

Robitaille nets three for Kinsmen Club Red Wings

Week of June 7-10
Boys Under 6
 Games canceled due to inclement weather
Boys Under 7

Royal Cdn. Legion Loc. 120 - 0,
 Dunlop Insurance Gold Runners - 0
 Royal Cdn. Legion Noteworthy
 Players: Corey Henderson, Eric McClure, Michael McGill.

Dunlop Insurance noteworthy
 players: Brian Albers, Edward Hamill, Julian Lord.
 CIBC Red Rockets - 2, Armstrong Insurance - 0

CIBC Goals: Tom Leferink
 Noteworthy players: Andrew Mansfield, Mathew Pointer, A.J. Syme

Kevin Bizzaro, Steven Kogan
 Noteworthy players: Tom Hall, Nick Montgomery, Blake Wilson
 Varian noteworthy players: Cody Menken, Joseph Upfield, Bryan Smith

Note: This game was not finished due to inclement weather

Boys Under 11
 Lions Club - 7, Elk's Lodge #540 - 1

Lions Club goals: Joseph Garvey, Billy McDonald (2), Dale Menken (2), Daniel Roffel (2)

Noteworthy players: Matt Knoepfli, Stephen Trotman, Brett Velten, Chris Garland

Elks Lodge Goal: Cameron Sisnett

Noteworthy players: Robert Fisher, Joseph Mathieson, David Boyington

Burger King - 3, Tim Horton Doughnuts - 1

Burger King Goals: Ryan Busby (2), Steven Gorlick

Noteworthy players: Matthew Eagleson, Simon Hall, Matthew Manhire-Coulter

Tim Horton Doughnut Goal: Chris Froggett

Noteworthy players: Peter Bukovcan, Kyle Hall, Noah Malinosky

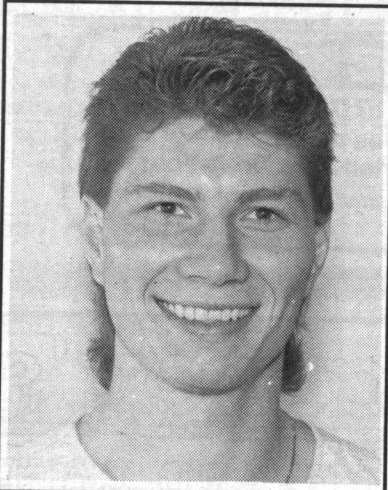
Boys Under 14
 Games canceled due to inclement weather



1993 HOCKEY SCHOOL

(Ages 6 yrs. to 12 yrs.)

AUGUST 30 to SEPTEMBER 3, 1993



ADAM BENNETT
 Head Instructor

For further information, contact

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Boys Under 8
 Halton Hills Furniture & Appliances - 2, Team #4 Gold - 1

Halton Hills Furniture Goals: Michael Adcock, Gavin Aldridge
 Noteworthy players: Bill Boutasis, Shaun Dennie, Andrew Rebbetoy

Team #2 Royal Rockets - 1, Team #6 Orange - 0

Royal Rockets Goal: Tod Gilmore
 Noteworthy Players: Todd Gilmore, Martin Kocandrie, Lucas Arnold

Orange noteworthy players: Jonathan Culp, Matthew Kooy, Michael Stopford

Great overall team effort!
 Kinsmen Club Red Wings - 3, Rainbow Music - 1

Kinsmen Club Goals: Andrew Robitaille (3)

Noteworthy players: Chris Power, Garrett Prins, Patrick Hall

Rainbow Music Goal: Shawn Emmerton

Noteworthy players: Shawn Emmerton, Robert Freestone, Aaron Kirk

Boys Under 9
 Tuesday night games canceled due to inclement weather

Elliot Custom Brokers - 2, Varian Devils - 0

Elliot Custom Broker Goals:

Revolvers bow to Campbellville

Limehouse-Georgetown Revolver Club hosted the Campbellville Cubs on June 15 in quite an entertaining game. Despite some excellent pitching and hitting by Adam Spinney and great hits by Paul Payne, Roy Wigood and Kenny McKenzie, Limehouse succumbed to the cubs. Final score being Campbellville 16, Limehouse-Georgetown-Revolver Club 7.

Top notch pitching by Ryan Holman and Adam Spinney, backed up by excellent back catching by Roy Wigood; coupled with excellent base stealing by Nivil Bapooji, Jamie Deforest, Gopher Scofield and Mark Bailey combined with tight fielding by all, led the Limehouse-Georgetown Revolver Club Mosquitoes to a 5-4 victory over Brookville in Brookville on June 3.

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Queen Set	\$399 ⁰⁰	\$199 ⁰⁰
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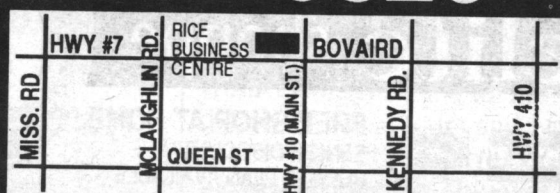


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Exercising in Hot Weather

By Laurie Burns
 Exercise Physiologist

When is it too hot to exercise? Three factors determine the severity of a hot day: temperature, humidity, and wind speed.

When the outside temperature soars to 30 degrees Celsius (90 degrees Fahrenheit) or more and the humidity climbs close to 90 percent with little or no wind velocity, there's the ever-present danger of heatstroke and heat exhaustion. Even though it doesn't measure wind speed, the simplest method of measuring the danger of hot day is with a combination wet and dry bulb thermometer. One thermometer, a standard one, measures air temperature; the other, covered by a wick that is dipped in water, is used to measure humidity.

HEATSTROKE: Heatstroke is the sudden uncontrolled rise in body temperature caused by the inability of the temperature-regulating cells in the brain to increase the body's mechanisms of dissipating heat.

Normally, these brain cells maintain your body temperature close to 98.6 degrees F. They respond primarily to the temperature of the blood that passes through them, and when the temperature of the blood rises, they send signals through nerves to all parts of the body. This widens blood vessels near the surface of the skin so that more heat is given off, and decreases metabolic processes in internal organs so that less heat is produced.

Yet, there is a point where the brain cells become damaged by

the heat and lose their ability to function. The result, a heatstroke.

The greater your degree of dehydration, the more likely you are to develop heatstroke. The harder you exercise, the less dehydration you can tolerate. Dehydration decreases the blood volume to the point where there's not enough blood to supply both the skin and internal organs such as the brain, liver and muscles. Your body must make a choice and chooses the internal organs and muscles. Thus, the blood supply to the skin is shut off and your body temperature rises uncontrollably.

Heatstroke doesn't just happen. There is plenty of warning. Your lungs and muscles "catch fire". Your breathing becomes short and labored and your mouth becomes parched. Your vision blurs and dizziness and nausea set in. You may even start to act irrationally.

If you continue to exercise, you stop sweating and your skin will become dry. It feels dry and clammy, even though your body temperature may shoot up dangerously high. You will then become unconscious and unless you receive treatment immediately, you could die.

Exercise should be safe, fun and effective. Pay attention to the weather before you decide to participate in a vigorous activity. It is okay to substitute a less vigorous activity for exercise on a very hot day.

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