



### Top Timmy Tyke totals

Georgetown Beaver Lumber Major Novice hockey team dominated all other teams in raising money for Easter Seals through ticket sales, collecting \$4,000. Six members of the team (left to right) Derrick Elliott, Bryan Stuttard, Ryan Carter,

Jamie Larocque, Tyler Pearce and Scott Ellis, were given plaques by the society for raising over \$250 each. The two adults in the back row are unidentified Easter Seals representatives, while the other boy is also unknown. (Photo submitted)

## Novice House League Barragers cleans up

Last Saturday at Alcott Arena saw all-out efforts by both Kinsmen and Barragers Cleaners as both teams competed for first place in the Novice House League playoffs.

This was the first loss for the Kinsmen in this year's playoff games, but it hasn't dampened the enthusiasm of this energetic team. The Kinsmen came on strong with several shots on goal in the first few minutes of the first period.

Out in front with lots of effort were Chris Martyniek, Tristen Temple, Lee Merse and Kevin Morris. Kinsmen's Bobby Harlow, assisted by Jeff Russell, scored the first goal just two minutes into the game.

Play was tense with only 11 seconds left in the second period and a score of 1-1. Kinsmen players battled against the powerful goaltending by Barragers and after several shots, Kinsmen's Chris Martyniek scored with an assist by Jordan Stapleton, which put them in the lead at 2-1.

Good defensive play in the second period was made by

Kinsmen's Jordan Stapleton and Jordan Fox, as well as other players Sean Ashbee, Mike Alton and Sean McArthur putting their all into the game. Goaltender, Jon Paul Zeni made some good saves and helped keep the game close.

Barragers tied the game 2-2 and then scored one more goal in third period for a 3-2 win. Saturday's "Day of Champs" game at Alcott Arena should be hockey at its best as both Kinsmen and Barragers have the ingredients to come out winners.

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## Anglers and Hunters pitch in program

TORONTO: Encouraging householders and institutions to compost has been added to the thrust of 1991 PITCH-IN WEEK, a program of the Ontario Federation of Anglers and Hunters in co-operation with PITCH-IN CANADA.

The campaign, which will involve more than one million Ontarians during the week of May 6-12, is sponsored by NOVA Corporation of Alberta, Ontario Multi-Material Recycling Inc. (OMMRI), the Ontario Ministry of Environment and local governments.

"Disposing of your waste is not

always as simple as putting it in a garbage can," stated Dr. Dave Ankney, recently elected President of the Ontario Federation of Anglers and Hunters. "Most of us now have other options which include recycling and composting."

"We recognize that every community does not yet have a recycling program, but everyone can compost. By composting your kitchen and garden waste you reduce your household garbage about one-third and you will also be returning organic matter to the soil when you use compost in the garden," said Ankney, a

Professor at the University of Western Ontario.

Ankney indicated that, as part of PITCH-IN WEEK, thousands of flyers explaining how to establish and maintain a compost program have been distributed to every school and thousands of community organizations across the province.

He added that even though PITCH-IN WEEK now includes an emphasis on the composting of waste, the successful one week campaign will not deviate from its primary goal which is to prevent the indiscriminate and thoughtless disposal of all waste into the environment.

"Littering is a symptom which indicates that the individual has little consideration for the environment and for that reason litter prevention is the place to start when educating people about the need for them to behave in an environmentally responsible manner," said Ankney.

The theme of the 1991 campaign is "It's in Your Hands" and participants and residents throughout the province are urged to actively participate in or to organize a community litter clean-up and to separate the waste which they collect into recyclable, compostable and other waste.

"It's important for people to become personally involved in actions which address the problems associated with waste disposal," comments Ankney. "Even though most people have a positive attitude towards the environment, some must be encouraged to express that positive attitude by the way they behave. That includes not littering, participating in clean-up and recycling programs and composting."

PITCH-IN WEEK saved Ontario taxpayers more than \$42 million in clean-up costs in 1990, as volunteers donated their time to cleaning up local communities as well as wilderness areas.

"It's marvellous to see that Ontarians will PITCH-IN when asked and it is important that we continue to encourage and support them," stated Ankney, who adds that support from industries, local governments and the Ontario Ministry of the Environment is critical to the long term success of the program.

"Our industry support, in response to the tremendous success of the 1990 program, was increased by 40 percent in 1991. Unfortunately, the Ontario Ministry of the Environment decreased their funding by 60 percent and this has resulted in a shortfall of the funds required to provide materials and supplies to volunteers throughout the pro-

vince." Ankney indicated that the Ministry's decrease in funding is currently being appealed and he is hopeful that the funding needed to continue the program will be reinstated.

Residents wishing to obtain a copy of the flyer which outlines how they can start a compost program in their home can contact PITCH-IN ONTARIO at 500-6 Adelaide Street East, Toronto, ON, M5C 1H6. A minimum donation of \$2.00 is requested to cover the cost of postage and handling.

PITCH-IN WEEK is a program of the Ontario Federation of Anglers and Hunters in co-operation with PITCH-IN CANADA. It is supported and sponsored by NOVA Corporation of Alberta, Ontario Multi-Material Recycling Inc. (OMMRI), the Ontario Ministry of the Environment and local governments throughout the province.

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### Stretching it out

Stretching and warm-up is essential for all athletes. As a responsible coach you should make sure that all of your team players (whatever the activity or sport) warm-up efficiently and effectively.

An effective warm-up will help your players play well from the beginning of the game, injuries should be reduced greatly and all in all your team should have a better track record.

As a coach you should have a basic understanding of the principles of stretching and warm-ups. You should have a working knowledge of their proper application and you should ensure that the stretches your players do are pertinent to your sport.

Athletes should perform stretching exercises to accomplish the following objectives:

1. To reduce the risk of straining a muscle or tendon.
2. To increase the range of movement inherent in the activity.
3. To promote muscle relaxation.
4. To increase metabolism in muscles, joints and associated connective tissue.

Stretching exercises are rarely designed to meet the needs of each particular sport. However, it is important to make sure that exercises you choose to do in your warm-ups are appropriate. Many popular stretching exercises actually shorten the muscle groups exercised rather than lengthening them. Let's review the most popular methods of stretching.

**Ballistic Stretching** - This is the least beneficial and most dangerous type of stretching technique. It involves rapid, jerky, bouncing motions which may strain muscles and connective tissues and often actually shorten muscles as they tighten up to protect themselves from this unnatural behavior. Please do not use this technique.

**Passive Stretching** - This technique involves using a partner to stretch relaxed muscles. While this can be effective when properly applied, there is significant potential for injury and I don't recommend it.

**Static Stretching** - Using this method, the athlete assumes the stretched position slowly and gently and holds it for 30-60 seconds. This takes advantage of some of the built-in stretch-reflex mechanisms in the muscle and tendon fibres in order to allow for safe and effective relaxation. The Static Stretch produces the least amount of tension and is the safest method of improving flexibility.