

Halton Hurricane Midgets fall in four games to Barrie

Halton Hurricane Canada Brick 'AAA' Major Midgets were eliminated from Ontario Minor

Hockey Association playdowns by Barrie last Friday in Georgetown.

Milton Heights Shier takes 13th place

Limehouse resident Tim Shier placed 13th and 21st in two slalom races for the Milton Heights Ski Club as the season begins winding down.

On Feb. 9, Shier placed 21st in the giant slalom during competition for the Collingwood Cup at Osler Bluff. Teammate Josh Douglas from Oakville placed second in the first division.

The next day, Shier finished 13th in a slalom race during Collingwood Cup competition at the Alpine Ski Club. Douglas placed third, while another Milton Heights skier, Mark Hooper, placed 15th.

On Feb. 23, Milton Heights skier Jason Penman from Milton placed first in the division two giant slalom at Devil's Glen. Mark Cornwall from Oakville placed 28th.

Halton lost the best of five qualifier series in four games, beginning with a 3-0 loss in Barrie on Feb. 16.

Game two played at Memorial Arena in Milton on Feb. 18, high scoring playoff encounter. Barrie opened the scoring in the first minute of play, but Halton's Trevor Elensky quickly equalized with a low shot from the right point, after a set-up by Patrick Hennerberry and Wade Burrows.

Elensky struck again two minutes later following some forechecking by Halton. The lead was short-lived, as Barrie equalized with 2:09 on the clock, then jumped to a 3-2 lead on the powerplay with 14 seconds remaining in the first period.

Hurricanes again equalized early in the second when Ken Kosziwka, assisted by Mike McPhail and Jake Mashinter scored a wrap-around goal. Play remained tied at 3-3 until 40 seconds into the final frame when Mike Cox buried the rebound from another Elensky shot.

The see-saw action continued, as Barrie equalized three minutes later. Halton again took

the lead when defenceman Dave Osborne skated around two Barrie defenders and drilled home a wrist-shot. With 1:36 remaining in regulation play, Halton's worst fears were realized when Barrie again tied the proceedings and sent the game into overtime.

Elensky opened the overtime scoring with his hat-trick, converting the rebound from Rob Laing's point shot. Another Laing point shot 40 seconds later put the Hurricanes into a seemingly safe 7-5 lead, but a late Barrie power-play goal cut the lead to 7-6, and with 1:37 remaining, Barrie added their seventh goal to split the decision.

Game three in Barrie on Feb. 20 turned into an 8-1 scoring spree for Barrie against an injury depleted Hurricane squad. Rob Crowe, assisted by Hennerberry, scored Halton's lone marker in the second period.

On Friday in Georgetown, Halton re-grouped Feb. 22 and again forced overtime. After a scoreless first period, Barrie scored on the power-play early in the second, Kosziwka equalized from Damien Dubien and Laing.

Barrie went ahead in the third, and with three minutes remaining, Todd Mulley tied the score at 2-2, from Joe Piazza and Osborne. Hurricanes needed a victory to keep the series alive, and with goalie Peddie on the bench, Barrie capitalized on the open net to take the overtime win and advance to the playoffs.



Lacrosse Registration

Wayne Young and Linda Newman of Acton Minor Lacrosse Association were on hand at Gordon Alcott Memorial Arena on Feb. 19 to hold a registration session. There is another registration day Saturday at Acton Arena from 10:00 a.m. until 2:00 p.m. If registration warrants, a Halton Hills Minor Lacrosse Association may be formed. (Herald photo)

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Cholesterol Guidelines

Average Risk - Under 200 Borderline Risk - 200-239
High Risk - 240 Plus Goal Level - Under 200

You can lower your risk - A high cholesterol level is one of the controllable risks of coronary heart disease. A 25% reduction in your cholesterol level gives you a 50% reduction in your risk of heart attack.

A diet change is usually all you need to move levels into a safe range. Exercise and weight loss also help. People with levels over 260 may need medications to lower cholesterol.

To lower cholesterol levels, eat fish, poultry and polyunsaturated fats, like safflower oil. A diet high in fiber may also improve cholesterol levels.

Exercise and weight loss - Exercise increases levels of HAL, the "good cholesterol." It also helps you take off and keep off any extra weight, which helps lower your cholesterol levels.

Reduce your risk of high blood cholesterol - You can't know, whether you have high blood cholesterol unless you have it checked. High blood cholesterol causes a buildup of fats in your coronary arteries. One out of four adults have cholesterol levels putting them at high risk for coronary heart disease.

You can usually strip away this risk factor with a few changes in your diet and an exercise or weight loss program. Some people need medications to reduce extremely high levels.

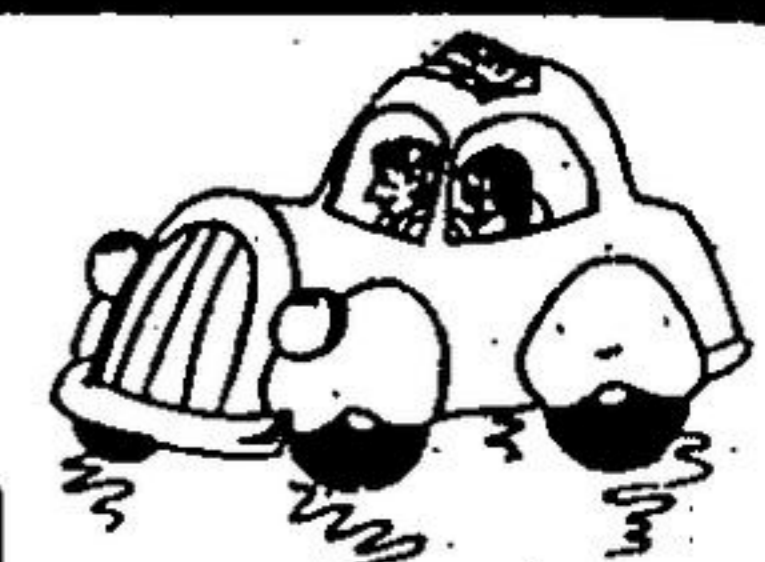
Cholesterol is a fat that is present in some foods. It is also produced by your liver, then released into your bloodstream. Cholesterol is carried in your blood mainly by two kinds of protein. Low-density lipoprotein (LAL or "bad cholesterol") created plaque buildup. High-density lipoprotein (HAL or "good cholesterol") removes cholesterol from your blood. When high levels of LAL exist in your blood, atherosclerosis and coronary heart disease may develop.

A simple blood test gives your total cholesterol level. Then you compare your risk to the cholesterol guidelines below. If your levels are high (above 240) you should have a lipid analysis, a blood test, requiring a 14 hour fast. It measures LAL, HAL and triglyceride, another form of fat.

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