



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, Blue Bombers 0
Noteworthy players: Stingers - Jamie Casey, Bombers - Michael Nobnan, 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.

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

(2). Andrew LeFebvre and Colin Eves.
Noteworthy players: Knights - Johnny Hancock, Steven Potterton and Jason Wyman, Bombers - Michael Joga, Daniel LaForge and Brad Naylor.

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

JULY 31ST RESULTS
Georgetown Stingers 1, Red Barons 0
Goal scorer: Michael Knoepfli

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by Laurie Burns
Exercise Physiologist

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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.

M.V.P.

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