

# Rebel girls in final— 26 years later

It's been 26 years since the Georgetown Rebels last earned a Halton high school girls' basketball title banner and they'll have the opportunity to add another one today (Thursday).

The third-seeded junior Rebels upset the second-ranked St. Thomas Aquinas Raiders in Oakville on Monday 35-34 in the Halton Secondary School Athletic Association semifinals and are set to take on the undefeated Abbey Park Eagles at Sheridan College Thursday at 2:30 p.m. for the regional championship.

Grade 9 centre Emily Fisher scored the winning basket with seven seconds left in the fourth quarter and had a game-high 18 points for the Rebels, who trailed 19-6 just five minutes into the contest but rallied back to tie the score in the final minute of regulation time.

Steph Wilson had a dozen steals in the victory and Hayley Buist added nine more to frustrate the Raiders in the second half, while Rachel Gorjup and Jenny Kardash pulled down six rebounds apiece.

"The key was keeping our composure when we got down early and we just kept chipping away, chipping away," said Rebels' coach Manny Saitis.

"This team has worked extremely

hard since August to get where they are now. We've lost to Abbey Park three times this year but all three of them were by less than five points and I like our chances in the final."

GDHS's juniors finished the reg-

ular season with a 9-2 record and reached the championship game in all five tournaments they've entered, winning in Collingwood last weekend to improve their overall record to 29-8 this fall.



## Up for grabs

Defender Colin Marschall (85) of the Georgetown Rebels came close to intercepting this pass as squad defeated the Christ the King Jaguars 13-7 on Wednesday in a Halton high school senior boys' Tier II quarterfinal playoff contest at Kiwanis Field. Running back Mac Morrison rushed for the winning touchdown on the last play of the third quarter. The Jaguars recovered a fumble at midfield with two minutes remaining in regulation but their drive stalled on two sacks by Rebel game MVP Dave Parkhill. Jay Richard also scored a major, with CTK's TD coming on a pass play from QB Mark Hirst to Tudor Bertien. The Rebels will now face first-place Loyola in Oakville next Wednesday in a semifinal matchup.

Photo by Eamonn Maher

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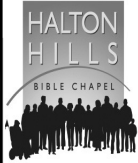
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• Lord's Supper 10 A.M. • Ministry Meeting 11:00 A.M.  
 • Fellowship Lunch 12:00 P.M. • Ministry Meeting 1:00 P.M.  
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Julia Fountain, BSc, ND

**Q:** I have chronic digestive problems and have been diagnosed with Irritable Bowel Syndrome (IBS). How can a Naturopathic Doctor help?

**A:** With IBS it is important to have a systematic approach to 1) help with symptom relief 2) isolate triggers 3) replete nutrient deficiencies that occur as a result of irritable bowel including re-establishing the healthy bacterial balance in the GI tract and 4) heal the gut. Food reactions can be a cause or an effect of IBS and need to be ruled out sooner rather than later. The gut will not heal if there is a constant source of irritation. Food reactions include sensitivities, intolerances or allergies and can be determined by a therapeutic elimination and challenge diet or specialized testing available through a Naturopathic Doctor. Serotonin is produced in and widely distributed throughout the cells of the intestinal tract. These cells will dump serotonin under stress and this can affect bowel motility. Yoga as a form of stress management has been shown to be particularly effective in cases of diarrhea-dominant IBS. Repleting the digestive tract with specific strains and therapeutic doses of healthy bacteria, above and beyond those found in yogurt is an important next step. A range of effective naturopathic therapies exist for the relief of IBS and they are chosen based on the type of IBS you experience. In the short term a systematic naturopathic approach gets you feeling better; in the longer term it makes you less prone to IBS attacks and helps put you in the driver's seat.

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