

# Lacrosse Rams lose tourney final

Acton Novice Rams I team came within one goal of winning five straight games and the Milton tournament last week, getting stopped 6-5 by Orangeville last Saturday.

In regular season play, Acton shut out Guelph 11-0 on June 12 and defeated London the next day 6-1 in a pair of home games. Kyle Artem lead the scoring in the matches, getting two goals and two assists against Guelph and two more goals in the London game.

Andrew Coe and Richard Raju each scored two goals against

Guelph, followed by Scott Monaghan who had a goal and an assist. Also scoring were Jason Christopher, Paul Withers and Chris Lee. In London, Christopher got a single, as did Monaghan.

Acton dominated the first two teams it faced in the Milton tournament, wiping out the hosts 10-0 last Friday and beating Sarnia 6-2 on Saturday. In the final against Orangeville, Acton lost 6-5 after tying the game up with less than two minutes remaining in regulation time.

In the first game, Ryan Young

was outstanding in net, stopping all scoring attempts to earn himself player of the game honors. Raju dominated the scoresheet, scoring four goals, while Andrew Coe and Artem each had two.

Against Sarnia, Raju again had a big game, getting three goals and assisting on another. Artem earned four points, getting two goals and two assists. Shawn

Weatherall had the single goal, while Sandy Chapman assisted on two markers.

In the final, Weatherall got two goals, while Thomas Wolfer, Jeff Newman and Chapman had singles. Chapman had tied it up with help from Lee and Wolfer, but it wasn't enough as Orangeville came back for the winner shortly afterwards.

## Bill Smith Golf Tourney

The 15th Annual Bill Smith Invitational Golf Tournament tees off on Monday at the North Halton Golf and Country Club, with nearly 250 people taking part this year.

Four cars are available to be

### 10TH TEE:

- 7:00 a.m. - A. Murphy, K. Gillett, J. Vierra, S. Jobin.
- 7:47 a.m. - J. Balson, R. Roberts, A. Avery, D. Krouse.
- 7:15 a.m. - R. Burns, I. Meilor, B. Marchand, M. Corcoran.
- 7:22 a.m. - G. McKee, P. Dallimore, M. Ricker, R. Baker.
- 7:30 a.m. - K. Bird, S. Brooks, C. McFarlane, B. McIntyre.
- 7:37 a.m. - L. Donais, D. Weir, D. Davey, D. Cliviero.
- 7:45 a.m. - E. Prosteby, B. Carter, A. Helmer, F. Boso.
- 8:00 a.m. - W. Dixon, P. Campbell, J. Trudell, J. Fendley.
- 8:07 a.m. - R. Kritchgau, T. Adams, S. Harfield, P. Karolidis.
- 8:15 a.m. - J. Edgar, J. Whitaker, K. Kemp, S. Danford.
- 8:22 a.m. - R. Dechier, S. Mara, L. Raymond, B. Hills.
- 8:30 a.m. - K. Sproule, B. Almand, G. Baker, D. Gould.
- 8:37 a.m. - V. Huzar, M. Benchimol, B. Brooks, B. Seath.
- 8:45 a.m. - D. Miles, J. Gordon, P. Whaley, G. Cotter.
- 9:00 a.m. - T. Mori, K. Morao, S. Yamashida, A. Watanabe.
- 12:00 p.m. - B. Kedwell, J. Morris, J. Perkins, S. Carter.
- 12:07 p.m. - C. Buy, S. Hayes, L. Matlatico, B. Timleck.
- 12:15 p.m. - D. McNally, J. McNally, B. Dierhoff, L. Sianet.
- 12:22 p.m. - B. Lampton, R. Alberts, R. Taube, T. Shwed.
- 12:30 p.m. - E. Ross, B. Lyons, J. Douglas, J. Dunlop.
- 12:37 p.m. - M. Schlauch, P. Newhouse, C. Cromwell, I. Whitworth.
- 12:45 p.m. - A. Miller, B. Dawson, T. Diblase, D. Kennedy.
- 1:00 p.m. - W. Brown, C. Giltard, B. Crossley, P. Noack.
- 1:07 p.m. - P. Armstrong, M. Armstrong, K. McCreary, B. Hewitt.
- 1:15 p.m. - G. Goebelle, M. McCracken, K. Gray, Brooker.
- 1:22 p.m. - D. Alexander, G. Otley, A. Lam.
- 1:30 p.m. - B. Miller, T. Cordingley, D. Lawlor, R. Barger.
- 1:37 p.m. - G. Farnell, D. Farnell, G. Marsh, M. Henley.
- 1:45 p.m. - S. Foster, H. Kaufmann, R. Freestone, J. Hewitt.
- 2:00 p.m. - P. Burgess, D. Hobb, P. Cowan, R. Mirabelli.

won on the course, along with other prizes, such as one for most honest golfer and some closest to the hole contests. The following people are taking part in the tournament, proceeds from which go to the Canadian Cancer Society:

### 10TH TEE:

- 7:00 a.m. - B. Forbes, K. Webster, S. Burns, K. Sim.
- 7:07 a.m. - B. Morrow, R. Hawkins, G. Wilson, R. Thompson.
- 7:15 a.m. - B. Lyons, C. Shirk, M. Kirley, D. Majeury.
- 7:22 a.m. - W. MacArthur, S. Archibald, T. Schlegel, G. Coughlin.
- 7:30 a.m. - R. Walker, A. Hunter, S. Hagan, D. Wingfield.
- 7:37 a.m. - B. Whitworth, T. Rogers, R. Rak, J. Sargent.
- 7:45 a.m. - A. Roos, M. Malone, R. Gerhardt, K. Bellamy.
- 8:00 a.m. - S. Williamson, D. McQueen, J. Smith, G. MacDonald.
- 8:07 a.m. - B. Boughton, J. Winsler, P. Gair, L. Kelly.
- 8:15 a.m. - J. Vanstone, D. Clarke, G. Hobson, J. Dwinell.
- 8:22 a.m. - E. Eckroth, J. McKenzie, J. Creighton, T. Greivenson.
- 8:30 a.m. - K. Smith, D. Kraws, A. Hay, B. Irvine.
- 8:37 a.m. - D. Fraser, F. Fraser, B. Dokotowicz, M. Reed.
- 8:45 a.m. - D. Ashbee, M. Rush, B. MacAdam.
- 9:00 a.m. - M. Allison, R. Allison, P. Allison, J. Lindsay.
- 12:00 p.m. - R. Vincent, R. Kerr-Taylor, K. Robertson.
- 12:07 p.m. - B. Legerton, J. Robinson, J. Vaughan, J. Patterson.
- 12:15 p.m. - B. Saxton, J. Stanley, R. Middleton, D. Nielson.
- 12:22 p.m. - J. Henderson, B. Dunlop, D. Dunlop, P. Jones.
- 12:30 p.m. - T. Flatley, B. Hirniak, A. Williams, D. Zilio.
- 12:37 p.m. - R. Dryden, B. Bussell, P. Chappellin, M. Hofstetter.
- 12:45 p.m. - J. Patterson, P. Worton, D. Pemberton, K. Frank.
- 1:00 p.m. - G. Raine, B. Gidden, M. Garwood, B. Mordon.
- 1:07 p.m. - J. Pignatelli, J. Walings, K. Norman, B. Creasey.
- 1:15 p.m. - P. Barron, B. Stark, J. Macintosh, B. Dee.
- 1:22 p.m. - T. Kilmer, C. Henderson, B. Millson, A. Wallace.
- 1:30 p.m. - M. Mandell, R. Mandell, D. Dawson, J. Harrison.
- 1:37 p.m. - M. Reed, B. Reed, B. Fuller, R. Verbeck.
- 1:45 p.m. - T. Hill, M. Sinnavee, M. Santos, C. O'Brien.
- 2:00 p.m. - G. Newan, B. McLaughlin, G. Williams, D. Scott.



**Focus on Fitness**  
by Laurie Burns  
Exercise Physiologist

## Stand up straight

Can you remember the first time someone said these words to you? "Stand up straight, don't slouch because if you don't you are going to spend the rest of your life that way."

Well, if you didn't do as you were told you are probably wishing you did. You not only would look and feel better when you stood up, or sat straight, but you would have helped eliminate neck, back and shoulder problems.

If you have been slouching for years, good posture will not feel natural, and it will take some getting used to.

Posture and Fitness - Physical fitness is essential for good posture. Those antigravity muscles must be strong and flexible to maintain that skeletal balance. The most important postural muscles include the following:

- 1) Abdominal muscles. Inadequate abdominal muscle strength allows the pelvis to tilt forward, creating an exaggerated lower-back curve. This large, strong muscle group responds to strengthening exercises like weight training and calisthenics.
- 2) Back muscles. These muscles need to be strong and flexible, so strengthening and stretch exercises are important. Upper back muscles involve the shoulder and neck, which are especially vulnerable to tension produced by poor daily posture practices. Lower back muscles may also become tight unless regularly stretched. Over time, some types of exercise can even increase inflexibility (such as jogging), unless stretching exercises are performed regularly.
- 3) Leg muscles. Both the hip flexors (which pull the leg up toward the chest) and the hamstrings (back of the thigh) are important for a balanced posture. Inflexibility in these groups can pull the pelvis out of alignment. Strength in these groups is important for good antigravity support when standing.

Fitness is also vital for weight control. Excess weight around the middle can put additional stress on the posture muscles of the lower back.

Posture muscle fitness is essential for good posture, but, most people find that to have good posture you must be very body aware. Sitting in chairs that reinforce good alignment, car seats that support the lower back, and a little extra effort to lengthen the back while standing and walking help prevent habitual slouching that can lead to future orthopedic procedures.

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