Three ties highlight results of Halton Hills slowpitch play

By JIM ANNETT Herald Special Capital Ford 11, Random 11

Going into the fifth inning, Capital Ford looked like they were going to win their first game of the season leading 11-6, but Random Car Club got the bats hot and pounded out three straight doubles, a single and a triple by Bob Morrow to clear the bases and tie it up 11-11.

Tony Perkins, John MacLeod, Brian Ward and Dave Wallace did most of the damage and Kevin Webster hit his first homerun to the opposite field. Even a mammoth three run shot by John Finlay was not enough. Jerry Hilts and Nick Boere both had doubles and a single each. A great game by both teams and the first point of the season for the Capital Ford team.

Lions 10, Living Lighting 10 The Living Lighting team came

back to score four runs in the sixth inning to tie this game in a see-saw battle. Steve Foreman, Travis Gardner and Wayne Cuthrie all went three for three and coming up big with hits in the sixth.

Lions got hits throughout the line up with John Edwards hitting

By LEANNE FOURNIER

Herald Special

the Big Chill, both JV and Mobile

Sound System managed to drag

themselves to the field for 8:45

Mobile Sound came out on top

with a 20-8 score over JV. CIBC

defeated West Insurance 25-10. In

the other two contests. Arnies

Body Shop battered Michael's

Restaurant 40-0 and Burns

JV Jets continue to prove that

they can hold their own in tough

competition. Mary Lowry scored

first for Mobile Sound and No. 13

picked up two points. Natalie

Milton posted their second TD.

Linda Ferguson answered back

with eight points midway through

the fourth, Janet Smith sealed the

In the second match, CIBC

Chargers got on the scoreboard

with a Julie Burgan TD and a

Mastalerz single. Tammy

McLaughlin kicked a superb field

goal for West Insurance. CArey

Brabant, Noreen Atkinson and

Jackie Wickens scored the other

crushed O'Tooles

a.m.

32-14.

victory.

Tranpsort

In spite of the after affects of

a long, long solo shot, Brian Bludd had the only double for his team.

Park Lincoln 9, Optimist 9

This game had a wild finish to it, with the Optimist Club up 9-5 in the seventh inning. Park Lincoln stepped up to bat and got six consecutive hits to score four runs and tied the game up.

Jim Readman started the rally off and it ended with Heath Lockhearst scoring the equalizer. Ken Sproule, Marty Dezecow and Fendley all went three for three.

Optimist Club, lead by Kevin Galway's pitching and Brent McDonald's homerun, held on to get the tie. Phil Jones hit two doubles and Don Staddon smacked out a triple. A great comeback by Park Lincoln.

Kendale 20, Royal Pizza 10

In a game that saw five homeruns and a lot of offence. Brent Telford led the way with two homers and five RBI's. Dave Parent had four RBI's.

Sam Moore and Nick Lorito went three for three, for the Kendale squad and Gary Hole played great defense while Jim Annett made a nice throw to double up a Pizza man.

John Curran and Ed Cizmar hit

Larusso scored the other West

Michael's Restaurant had a no

show on the quarterback front

and Arnies defense picked them

apart. Carol Kovacevic and

Michelle Vellinga picked off two

apiece while Judy Grinberg and

Andrea Ford each had one. The

scoring was spread around with

Sue Ferguson and Michelle Vell-

inga scoring 14 while Pat Hor-

Burno still has O'Tooles

number. Sandra Cousens scooped

12 points as did Michelle Miehm.

Brenda Hamilton snagged a two

pt. convert. Donna Davey return-

ed an interception for Burns

other score - Kathleen Lenvey

scored two TD's and grabbed an

interception while Marianne

Aikenhead posted two points for

HALTON HILLS

COLLISION

R.R. 1, ACTON, ONT.

Established

1973

O'Tooles only score.

ruzey had 12.

Ladies Flag Football

Michael's battered 40-0

the long balls in a losing cause for Royal Pizza. Jim Lawrence and Don Trant had two hits and an RBI each. Good pitching by the Lorito brothers who have been pitching in this league for years.

Kinsmen 9, NFLD Club 3 Jim Connolly and Ron Mathenson helped the Kinsmen by goint two for three with three RBI's each, handing Nfld Club its first loss of the season.

The Kinsmen blew it open in the sixth inning, scoring five runs. Scott Dwyer, Mike Myers, Dave Maddigan and Randy Brown all pounded out doubles while Dave Bickford went two for two for the Nfld club.

Elks 8, Firemen 4

Elks Club won this game in the sixth inning by loading up the bases and hitting three straight singles, scoring four runs to take the lead and shut out Firemen in the seventh inning.

Dan Angel and Ken McMullen had three singles apiece, Ron Osborne had two doubles and a triple.

Scott Laverty hit his first homerun of the season with one man aboard in the losing cause. HALTON HILLS

> SLOW PITCH LEAGUE (Standings as of May 12th) DIVISION "A"

TEAM

W L T Pts.

		_	_		
Nfld Club	2	1	0	4	
Kinsmen Club	3	O.	0	G	
Elks Club	3		0	6	
Firemen	1	2	0	2	
Living Lighting	0	2	1	1	
Lions Club	D	2	1	1	
DIVISION	B				
Royal Puzza	2	1	0	-4	
Park Lincoln	1	1	1	3	
Kendale	2	1	ø	4	
Random Car Club	1	1	ı	3	
Optimist Club	1	t	1	3	
Capital Ford	U	3	1	1	





Heatstroke signs

Heatstroke is the sudden uncontrolled rise in your body temperature, caused by the inability of your temperature-regulating cells in the brain to increase the body's mechanism for dissipating heat.

When functioning normally, these brain cells maintain your body temperature close to 90.6 degrees F.

When you are out in the sun/and or extreme heat, the brain cells can become damaged by the heat and lose their ability to function. The result: heatstroke.

If you are dehydrated, the more likely you are to develop heatstroke. The harder you exercise, the less dehydration you can tolerate. Dehydration decreases blood volume to the point where there is not enough blood to supply both the skin and internal organs such as the brain, liver and muscles.

Your body must make a choice and chooses the internal organs and the muscles. Thus, the blood supply to the skin is shut off and your body temperature rises uncontrollably.

Heatstroke doesn't just happen. There is plenty of warning. Your lungs and muscles will feel like they are "on fire". Your breathing will become short and labored and your mouth becomes parched.

Your vision blurs, and dizziness and nausea set in. You may even start to think and act irrationally.

If you continue to exercise, you will stop sweating and your skin will become dry. It feels dry and clammy even though your body temperature may shoot dangerously high.

You could become seriously ill if you do not pay attention to early warning signs of heatstroke. You could lose so much fluid that there is not enough in your bloodstream to support circulation and you could go into shock.

Tips for Heatstroke Prevention

1. Drink plenty of fluids while exercising to prevent dehydration. 2. Do not exercise outdoors between 11:00 a.m. and 3:00 p.m. when

the sun is the warmest. If you suspect that a person or yourself may be suffering from

heatstroke, seek medical help immediately.

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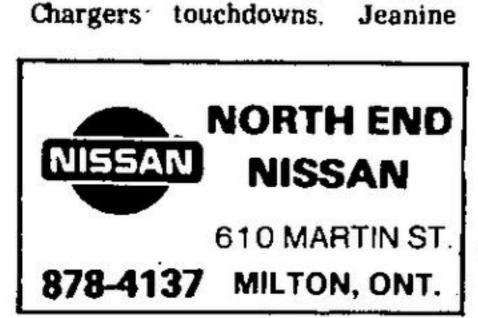
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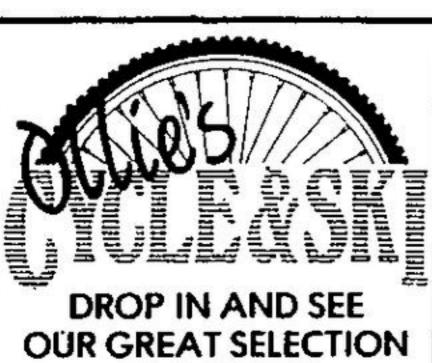
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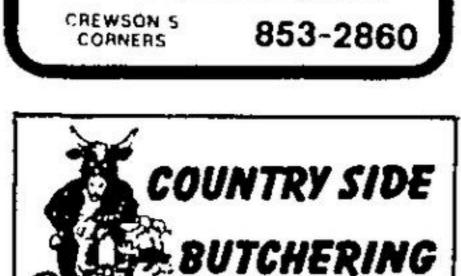
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