

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 scor-

ing 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 Lockheart 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 in 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

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 inning.

Park came to play with Heath Lockheart 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)

Team	DIVISION "A"				
	GP	W	L	T	Pts.
Elks Club	8	6	2	0	12
Kinsmen	6	5	1	0	10
Nfld. Club	7	5	2	0	10
Firemen	7	2	5	0	4
Lions Club	7	0	6	1	1
Living Lighting	8	0	7	1	1

Team	DIVISION B				
	GP	W	L	T	Pts.
Kendale	8	6	2	0	12
Park Lincoln	8	4	2	2	10
Royal Pizza	7	4	2	1	9
Random Car Club	7	3	3	1	7
Optimist Club	7	3	3	1	7
Capital Ford	8	1	6	1	3

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Focus on Fitness
by Laurie Burns
Exercise Physiologist

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-conditioner and pressurized cabin produces dehydration. Alcohol does not help dehydration as it acts as a diuretic, pushing fluid out of the body. Ice 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 enduring and enjoyable.

Squirt Baseball Glen bounces Acton 16-9

By WENDIGOODHEW

The Glen Squirt Boys coached 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 and for a couple of great hits.

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 at home plate.

Brent McGuire and Mike Krause had a couple of solid hits to score a run for the Glen. Kevin

Leslie was robbed on a nice line drive but came back next at bat and beat the throw to 1st.

Nathin Martin and Louis Lopard proved they can field with a nice throw to keep a runner on base. Joey Barber played monkey in the middle with 2 Acton players when he almost got caught stealing 3rd. Joey pulled it off and after confusing them made it safely back to 2nd.

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 runners.

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