game.

For the Halton Credit Union A's, Jason Hicks had 2 base hits and three base hits. RBI's went to Matt Alexa for one, Mike Krause with one, Jason Hicks with 4 and Paul Larocque with one. Great fly ball catch by Matt Alexa. Matt Alexa also had 4 strikeouts.



Sean Mitton, of the Georgetown Juniors attempts to keep the Erindale runner close to first base during their match at the Fairgrounds Wednesday evening. The home side was largely successful, at keeping their opponents off the base paths as they took the victory by a 4-1 score. (Herald photo)



Focus on Fitness
by Laurie Burns
Exercise Physiologist

Get a grip on stress

To gauge stress, circle the appropriate number for each item

Behavior	Often	Few times a week	Rarely
1. I feel tense, anxious, or have nervous indigestion	2	1	0
2. People at work/home "make me" feel tense	2	1	0
3. I eat/drink/smoke in response to tension	2	1	0
4. I have tension or migraine headaches, or pain in the neck or shoulders, or insomnia	2	1	0
5. I can't turn off my thoughts at night or on weekends long enough to feel relaxed and refreshed the next day	2	1	0
6. I find it difficult to concentrate on what I'm doing because of worrying about other things	2	1	0
7. I take tranquilizers or other drugs to relax	2	1	0
8. I have difficulty finding enough time to relax	2	1	0
9. Once I find the time, it is hard for me to relax		Yes - 1	No - 0
10. My workday is made up of many deadlines		Yes - 1	No - 0

Maximum total score - 18

My total score --

Score	Tension Level
14-18	Considerably above average
10-13	Above average
6-9	Average
3-5	Below average
0-2	Considerably below average