Sports

Slowpitch Elks snap Kinsmen's winning streak

By JIM ANNETT and JIM READMAN Herald Specials Elks 12, Kinsmen 11

In Halton Hills Slow Pitch League play at the Fairgrounds on Sunday, Kinsmen lost its first game of the season to Elks Club in the seventh inning.

Good solid hitting from the second inning on led to a come from behind victory for Elks. Down by two with a double and with walks to Frank McMullen and Mark Wilson, Dan Angel came through with a bases loaded single to knock in the winning run.

Kendale 14, Capital Ford 2 Good pitching by Nick Lorito

and Don Puckering held the Capital Ford team to just three hits. Kendale's Gary Hole and Brent Telford went four for four.

Al Presley went two for three with a solo shot in the fourth and turned three double plays. Rookie Paul Chaplin went two for four, and struck out. Jerry Hilts had a two run homerun in the seventh for Capital Ford.

Random 8, Park Lincoln 7

Random won this one in the bottom of the seventh with two out when Bob Morrow hit a three run homer over the left field fence. Down by three runs in the last inning, Random cashed in with Rob Mossop and John MacLeod scoring ahead of Bob Morrow.

Good defense by Tony Perkins and John MacLeod kept park from scoring runs early. Showing the younger guys he still has it, Paul Perkins hit a triple on his 41st birthday.

Park Lincoln jumped out to an early lead with John Johnson and Chris McDonald each doubling in a run in the first. Heath Lockhearst and Pete Fendley also cashed in RBIs with a double each.

Firemen 14, Living Lighting 7 Bill Kirby led the way for the Firefighters going four for four and pounding two solo home runs. Also having hot bats for the Firemen were Andy Garbutt, Rick Appleyard, and Jim Manning each scoring twice.

For Living Lighting, Doug Penrice cashed in two runs with a triple in the third inning. Jack Lee scored two runs, going three for three at the plate with Perry Steel and Steve Foreman each collecting two hits.

Optimist 13, Royal Pizza 9 Ken Norman, John Fowler and Ed Cizmar all went two for three a losing cause for Royal Pizza. Don Peacock hit a two run shot in

the sixth inning to make it close. Royal Pizza got two more runs in the seventh on runs scored by Rich Lorito and Ralph. No game sheet handed in from Optimist.

Nfld. Club 13, Lions 7 This was a close game until the fourth inning when the Lions

By WENDI GOODHEW

by Jim Hall and Chris Goodhew

continued to play some tough ball

beating Acton 16-9 July 2. Star of

the game was Scott Watson with

his fantastic catch in left field

Matt Edwards, Chris Hall and

Dan Cabral shared the mound

while pitcher Judd Richardson

was out with a bad arm. Each of

these boys pitched well with some

nice strikeouts. Catcher Jesse

Ward made some great tag outs

Krause had a couple of solid hits

to score a run for the Glen. Kevin

Brent McGuire and Mike

at home plate.

and for a couple of great hits.

The Glen Squirt Boys coached

Squirt Baseball

Glen bounces Acton 16-9

made a few errors and gave the game away. John Edwards led his team with two singles and a home run.

Al Watts went two for three with a single and a double in a losing cause. Once again the Nfld. Club failed to hand in game sheets!

Park 22, Capital Ford 9 (Make-up game June 23)

Capital Ford took an early 5-0 lead with Keith Gillett hitting a two run homer and Nick Boere adding a three run shot to left. Capital tried to make it close scoring four runs on seven straight singles in the sixth inn-

Park came to play with Heath . Lockhearst hitting a two run homer, triple and double. Also with some great hits were Ken Sproule and George Kent, who went four for four, Lance Reid with two doubles and Jim Readman a two run homer.

HALTON HILLS SLOW PITCH LEAGUE (standings as of July 7) DIVISION "A"

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Leslie was robbed on a nice line

drive but came back next at bat

Nathin Martin and Louis Lop-

pard proved they can field with a

nice throw to keep a runner on

base. Joey Barber played

monkey in the middle with 2 Ac-

ton players when he almost got

caught stealing 3rd. Joey pulled it

off and after confusing them

Chris McHugh kept a runner

from taking home, firing the ball

in from left field. Joey Goodhew

had a hit and stole home and

Chris Mands had a solid game on

first tagging out a number of run-

made it safely back to 2nd.

and beat the throw to 1st.

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Healthy travelling tips

Travelling by air can cause physical difficulties even for the more experienced traveller.

The flight itself involves a long period of restriction in a small space where food is pre-packaged and alcohol is too easily available.

Physical ill-effects may be reduced by the following: (a) Do not drink too much alcohol before take-off and do not combine alcohol with medications such as antihistamines or any tablet that is

used to reduce motion sickness. (b) Exercise or take a walk, if possible, before take-off to compensate for the period of inactivity to follow.

(c) Avoid heavy smoking in the day or two before travel, and overeating and drinking on the flight. The air-conditoner and pressurized cabin produces dehydration. Alcohol does not help dehydration as it acts as a diuretic, pushing fluid out of the body. Iced water and juice in as large a volume as possible will improve the passenger's health.

(d) Wear suitable clothing - casual, comfortable.

TIME ZONE TRAVEL

(a) Plan, if you can, long distance travel so that not more than six time zones are involved in one day unless the distance can be achieved by one long, non-stop flight.

(b) Plan departure time on fairly short journeys involving time changes so that arrival coincides with bedtime in that country. The change in time zones may mean that this involves too much sleep but this is better than too little.

TRAVEL TIPS

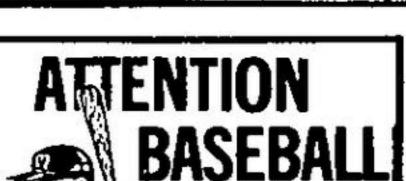
- (a) Try to establish a routine whenever you travel.
- 1. eat regularly
- 2. exercise as often as you can
- 3. get plenty of rest. Regular everyday activity rest patterns should remain as familiar to your body as possible. A regular routine will make your travel plans

much more endurable and enjoyable.



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