

# Recreation and Sports

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## QES picks up steam

By Leanne Fournier

QES posted their second consecutive win on Sunday after defeating JV Jets by a convincing 15 - 0 score. In other action, Arnie's Body Shop defeated Living Lighting 19 - 6 while CIBC cruised past M & M 13 - 6, in Georgetown Ladies Flag Football games.

With Tammy McLaughlin at the helm, QES continues to turn in solid performances. The added touch of speedster Brenda Ryan and the Lunn's (straight from the DQ sidelines) has given QEs the extra boost they needed. McLaughlin scored a touchdown and a field goal while #23 posted the other score. JV's QB could only shake her head in disbelief as key long balls were dropped by the offense to halt any chance of a true contest.

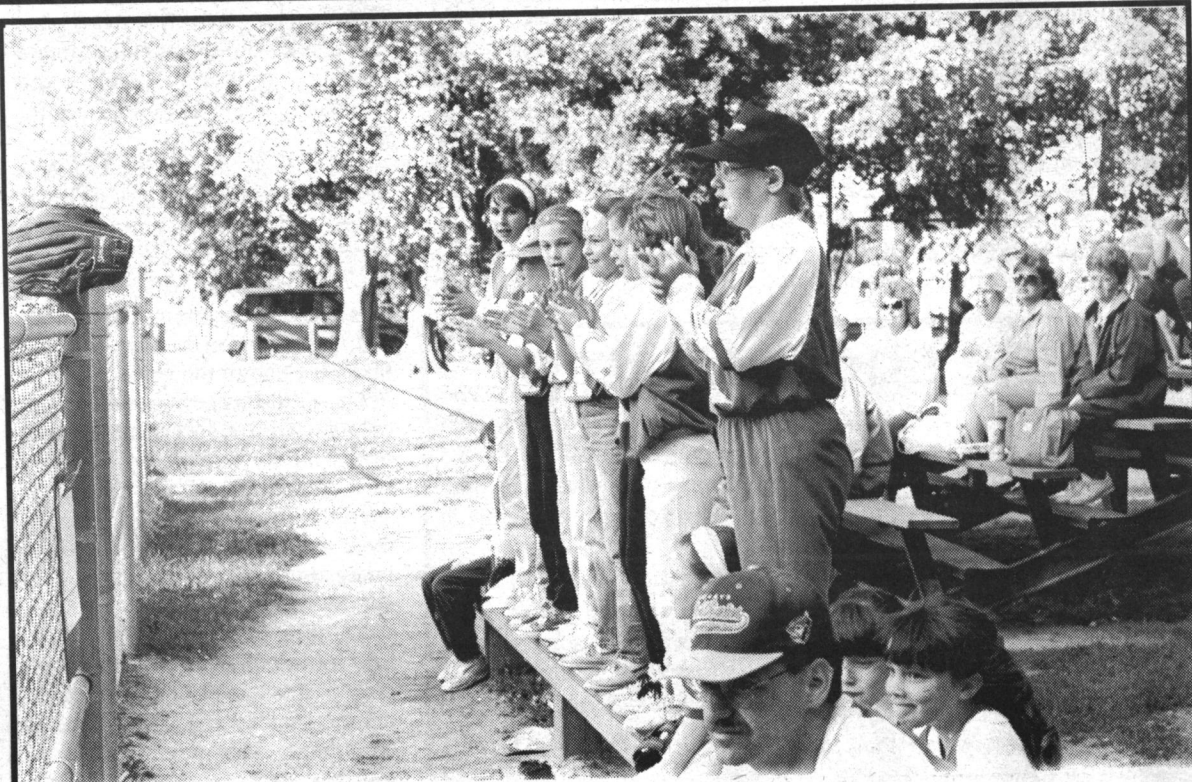
In the first matchup of the day, arch-rivals CIBC and M & M went head-to-head. The problem was, M & M appeared to still be shaking out cobwebs from the previous Saturday, as CIBC's offense picked apart a usually solid M & M defense. Colleen Price had both

## Ladies Flag Football

touchdowns for CIBC while Monica Mastalerz made good on one single. M & M's only score came on the last play of the game with a shovel pass to Brenda Hamilton. Marg Walinga picked off the only pass for CIBC.

Arnies don't seem to be taking the game too seriously as game time rolled around and only seven players could be found. Their 8th player strolled in as the whistle blew but Sue Ferguson and Michelle McMillan were noticeably missing. Living Lighting put up a reasonable fight with the absence of Roseann Harrison at the pivot spot. Barb Davies, Carol Kovacevic, and Caroline McMillan scored for Arnies while Mary McLaughlin pulled a wounded duck from the air.

May Lowry scored the only Living Lighting touchdown and defense grabbed an interception, thanks to Laura Lee Barbarosa. Karen Stockfish recovered a punt for the Lighting squad.



The cheerleaders were in fine voice for Knechtel's against the Optimists in Kinsmen Intermediate Girls softball play last Tuesday evening, while coach Scott Lindsay (foreground) concentrated on the game. There may be a message here. Optimists won, 19-11. photo by Colin Gibson/HHTW

## Bantam Eagles bounce back in style

By Mike Zrostek

Georgetown's M & M Pro Sports Bantam Eagles flew back into the win column with a convincing 13-6 win Tuesday night over Bloor at the Fairgrounds raising their regular season record to 4-3.

The Eagles who had played poorly in their last five games played a well-rounded game getting timely hitting and sound defense in the win and head coach Steve Kucherawy thinks his Eagles may be back on the winning track.

"After a pretty dismal past five games we've played two strong ones and Ron Kerslake (Eagles assistant coach) and I feel we are on the verge of playing the kind of ball we know we are capable of," said Kucherawy.

Lucas Wood, Adam Petch and Martie MacKinnon, the top three Eagle hitters, proved to be too much for the Bloor pitching staff combining for eight hits and seven of the Eagles 13 runs.

Kucheraw marvell's at the top three, "We have a good hitting team but these three guys are lighting up all pitchers, especially Petch, he is a real gem to watch at the plate." Martie MacKinnon had a strong performance on the mound retiring the first nine hitters and 12 of the first 15 before giving way to Lucas Wood.

Also putting in strong efforts so far for the Eagle squad are second

baseman Matt Edwards, who has been a pleasant surprise offensively and defensively. Kucherawy describes Edwards as "very sound and confident" on the diamond while showing plenty of spirit on the bench.

As well, the coach points out, Steve Gibbons and Ken Braithwaite have played strong so far and clean-up hitter Neil Smith, the team leader, has played well, hitting over .300 and driving in his share of runs.

After taking their first three games of the year, the Eagles ran into some difficulty losing there next three

league games while going 0-2-1 in a tournament in Bolton. However, Kucherawy thinks they're starting to snap out of their funk.

"We have been working a lot on defense in practice and I think we're getting fundamentally sound. At the beginning of the year we aimed to win 15 of our 23 games and to achieve that we will have to be focussed," he said.

The Eagles have home games Monday against Waterdown and Tuesday against Brampton. Both games are at the Fairgrounds with start times 8:30p.m.

## Activity Line

### Build healthy bones now

By Laurie Burns  
 Exercise Physiologist

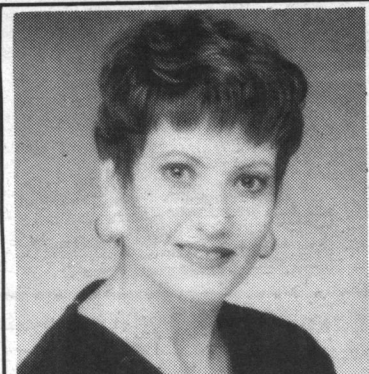
Most women do not think about bone health until it is too late to do most of the things they were supposed to be doing in their teens, twenties and thirties. While it is never too late to make healthful changes in your lifestyle, the earlier you begin, the stronger and more beneficial the effect of those changes.

Young women should be concerned about bone health because it is during their younger years that bone mass is built. By the late thirties, it already begins to decline. The decline accelerates after menopause, which usually occurs somewhere between the ages of forty and fifty.

Osteoporosis usually does not develop until middle age. It can also occur in young women who have stopped (or never started) having menstrual periods. In several studies, women in their twenties were found to have the bone density characteristics of women in their seventies, and the types of fractures and rounded back posture that go along with it. Much of this type of damage is painful and irreversible. Young women who have sustained vertebral fractures will never gain have healthy spines, even if their menstrual cycle resumes.

Osteoporosis is not the only reason to be concerned about bone health. Female athletes with low-density bones are vulnerable to sports injuries such as stress fractures. Such injuries can short-circuit their athletic development, and even put an end to participation in their favorite activities.

The most important thing to do to build healthy bones is to stay



healthy. Well-balanced eating habits, moderate exercise, no smoking and limiting alcohol intake. If you experience menstrual irregularity, be sure to see your doctor to determine the cause and appropriate treatment. A regular cycle is especially important because it generates estrogen, a female hormone that helps protect against loss of bone mineral.

Frequent dieting contributes to osteoporosis, especially if diets are very restrictive and less than 1,200 calories a day. Not only do very low-calorie diets fail to supply calcium, they also give the body the message that starvation is happening. Such a message causes metabolic changes, including a drop in metabolic rate and, for young women, irregular menstrual cycles.

Very low-calorie diets are rarely effective weight control techniques, anyway. You are better developing healthful low-fat eating habits that you can live with for a lifetime. Regular exercise is also essential for lifelong weight control.

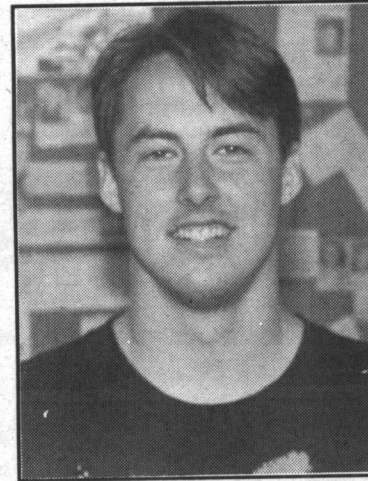
Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.

## ATTENTION SPORTS GROUPS

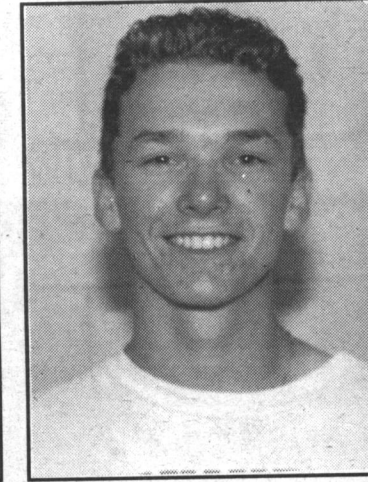
Halton Hills This Week would like to publish your team's results.

Please drop them off at our office:  
 232 Guelph St., Unit 9,  
 (off Mountainview)  
 Georgetown  
 or fax them to us at  
 (416) 873-3918

## Athletes of the Week



Georgetown District High School Athletes of the Week are Alexis Kerr and Scott Hobbs. Alexis ran the 4x4 relay and 400-metre events for the Rebels senior girls track team at OFSAA. Scott represented the Rebels senior boys track and field team in the long jump event at OFSAA.



Acton High School Athletes of the Week are Deanna Louth and Devon Ambrose. Deanna was selected Outstanding Female Athlete of the Year. Devon was chosen as the Outstanding Male Athlete of the Year.