

## McCauley ladies basketball Killer C's lose unbeaten record

The Killer C's ladies basketball team's undefeated record came to an end last Wednesday when the Green Hoosiers knock them off 56-50 in the game of the week.

The Hoosiers managed to hold Killer C's star forward Carolyn to six points and with strong performances from Penny Wright and Wendy Wilcox, they fought their way to an exciting victory.

The Killer C's remain in first however, along side A-team, who beat up on Time-Ins 84-57. A-team stars Boo Tufford and Judy Spear combined for 58 points, 31 and 27 respectively. Time-Ins offensive star Heather Lawrence put in another strong game with 22 points but it wasn't enough to combat A-team's offensive power.

The win moved A-team into a tie

for first with the Killer C's. Both squad have five wins and one loss.

In other action Wednesday evening, The Slammers walked away with a relatively easy win over the Time-Outs, 55-22.

Sue Tupling and Margaret Entwistle led the way for the Slammers. The Slammer defenders didn't allow any of the Time-outs to score more than 8 points each.

## Lack of regular players force Leaver Peewees to slip

The Provincial Volleyball Championships last weekend took eight regular players from the Leaver AAA Peewee team forcing them to bring in reinforcements from Erin and Milton.

It didn't affect them on Friday as the team beat Barrie 6-3. Three players from Erin, Danny Haw, Brad Giefert, and Steve Robson contributed greatly to their efforts. As well, Ian McGill, from Milton, put on a superb show as a last minute goalie replacement for Geoff Beauparlant (injured foot) and Jeff Langille who was at volleyball.

Stuard Colvin from Milton has

now joined as a regular forward.

The first period was scoreless. In the first 5 minutes of the second Todd Miller broke out and nailed a hat trick, one from Jon Atley and Brad Giefert, another from Danny Haw and Atley, the third from Garry McNiven and Haw. Halton made it 4-0 on a goal from Justin Davis assisted by Curtis Carr and Colvin.

Colvin wrapped up second period scoring on passes from Davis and Carr. In the third, Barrie came back for 3 goals but Halton assured their win with another goal by Colvin assisted by Davis and Carr.

Saturday's game against Chinguacousy was played with

only eight regulars and two extra players, Haw and Robson from Erin. Halton lost 3-1 but kept it close and a goal from Stuart Colvin from Justin Davis prevented the shutout.

Against Burlington on Wednesday, the team came out flat and must have left their legs on the volleyball court. Except for a brief second period effort, Halton was beaten to the puck all night.

Stuart Colvin, a new addition, pumping in his 4th goal in three games since joining recently, put the team on the scoresheet from Todd Miller and Jamie Walker. Curtis Carr tipped in Justin Davis' corner shot to get the last of Halton's 2 goals. Final score 7-2.

## 'AAA' Midgets lose two

The Hurricanes stumbled this past week gaining only a single point in three outings. A poor first period in Hamilton resulted in a 4-2 loss as Halton fell behind 3-0 early before making a game of the contest. Jan Jevich and Robinson were the marksmen for the Hurricanes who waisted an outstanding goaltending effort from Kevin Gale.

The Hurricanes salvaged a 1-1 tie with Oakville Saturday in a contest that was curfewed mid-

way through the third period. Trevor Jarris scored the lone Hurricane goal deflecting a shot from the point.

Burlington completed the dismal week for the Hurricanes with a last minute goal to send them to a 5-4 victory. The contest was marred by penalties throughout. Mike McPhail led the scoring with two goals and an assist. Jamie Janjevich added a goal and had two assists. Mark Lunn rounded out the Hurricane's scoring.

## Ontario Bridge Tourney

On Monday, Oct. 25, The Georgetown Duplicate Bridge Club will host this year's Ontario Senior Contract Bridge Tournament at the Georgetown Legion, located on Mill St.

The tournament will cost \$3 per person and will begin at 9:30 a.m. Anyone over 55 years of age is welcome to participate. A total of 24 hands of bridge will be played.

For more information, contact Norma Maynard at 877-8918.

## Bridge

Georgetown Duplicate Bridge Club results from Monday afternoon at the Georgetown Legion were as follows:

Number one winners: (tie) Jack Caarsemaker, George Sargent and Ron Karpiak, Norma Maynard.

Number two winners: (tie) Doris Barber, Adele Glavicic and Cora Fairbridge, Rene March.

Number three winners: Judy Rivers, Harry Arbic.

## Sport and Drug Forum

As part of Drug Awareness Week, November 17 - 23, the Addiction Research Foundation and Notre Dame Secondary School have planned a Sport and Drug Forum, tonight (Wednesday) at Notre Dame Secondary School, located at 2333 Headon Forest Drive in Burlington.

This forum is targeted at high school athletes, parents, physical education instructors, coaches and administrators. The key note speaker will be Dr. Norman Gledhill, a professor from York University who is an expert on the use of performance enhancing drugs.

There will be a panel discussion with an opportunity for questions from the audience. Panel members will include various professional athletes and drug experts.

The forum will be held from 7 to 9 p.m. For further information, please contact Greg Gary, program consultant at (416) 632-2436.

## ATHLETES OF THE WEEK

### ACTON HIGH SCHOOL



GREG FINLEY, a grade nine swimmer at Acton High School, took first place in the boy's 50m butterfly race during a recent swim meet at McKenzie-Smith Middle School in Acton. Greg also helped his team finish second in the junior boy's 200m medley relay.

SARAH FLEET, a member of the Acton High School swim team, took first place in three different events at a recent swim meet at McKenzie-Smith Middle School in Acton. She placed first in the 50m backstroke, 100m Intermediate Medley relay, and she helped her team win the 200m free style relay.

### GEORGETOWN HIGH SCHOOL



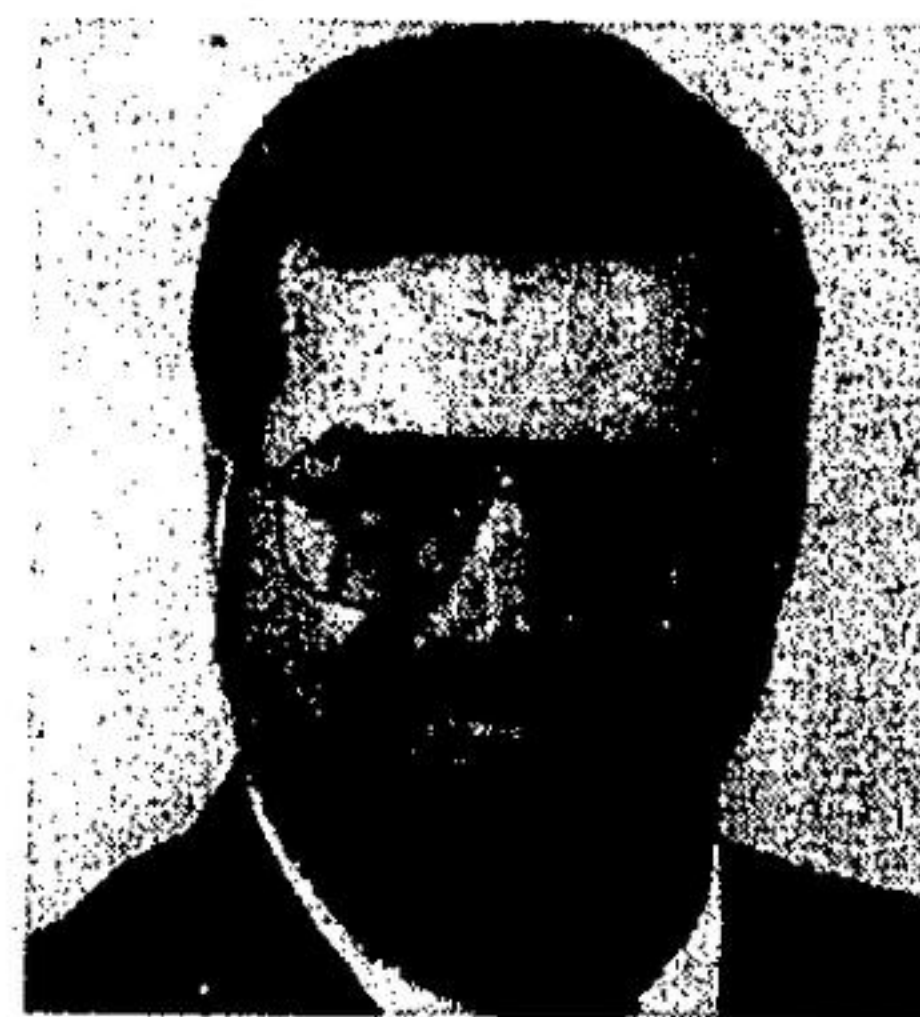
RON HARRISON, a member of the junior boy's volleyball squad, put in a strong performance on the court during the team's victory over M.M. Robinson to capture the Halton finals.

SHANNON MORRIS, a junior girl's basketball player, put in a tremendous performance on guard during a recent tournament at Acton High School.

## WARD 4 VOTERS

Thank You  
for your support!

Ron Chatten



AL COOK

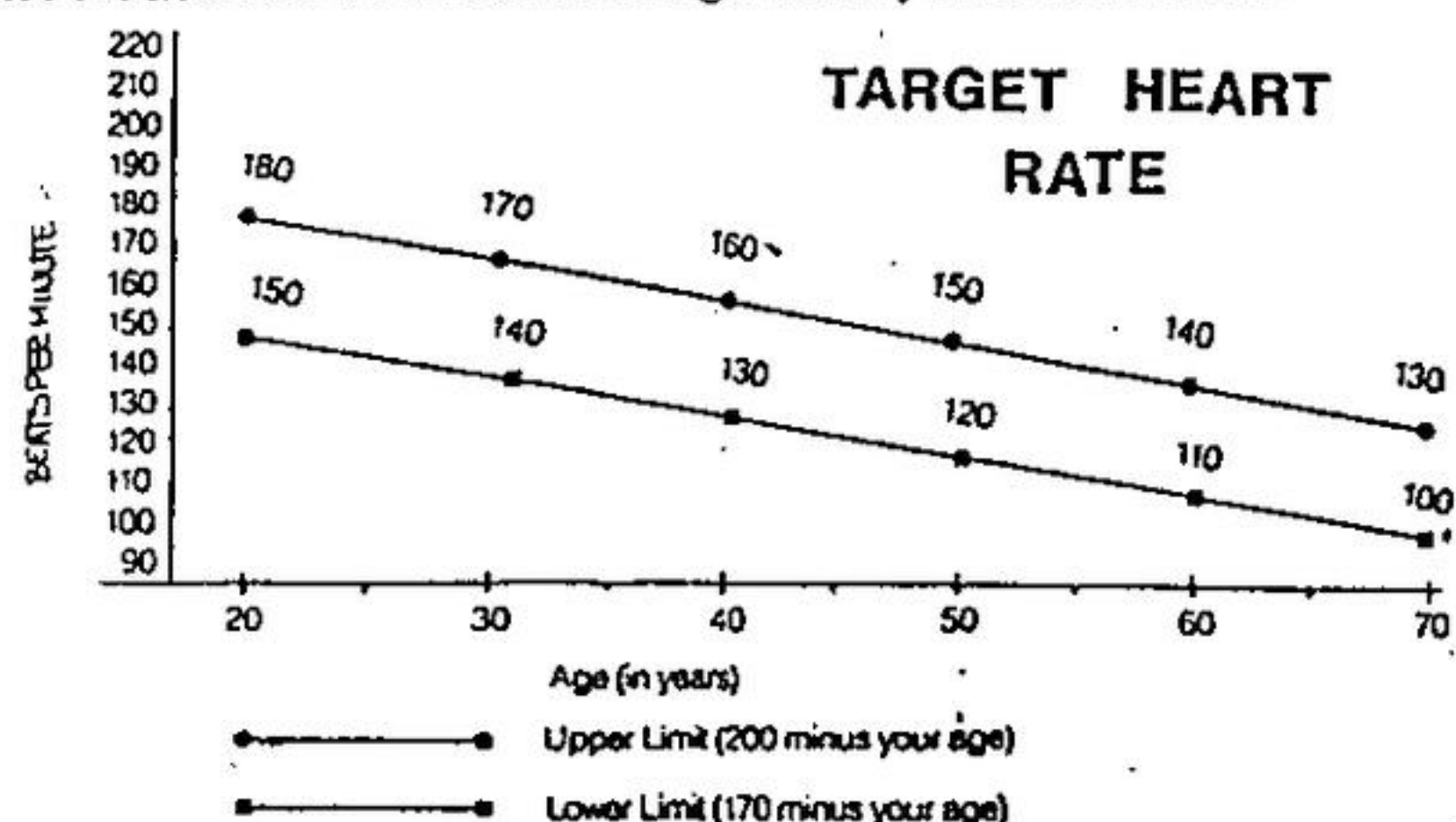
Thank you Ward 4 residents  
for your support  
on November 12th

Al Cook

## Focus on Fitness

by Laurie Burns  
Exercise  
Physiologist

To determine if you are exercising at the correct intensity stop your activity momentarily, take your pulse for 10 seconds. Check the chart and see if your pulse rate falls within the target zone. In the beginning keep your pulse rate near the lower limit. As you become more fit, your target heart rate can approach the upper limit. It is important to begin taking your pulse rate within 5 seconds of stopping the exercise since the heart rate will decrease significantly after 15 seconds.



Locating Your Pulse: The pulse can be used to determine heart rate. The two locations to determine pulse rate employed most often are the wrist (radial pulse) and the neck (carotid pulse).

Radial Pulse: Place the middle three fingers of one hand along the edge of the wrist just below the base of the thumb.

Carotid Pulse Rate: Placing the thumb on the chin, put the middle three fingers of one hand along the back edge of the pharynx (Adam's Apple) and located the carotid pulse at the side of the neck. Press only hard enough to feel the pulse. Do not be overly vigorous in pressing. In addition it is important that only one side of the neck be palpated to avoid any potential problems from simultaneous bilateral palpation.

From Government of Canada Fitness and Amateur Sport.