



Scoring play

Acton Sabre player Jim English scores his second of three goals during Wednesday night's playoff game against Fergus at Acton Arena. Sabres had lost their first game 7-3 on Monday, but roared back at home, winning 9-2. (Herald photo by Robert Risk)

Two ties and one loss for Hurricane Peewees

On Jan. 29, just 48 hours after their tournament victory in Kingston, Halton Minor Peewees found themselves in a shootout against the Brampton Maroons at Alcott Arena.

Before it was over, a total of 16 pucks had crossed the goallines and Hurricanes were on the wrong side of a 9-7 score.

Halton's offence was led by Jamie Walker who scored two back to back goals in the second and set up another two in the third for a four point night.

Justin Davis added two more and set up one. Jamie Briggs, Curtis Carr and Tom Baynton rounded out Halton's scoring with one apiece.

Darin Finlayson and Peter Mashinter set up two each, with single assists going to Andrew Hartholt and Todd Miller.

Unfortunately someone had declared a defensive holiday and all this offence went for naught.

No doubt the physical demands of the five games over the weekend had taken its toll on the young legs.

On Friday evening after some welcomed rest, Hurricanes mov-

ed north for a make-up game with Barrie.

The rescheduled match was played at the Allendale Sports Complex which includes two Olympic-size ice surfaces.

The extra room to manoeuvre did not seem to benefit the offence. Even with all the skating room the defence kept the forwards to the outside forcing either the bad angle shot or the turnover. The majority of good scoring chances in this 2-2 tie were the result of good passes.


Goal scorers for Halton were Justin Davis and Todd Miller with assists going to Darin Finlayson and Colin Page on the first and Steve Roy on the second.

Andrew Hartholt gave and took the biggest hit of the night when he collided with a Barrie defender behind the net and both players bounced back about 10 feet.

Jeff Langille also had a steady night in net, making the best defensive play of the game with stops on two rapid fire shots midway through the second protecting a 2-1 lead at the time.

Last Sunday, Hurricanes moved south and once again had to settle for a tie, this time 3-3 against Oakville Rangers.

Rangers are scrambling for a playoff berth and this tie was of little use against one of the four teams they are trying to catch.



Focus on Fitness
by Laurie Burns
Exercise Physiologist

Tyke House League

Temple leads Armstrong team to 3-1 victory over Masonary

Armstrong Insurance played a close tyke house league game on Feb. 2 against McFarlane Masonary, winning 3-1.

Thomas Temple of Armstrong gave his team the edge, scoring two goals, while teammate Billy McDonald netted the other. Assisting for Armstrong were Ted Morris, Jordan Armstrong, Jason Hunt and Trevor Smith.

Matthew Terry scored the lone McFarlane goal, assisted by Jordan Scuralli and Ryan Louth.

Terra Cotta Cookies won yet another game, beating Eagle Landscaping 7-3. Cookies' Chad Fleming and Jason Angyal each

had two goals on the way to the victory.

Other Terra Cotta scorers were Kyle Findley, Graham Jones and Jason Forbes, with assists from Michael Irvine, Joel MacDonald, Bradley Holmes and Raymond Lorusso.

Eagle's Matthew Seaman scored two, followed by Daniel Kooy with one. Assisting were Bradley Norton, Bobby McMullen, Allan Humberstone, Michael Pacheco and Jason Howson.

Montego Construction finished ahead of J.V. Clothing with an

11-4 score, led by Daniel Roffel, who got five goals.

Other scorers for Montego were Andrew Hodgson with two, followed by Bradley Whitteker, Donnie Lane, Steven Kogon and Sean Reynolds with one each.

Getting assists for Montego were Matthew Dibbitts, Eric Euteneier, Ryan Tayler, Brent Beaumont and Bradley Henderson.

Kyle McIlvenna scored three and Ryan Bisschop got the other in a losing cause for Clothing, assisted by Austin McKnight, Kevin Wagner and Gavin Aldridge.

Major Novice

Lumber loss ends season

The Georgetown Beaver Lumber AA Major Novices fell to defeat at the hands of the Orangeville Lions by a score of 2-0 in Orangeville on Sunday, Feb. 3. This defeat also eliminates the Lumbermen from O.M.H.A. playdowns.

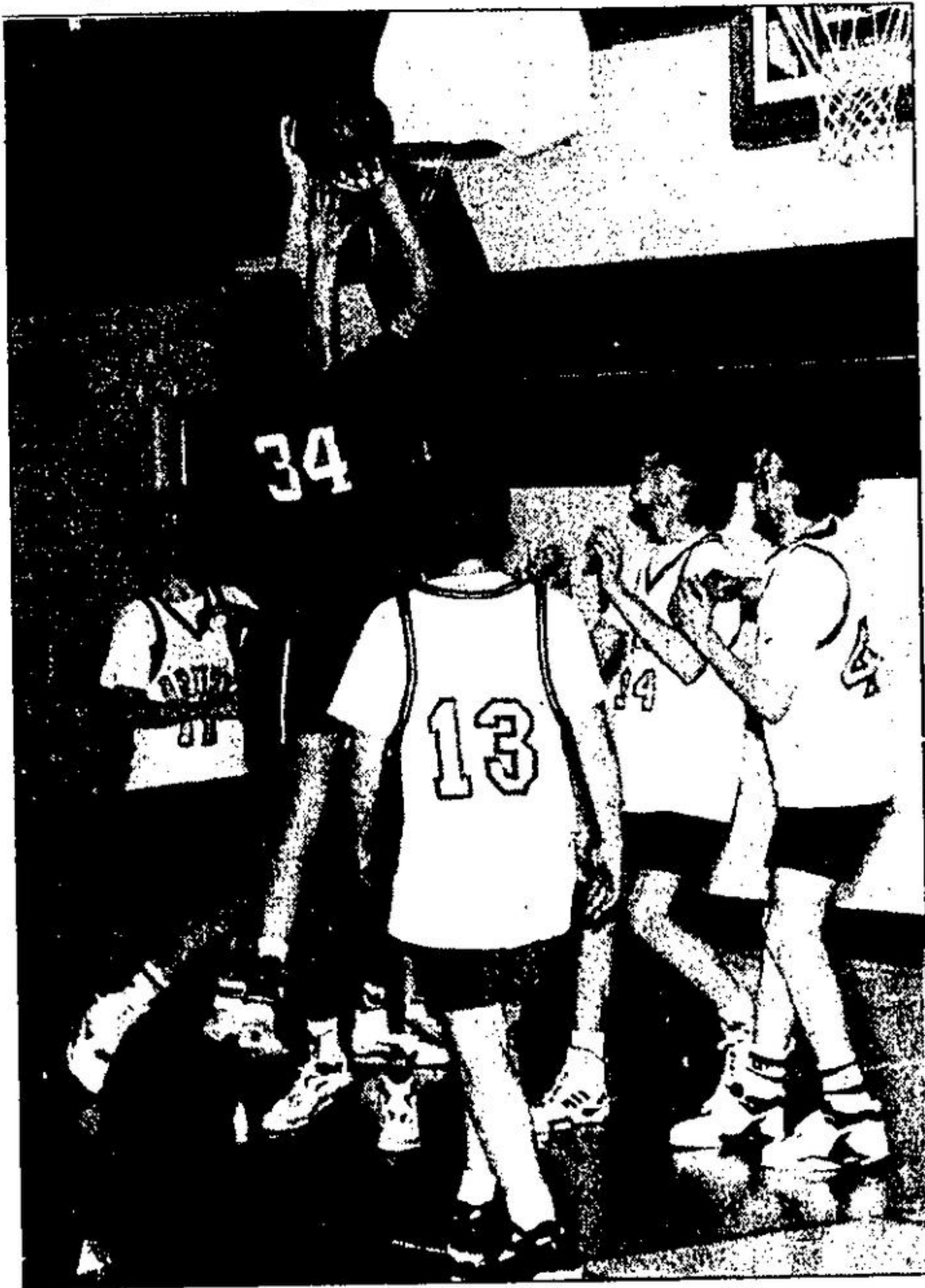
Georgetown gave a gallant effort by extending the series to 5 games, but Orangeville Lions prevailed 7 points to 3.

The first period was scoreless. Georgetown jumped to the attack early with Ryan Bobor, Matt Hotham, Dan Smith and Brent McClung adding good offensive pressure for the visitors. Ryan Carter played excellent goal with 6 key saves, to keep the score notched at 0-0.

The second period found Orangeville applying good pressure. Ryan Carter came up big to turn aside their efforts. Finally at the 16:27 mark, Orangeville scored on a clean goal just inside the post. Georgetown rallied the balance of the period to find the equalizer but could not buy a goal. The second period ended 1-0 in Orangeville's favor.

The third period found Georgetown applying more pressure, but Orangeville put the game away at the 2:35 mark to ice the victory at 2-0.

Georgetown elected to pull the goalie at the 18:30 mark. Bobor and Smith almost jammed one in in the dying seconds but they were turned aside, as Orangeville won the series.



Putting one up

A Georgetown District High School Rebel midjet basketball player attempts to sink a basket during their game against E.C. Drury at GDHS on Wednesday. The 49-38 victory helped Rebel midjets secure the last playoff berth in their division. (Herald photo)

Fiber is good for you

WHY FIBER IS A BOON TO WEIGHT CONTROL

Eating foods that are high in fiber is important to a weight control program because of fiber's many benefits. Here is a reminder of some of those benefits.

1. Fiber is filling. One tends to feel fuller with smaller amounts of food.
2. High fiber foods take longer to chew, which gives the brain more time to register and eliminate hunger signals.
3. Fiber helps prevent constipation and diverticulosis.
4. Fiber helps prevent the exposure of the digestive track to cancer-causing agents.
5. Fiber helps prevent excessive cholesterol buildup.

Note: The best source of fiber are natural, whole grain products and fresh fruits and vegetables. When food is processed, most fiber is removed. While some vitamins and minerals can be replaced through "enrichment," fiber cannot.

Raw fruits and vegetables, including the skins, have a higher fiber content than those that have been cooked. Course-grain products have more fiber than ground-grain products and stir-fried, sauteed and steamed foods have more fiber than foods that are boiled.

CARRIER OF THE WEEK BOYS - GIRLS

Brent, 7, a Grade 2 student at M.Z. Bennett Public School in Acton, has been delivering newspapers for the Halton Hills Herald for two-and-a-half years.

He delivers 70 papers every Wednesday and Saturday.

Brent has opened his own savings account to take care of future needs.

For his efforts, Brent will receive a large pizza courtesy of Queen's Pizza in Acton.



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