



Raider rearguards Mike Wilson (4) and Charlie Humber (7) take out a Merchant attacker as goalie Carmelo Guirleo follows the puck during

Georgetown 5-4 loss to Milton Saturday. (Herald Photo by Lisa Boonstopfel-Pot)

## Merchants dump Raiders 5-4

Georgetown Chrysler Raiders hold on to third spot in the Central Ontario Junior B League's West Division despite a 5-4 loss to Milton Merchants at Gordon Alcott Memorial Arena Saturday.

Milton scored twice in the first period and netted an early second

period marker to take a 3-0 lead. Raiders Mike Wilson and Joe Kim each notched a goal in the second to keep their team in the game.

Trevor Elinesky netted two goals for Georgetown in the last period, both assisted by Scott Humber. This wasn't enough for the decision

as Milton scored two more times and gained the win.



Once again this game came down to a contest between Raider goalie Carmelo Guirleo and Milton net-minder Jason Chipman with Chipman coming out on top. Guirleo stopped 31 shots on net while Chip-

man stopped 39.

Friday night, the Raiders drew a 4-4 tie with the Oakville Blades in Oakville.

Georgetown goalie Guirleo stopped 33 shots. Raider goals were scored by Scott Humber, Trevor Elinesky, Tom Viola, and Trevor Brandt. Viola and Kevin Rutledge each had two assists for Georgetown.

Georgetown will do battle with the Merchants Friday evening in Milton and host the Blades Saturday at Gordon Alcott Memorial Arena, 7:30 p.m. start.

## Killer C's work way to top

Killer C's worked their way back to a first place spot last Wednesday when the team edged out A-team 39-38 in McCauley Ladies Basketball League action.

A-team's Boo Tufford scored 21 points and chipping in 11 was teammate Judy Spear. It wasn't enough however, to combat the overall strong offence and defence of the

Killer C's, led by Anita Stankus, Charlotte Prevost, and Cheryl Greenly. Both teams are now tied for first with 24 points each.

Green Hoosiers remain in third spot with a 60-29 win over Time-Outs. Tracey Yorke netted 16 points and scoring 12 was Corinne Buisman for Green Hoosiers while the top scorer for Time-Outs was Kim Melvin with 8.

Slammers moved into fourth place when they took down Time-Ins 59-40 with big performances coming from Kelly Peckford and Diana Dougall. Heather Lawrence put forth another impressive game for Time-Ins with 17 points.

## McNally Novices sweep weekend series

By MARA FANTEGROSSI  
Herald Special

The McNally Construction Georgetown AA Minor Novices ended their regular season on a jubilant note as they swept both weekend games at home. The two wins bring their final season record to 15-10-3.

Saturday, Georgetown handed Burlington a 4-1 defeat. Burlington scored first, early in the game, but later in the first period a confident Georgetown team took over, inspired by Graham McCulloch's awesome goal, high in the far corner. The play was set up by Ryan Busby and Kyle Hotham.

In the second, Bradley Snow and Kyle Hotham fed the puck to Corey Forbes who beat the goalie with a hard shot. Late in the game, Georgetown's lead was padded with another two goals. Chris Henderson scored from a well-aimed pass by Ronny Larocque. In the final seconds, Graham McCulloch scored his second of the game, assisted by Tim Mansfield.

In Sunday's exciting contest Graham McCulloch and Ronny Larocque notched two goals apiece to lead Georgetown to a 5-3 victory over Brampton.

## Sabres blank Bradford 4-0

The Acton Sabres put in another exciting week of hockey action with a 4-0 shutout against Bradford Friday in front of hometown fans and scored a 5-4 overtime victory Thursday in Schomberg.



Both teams went scoreless in the first period during Friday evening's game at Acton Arena. Greg Powell played strong in net for Acton and the Sabres were able to go ahead at 1:38 of the second with a goal by John Van Dam, assisted by Jim English and Brian Rasmussen.

Powell held off Bradford attackers and goals by Dave Osborne,

Jay Jasper, and Adam Hills secured the Sabres' win.

Earlier in the week, Acton faced stiffer competition against Schomberg. Paul Cummings notched the only goal of the first period to give the Sabres the lead, but Schomberg responded with two in the second to gain the advantage.

English scored at 14:48 of the second to tie things up. Both teams scored two each in the final period to force overtime action. Blair Breen and John Ventresca scored for Acton.

At 3:55, Sabre's English put the game away with a goal assisted by Cummings and Mike Sutherland.

Acton will travel to Hanover Friday evening and will then host Orangeville Sunday at 1:30 p.m., Acton Arena.

## Sharon Shapcott bowls 684 triple

By CHRISTINA LANE  
Herald Special

This week's high scores were bowled by: Sharon Shapcott 684(244), Rob Harrison 658(230), Ryan Norman 633(221), Christina Lane 612(224) and Brad Hammond with a 609 triple (284).

This past Thursday was the completion of the four step-to-stardom and the teams were made. The girl's team will consist of Sharon Shapcott, Cindy Clarke, Tonya Morris, Laura Doyle, Sherry-Lynn Walsh, Janice Cano as spare and Dee Dee Haynes Coach.

The boy's team will consist of Jason Ogden, Joe Robichaud, Brad Hammond, Christian Gravelle, David Leslie and Ralph Miller as coach. The two singles bowlers will be Christina Lane and Rob Harrison.

The Youth Challenge Tournament was bowled this weekend and a few of Georgetown Senior bowlers made the teams. Sharon Shapcott was the only lucky girl, she placed first to make the ladies team, both Rob Harrison and David Leslie made the mixed team.

The Family Two-Some Championship Tournament ended with

some terrific bowling by both parents and their sons and daughters. Each game the parent alternated frames with their child. The top bowling of the tourney was produced by Rob Harrison and his father, a 746 triple, followed very closely by Jason Ogden and father with 721.

Georgetown Y.B.C.

Juniors: Kim Conrad 600(241), Chris Gostlin 561(228), Lynn Moreland 490(206), David Pegg 468(230), Melissa McGugan 462(208), Ken Armstrong 460(181), Tanya Martin 439(175), Michel Arsenault 423(162).

Bantams: Matthew Walker 558(202), Sara Pegg 472(229), Richard Gostlin 437(146), Jennifer Grace 415(148), Brendan Louth 397(164), Kevin Arnold 390(155), Michael Cluney 375(135), Nicki Verheul 368(148), Chad Conrad 358(141), Nils Varga 355(128), Heather Pollock 355(120).

Pee-Wees: Jordan Scurall 342(123), Ryan Louth 334(118), Alex Foster 315(112), Lisa Clarke 311(117), Charles Gerrity 305(138), Gordon Clarke 296(108).

Smurfs: Jason Pshyk 248(100), Bryan Kennery 223(79), Patrick Hole 212(107), Benjamin Keess 209(88), Michael Brown 200(79).



*Focus on Fitness*  
by Laurie Burns  
Exercise Physiologist

## Dangers of frostbite

Most injuries in outdoor sports are musculoskeletal but cold injuries are a significant - largely preventable - hazard. Cold injuries can occur in virtually any outdoor sport, not just those traditionally associated with winter.

Factors that Predispose Athletes to Cold Injury

|                       |                       |
|-----------------------|-----------------------|
| Factor                | Mechanism             |
| Wind                  | Increased heat loss   |
| Moisture              |                       |
| Inadequate clothing   |                       |
| Alcohol consumption   | Increased heat loss   |
| Fatigue               | Impaired judgement    |
| Injury                | Increased heat loss   |
| Loss of consciousness |                       |
| Tobacco use           | Diminished peripheral |
| Constricting garments | Blood supply          |
| High altitude         | Hypoxia               |

Cold injuries can be divided into two categories: local injury or hypothermia. However, the two are interrelated. Maintaining body core temperature, as well as protecting vulnerable parts, is necessary to prevent frostbite, the type of local cold injury seen most often in athletes.

Be smart when you are exposed to the elements. Make sure all of your extremities are well covered and dry.

Be smart carry warm clothing and a blanket in your car, just in case you need them.

Be smart and enjoy the winter season by being active.



## Clearing a path

Sweepers Scott Brown (left) and Doug Collison (right), both of Acton, swept the ice clear of debris to hasten the journey of this rock to the house. The two, along with Acton residents Joe Brown and Peter Vidler, were competing in the Halton H.J.M. Insurance Major Curling League tournament at the Acton Curling Club Saturday. (Herald Photo)