

McNally Novices score two wins

The Georgetown AA Minor Novices took their coach, Paul LaRoses's advice when he told them playing three good periods of hockey instead of one, really pays off. After their loss to Oakville the Georgetown team, sponsored by McNally Construction, decided to sharpen their skates and hit the rink with determination, as they bounced back to notch two wins over the weekend.

Last Thursday in Oakville, Georgetown was first to get on the board. During the opening period, Mark Fantegrossi scored Georgetown's only goal with a hard wrist shot from the face-off circle, assisted by Kevin Binsell and Kyle Findley. Oakville tied it five minutes later. The 1-1 tie endured into the first half of the final period when Oakville scored the winner.

They clinched their victory with an empty-netter to make it 3-1. For Georgetown, Martin Lefebvre and Tim Mansfield

deserve credit for great puck-clearing efforts.

Last Saturday at Thompson Arena, Georgetown met Milton for the fourth time this season and continued their winning streak against them with a 3-1 victory.

Midway into the first period, Milton scored first but Georgetown quickly retaliated with Graham McCulloch's unassisted goal; his trademark high over the shoulder shot. The game winner was scored halfway into the second by Mark Fantegrossi from Chris Henderson and Mike Hall. Late in the final period, Chris Henderson scored the insurance goal from a well-aimed pass by Mark Fantegrossi.

Consistently strong defensive performances were put in throughout the game by Mike Hall and Alex Durham. Goalie Ryan LaRose also contributed a solid effort with several excellent saves, in particular, against a

breakaway.

On Sunday Georgetown played at home at Memorial Arena and earned a well-deserved win against Brampton 4-1.

Kevin Binsell started the scoring a 6:28 of the first from Corey Forbes. At 6:52 of the second, the winning goal was shot in by Mark Fantegrossi, assisted by Chris Henderson and Tim Mansfield. A minute later, Bradley Snow notched a other goal for Georgetown on a pass from Graham McCulloch. Brampton got on the board before the end of the second.

Despite an unusually fast-paced third period, the 3-1 score held up until the final seconds of the game, when Graham McCulloch's empty-net goal made it 4-1 for Georgetown.

This Saturday Georgetown hosts Chinguacousy at chilly Memorial at 4 p.m. and on Sunday they are away to Streetsville.

Chaplin bowler of the month

GEORGETOWN "HOTSHOTS"
Bowler of the Month: Paul Chaplin 919(278-350-291).

Wed. Mixed League: Boyce 773(273), Roger Desrosiers 746(277).

Thurs. Nitters: Larry Brunton 714(263).

Men's League: Paul Chaplin 919(350), Brinley Hole 861(310), Ed Ortilla 724(259), Gord Lane 721(286), Bruce Clark 706(276).

Tues. Nitters: Gord Lane 796(347), Brinley Hole 713(273).

Fri. Nite Social: Ed Ortilla 721(275).

ATHLETES OF THE WEEK



JOHN CRUISE, a senior boy's basketball player, had a great performance with 28 points Nov. 30 when the team took on North Park in Brantford. Although the Rebels lost, they kept the score close and played well against their opponents, ranked in the top 10 in Ontario. NATALIE GOLDSON, a member of the senior girl's volleyball team, led her team past Oakville Trafalgar to win a volleyball tournament Nov. 30. Her power hitting was outstanding.



DAVE SONG, a midget boy's basketball player, scored 20 points in Acton's win over Q.E. Park in exhibition play last week. TRACEY HAGAN, a member of the senior girl's volleyball squad, played an outstanding game in the team's decisive win against St. Thomas Aquinas Thursday.

Atom House League stats

Georgetown Atom House League Standings As of December 7						Goals				
TEAM	G	W	L	T	Pts	G	W	L	Pts	
Chateau Restaurant	5	3	0	2	8	J. Barber - Chateau	5	3	0	2
A and S Engraving	5	1	2	2	4	I. Ferguson - A and S	1	0	0	1
MVP Distributors	5	2	3	0	4	L. Leopard - A and S	4	1	2	1
Dave's Service Centre	5	3	2	0	2	C. Constant - MVP	5	2	3	0
Varian Canada	5	0	4	1	1	R. Mansfield - Dave's	4	3	1	0
Future Stars	5	3	1	1	7	D. Zeni - Dave's	1	0	1	0
						D. Lee - Varian	2	0	2	0
						C. Eggenburger - Varian	5	3	1	0



Focus on Fitness
by Laurie Burns
Exercise Physiologist

Dealing with stress

Stress is now recognized by doctors as an important factor in, or the major cause of, up to 90 percent of physical illnesses. That especially holds true for heart diseases, stroke and high blood pressure.

What is the relationship between stress and heart disease? According to research, stress causes the liver to raise the blood cholesterol level. Stress also elevates blood pressure, which causes small tears in the walls of the arteries on which cholesterol accumulates.

Stress and especially the feelings of helplessness and despair that often accompany it - depresses the immune system. When the immune systems of human beings are weakened individuals are more susceptible to just about any disease.


Stress induces a number of physiological changes including elevated adrenaline, blood

pressure and sugar levels, and increased blood supply to the muscles that results in heightened energy.

The problem is that people tend to trigger the mechanism in everyday situations that are not life threatening, such as when they're caught in traffic, or when the boss is breathing down their neck. Unfortunately, the mechanism sometimes stays in the "on position 24 hours a day."

We need to learn how to manage our reactions to things in a more efficient manner. We can teach ourselves to affect our bodies through self-regulation. By doing so, we can become both more effective and efficient in our lives, and we can keep ourselves in good health.

By learning how to manage stress better, people will improve their thinking ability, reduce their susceptibility to accidents, and lower their chances of contracting any number of illnesses.



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