

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

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 Lockheart scoring the equalizer. Ken Sproule, Marty Dezeew 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 homeruns 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

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 going 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 Laverly 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)

TEAM	W	L	T	Pts.
Nfld Club	2	1	0	4
Kinsmen Club	3	0	0	6
Elks Club	3	1	0	6
Firemen	1	2	0	2
Living Lighting	0	2	1	1
Lions Club	0	2	1	1

TEAM	W	L	T	Pts.
Royal Pizza	2	1	0	4
Park Lincoln	1	1	1	3
Kendale	2	1	0	4
Random Car Club	1	1	1	3
Optimist Club	1	1	1	3
Capital Ford	0	3	1	1

Ladies Flag Football

Michael's battered 40-0

By LEANNE FOURNIER
Herald Special

In spite of the after affects of the Big Chill, both JV and Mobile Sound System managed to drag themselves to the field for 8:45 a.m.

Mobile Sound came out on top with a 20-8 score over JV. CIBC defeated West Insurance 25-10. In the other two contests, Arnie's Body Shop battered Michael's Restaurant 40-0 and Burns Transport crushed O'Tooles 32-14.

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 victory.

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 Chargers touchdowns. Jeanine

Larusso scored the other West TD.

Michael's Restaurant had a no show on the quarterback front and Arnie's 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 Vellinga scoring 14 while Pat Horzuey had 12.

Burno still has O'Tooles number. Sandra Cousens scooped 12 points as did Michelle Mieh. Brenda Hamilton snagged a two pt. convert. Donna Davey returned an interception for Burns other score. Kathleen Lenvey scored two TD's and grabbed an interception while Marianne Aikenhead posted two points for O'Tooles only score.

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This Weeks Question:
Who did the Blue Jays play, and win against recently after a long sixth inning rain delay?

Focus on Fitness
by Laurie Burns
Exercise Physiologist

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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