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Halton Hills affected by hockey wars

By Colin Gibson

The Ontario Minor Hockey Association (OMHA) has been declared a black sheep by the Ontario Hockey Federation (OHF) and been told it is therefore no longer welcome in the national amateur hockey flock.

Local reaction to this 'voice from the gondola' decree might best be termed, indifferent.

Both the Acton Minor Hockey Association (AMHA) and the Georgetown Minor Hockey Association (GMHA) are affiliated with the OMHA and have indicated they are quite content to remain with the association even if it means being regarded as outlaws by the OHF and the CAHA.

GMHA president Hal Pells couldn't be reached for comment on the issue, but Carson Mininch, a current vice president and former president,

didn't appear particularly perturbed by the situation.

"Other than perhaps affecting some AAA Zone teams, which our kids play on," said Mininch, "I don't think the CAHA decision will affect us that much."

Dave McIntyre, AMHA president felt much the same way.

"Our kids will have a place to play hockey this year," said McIntyre, "and that's the bottom line."

The CAHA and the OMHA (with the support of the Metropolitan Toronto Hockey League (MTHL) have been at loggerheads for at least five years. In effect, ever since the creation of the Ontario Hockey Federation (OHF).

The OHF was created after the CAHA demanded that a single voice speak for the bulk of Ontario Hockey Associations. Ottawa District and Thunder Bay are CAHA

exceptions.

The newly-formed OHF, under former Justice David Watt was to comprise the OMHA, the MTHL the OHA (Ontario Hockey Association), the OHL (Ontario Hockey League), the NOHA (Northern Ontario Hockey Association) and women's hockey in Ontario which previously had come under the OHA umbrella.

Almost from the drop of the first verbal puck, personality conflicts combined with 'circle the wagons' protect our own turf stances by the associations involved in the fledgling OHF, virtually ensured lack of cooperation and little headway into making the group a viable Ontario hockey voice.

CAHA president, Murray Costello, last year literally told the organization to get its act together or face direct CAHA control, but this did little to settle things.

Last year, the MTHL and the OMHA formed a voting block and virtually recommended that the OHA (which represents junior - but not major - intermediate and senior hockey in the province) be disbanded and once more, the ice chips hit the fan.

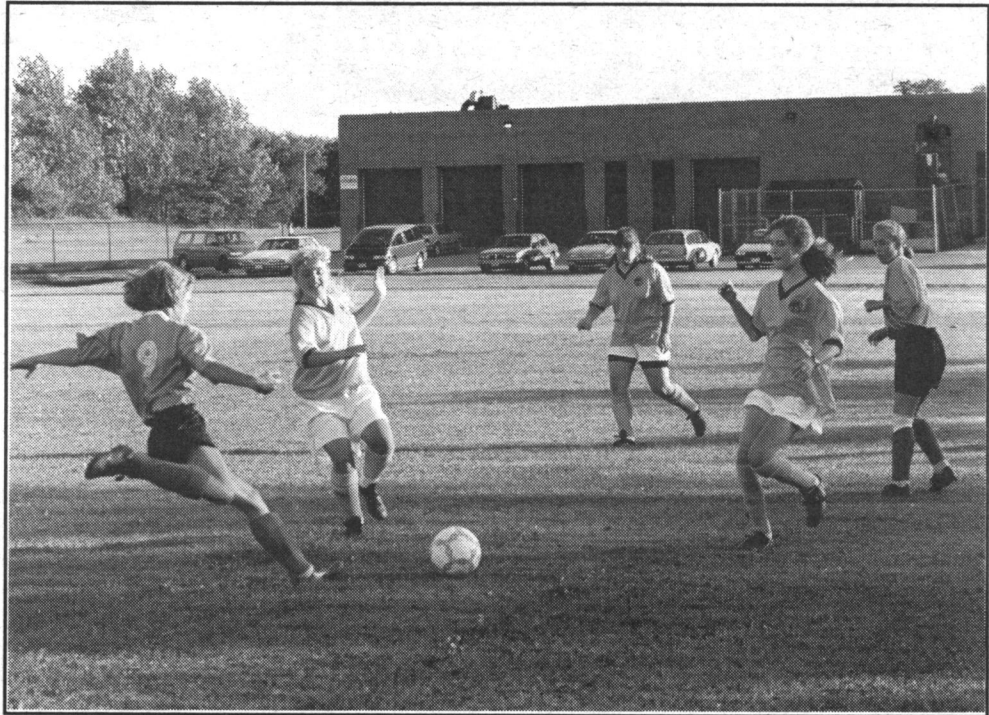
According to an OMHA source, at this point, Justice Watt himself intervened, changed the voting structure to favor the OHA and this, in turn raised the ire of the OMHA.

The OHF turned up the heat on the OMHA earlier in the year by granting status to the Minor Hockey Alliance of Ontario, representing 15,000 youngsters (involving associations from London through Richmond Hill-Vaughan), allowed six other associations in the Kingston area to compete in Ottawa District and similarly allowed Powassan to play in the NOHA.

Last month, the OHF refused entry to the OMHA, effectively disassociating the minor hockey association from the CAHA, for perceived wrongs.

This means OMHA teams will not be permitted to compete in CAHA-sanctioned tournaments or championships or play against International Ice Hockey Federation teams, including United States-based teams.

More on this and related matters in Saturday's paper.



Georgetown Opti-Mrs. forward Kim Moore (#9) kicks the ball up the wing to set up another attack on the Brampton Golden Angels at the game played at Acton High School soccer field. The Under-15 girls local squad clobbered Brampton 5-0.

photo by Simon Wilson/HHTW

Activity Line

Pregnancy and Exercise

By Laurie Burns
Exercise Physiologist

All evidence suggests that sensible levels of exercise during pregnancy are not harmful and may be beneficial. In 1985, The American College of Obstetricians and Gynecologists introduced guidelines for exercise during pregnancy and the postpartum period. Their guidelines were geared toward the average woman, not the woman who has participated in regular strenuous exercise for many years. The guidelines which apply to both pregnancy and postpartum period are as follows:

* If a woman is going to exercise, then regular exercise (at least three times per week) is preferable to intermittent exercise;

* Strenuous exercise should not be performed if the weather is hot and humid, or if the woman has an illness (such as the flu) in which her temperature is elevated;

* The connective tissue becomes lax during pregnancy and deep flexing or extension of joints should be avoided in order to prevent joint damage - stretches should not be taken to the point of maximum resistance. Exercises that involve jumping or jarring motions

should be avoided because the joints are unstable;

* Strenuous exercise should be preceded by a warm-up and followed by a cooldown, each of at least five minutes;

* Heart rate limits which may have been established in consultation with the woman's physician should not be exceeded;

* Care should be taken to gradually rise from the floor to prevent a sudden drop in blood pressure. Activity involving the legs should be continued for a brief period after rising;

* Fluid should be taken before and during exercise to prevent dehydration;

* Women who were previously sedentary should begin with low intensity exercise and progress gradually;

* If any unusual symptoms appear, exercise should be stopped and a physician consulted.

* **TARGET HEART RATES:** Use target heart rate at lower end to keep core body temperature from raising more than 1-2 degrees.

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

Opti-Mrs. bomb Brampton

By Ruth D. Taylor

Driving to Acton in the humidity were the Brampton Golden Angels and the Opti-Mrs. under-15 girls soccer teams. Both teams played shorthanded. Faced with a lack of forwards, Opti-Mrs. midfielder Jenn Royce decided to chip a shot, which bounced in front of the goalie and then into the net in the first moments of the game. Striker Kim Moore then varied three shots into the net as lobs and trickles, after passes from teammates Erin O'Leary, Katie Morris and Courtney Norman. Sandra van Der Vinne pushed in another one to up the score final to 5-0. Brampton goalie

Minal Gandhi was hustling.

The Brampton Golden Angels forwards Daniela Gabrielli and Nina Samponga kept pushing to the goal but the Opti-Mrs. defense with Cheryl Zomer and Branwen Williams cleared the area. Even the slower second half, the players did their best, including Christine DeSousa who got up after a ball to the head. Playing goalie this week were Rachel Buikema, with Kim and Courtney sharing. Referee Janice Bailey blew a nice clean whistle, explaining rules to coaches and players. She used grace and a sense of humor as well, when parents tried to assist her calls.

A second game had the

Brampton Cooper Lighting team facing a terrific Opti-Mrs. offense. The Brampton keepers Isabelle Palad and Lisa Antezza saved many shots. Opti-Mrs. Sharon Lootsma got her first goal of the season after a pass from the corner by Jenn Royce.

Sandra van Der Vinne struck the second blow through the posts, and Kathy Irvine, fresh from Irish dancing, besieged the goal until the third one was in, for the tally total of 3-0. Brampton Cooper Lighting players Sarah Stewart, Laura De Leonardis and Danielle Ungara played brightly, but a great team effort was show by Halton Hills.

Glen teams walk over opposition

By Colin Gibson

Action has matched the weather in Glen minor ball recently - hot and heavy - and in five recent games, the local squads have shown no mercy in pummeling the opposition.

The Bantam girls popped Puslinch 27-15; the Pee Wee boys aced Acton 22-6; the Atom girls hogtied Hornby 24-10; the Squirt girls aired-out Acton 29-7 and the Atom girls again hobbled Hornby 17-9.

In the Bantam girls game, the whole team was swinging hot bats and Terri Barber hit a home run with one aboard, while Tricia Humeniski hit a solo home run.

Tricia further helped the cause by blasting a bases-loaded triple.

Kim Brawn and Wanda Brown combined to make a nice double-play in the first inning.

Kim Brown and Kerry Inglis shared pitching duties, while Dana Leslie, Jaime Connelly and Tara Foster sharing catching duties.

Deanna Moore, Jennifer Peacock, Lisa Boulanger, Tracy Green and Rachel Inglis played good games.

In the Pee Wee boys rout of Acton, coaches Rob Clarke and Chris Goodhew got strong efforts from all their players.

Brandon Gabea and Richard Fendley were called up from the Atoms because of a short bench and both were strong at bat as well as in the field.

Kevin Humeniski hit a round-tripper, with Devon Legate, Joey Goodhew and Jesse Ward all contributing timely hits and good

defence.

Chris Hall, Mike Crawford, Bob Davidson, Donald Little and Jeff Telford also put in good efforts.

Playoffs for the Glen Pee Wee boys are scheduled for Aug. 13-14 in Acton.

The Atom girls win over Hornby was a total team effort with each player scoring at least once.

Erin Haines popped a home run and also looked fine on the mound, sharing duties with Kimberly Laflamme.

Kimberly paced the hitters going 5-for-5; Jennifer Davis was 4-for-5; Trisha Jones was 4-for-4 and Stacey Everingham was 3-for-4.

Lynette Wilson walked five times. Jennie Grootjan was selected Player of the Game in the Squirt girls triumph over Acton; Michelle Gelok was named Offensive Player of the Game and Melissa Casson was tabbed as Defensive Player of the Game.

Katie Rowland and April Everingham shone on the mound, with Stacey Bisson and Kathryn Perdue sharing catching chores.

Susan McGilvray hit a solid triple.

Erin Haines and Regan Boyle both blasted grand slam home runs to power the Atom girls to their second thumping of Hornby.

Erin Haines pitched two fine innings, with Kimberly Laflamme tossing three scoreless innings in relief.

The Atom boys and Atom girls playoff tournament is scheduled for Friday night and all day Saturday in the Glen. While the Glen Tykes will make the trip to Acton the same two days for their playoff tournament.

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