

Herald Sports Roundup

GEORGETOWN T-BALL HOUSE LEAGUE

August 7th Art Effects Yankees 21 Mac's MDK Mets 23 It was a close game but Mets took the win over Yankees...

Shopper's Drug Mart Mariners 26 Shaw's Trophies Astros 22 A hard-hitting game gave the Mariners a victory over Astros...

Royal Pizza Tigers 17 The Herald Angels 6 A stunning start saw the Tigers made eight outs and grab a lead that Angels just couldn't overcome...

M and M Meat Shops Padres 31 Pizza Pirates 7 (noscore available) Padres took the win with Scott Logan providing a triple and some excellent plays...

GEORGETOWN BASEBALL ASSOCIATION SQUIRT BASEBALL LEAGUE AUGUST 7 Barker Cambria Press Expos 15 Dairy Queen Angels 12

Art Effects Yankees played an excellent game to take the win over the Angels. Homers were hit by Dustin Pepper (2), Alex Foster and Tyler Wilson...

The Angels, Mark Pakkala drove in four runs, while Michael Irwin and Chris Beaulieu contributed well-hit doubles...

Royal Pizza Tigers 31 Shoppers Drug Mart Mariners 26 Tigers roared in for a win with some hot bats and a great defensive game...

On Mariner's side, Michael Haddock hit a double and two RBIs. Brendan Arseneault had one RBI and Aaron Kirk batted in a double and got a man out...

August 14th Art Effects Yankees 20 Pizza Pirates 20 Yankees and Pirates slugged it out to a tie...

Yankees super batting gave them the win in this game. Graham Walker and Bradley Snow both pounded in a home run each...

Royal Pizza Tigers 23 Halton Rapid Print Blue Jays 22 It was a close game but Jordan Scurall came through with a three run homer as last batter to win the game...

M and M Meat Shops Padres 29 Shaw's Trophies Astros 22 Padres poured on the energy to take a victory over Astros. Robert Freestone made two solid hits and showed some great baserunning...

The Herald Angels 23 Shopper's Drug Mart Mariners 22 A close game saw Angels squeak by for the win but Mariners gave it a good fight...

A close game saw Angels squeak by for the win but Mariners gave it a good fight. Mitchell Kutney hit a triple and two RBIs...

GEORGETOWN BASEBALL ASSOCIATION SQUIRT BASEBALL LEAGUE AUGUST 7 Barker Cambria Press Expos 15 Dairy Queen Angels 12

It was a close fought game but Expos pulled ahead with doubles by Graham Jones and Richie Kovacs and a triple by Casey Woodman...

For Angels, Steve Trotman batted in a double while Adam McKinlay and Sara Pegg held the game together with a flyball catch each...

Apple Auto Glass A's 10 Great batting and fielding gave Mets the win in this game. Todd Kerwin led his team with three good hits and excellent defensive playing...

Leading A's, Greg Bidwell slammed in a home run with Scott Allison adding a triple. In the field, Chris Collie made a good throw to first for an out...

Angle Cormpilas NRS Yankees 16 Doug and Diane Penrice NRS Blue Jays 13 Yankees super batting gave them the win in this game...

Yankees super batting gave them the win in this game. Graham Walker and Bradley Snow both pounded in a home run each...

Blue Jays bats however, were not idle. Tim McNichol and Danny Gilbert both batted in triples. Chris Henderson, Matthew Terry and Alex Durham added doubles...

KINSMEN GIRLS SOFTBALL LEAGUE August 1st Pictures and Presents 22 Halton Rapid Print 10 Home runs: Paula Walsh and Krista Peacock...

Elk's Lodge 25, Optimists 8 Home runs: Teri Barber, Amy Hayes, Nicole Brookes. Game stars: Nicole Brookes of Elk's Lodge and Julie Brown of Optimists...

Game stars: Andrea Van Dyke, Kelly Cawood, and Robin Snelling of Delrex Smoke Shop and Kristen Higgins of Youngs...

Dairy Queen 9, Elk's Lodge 21 Home runs: Deanna Moore, Teri Barber (3). Game stars: Julie Bottomley of DQ and Teri Barber of Elks...

Standard Products 32, Nikki's Pools 31 Home runs: Laura Willis and Katherine Peacock. Game stars: Andrea Peacock, Robyn Williams, Jodi Hutzal, and Laura Willis of Standard and Cathy Shaeffer and Meredith Miller of Nikki's...

Delrex Smoke Shop was victorious over Dunlop Insurance on August 8, with Christine Monkton, Arden McLean, Jacqueline Bell (2), Robin Snelling, Cheryl Mastalerz, Andrea Pollock, Mandy Forbes, Janet Fairs, and Heather Pollock smashing in homers for the game...

KINSMEN GIRLS SOFTBALL LEAGUE (Standings as of Aug. 8) JUNIORS Team Pts. Delrex Smoke Shop 15 Standard Products 12 Young's IDA Pharmacy 8 Nikki's Pools 7 Dunlop Insurance 6

INTERMEDIATE Elk's Lodge 540 Pictures and Presents 12 Dairy Queen 10 Optimist Club 8 Halton Rapid Print 0

GEORGETOWN BASEBALL ASSOCIATION TYKE LEAGUE August 13th Jim and Pat Akers Countrywide Tigers 9 Halton Credit Union A's 5 Chris Moss' five strikeouts in two innings and sparkling defense in the

fourth, courtesy of Aaron Grier and Trevor Laforet, enabled Tigers to hold A's to five runs. On A's side, Nick Johnston's pair of doubles backed up steady play behind the plate...

George and Dragon Yankees 15 Beaver Lumber Mets 14 Barely outslugged, Mets suffered its second one-run loss in a row. Among Yankees' runs were Adam Scurall's homers, counting for an additional three RBIs...

Blake Leavitt Expos 9 J.V. Clothing Blue Jays 0 The shutout experience was the first of the season for each side as Expos briefly inhaled first-place air...

Walker, in turn, singled and stole the next three bases for a run, eventually turning in three RBIs. Dan Whitton snared a pop out and batted a double. Additional hits went to Owen Blake (RBI), Rob may, Clayton Prucyk (RBI) and Jesse Viens (triple, RBI)...

George and Dragon Yankees 4 Expos' streak reached four games as pitchers Simon Ford, Adam Stoyles, Jesse Viens, and Matt Walker allowed Yankees only four runs. Ford claimed a homer and three RBIs, Viens was good for an RBI, and Walker counted for a double and three RBIs...

J.V. Clothing Blue Jays 10 Halton Credit Union A's 7 Despite co-ordinated play, A's took its second loss of the week. A's seven runs included a double and two RBIs for Nick Johnston, a pair of RBIs for Ryan Gedhill, and an RBI for Warren Anderson...

Jays depended on fielding by Mike Budgett, Justin Hunt and Paul Larocque as batters Justin Hunt (2B, 3 RBIs), Adam McDonald (two doubles, 2 RBIs), Matt McMullen (2B, 2 RBIs), Ian Murphy (RBI), Dylan Lee (RBI), and David Zeni (RBI) combined for 10 runs...

Mike Reed D.J. Angels 9 Jim and Pat Akers Countrywide Tigers 14 Noreport available. DAY OF CHAMPIONS August 24th

7th place vs. 6th place - Bronze semi-final. Semi-Final winner vs. 5th place - Bronze championship. 3rd place vs. 4th place - Silver champion-

Standings as of August 15th

Although Expos have a mathematical possibility of holding first place, they need to win their final game and Jays have to lose to either Mets or Angels this week. Jays and Expos will play in the Gold Championship...

THIS WEEK'S GAMES August 22nd - Akers' Country Wide Tigers vs. Beaver Lumber Mets at the Armouries, Mike Reed D.J. Angels vs. J.V. Clothing Blue Jays at the Barn, Halton Credit Union A's vs. George and Dragon Yankees at Harrison. Saturday, August 24 - Day of Champions.

TYKE LEAGUE STANDINGS (as of August 15th) Table with columns: Team, GP, W, T, L, Pts. Rows: Expos, Tigers, Mets, Angels, Jays, Yankees, A's.

GEORGETOWN MINOR SOCCER MICRO SQUIRT BOYS UNDER SIX

August 15th Armstrong Insurance 0 Legion Branch 120 Georgetown Wolves 0 Noteworthy players: Insurance - Todd Willson, Johnathon McIlveen, Matthew Holton, Wolves - Matthew Hills, Tyler Kelman-Finlay, Brad Henderson...

Noteworthy players: Busters - not available. Green - Jordan Armstrong. Noteworthy players: Busters - not available. Green - Adam Arnold, Cory Fendley, Michael Adcock. August 13th Young's Pharmacy Goalbusters 3 Red Rockets 0 Goal scorer: Steve Kogan (3). Noteworthy players: Busters - John Pellitt, Graham Stone, Chris Pearce, Red - Gregory Gougouge, Cameron Walker, Brady Makhin.

BOYS UNDER SEVEN August 13th Barrie Communications Red Jeta 1 Silver Shadows 1 Goal scorers: Red - Eric Thompson, Silver - Bryan Smith. Noteworthy players: Red - Eric Thompson, Matthew Wyman, Stephen Gorlick, Silver - Matthew Lee, Bryan Smith, Louis Archambault. Special mention to Jeremy Jova and Michael Houton for being good sports and playing for the Silver team who only had three players.

August 15th Blue Bullets 2, Raccoons 1 Goal scorers: Blue - not available. Raccoons - not available. Noteworthy players: Blue - not available. Raccoons - Michael Walsh, Kyle Godden, Timothy Li. Comments: Blue Bullets did not submit a score sheet and Raccoons did not note who scored their goal.

Dutch Nurseries Green Hornets 1 Barrie Communications Red Jeta 0 Goal scorer: Matthew Fielding. Noteworthy players: Red - Jeremy Jova, Jonathon Van Gogh, Stephen Gorlick. Green - Allan Humberstone, Joshua Avoik, Kevin Bizzard.

BOYS UNDER NINE August 14th Green Machine 6, Blue Bombers 6 Goal scorers: Michael Noonan (3), Dale Menken, Jason Hull, Matt Clark. Noteworthy players - Machine - Michael Long, Jonny Hancock, Derek Mitchell. Bombers - not available. Terminal Warehouse 4 Gino's Pizza 0 Goal scorers: Ivan Bosnjak (2), Michael Bukoovcan, Alastair Cook. Noteworthy players: Pizza - Adam Key, Andre Lefebvre, David Murcheson. Warehouse - Clayton Brown, Jonathan Appgar, Daniel Laforgue.

BOYS UNDER ELEVEN August 12th Varian Blue Blizzard 4 Fendley's Fighters 1 Goal scorers: Blizzard - Michael Lowe (2), Eric Broughton (2). Fighters - Brian Lipp. Noteworthy players: Blue - Jason Armstrong, Eric Broughton, Andrew Warburton. Fighters - Jeff Gravelle, Darryl Galloway, Wade Nolan. M and M Pro Sports 2 Goldminers 0 Goal scorers: Chris Martyniuk, Anthony Spiteri. Noteworthy players: Sports - Paul Jorgenson, Ryan Mansfield, Justin Yantho. Goldminers - Errol Smith, David Dekler, Bryan Foster.

BOYS UNDER FOURTEEN August 14th McEachern Spare Parts 5 Steak Express 5 Goal scorers: Parts - Neil Stopford, Danny Jackman, Stuart Scoford, Daniel Bukoovcan (2). Express - not available. Noteworthy players: Parts - Geoff Beauparlant, Cason Bukema, Nick Bertrand. Express - not available. Marauders 2, Blue Blasters 0 Goal scorers: Curtis Carr, Derrick Cayley. Noteworthy players: Marauders - Joe Leferink, Robert Wright, Scott Bentley. Blue - George Anderson, Justin Wasterstrat, Ben Appgar.

GIRLS UNDER 18 BANTAM SOCCER August 13th Georgetown Blue 1, Georgetown Red 1 Noteworthy players for Georgetown Red are the whole team - Tanya McMaster, Stacey Sinclair, Steph O'Brien, Sharon Shapcott, Erin Gogan, Ruth Burrows, Heather Donker, Taysha Brankewicz, Sarah Parker (who got the goal), Angela Fitzsimmons, Tareasa Smith, Joanne Maloney. Everyone played their positions and gave it their all. Good defensive coverage helped Georgetown Challengers (Blue) tie Red 1-1. Early in the game, Tracey Mether scored a goal on a breakaway pass from Deanna Guignard, 10 minutes from the half, Sarah Parker scored an opportunistic goal for Red. Both Dinne Manning and Erica Booth displayed a close defensive game to keep the scoring chances to a minimum.

Proper foot care benefits all athletes and fitness enthusiasts

Amateur athletes and fitness buffs should give their feet some extra care. If you're the type that heads for the gym at lunchtime, finishes the afternoon at work and then goes directly out for the evening - don't forget that your feet are working hard, too.

While many people do give thought to their feet in terms of warm-up exercises and good shoes, they overlook some simple extras in foot care that can help cure or avoid other problems. The Dr. Scholl's Foot Health Advisory Board offers the following tips on three of the most common ones - excess perspiration, foot odor and athlete's foot.

The sweat glands in your feet are pouring out half a pint of perspiration each day. While you want the glow of a good workout to stay with you, you don't need the embarrassment of foot odor on your trail.

Using a foot deodorant spray or powder will help keep busy feet feeling drier and smelling fresh, but fitness buffs who like a heavy workout may need added protection. One way to keep odor in check is with deodorant insoles which absorb perspiration and control odor by helping to prevent the growth of odor-causing bacteria.

Athlete's foot is the most common fungal infection of the skin,

and it's not just confined to athletes. The infection usually starts between the toes, thriving where the skin is warm and moist. Symptoms include itching, cracked or scaly skin, small blister and red, irritated skin patches. If left unchecked, it can spread to other parts of the body.

Athlete's foot can be treated with an over-the-counter product with tolnaftate, such as one from

Dr. Scholl's; it stops the itch by killing athlete's foot fungus on contact. Preventative measures include keeping feet clean and dry, changing socks regularly and using foot powder designed to control perspiration. There is a product Tritin, that does all three - cures athlete's foot, fights odor and controls wetness.

Remember, the proper training program and the right equipment

will help you play your best and reach your performance potential. The right hygiene, especially when it comes to footwear, can help assure you of the winning edge.

For a free booklet on foot care, write, "Dr. Scholl's FootCare Guide", Schering-Plough Health-Care Products Canada Inc., 6400 Northam Drive, Mississauga, Ontario, L4V 1J1.

HALTON HILLS SPORTS OPERATIONS HOCKEY SCHOOL GORDON ALCOTT ARENA AUGUST 26th-30th 8:00 A.M.-5:00 P.M. COST \$185.00 Two Ice Sessions Daily Daily Fitness, Sports & Video Sessions FOR MORE INFORMATION CALL 873-4991

GEORGETOWN BASEBALL ASSOCIATION presents the 1991 Tim Hortons HOUSE LEAGUE DAY OF CHAMPIONS Saturday, August 24 at the GEORGETOWN FAIR GROUNDS