

Many opening day surprises for Ladies' Football League

By LEANNE FOURNIER
Herald Special

The first weekend of flag football is always unpredictable, but this year's season opened up to a few surprises.

This balmy weekend sported one new team in that of Michael's Restaurant and the JV Jets have showed a resurgence of new faces and renewed enthusiasm.

The first contest proved to be an interesting matchup as two powerhouses clashed minus their number one QB's. Mobile Sound System defeated O'Tooles (formerly the George and Dragon) by a narrow margin of 20-18. Arnie's Body Shop were surprised by JV Jets as they lucked into a 14-13 win on a gamble. In other action, Burns Transport thumped West Insurance 32-0 and CIBC (formerly Ferg's Flicks) beat Michael's Restaurant 20-0.

The 8:45 a.m. game was worth waking up for as the winner was not decided until the final moments. Bev Heinz and Brenda Ryan scored TD's for O'Tooles while Rosemary Gale and Roxanne Guy picked up TD's for Mobile Sound. The difference at the half was a sole point on a Gale conversion.

O'Tooles pulled ahead early in the fourth quarter on a Brenda Ryan touchdown but Rosemary Gale was not to be outdone as she scored another touchdown and

kicked her second single to ensure the win.

The second contest proved to be a lesson for all as JV sported a team of fine athletes with the return of a seasoned quarterback in Deb Barber - Arnie's by Sue Ferguson and Kelly Cunningham. JV's defense suddenly appeared to blanket the Arnie's offense as they were unable to muster much offense. Linda Ferguson had a superb day posting all 13 points.

With three plays left in the game, Ferguson scored and had a tough decision - they could kick an easy single to tie or they could gamble with the hopes of a win. Their gamble didn't payoff but they proved they will be a force to be reckoned with.

Burns was in fine form on Sunday. Kyra Kristensen-Irvine, Michelle Mrehm, Sandra Cousens, Denny Ursel, and Don-

na Davey all scored majors. Sheri Nairn converted twice while Donna Davey and Tammy McLaughlin of West Ins. each snagged interceptions.

CIBC looked like it was their first season in the GLFFL without QB Monica Mastalerz. Fortunately CIBC's defense played a fine game with Julie Burgan grabbing two interceptions, while Jodi Fournier, Nancy Hamilton, and Carey Brabant each had one. Scores were posted by Carey Brabant (14) and Leanne Fournier (6).

Michael's Restaurant showed good promise with some fine quarterbacking by Debbie Powers and superb receptions by Sharlet Prevost and Pam McMeekin. Each pulled in interceptions to aid the cause. Coach Sanvido could have a fine squad if he can keep his temper at bay.



Focus on Fitness

by Laurie Burns
Exercise Physiologist

Get Fit Guide

Are you motivated to keep up your exercise regime or are you bored? Do you get tired of doing the same physical activity (or lack of it) day after day? If so, read on.

I would like you to become aware of your current activity behaviour patterns and biggest ways to improve them.

For the next week, follow these guidelines.

Circle these guidelines you adhere to each day or circle "does not apply."

- | | |
|--|-----------------------------------|
| 1. Exercised with a friend (It's harder to forget about it when you make a commitment to someone). | S M T W T h F S
Does Not Apply |
| 2. Exercised the same time each day. (Becomes routine). | S M T W T h F S
Does Not Apply |
| 3. Picked an activity I enjoyed (why do something you dislike?) | S M T W T h F S
Does Not Apply |
| 4. Dressed the part for activity (more comfortable, freer movement) | S M T W T h F S
Does Not Apply |
| 5. Thought the part of activity (are motivated and have a positive frame of mind to get the most out of it) | S M T W T h F S
Does Not Apply |
| 6. Exercised to music (music is a great motivator and is inspirational) | S M T W T h F S
Does Not Apply |
| 7. Had someone monitor my exercise and daily activity (we all need help from time to time) | S M T W T h F S
Does Not Apply |
| 8. Avoided overdoing (you don't need lots of aches and pains, rest too is important) | S M T W T h F S
Does Not Apply |
| 9. Track my progress - distance and time | S M T W T h F S
Does Not Apply |
| 10. Keep track of my progress made, percentage of body fat (throw out the scale, body fat will tell you more. Have realistic healthy goals). | S M T W T h F S
Does Not Apply |
| 11. Tell people about my exercise program and how I feel (patting yourself on the back keeps you motivated and will inspire others). | S M T W T h F S
Does Not Apply |
| 12. Took my time to exercise (It is important and makes you feel good, why rush?) | S M T W T h F S
Does Not Apply |
| 13. Made new acquaintances with other physically active people (Having things in common can be fun). | S M T W T h F S
Does Not Apply |
| 14. Learned a new activity (a change of activity can help keep you going). | S M T W T h F S
Does Not Apply |
| 15. Understand the value of exercise (knowing the benefits will keep you going). | S M T W T h F S
Does Not Apply |
| 16. Choose activity over TV (the benefits speak for themselves). | S M T W T h F S
Does Not Apply |
| 17. Used my legs instead of the car | S M T W T h F S
Does Not Apply |

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