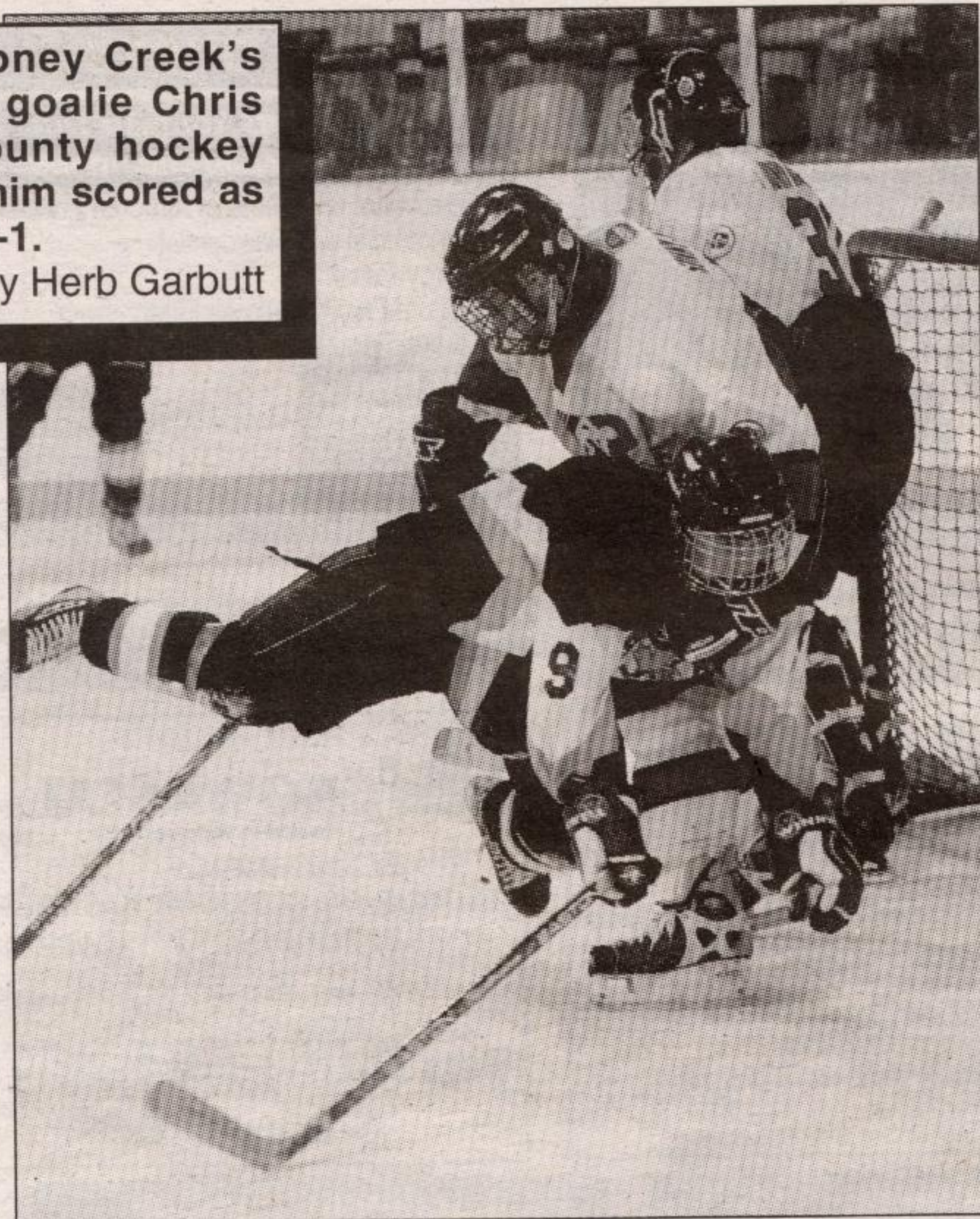


Adam Mulhall takes care of Stoney Creek's Marc Belisle in front of Raider goalie Chris McCulloch in Saturday's Tri-County hockey game. Jason Vieira and Chris Rahim scored as the Raiders edged Stoney Creek 2-1.  
Photo by Herb Garbutt



# Rep roundup

Continued from pg. 17

## Major Atom Raiders

Jordan Dance scored with 38 seconds to play and Brendan Krivec had three points as the Raiders edged St. Catharines 4-3.

**Georgetown 10, Orangeville 1:** Jordan Dance (4G); Ryan Hunter (3G, 1A); Tyler Nieuwendyk, Derek Kessel (1G, 2A); Wesley Attard (1G, 1A); Thomas Pottruff, Brendan Krivec, Tyler Shippel, Dustin Hanzelka (A).

**Georgetown 6, Milton 2:** Kessel (2G), Dance (1G, 1A); Wesley Attard, Shippel, Kyle Speers (G); Nieuwendyk, Pottruff (2A); Krivec (A).

**Georgetown 4, St. Catharines 3:** Krivec (1G, 2A); Ryan Hunter, Kessel (1G, 1A); Dance (G); Nieuwendyk (A).

## Major Atom AE Raiders

Shaun Reidstra scored twice and set up two more in the Raiders' 11-1 romp over Orangeville. Kyle Burns and Andrew Smith also scored twice.

**Georgetown 11, Orangeville 1:** Reidstra (2G, 2A); Burns (2G, 1A); Smith (2G); Michael Evans (1G, 2A); Corey Hayward (1G, 1A); Connor Sprayson, Andrew Moffatt, Warren Brayne (G); Mark Crandall, Jake Nash (2A); Tyler Peterson (A); Spenser Kardash (W).

**Georgetown 2, Caledon 2:** Evans, Sprayson (G); Hayward, Burns (A); Dustin Crowley (T).

## Major Midget Raiders

Jason Vieira broke a 1-1 tie midway through the third period as the Raiders edged Stoney Creek 2-1.

**Georgetown 8, Milton 1:** Matt Velten (2G, 1A); Kyle Oliver, Nick McLaughlin (2G); Aaron Kirk (1G, 1A); Simon Deering (G); Jeremy Walsh (4A); Brock Grin, Jason Vieira, Blake Hamilton (A); Dylan Malchin (W).

**Georgetown 5, Orangeville 4:** Velten (2G); McLaughlin (1G, 2A); Deering (G); James Mountford, Vieira, Chris Rahim, Kirk (A); Chris McCulloch (W).

**Georgetown 2, Stoney Creek 1:** Rahim, Vieira (G); Deering, Mountford, McLaughlin (A).

**Guelph 4, Georgetown 1:** Stevens (G); Alex Desmond (A).

## Tooth Chatter



by  
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## Guide to the Outdoors

**Julie Pomeroy**

The cooler weather has arrived. Time to get cozy! We have fleece blankets from Woolrich that look like buckskin, soft flannel pyjamas and night shirts from Hatley with fun expressions "Trailin Behind" and "Bear Bum". Acorn slippers and socks are back. Tub Chargers are so... nice in a bath. My favourite is Rose and Lavender. It's also time to put suet out for the birds. You can attract Downey and Hairy Woodpeckers, Nuthatches and Chickadees to suet. We have pure suet and Maine Manna in Original, Peanut and Apple Cobbler. Don't forget to vote. Nov. 10 is election day. Ask your local councillors if they feel spraying chemical pesticides in our parks affect the birds and chipmunks. They can't read signs.


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**FIT TIP**

The number one thing I am asked by my clients is "How do I lose weight and keep it off?" The answer is never simple but the first step is always the same, drink more fluids - particularly water. Here are a couple simple tips to help you reach your first goal:

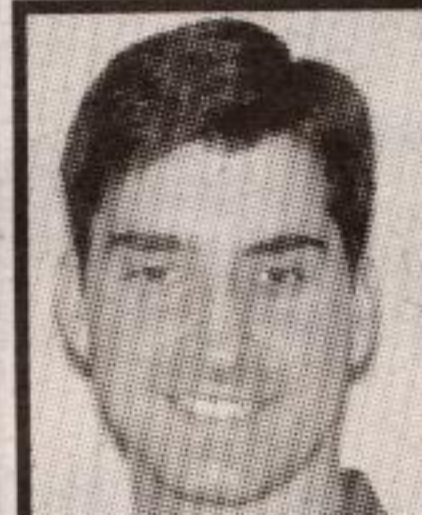
- Increase your water intake slowly. Start by adding a cup a week. Your body needs time to adapt to the change; your bladder will thank you.
- Cut down on the caffeine and alcohol. These are diuretics, meaning they make you urinate and dehydrate you. Limit caffeine beverages to twice daily, alcohol to once a day.
- When exercising drink two cups of water a half an hour before you start. Have a cup of water every 15 minutes during exercise. Have one litre of water for every pound of weight lost during your session (weigh yourself before and after for best results.)
- Don't trust your thirst. By the time you're thirsty, you are already dehydrated.
- Try to have between 8 to 10 cups of water a day. A cup every hour during the day will make this goal much easier to reach.

Try these simple tips and you will be making a great first step to reach your fitness goals. Elite Training will be providing Personal Training and Team Sports Conditioning at

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**... Lend  
Me  
Your  
Ears**

By Cory Soal  
R.H.A.D.

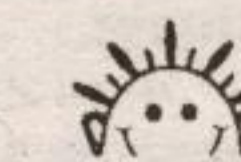
**TINNITUS**

Or ringing in the ears, does not cause hearing disorders, it may accompany decreased hearing and other ear symptoms such as pressure, unsteadiness or dizziness. Often, it occurs alone.

Tinnitus arising from the inner ear frequently indicates more permanent and serious disease. Exposure to a sudden loud noise - a gunshot or explosion, for example results in tinnitus that subsides to a low level of ringing for an extended period of time. Disorders affecting the cochlea (hearing center) of the inner ear can cause tinnitus.

To find out more about this common problem call...

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"My God,  
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