

Acton Minor Bantams out of medals at Hespeler Olympics

By Chuck Tysoe

In a tournament whose early years featured Hespeler Olympics' star Wayne Gretzky, coached by father Walter, the Tanners' hopes for a competitive placing ended in a second-morning, late-goal, 3-2 loss to the Grimsby Peach Kings. Surviving a shaky start, Tanners took 2-1 third-period lead, but too many of them watched too long from the penalty bench, including almost two minutes down two skaters.

Head coach Bill Manes was tossed for questioning two hits from behind on Kurtis McArthur, his back aching from a heavy illegal check on day one. Adding to the humour, the Kings' first

goal was awarded after the puck went through goalie Brett Hirtle into the corner, and no official positioned to see the alleged goal.

However, Hirtle was sharp, kept the Tanners close and was full marks for his player-of-the-game selection. Mark Boycott and Aaron Chiasson, with a pretty backhanded tip, scored Acton's goals. Tied at two, Jon Tysoe one-timed a great setup which beat Grimsby's netminder but grazed the post. The Kings potted the winner on the ensuing rush.

Team morale took a body-blow as Matt Bronizewski cut a hand badly in a fluke pre-game dressing room accident. Thankfully, due to prompt action by the coaching staff and Acton High School

Phys-Ed teacher Dave Boycott, Matt's prognosis is good following surgery undergone that afternoon. The Tanners bowed out of the tournament that evening with a 4-1 loss to North London. Mark Boycott was Acton's player of the game.

On the morning of day one, a late goal was again the lads' undoing as Hespeler rallied for a 3-3 tie, with Bronizewski the Tanners' top player. That night, they scored a convincing 6-2 win over Guelph Jr. Storm, 3-1 regular season winners at Guelph December 23. Hard-rock defenceman Eric Goll was top player. They enter the regular season home stretch, at Arthur this Sunday night.

Acton Major Novices win tourney consolation crown

Acton's Major Novice team hosted a tournament on December 28, but the Majors came up short, losing 2-1 to Lincoln in the first game. Bradley Kri scored the goal for Acton.

The Major Novices came up against Ingersoll in their second game of the day and downed them 8-2. This win put them into the Consolation Final. Jessie Keunzig had four goals, Kri scored twice and Colton Burgan and Brandon Bennett each had singles. Assists were had by Kri, Matt

Murray-MacMillan, Keunzig, Burgan, Brandyn McCarthy, Dylan Creasey and Taylor McNabb.

The Acton team met Cambridge in the Consolation Final and played a great passing game, winning 5-0. Keunzig had a hat trick and Kri and Creasey each had singles. Assists went to Keunzig, McCarthy, Kri Bennett, Burgan, McNabb and Joe Frechette. Keunzig received the MVP for this game.

Lincoln and Chedoke played in the final and

Chedoke won 2-1.

During the tournament there was a skills competition and Burgan, Keunzig, McCarthy, McNabb and Dirk VanSoelen represented Acton in the relay race and won. Congratulations!

Congratulations are due the whole Major Novice Team for a great tournament. They made us proud.

We would also like to thank Julie Burgan for doing a great job organizing the tournament.



DEADLINE IS MONDAY AT 12 NOON



NOVICE SELECTS: The Acton House League Selects won the consolation championship with a 3-2 victory over Scarborough at the Acton Tanner annual Christmas tournament. The team includes, front, from left: Megan Ferreira, Michael Lavigne, Shawn Fife and Monique Lalande. Middle: Matt mills, Alex Wenzel, Luke Van Dinther, Tyler Fram, Mark Wells and Mitchell Webster. Back: Michael De Santis, Shane Carr, Cole Fricker, Ben Winter, Justin Bravo, Ethan Job, Michael Brown and coaches Deb Mills, Tom Webster and Randy Wells. - Frances Niblock photo

Novice Selects capture tourney consolation crown

Acton House League Selects won the Novice Consolation Championship at the Acton tournament. They met the Scarborough Sabres in the consolation final, downing the Sabres 4-3.

Acton took an early lead

with a goal by game MVP Alex Wenzel. By the end of the second Acton was up 3-1 with goals from Mark Wells and Meghan Ferreira.

Scarborough turned the game around tying it up in the third. With just 36 seconds

remaining Ethan Job scored the winner. Assists in the game went to Wells (3), Ferreira (3) and Wenzel (2).

Watch for the selects in their next tournament Saturday, January 6 in Grand Valley.



SUPER SELECT: Acton Novice Select player Alex Wenzel received a MVP award from Acton Tanner Christmas hockey tournament organizer Tony Traversa on Saturday. - Frances Niblock photo



JESSY RULES: Acton Tanner Major Novice player Jessie Keunzig, with coach Scott Malcolm, garnered the MVP award for his efforts as Acton captured the consolation championship with a 5-0 rout over Cambridge. - Frances Niblock photo

Seminar on losing weight

So it was Christmas - and did you gain weight? If so, maybe Halton Healthcare Services can help.

The public is invited to attend a free seminar entitled "Healthy Approaches to Losing Weight" on Tuesday, January 16 at the 707 Galaxy banquet hall in Oakville at 7 p.m., sponsored by Halton Healthcare Service and the Milton and Oakville hospitals.

Doctors and other health care providers are recognizing more and more that obesity is more than "lack of willpower" - obesity is a chronic disease. In addition, it can

lead to other health problems such as diabetes, heart disease, high blood pressure, high cholesterol levels and certain types of cancers.

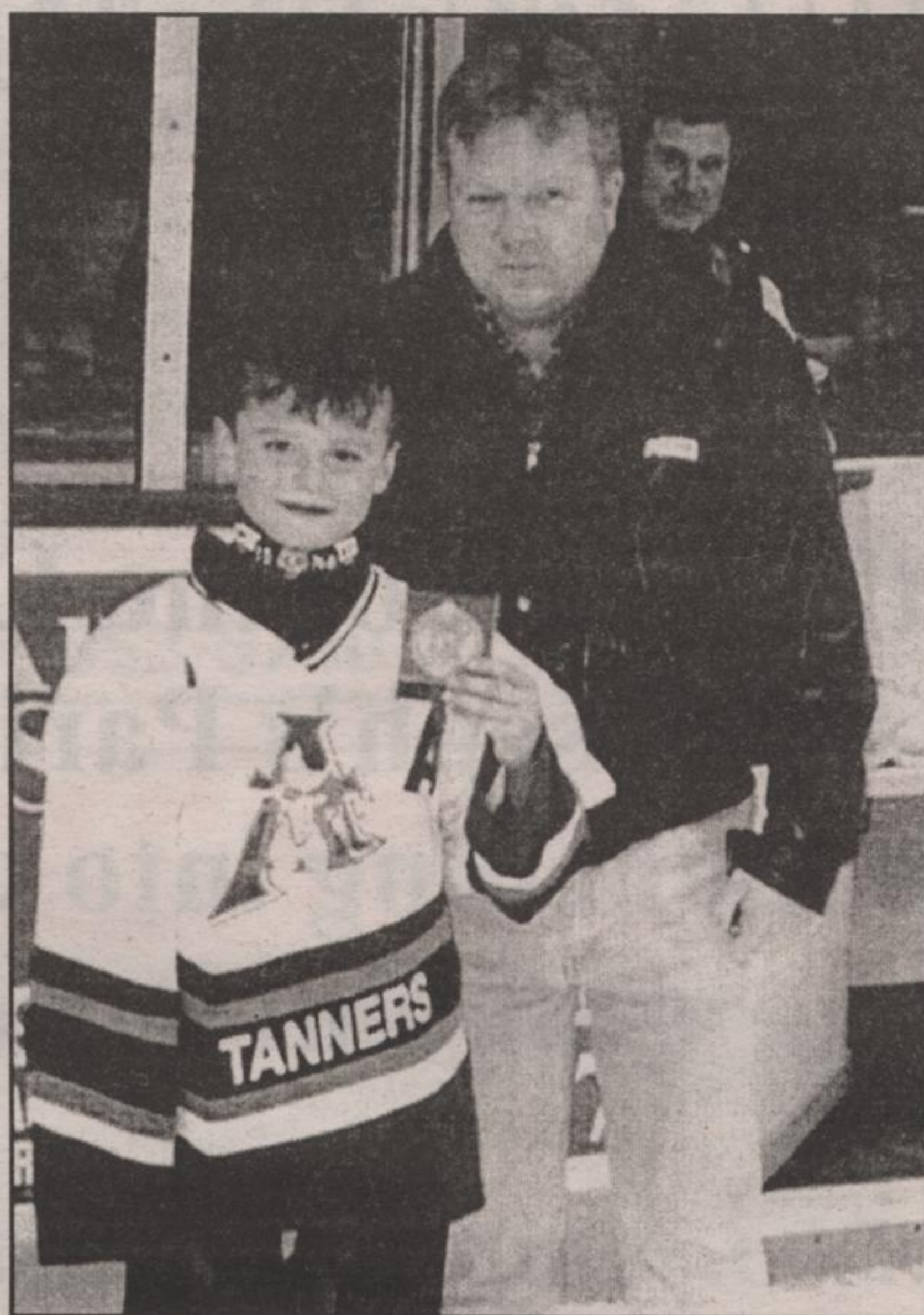
Being overweight can also cause problems such as sleep apnea (interruptions of deep sleep) and osteoarthritis (wearing away of the joints). Interventions to help weight loss, such as eating sensibly or increasing your level of physical activity, can be very effective. However, these measures only work while you use them. When you stop, the weight comes back 97 per cent of the time and leads to yo-yo diet-

ing which is even worse for your health than staying heavy.

For success you need a long term outlook that addresses all the aspects of your life that impact health; your food choices, activity levels and the way we manage your lifestyles in general. Even a small weight loss of 10 to 20 pounds can improve your health, for example by lowering your blood pressure and cholesterol levels.

The purpose of this seminar is to educate people who are overweight about how

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KRI IS MVP: Fourteen goals in three games earned Acton Major Novice Tanner player Bradley Kri the MVP award and congratulations from Tanner vice-president Steve Marshall following the Novice's consolation championship loss - 8-3 to Wexford - at the league's annual Christmas tournament. Frances Niblock photo

Tyke Selects in first tournament

The Acton Emerald Isle Tyke Selects played in their first ever tournament in Milton between Christmas and New Year's. On the first day of the tournament they played Milton in an exciting game which was tied 1-1 until the last half of the third period when Milton took the lead. Acton pulled their goalie during the last minute of the game to add a forward and put the pressure on, but Milton stole the puck and scored into the empty net to win 3-1. Roger Kirkness scored unassisted for Acton and was named MVP for that game.

On day three of the tournament, Acton met its biggest challenge yet, playing the Georgetown Raiders Select 7 team. Our goalies Jesse Harris and Zack Payne saw a lot of action and made some great saves. The Georgetown team dominated the game and Acton couldn't seem to get by them to score. The final score was 16-0. Harris was named MVP for our third and final game in the tournament.

The team will play next on January 21 when they will travel to Hamilton Mountain to take on that team.