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# Sports and Recreation

ROB RISK - Herald Sports Editor 877-2201

- Coach Donohue ..... 18
- Argos Coffee ..... 18
- GDHS Athletes ..... 18
- Baton Champs ..... 19
- Sports Calendar ..... 19

## Acton hockey awards

Several businesses were recognized for their contribution to the Acton Minor Hockey Association for sponsoring their house league teams.

They included: PML Contracting, A and S Engraving, Hinds Food Market, McKenzie and Chapman, Galveast, Nellis Construction, Halton Hills Electric, Acton Lions Club, The Olde Hide House and Esclad B.P.

Many AMHA players were also presented with awards for the past season. Carol Smith Memorial Award: Ben Williams, Jason Christopher, Kevin Dick, Martie McKinnon, Randy Symmers, John McLean and Paul McLeod.

Most Valuable Player: Thomas Wolfer, David Lajeunesse, Ryan Owen, Roy Stuckless, Dan King, Mike Kinnon and Sean Sears.

Most Improved Player: Marc Forbes, Scott Monaghan, Derrick McIntyre, Ryan Seeds, Mark Henderson and Mike McArthur.

Most Sportsmanlike Player: Kyle Artem, Mark Ridley, Joshua Marcoux, Sean Fosbury and Mike Williams.



Ladies' basketball leaders

The McCauley Ladies Basketball League held its awards night at the George and Dragon on Wednesday, presenting trophies to some of their top players. Pictured here from left to right are Heather Nicholson of Timeout (most improved

player), Anita Stankus of Golden Girls (high scorer) and Kelly Forsyth of Heinz 57 (most sportsmanlike). Absent was Judy Spear of Timeout who was the league's most valuable player. (Herald photo)

## SPORT SHORTS

### Win a trip

Halton Hills residents have a chance to win air transportation for two anywhere within the continental United States, plus \$1,000 cash by buying lucky draw tickets for the 15th annual Bill Smith Invitational Golf Tournament.

Tickets are \$5 each and can be obtained at Bill Smith Auto Parts (334 Guelph St.), Canadian Cancer Society office, (164 Guelph St.), Ken's Auto Service (61 Guelph St.), Brown's Auto Wrecking (R.R.1 Georgetown), and Osborne Decor (509 Guelph St., Norval).

This year's tournament is on June 24 and all proceeds will be donated to the local Canadian Cancer Society. The goal this year is \$28,000, bringing the total contribution of the event since its inception to \$200,000.

### Fundraiser

O'Tooles Restaurant in Georgetown is competing in the O'Tooles 4th Annual Charity Bike-A-Thon as a way of raising money to aid several children's hospitals in Canada on May 15.

Georgetown's O'Tooles is competing against its sister restaurants from Milton, Bramalea and Stoney Creek this year to see which one can accumulate the most kilometres on three exercise bicycles that have been set up on their dance floors.

Those interested in taking part are advised to hurry and pick up their pledge sheets from the restaurant, since there are only 25 spots remaining.

### Rebel Archers

Four Georgetown District High School students made their mark at the Ontario Federation of Secondary Athletic Associations International Archery Competition at Chingacousy on Tuesday.

Out of 214 competitors, Yvonne Moore placed first, Janet Rattenbury earned a fourth, Tracey Moore came in eighth and Mark Rattenbury finished in 11th, all in the compound limited class.

### Crushers win

Orangeville Crushers dodged another bullet in their best of seven All-Ontario Jr. C final on Tuesday by beating Hanover Barons 6-4 on the road.

Crushers originally trailed the series 3-0, but an 11-2 victory on Sunday and Tuesday's win improves Orangeville's chances of repeating as the provincial champions. Game six is tonight (Friday) in Orangeville at 8:30 p.m. and game seven, if necessary, will be on Sunday at 2:00 p.m.

### Bridge club

The Duplicate Bridge Club played its last games of the season on Monday at the Georgetown Legion with the following results: 1. Larry MacLean and Don Walker. 2. Harry Arbic and Norma Maynard. 3. Karol Tobiasz and Rene March. Play will resume in the fall.



Centennial tourney

Bill Dimitriou, a member of Centennial Chargers, makes a quick save to keep the ball in play during his team's game against Sam Sherratt on Tuesday. Chargers hosted the Halton area tournament, finishing second behind Stewarttown Public School. Sam Sherratt placed third while W.I. Dick finished in fourth. (Herald photo)



*Focus on Fitness*  
by Laurie Burns  
Exercise Physiologist

## Local Participaction

May is Participaction Month. Let's see how many citizens in Halton Hills can become active this month.

We are a country that spends the day glued to our chairs in front of a computer screen or rooted to our place on the assembly line and the night plopped in front of the TV.

Some people think exercise is walking the few steps to our car and midnight strolls to the refrigerator for a snack.

Is it any wonder that hundreds of thousands of people call in sick daily? Or that health care benefits cost companies billions in 1991?

Changing your ways does not have to be an exercise in futility. I would like to see companies in Halton Hills promote an active lifestyle to their employees.

No matter how big your company is, or how small, it's the perfect opportunity to introduce even a modest fitness program to your employees. Encourage them to walk on their breaks this month. They'll find out that exercise doesn't have to be difficult or inconvenient. Exercise can make them feel and look better. And it can help them control their weight, their blood pressure, and their stress level.

The benefits to your company by having more active employees, you'll find out, as studies have indicated, that employee fitness programs can reduce absenteeism and turnover, while increasing productivity in the workplace.

## Halton High School sports standings

**HALTON SECONDARY SCHOOLS ATHLETIC ASSOCIATION SR. GIRLS SOCCER**  
(Standings as of April 28)

Team	GP	W	L	T	GF	GA	Pts.
Georgetown	2	2	0	0	3	1	4
Bishop Reding	2	1	1	0	5	2	2
Lord Elgin	2	1	1	0	4	1	2
Nelson	2	1	1	0	8	2	2
MM Robinson	2	1	1	0	1	4	2
Milton	2	0	2	0	2	9	0
EC Drury	2	0	2	0	0	10	0

Weekly Results: BR 5 MIL 1, LE 4 MM 0, GEO 3 ECD 0, LBP 2 NEL 1, MM 1 BR 0, LBP 1 LE 0, NEL 7 ECD 0, GEO 4 MIL 1.

**SENIOR RUGBY**  
(Standings as of April 28)

Team	GP	W	L	T	PF	PA	Pts.
Georgetown	2	2	0	0	42	0	4
Trafalgar	2	2	0	0	39	0	4
White Oaks	2	2	0	0	37	13	4
Nelson	2	1	1	0	12	39	2
Assumption	2	1	1	0	33	22	2
MM Robinson	2	0	2	0	4	32	0
Aldershot	2	0	2	0	0	35	0

Weekly Results: OT 39 NEL 0, ASSP 20 MM 4, GEO 28 ACT 0, WO 19 ALD 0, NEL 12 MM 0, GEO 16 ALD 0, WO 18 ASP 13, OT OVER ACTON (Default) Acton has dropped out of league due to lack of players.

**MIDGET RUGBY**  
(Standings as of April 28)

Team	GP	W	L	T	PF	PA	Pts.
White Oaks	2	2	0	0	14	0	4
Trafalgar	1	1	0	0	24	0	2
Georgetown	1	1	0	0	0	0	2
Notre Dame	2	1	1	0	29	14	2
Bishop Reding	2	1	1	0	8	29	1
EC Drury	2	0	2	0	0	32	0

Weekly Results: OT 24 ECD 0, BR 8 ECD 0, WO 14 ND 0, ND 29 BR 0, GEO. DEFAULT OVER ASSP, WO DEFAULT OVER ASSP.

**JUNIOR RUGBY**  
(Standings as of April 28)

Team	GP	W	L	T	PF	PA	Pts.
Trafalgar	2	2	0	0	83	3	4
MM Robinson	2	2	0	0	48	7	4

Weekly Results: OT 50 NEL 0, MM 22 ASSP 4, ACT 13 GEO 4, ECD 25 BR 0, ND 12 MIL 6, WO 27 ASSP 0, ND 27 BR 0, MIL 14 ECD 8, TAB 15 GEO 0, MM 24 NEL 3, OT 33 ACT 3, WO 14 TAB 6. Acton has dropped out of league. Opponents will be awarded victories.