

Recreation and Sports

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Humberstone awesome in nets

The Minor Novice Raiders weathered the storm on Saturday to take on Milton.

Al Humberstone posted his third shut-out. Total score of three

Acton Novices lead series

By Ellen Piehl

Acton Andy's took a five-point lead in the semi-finals of the Novice II Hub hockey series after ending a game on Saturday afternoon in a scoreless tie with Grand Valley at the Acton Arena.

The game started out slow with both teams having only a few shots on goal.

Acton started to add a lot of pressure midway through the second period. Jeff Pane nearly knocked one in for Acton in the second when he shot at the point and the puck hit the cross-bar inside the net.

Both teams also had many power-play opportunities in the second, but were unable to capitalize on them.

It was nothing, but end-to-end action in the third period with both teams constantly shooting the puck at both goaltenders, hoping to get a goal.

Despite the effort of both teams in the third, the game remained scoreless.

Acton only needs a tie to win the series.

games, 12-0.

The Jr. Raiders were bound to put Milton out of the Tri-County playoffs. Andrew McGourty got the first goal, unassisted at 2:03 in the first period. The second period was kept scoreless.

The Jr. Raiders had the game in the bag with Andrew McGourty netting his second goal at 2:24 in the third. Brett Velten did a great job to earn the assist. Adam Kemp scored the third goal off the rebound of Rusty Parsons at 1:42. Final score 3-0.

The weekend was busy for the Minor Novice Raiders. Sunday brought the Jr. Raiders on fast and furious in the final game of the round robin to down Flamboro 3-1.

Donnie Lane was back between the pipes for the Jr. Raiders. He played hot stopping plenty of shots and only lettering Flamboro squeeze one by.

First period had the Raiders going ahead with Brett Velten scooping one in at 5:35. Good teamwork by Billy McDonald and Andy Burns garnered them the assists.

The second period saw the Jr. Raiders go ahead on a goal by Andrew McGourty. Great hustling earned Jay Forbes and Thomas Stokes the assists.

Third period brought on Brett Velten to net his second goal of the game at 3:27. Billy McDonald and Andy Burns worked hard to claim the assists.



Durham's Chad Zimmerman managed to find the net through a maze of Georgetown defenders. Durham beat the Raiders 8-0 at the Alcott Arena, Saturday. Photo by Jamie Harrison

Action galore at bantam tourney

By Mike Zrostek

The 33rd annual Georgetown International Bantam Hockey Tournament got underway Friday with Georgetown teams starting off the hockey action.

Georgetown's Bantam B team got things going against Parkdale, dropping the opener 6-3 in Division D action. The Raiders got behind early as Parkdale scored just 39 seconds into the opening period. Georgetown then replied with three straight goals

by Fraser Thom, Jamie Bottomly and Dave Wilburn in the first 7:58 of the second period. From there it was all Parkdale who answered with two goals of their own in a span of 1:14 closing out the second period scoring.

Parkdale scored 10 seconds into the third off the face-off then added another at 1:05 of the third making the score 5-3. The Parkdale squad put the game away with a goal at 7:00 of the third.

The Bantam B team filling in for another team who had dropped out, lost games by scores of 5-3, 8-0 and 8-0 playing in a higher division.

The Georgetown Bodanis Raiders split their first two games losing the opening game 7-4 to Kitchener in a chippy affair which saw Raiders player Dave Kotsos assessed a major and game misconduct for hitting from behind which led to two power play goals for Kitchener in the second period.

Tim Diardichuk, Marc Boucher, Kotsos and Paul Sandifer replied for the Raiders. In their second game Saturday, the Georgetown squad evened their record, thrashing Vaughan 9-0.

The Raiders erupted for seven goals in the third led by Paul Sandifer's natural hat trick in the period ending up with four for the game. Sandifer was red-hot in the two games, collecting seven points. David Doole contributed with two goals and an assist, Marc Boucher assisted on four goals and Paul Agius got three helpers. Other scorers were David Boere, Tim Diardichuk and Brad Spears in the rout.

The Halton Hills Hurricanes play Thursday night at 7:20 in their opener and play two games Friday afternoon at 3:05 and 8:45 in the evening at the Gordon Alcott Memorial Arena.

The Georgetown Bodanis Raiders record stood at 1-1 at press

time. The Raiders played Newmarket Tuesday night. A win would determine their advancement.

The Georgetown Bantam B team takes on Oshawa today, 10:50 a.m. at Gordon Alcott Memorial Arena.

Hurricanes take to the ice

The Halton Hills Hurricanes who open tournament play Thursday in the 33rd Annual Georgetown International Bantam Hockey Tournament will be in tough if they advance to the playoff round because the Detroit Little Caesars thrashed the opposition in their first three games.

Detroit outscored their opponents 21-5 in the three games beating Burlington, Kingston and Toronto with a balanced attack of offence and defence.

The Hurricanes could challenge in the playoff round as they are picked to do well in their group in the A Division.

Howard's lead is true blue

By Rod Beaumont

The Russ Howard rink won the Canadian men's curling championship this past weekend and locally a new role model was formed.

Peter Corner, who excels in his position of lead for the Howard rink, also happens to be a constable with the Halton Regional Police stationed out of Milton. Not only will young people look up to him for the job he does but they can witness how Mr. Corner has managed to juggle the time needed to be a national champion and soon, hopefully, a world champion in his sport.

This no doubt has been accomplished with some help of the upper management of the police service ensuring time off available for these events. For this, I tip my hat to the police service for ensuring time off available for these events. I also tip my hat to the police service for enabling all the sports fans to view Peter playing at his best and not under the added pressure that Freddy Williams had to compete with. Freddy, for those who don't know, is a runner in the 800 meter class and a teacher at Brampton Heart Lake High School.

On Friday, Mr. Williams had a qualifying heat at the World Indoor Track Championships at the Skydome but had no time off left. Thursday he had to rush down to

Rodent's Racket

the Skydome on his lunch, just barely making it; run and be back at school for 12:30 to teach.

Under this pressure, Mr. Williams won his heat.

In a country where things continue to go wrong, sports is something we can all look to and be proud.

The Peel Education Board would be in the right to stop an everyday Joe from competing at the world level but not a bona fide champion like Freddy Williams. Thumbs up to the Halton Regional Police and Peter Corner, thumbs down to the Peel Education Board for putting time restrictions on a world class runner.

This year the Georgetown bantam tournament has one of the largest field of entries ever.

With 55 teams the organizers had to lengthen the event to have the day of champions on Sunday. The bantam tournament has always been entertaining so let's get out and support it. Who knows, we might just be on hand to see the next Wayne or Mario.

Do you have a topic for discussion or an opinion on the past week in sports? Write me care of Halton Hills This Week, 232 Guelph St., Georgetown, or phone 873-2254. If it makes me go Hmmm, I'll include it in my column.

Activity Line

Basic calorie facts

By Laurie Burns

The traditional approach to weight reduction centers on the idea that you can count calories and then determine, by weight and age, how many calories to cut to produce a given weight loss. According to this theory, you simply use printed "caloric value tables" to calculate calories of food intake and subtract activity output, arriving at a net daily figure.

However, as weight control professionals now realize, 3500 calories may equal a pound of fat in the chemistry laboratory but in the real day-to-day world of "adaptive metabolism", the equation doesn't hold up. Sedentary, overweight people struggle with a metabolism that works against the, often failing to achieve desired results even when they closely follow traditional weight management rules. Before long, in confusion or frustration, they turn to fad diets, hoping for an answer.

Dr. Dennis Remington, Garth Fisher and Edward Parent in How to Lower Your Fat Thermostat say, "If weight loss were merely a reflection of total caloric intake, it would be a simple matter to lose weight by simply missing breakfast and eating normally the rest of the day, then theoretically, this should result in a 30 to 50 pound loss each year. With more drastic changes in eating patterns, we would expect to see even more dramatic weight changes. But that's not what actually happens.

Two variables determine what



you weigh: energy balance, the number of calories you consume each day (energy input) in contrast to the number of calories you burn off (energy output), and body composition, your percentage of body fat compared with lean tissue.

Energy output depends on body composition and basal metabolic rate (BMR). Lean tissue is active tissue, producing and using energy by metabolizing — "burning" — calories. In general, the greater your body percentage of lean tissue, the more energy you automatically expend and the more calories you can usually eat in small meals throughout the day without becoming fatter. (Careful, this is not an open door to eat a lot more food.) The greater your body's percentage of fat, the less energy you expend and the less food you can eat without gaining fat.

For more information about exercise, feel free to contact Laurie Burns at 877-0771.

Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.