

Novices unbeaten after 14 games

The Acton Major Novice Leathertown West Sabres extended their unbeaten streak to 14 games with a pair of shutout victories last week.

On Nov. 14, the Sabres defeated Hespeler 3-0, avenging their only tie (0-0) so far this season. Captain David Lajeunesse got the hat trick, scoring the only three markers his team would need for the victory. Teammates Sandy Chapman, Kyle Artem and Richard Raju assisted on each of the goals.

On Nov. 18, the Sabres visited Preston and defeated their hosts 5-0. Sabre goalie Andrew Coe continued to play a sharp game, keeping some mistakes by his defenceman from winding up on the scoreboard. Coe recorded his fourth straight shutout and has seven so far on the year.

Artem and Lajeunesse each scored two goals, while Shawn Weatherall netted the first one of the game. Jason Christopher and Sandy Chapman each earned two assists as well.

Bowling

Seniors beat coaches

All the seniors needed to hear was that it was beat the coach week, and they bowled up a storm.

Leading the way was Robert Harrison, as he bowled his seventh 700 game in eight weeks, with a 732(315). Not far behind was Brian Bell who rolled his third 700 triple in as many weeks, 729(315). Following the men along was Sharon Shapcott, who bowled a 710(301).

Rounding out the top scorers were: Eddie Doyle 698(313), Dave Ridley 693(258), Joey Robichaud 688(282), Laura Doyle 671(283), Mark Prevost

685(271), Tonya Morris 638(211), Jason Ogden 630(251), and pulling up the end was Christian Lane 616(232).

All the senior bowlers had little trouble when it came to beating their masters, but everyone had fun.

Hopefully all bowlers will be able to keep up their storm as qualifying is quickly approaching for the Four Steps to Stardom tournament.

The members of the Senior League along with coaches Ralph Miller and Dee Dee Haynes would like to wish Joey Robichaud good luck as he prepared for the Senior Mixed Tourney.

Blue Fins swim success

The Halton Hills Blue Fins Swim Club made a good showing at their 'D' level and under Invitational Swim Meet at the Georgetown Indoor Pool on Sunday, earning seven first-place finishes.

The club finished the day with four seconds and 13 thirds.

The meet involved a total of five clubs: the hosts, Acton, the Orangeville Otters Swim Club, the Richmond Hill Aquatic Club and the Milton Swim Team.

Blue Fin swimmer Kristen MacKay highlighted the home club's efforts with first place honors in the 100 metre backstroke and 100 metre breaststroke. She also finished second in the 50 metre freestyle and fourth in the 50 metre fly, all in the 13 and 14-year-old divisions.

A large majority of the swimmers were competing in their first swim meet and the club is hoping they will continue to do as well in future competition.

H.H.B.F. RESULTS

First - Erin Shillington, girls 9-10, 50 free. Christianne Lent, girls 8-9, 25 back. Erin Shillington, girls 9-10, 50 back. Kristen MacKay, girls 13-14, 100 back. Kristen MacKay, girls 13-14, 100 breast. Tania Welters, girls 11-12, 50 fly. Christianne Lent, girls 8-9,

50 free.

Second - Christianne Lent, girls 8-9, 25 free. Kristen MacKay, girls 13-14, 50 free. Tracy Tabuchi, girls 11-12, 100 back. Tracy Tabuchi, girls 11-12, 100 free.

Third - Patrick Potosky, boys 8-9, 25 free. Tracy Tabuchi, girls 11-12, 50 free. Patrick Potosky, boys 8-9, 25 back. Laurie Duncan, girls 9-10, 50 back. Laurie Duncan, girls 13-14, 100 back. Matthew Hardstaff, boys 13-14, 100 back. Jackie Grant, girls 9-10, 50 breast. Dan Morris, boys 11-12, 100 breast. Matthew Hardstaff, boys 13-14, 100 breast. Jackie Grant, girls 9-10, 50 fly. Tracy Tabuchi, girls 11-12, 50 fly. Kim Stevenson, girls 13-14, 50 fly. Courtney McIntosh, girls 11-12, 100 free.

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Three weekend showdowns in Atom House League

Last Saturday saw three games of the Georgetown Minor Hockey Association Atom House League take place at Memorial Arena.

Dave's Service Centre, coached by Jeff Hannah, won its first game against Dave McMenemy's MVP Distributors by a score of 5-2. Andrew Wright netted two goals and an assist, while Brendan Alexa added one goal and two assists to lead their team to victory.

Shawn Dunlop played a strong game and scored a goal. Ryan Booth completed the scoring for MVP. Assists were also given to Devin Legate, Andrew Nelissin and Damian Jenkins.

Shane Copeland played well in goal for MVP Distributors. Chad Gemmill and Darren Mansfield were notable players for MVP. Paul Farmer, playing his first game with MVP scored while Brian Normore notched a goal and an assist. Aaron Greer and Tom Allen also contributed assists.

At 8:00 a.m., Scott Vande Valk's "New Look" Tim Horton's squad paced themselves to a 7-1 win over Hector Friolet's Variarenty.

Tim Horton's attack was led by their goaltender Dylan Lee, playing as a forward for this game. Lee had a hat trick and also had one assist to round out his game.

Jon Howell started and finished the Tim Horton's scoring with a goal on the first shift, for the second game in a row and added a final marker for his squad in the third period.

Josh Malinosky, the big defenceman for Tim's, collected one goal while Bryan Foster added a goal and an assist. Peter Finlay also added an assist.

Mark Avaglia played a steady game in net and had lots of support from the solid defence of Robin Deeley and Ian Cartwright.

For Hector Friolet's Varian team, Shane Copeland played a strong game in goal against the Horton powerhouse. Good performances were noted by Darren Mansfield, Patrick Hurbers and Chad Gemmill. Newcomer Sam Butt scored the lone goal for

Varian with assists by Hurbers and Gemmill.

The final game was a struggle between the evenly-matched teams of Heine Dutoski and Tom Newberry, which finished in a 4-4 tie.

The Chateau Restaurant team coached by Newberry had a balanced attack with single goals by Mike Layman, Mark Harlow, Richard Cunningham and Jesse Ward and assists by Sam Southworth, Kevin Moore and Jason Watt.

In addition, strong forechecking by Matt MacMullen and solid goaltending by Clint Eggenberger contributed to the total team effort.

Dirk McKee was a human buzz-saw and contributed three assists. The A and S Engravers had to play a strong third period with good performances by Mike Goldrich, newly acquired Thomas Arnold and defenceman Iain Murphy. Solid goaltending by Ryan Mansfield was necessary for the tie.



Focus on Fitness

by Laurie Burns
Exercise Physiologist

Christmas seasoning

People think they have to offer food along with their hospitality. Actually, you can visit friends for an afternoon or evening and have a nice visit without consuming hundreds of calories in cakes, nuts and chips that neither of you would have had if you had not been together in the first place.

We need to learn to be able to have a conversation without using it as an excuse for having calories at the same time.

If you tend to overeat, tell your friends that you are coming for their good friendship and are watching what you eat. (This way they know ahead of time and will not be insulted if you eat less).

One of the reasons that most published diets fail over the long term is that they require you to have specific personal foods in the house - or else put the entire family on the diet. Such diets do not allow for most restaurant meals, or special events such as weddings and dinner parties. Another problem of these diets, is they have you thinking about food all day long.

If you have success on a well-balanced diet, stick with it. However, after you have been dieting for six months or a year, if you find that your weight tends to come back up to where it was originally - or worse yet, even higher - then the whole process is obviously at fault.

When you diet, you are not learning anything about yourself, your lifestyle habits, or your real problems. Once you stop dieting, you are right back to your old habits of eating the wrong foods, carrying out the wrong activities, and getting ready to buy your next diet book.

This Christmas give yourself a very special gift.

- 1) The season should not be your reason to overeat!
- 2) Eat well-balanced meals daily.
- 3) Consume enough calories for the activities that you do.
- 4) If you are not active, then get started.

What better gift could you give yourself than health!



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