

Fitness & You

with **PATRICIA ZORGE**
YMCA Director



From a young view

A SIGNIFICANT POINT not brought to the forefront is that a healthy, fit lifestyle is a practice which should start earlier in life.

If we are to form healthy habits, certainly an active involvement in various pursuits is desirable. Because of the area we live in, hockey ranks as number one and then several other sports including figure skating, soccer and baseball. These town leagues have been forming and in operation for some time.

However, there is also one other alternative in these winter months that could be considered especially for those children who aren't involved in ice sports. Please take 60 seconds to introduce yourself and your children to fitness programs offered by the Milton YMCA.

YBA (Youth Basketball Association) is a program which involves approximately 10,000 boys and girls across Canada. It's a program which seriously takes the need to emphasize participation, fun, fitness, fundamentals and involves the whole family. It sets important goals for youth in sports and it keeps winning and fair play in perspective.

In YBA, the important thing is the personal growth of the players. There are no tryouts. Players will be placed on a team with friends, some that they'll know and some they'll make. There are no bench warmers. They'll play at least half of every game.

Everyone works to improve their basketball skills in passing, dribbling, shooting, offensive and defensive play. In other words, players have the chance to find their basketball strengths and weaknesses and to practice on all of them.

And that's not leaving out the parents! YBA needs volunteers: coaches, assistants, photographers, time-keepers, scorekeepers, co-ordinators, social conveners, public relations and so on.

The team commitment could be on a weekly basis or just once for a few hours. No one should worry that they might not know anything about the program because the "Y" will hold training sessions and distribute the necessary materials. The personal satisfaction you will derive from your contribution to young people in this league is a benefit hard to find at any price.

Please consider these points. Entire families can involve themselves in this league. Everyone comes away with new and extra skills and we help everyone involved in some pursuit whether it's actually playing or organizing related activities.

We'll be visiting the schools with films, lectures and material. Registrations will start October 21, with the first practice (first whistle) Nov. 6. "Tip-off" or actual games will start December 4. Our final celebration will be in early April. That's a five and a half month program.

How about trying to involve your whole family in one fitness program. We'd like to see kids from 6-16 years and all the moms and dads we can get.

These Medics don't cure they make teams sick

Milton Docs and Dents minor atoms travelled to Streetsville Saturday night and came away with a hard fought 1-0 victory.

Milton started off slowly but a strong effort, both at their blue line and at Streetsville's by David McDuffe, Kevin Davidson, Jason May and Michael Lee kept the game close.

Milton hit the scoreboard with 1.58 left in the first period when Jason May kept the puck in Streetsville's end feeding a pass to Robbie Crowe in the corner. Crowe relayed the puck to Mike Cox in front who made no mistake by beating the goalie with a good low wrist shot.

Good offensive hustle and effective checking by Trevor Brandt, Jarret Blanchard and Todd Mulley kept Streetsville at bay most of the middle frame. Only good goaltending by Streetsville kept Milton off the score sheet.

Hard work by Glen McBryde, Russell McLean, Damien Dubien and strong rushes by Jan Ellis early in the third kept the pressure on Streetsville.

Two Milton penalties late in the game produced some tense moments. With 29 seconds left and Streetsville enjoying a 6-4 man advantage Streetsville applied the pressure. Milton goalie Peter Downs came up with a big save to preserve the shutout victory.

On Monday evening, the Medics continued their impressive start to the league season with a well-earned 5-3 win over a tough Burlington squad at Memorial Arena.

It was Milton's fourth victory in five starts, and certainly made up for their narrow 6-5 defeat in Burlington a week earlier.

Milton opened the scoring late in the first period when a rink-wide pass from McLean sent right-winger McBryde into the Burlington zone to beat

the goalie with a low shot from 12 feet.

Burlington quickly struck back with 32 seconds remaining in the period when a deflected shot found the mark. The visitors continued to pressure after the face-off until defenceman Davidson cleared to Brandt on the right wing. Brandt broke to the corner and squared back to Dubieu who flicked in a back hander to re-establish the Milton lead with six seconds on the clock.

The Medics went further ahead 2-2 in the middle frame with a second McBride goal, as he picked up a pass from Ian Ellis, slipped past two defencemen and fired a hard wrist shot to the right corner of the net from 30 feet out.

It paid off midway through the period when Crowe pushed a rebound back to Jarret Blanchard in front. Blanchard relayed the puck to Mike Cox who executed a perfect stick deflection to put Milton into a three-goal lead.

The visitors pulled one back in the closing moments of the second after a goal-mouth scramble and further reduced Medics' lead midway through the final period on a breakaway.

With the pressure on, the Milton defence rose to the challenge with some exceptional stick checking by defencemen May and all, and sound goal tending from Peddie.

The outcome seemed even more uncertain when Milton took a penalty 1.54 from time. Burlington pulled their goalie and threw everything into attack.

Medics capitalized on the situation however, when Crowe cleaned to Brandt just outside the home-team blue line, and with 52 seconds remaining, Brandt found the open Burlington net with a long shot from the right boards to make it 5-3.

Juves starting to jive

A 500 start in their first four games has left Gerry Lisi, coach of Milton Wilson Auctioneers juveniles, enthusiastic over the club's coming fortunes.

After an opening-game loss to Georgetown last week, the juveniles beat Orangeville 5-2, lost to Streetsville 7-3 and edged Dundas 6-5 to even their record at two wins and two losses.

"I thought maybe it would take a month or so for the players to get to know one another," explained Lisi, "but things are coming together already. I'm encouraged with their play."

Lisi added that the team has cut down its penalty totals. In the club's first exhibition game, it was assessed 36 minutes in penalties. Against Dundas Monday night, they picked up just seven minors.

Against Dundas, Jamie Hume scored twice while Jeff Redden, Stuart Anderson, Mike McIlwraith, and Mark Witten popped home singles.

Last year, Milton and

Dundas went five games in the best-of-five OMHA qualifying round.

The club went into

Streetsville Sunday with just eight players. Mike Reiter fired two markers for Milton with Witten adding a single.

Against Orangeville, Hume and Anderson each potted two goals with McIlwraith adding a single.

Four straight goals pace Wheelers' win

Battling back from a three-goal disadvantage, Milton Fifth Wheel major bantams rallied for four unanswered goals en route to a 4-3 win over Georgetown Saturday afternoon at Memorial Arena.

The victory was one of three for the week for Fifth Wheelers who also handled Orangeville 5-2 last Tuesday in Orangeville and Streetsville 9-1 Sunday night at Streetsville.

Wheelers started slowly against Georgetown and allowed the visiting club to build a 3-0 lead midway through the second period.

Mike Del Papa started things rolling for Wheelers when he banked home a shot off the goalie's helmet to close the gap to two goals. Bruce Cameron and Darryl Landry assisted.

Two minutes later, Chris Turner tipped in a shot from Richie Davies with Sean Davidson also drawing an assist.

Early in the third period, Steve Scannell tied the score with a fine

unassisted effort before Lee Johnson capped the rally with the winning goal. Davidson and Scannell assisted on the play as Milton totally dominated the final frame in pressing for the tying and winning markers.

Scannell carried a hot hand against Orangeville notching three goals. Johnson and Davidson added singles. Davidson and the hustling Davies also picked up two assists each.

Greg Haugen and Tom Hill turned in solid efforts between the pipes for Wheelers. The shorthanded Streetsville team was badly outplayed and didn't pose much of a problem for Hill and Haugen who again shared the goal-keeping duties.

Davidson paced the attack with two goals and two assists while Cameron added a goal and three assists. Doug Beamish, Johnson, Del Papa, Turner, Landry and Chris Wakely each added one goal.

Darts

MILTON RECREATIONAL DART LEAGUE

Men's Division

Blue Chip Bldg. Rest	56
Racer's Edge	54
Richardson's Chev-Olds	50
Prothane Ltd.	50
Halton Machining	49
The Screws	49
Milton Travel	46
McCraig Insurance	45
Milton Auto Wreckers	38
Canadian Tire	37
Milton Welding	35
Optimist Centre	31

High start: Greg Baynes;
High finish: Bill Thompson;
High score: John Kennedy.

Ladies Division

Lindsay Soft Water	49
Knight's Men's Wear	36
CM Morris Design	35
Optimist Club	33
Barb's Beauty Salon	33
Milton Travel	30

High score: Brenda Anderson 138.

Once again, the Milton Recreational Dart League is underway with a larger and improved league for the 1982-83 season.

ALL ARE WELCOME TO ATTEND

GRACEWAY BAPTIST CHURCH

Independent Fundamental Bible Preaching Pre-Millennial

Walter Isaak
Pastor
876-2298

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Evening Service 8:30 p.m.

Meeting at: United Steel Workers Centre
407 Pine Street (next to Milton Library)

THE LAZY-B

55 Steeles Ave., Milton 878-6264
West of Hwy. 25

* ENTERTAINMENT *

OCTOBER 21st TO 23rd
DUKE & THE DESOTOS

TUESDAY: Ladies' Night
WEDNESDAY NIGHT: Amateur Night
THURSDAY NIGHT: Wet T-Shirt
8 till 1 Wednesday to Saturday
SATURDAY: 50's Night. Best dressed greasers wins prizes.

COUNTRY IS KING AT THE LAZY-B
No. 1 IN HALTON

NON-STOP ENTERTAINMENT
Full Table Service

St Clair

Presents

FREE MOVIES

WITH EVERY \$30 YOU SPEND ON OUR NEW ARRIVALS AND ALL OTHER REGULARLY PRICED MERCHANDISE AT ST CLAIR (EXCLUDING CILUX PAINTS) YOU'LL RECEIVE ONE FREE MOVIE PASS VALID AT ANY CANADIAN OCEAN THEATRE. (Passes are valid until December 31, 1983). Retail Value of Pass maximum \$5.50.

NEW WALLPAPER ARRIVALS

30-50% OFF

* OVER 100 NEW WALLCOVERINGS HAVE JUST ARRIVED.

* EXCLUSIVE EUROPEAN AND CANADIAN DESIGNS.

* CHOOSE FROM PEELABLES, VINYL COATED, SOLID VINYL (All pre-pasted).

* GET THE NEWEST COLOURS AND DESIGNS FOR '83 AT 1982 PRICES.

St Clair the paint & paper people are fashion leaders in the world of wallpaper.

BONUS OFFER

DOUBLE PASSES FOR EACH \$30 WORTH OF SANDERSON IN-STOCK WALLPAPER YOU PURCHASE YOU'LL RECEIVE 2 FREE MOVIE PASSES. SANDERSON IN-STOCK WALLPAPER EXCLUSIVELY AT ST CLAIR

PAINT VALUE

CLAIRTONE INTERIOR LATEX (WHITE ONLY) NOW **9.99** 4 litres

St Clair
The paint and paper people

MILTON MALL
878-2629

Mon.-Fri. — 10:00 to 9:30
Sat. — 9:30 to 6:00

OUR DEAL

on

Decorative Stucco

BUILD ON YOUR INVESTMENT

Quality is what you expect

Live Demonstration
Saturday, Oct. 23 1982
10 a.m. to 3 p.m.

Learn how to stucco like a pro. We will show you how easy you can do it yourself and save.

TOP QUALITY at a SPECIAL PRICE

Interior Ready-to-use pail **\$25.99** (10 L Pail)
Reg. \$31.75
SAVE \$5.76

GENSTAR
Building Materials
Building with us is easy.

Exterior & Interior (add water) **\$12.59**
20 kg Bag
Reg. \$14.99
SAVE \$2.40

Flintkote delivers room after room, every time.

The beauty of Flintkote Decorative Stucco is it brings your walls and ceilings back to life. You create with it and Flintkote Decorative Stucco does the rest, beautifully. The results are simply elegant with no fuss. Be creative. Start a room today.

700 Main St. E. MILTON, ONT.
Just East of the Milton Mall
878-8171

STORE HOURS
Mon. to Thurs. 8 a.m. - 6 p.m.
Friday 8 a.m. - 9 p.m.
Saturday 8 a.m. - 6 p.m.

MasterCard
VISA
CHARGE IT!

QUALITY PRODUCTS QUALIFIED SERVICE COMPETITIVE PRICING FREE DELIVERY.