

# Local Pathfinders 'streetproofed'

By TED BROWN

No one looks for trouble, but if girls of the First Ashgrove Pathfinders run into it, they may know how to handle it.

The 12 and 13 year-old girls recently had a lesson in basic self defense at their regular meeting.

Mark Heidt, of Superkids Karate in Milton dropped by Monday night to show them how to handle bad situations.

"The first thing you use," says Mark, "is your head. Think before you go into any situation. Should I be here? Can I get myself in trouble

here? Is there anyone who can hurt me? These are questions we should all ask ourselves before we walk into a mall, parking lot or poorly lit area."

"If it doesn't feel right, get out" he warns. "Don't trust anyone other than your parents."

The girls learned basic techniques from breaking a choke hold on their neck or dealing with someone grabbing them from behind. He tells them to use that split second the attacker drops his guard to run for it.

"Don't scream 'Help!' "he says,

"Scream 'Fire!', or 'I don't know you!' or 'You're not my dad!' People will react to those words but tend to shy away when someone yells for help."

The girls were all asked of a situation they were worried about and Mark gave them advice to deal with it. He told them to always have the right key ready for the door or car lock, and to lock the doors of the car as soon as they get in.

Heidt has been teaching karate in the Milton area for more than three years but lately has branched out to give his 'streetproofing' course to various groups and organizations. He likes to keep it simple but effective.

"A defense move should be practiced," he says, "until it is a reaction. In an actual attack, you don't have time to think, only react."

The Ashgrove girls had lots of questions for Mark and he demonstrated simple ways to counter attacks. Primarily they should try concentrate on an area of the body where bones are close to the surface of the skin. It is more sensitive to a well placed blow or poke and can make the attacker lose his hold.

The next step is simple; run as far away as possible. Don't wait around to see if he is hurt. Then tell your parents and the police.

The Pathfinder leaders hope this training will never be needed. But out in the world it's good knowledge to carry around.

Some day it just might make a difference.



Roanne Sones of Ballinafad learns basic self defense moves from Mark Heidt at the First Ashgrove Pathfinders meeting, Monday night. The girls were shown ways to avoid bad situations and counter attacks by poking a pen or key in the back of their attacker's hand or face.

**LIMEHOUSE  
MINOR SPORTS**



**1991 SOFTBALL  
REGISTRATION**

Date: Saturday, March 23, 1990

Location: Limehouse Community Centre  
(corner of 5th concession and route 43)

Time: 10:00 a.m. to 1:00 p.m.

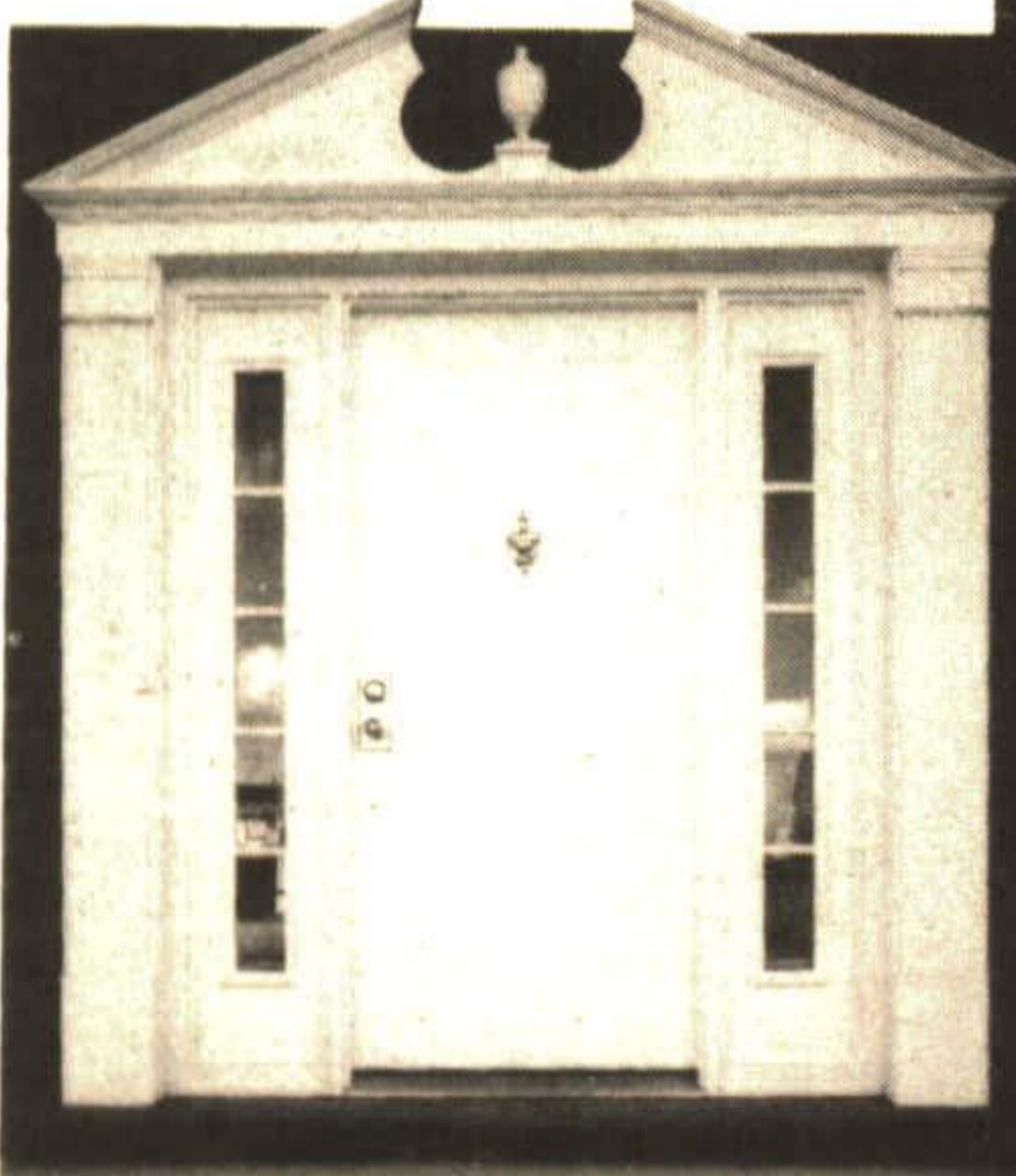
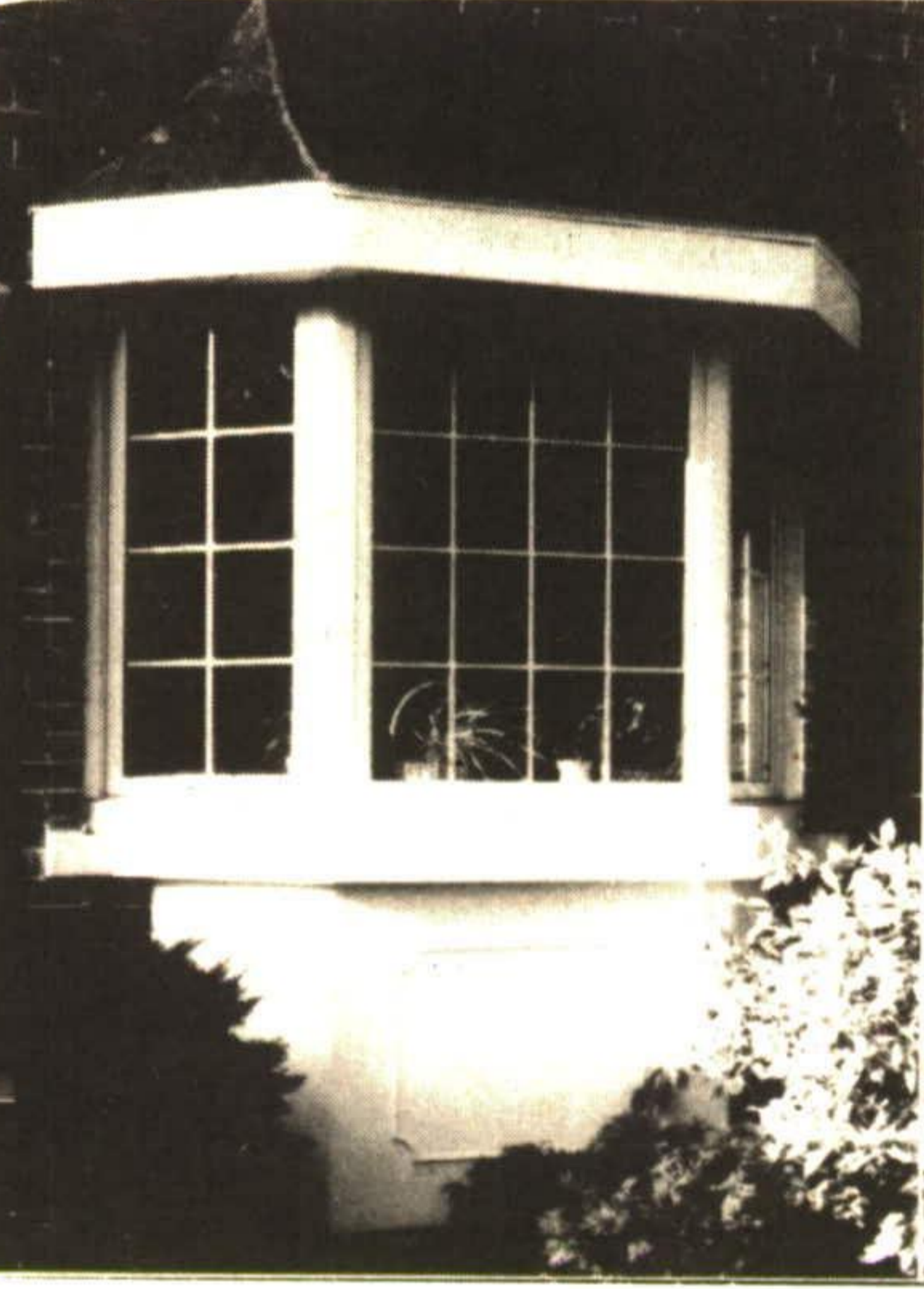
**GIRLS AND BOYS  
AGES 4 TO 17**

**1991 Registration  
Fees**

T-ball	\$20.00
Rural League	\$50.00
(\$45.00 each additional child)	

**REGISTRATION FEES INCLUDE TEAM SWEATER & PHOTO**

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### Fire briefs

**"Souped up"**  
Firefighters responded to a Weber Dr. home in Georgetown after the alarm was set off last Thursday afternoon. According to the Fire Department, the occupant was cooking soup, when it boiled over on the stove and set the alarm off. No damage occurred.

**Where there's smoke...?**  
Area 1 (Acton) firefighters were mistakenly called to a Kingham Rd. residence last Thursday afternoon when someone spotted smoke in the neighborhood and assumed there was a fire. Nothing was found in the area, but a barbecue

is suspected of causing the smoke, according to the Fire Department.

**Fuel leak at gas station**  
A fuel pump began leaking at a gas station on Main St. North in Acton last Friday evening, according to the Fire Department. Firefighters were called out to wash down the area. No damage was reported.

**Grave situation**  
A small fire occurred at Fairview Cemetery in Acton Wednesday afternoon after a candle burning beside a tombstone ignited a plastic wreath laying beside it. No damage occurred, according to the Fire Department.

### Science Fair

Halton students are competing in the annual Halton Region Science Fair yesterday (Friday) and today.

The fair will take place at White Oaks Secondary School in Oakville and over 150 entries from Grade 6 through Grade 10 are expected.

The closed judging session took place on Friday. The judges are selected from teachers, administrators and instructional support staff.

"This annual event is an important recognition of the ongoing interest in, and commitment to science in our board," noted Director of Education Bob Williams.

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