

Members of the Invitational Ladies Golf Tournament executive pose for a group picture at the end of the event on Tuesday at the North Halton Golf Club. From left to right are Fiep Gaudelius, Deborah

Adams, the mascot of the tournament, which had a Scottish dress theme, Joan Hunt, Marie Fursman and Kathy Mays. (Herald photo by Robert Risk)

Squirt Soccer

White Knights beat Barons and Bombers

JULY 24TH RESULTS Georgetown Stingers 0,

据"结片状态"的""谁"""。"

Blue Bombers 0 Noteworthy players: Stingers -Jamie Casey. Bombers - Michael Noonan, Jamie Reynolds and Robert Wheatley.

White Knights 1, Red Barons 0 Goal scorer: Richard Kovacs. Noteworthy players: Knights -Colin Eves, Jason Mercer and Steven Potterton. Barons - Sean Ashbee, Eric Axford and Nicholas Poirier.

JULY 31ST RESULTS Georgetown Stingers 4. Red Barons 0 Goal scorer: Michael Knoepfli

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Noteworthy players: Stingers -Joel Cunningham. Barons -Stephen Barber, Jason Hewer and Ian Parker.

White Knights 4, Blue Bombers 0 Goal scorers: Richard Kovacs Eves.

Johny Hancock, Steven Potterton and Jason Wyman. Bombers -Michael Joga, Daniel LaForge and Brad Naylor.

(2), Andrew LeFebvre and Colin

Noteworthy players: Knights -



Focus on Fitness

by Laurie Burns Exercise Physiologist

Improve performance through weight training

Weight training is a term broadly applied to a series of exercises utilizing weights to increase strength.

Lifting weights or exercising our muscles against a resistance is gaining popularity and acceptance across the country. Weight training builds strength and is often used in training for various sports such as swimming, cycling, jogging and racquet sports.

It improves the general tone of your body and with proper coaching, can develop both muscle strength and endurance. Exercise such as this slows down muscle weakness.

If your goal is simply to maintain strength and to condition yourself for other activities, you will not need to weight train as frequently.

Muscle toning is a process of breaking down muscle fibre which needs to heal over time before getting stronger. Because of this, weight training involves alternate days of rest and workout whether your goal is to tone or strengthen.





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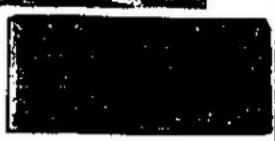
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