

Ladies Flag Football

Body Shop collapses in playoff action

By LEANNE FOURNIER
Special to the Herald

After a Cinderella season, Arnies Body Shop's playoff season ended abruptly on Sunday as they fell prey to a fiery George and Dragon squad.

Burns Transport had to mount a second half comeback against a possessed West Insurance team to keep their hopes of a playoff title alive. Ferg's Flicks handed J.V. their final loss of the season but not without a fight. Final score of the games were Dragons 13, Arnies 7, Burns 14, West 12, and Fergs 22, JV 6.

Never has a team showed so much promise to coast through the playoff rounds as Arnies. Rookie quarterback Caroline McMillan could do no wrong until the last week of the season when Arnies lost first place as Fergs handed them their first loss in nine weeks.

As the teams looked to their playoff opponents, it was discovered that Arnies would have to play a powerful George and Dragon team as a result of a series of defaults. The stage was set for a powerful matchup.

The George and Dragon started off the scoring with a reception at the hands of Kathleen Lenvey. The Dragons threatened to score again when Kelly Cunningham picked off a pass. Arnies found the goal line before the half, thanks to Sue Ferguson and Caroline McMillan, who booted the single to give Arnies a one point margin.

In the second half, both teams seemed to run into a brick wall as neither team could score. With two plays left in the game and the Dragons on Arnies 30 yard line, Patti Waters lofted a ball up to her receiver and found three of Arnies defenders in pursuit. The penalty

flag flew and Arnies found their playoff hopes disappear as they were penalized for defensive interference.

In the five yard line, QB Patti found Kathy Waters for six points. The Dragons celebrated their luck while Arnies shed a tear for a season well played that ended in disappointment.

West Insurance jumped out to a quick lead in the first playoff contest on the day as Roseann Harrison dashed 40 yards for a score on the third play of the game. Roseann's presence would continue to be noticed as she also picked off a Burns pass. Tammy McLaughlin would also find the end zone for West to give them a 12 point lead.

Coach Wood minus sidekick Bob Davey opted to make a change on defence to stop the West attack. Speedster Denny Ursel had a superb day as she posted 12 points for Burns. Donna Davey snapped up a two point convert to give Burns the lead. Michelle Miehm picked off an errant pass to sew up the win.

JV Jets had their last hurrah on Sunday as they scored a touchdown on a strong Ferg's defense. Lisa Finn found Ineke Booth for JV's only score.

Nancy Hamilton picked up 12 points for Fergs while Dianne Tooze scored the other major. Carey Brabant had a two point convert while Monica Mastalerz chipped in two singles to round off the scoring.

Game stars: Arnies Body Shop, Burns Transport, Roseann Harrison (WI), Ineke Booth (JV), Kathy Waters (G and D), Dianne Tooze and Debbie Ferguson (FF).

Playoffs: 10:00 Mobile Sound System vs. Burns Transport. 11:30 Fergs Flicks vs. George and Dragon.



AAA tryout

Several young men trying out for the AAA Halton Hills Hurricanes Midget team are pictured here practicing at Gordon Alcott Arena last week. Most of the teams in the new AAA organization have at least 15

players, with some expected to have a few more. Tryouts for that level of rep hockey are now completed, but AA is just beginning. (Herald photo)

Ladies Powderpuff

Royal Pains in first

G.L.P.L. TEAM STANDINGS
As of Sept. 3, 1990

TEAM	GP	W	L	T	Pts.
Royal Pains	22	16	3	3	35
Buns 'n Roses	22	13	5	4	30
Udderly Awesome	22	14	7	1	29
Mint Condition	22	11	9	2	24
Lotsa Green	22	9	9	4	22
Sun Stokers	22	10	10	2	22
Simply Red	22	10	10	2	22
Hubbs Snobbs	22	8	11	3	19
Catch the Beet	22	9	11	1	19
Esobees	22	8	14	0	16
Blue Lightning	22	6	14	2	14
Silver Bullets	22	5	15	2	12



Focus on Fitness

by Laurie Burns
Exercise Physiologist

Thoughts on happiness and success

1. Everything in my life depends on my attitude.
2. My enthusiasm adds zest and pleasure to my life.
3. I face every challenge like a winner.
4. By having a positive attitude you will be successful.
5. My persistence and determination make me a winner.
6. I find a need and fill it.
7. How can I improve my thoughts and lifestyle.
8. My good health is vital to my success.
9. I think happy thoughts to be happy.
10. I work smarter, not harder.
11. I make decisions without procrastinating.
12. I have a good sense of humour.
13. I approach all tasks with confidence.
14. I take time to love members of my family.
15. I follow successful people.
16. I invest time on self-improvement.
17. I keep ahead with new ideas.
18. Every experience is a step toward success.
19. I accomplish something every day.
20. I make my own destiny.



Happy Anniversary

Work That Body fitness instructors Barbara Skok, left, and Gail Reynolds, may have to use some of the exercise equipment behind them after eating the cake they are holding up. Luckily, the cake is a carrot

cake that was made to help celebrate the centre's sixth anniversary on Wednesday and was shared between many of the centre's members. (Herald photo)



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