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Easy Pointers for Avoiding Road Rage

Traveling on the country's roads can sometimes be challenging. It can be difficult to deal with other drivers who have their own definitions of sharing the road. But there's no need to bow out of the race or get tempers flaring; by being courteous you can avoid road rage and turn your road trips into pleasant experiences.

While all drivers are human and thus subject to the same emotions, no one has to give in to road rage. Here are a few ways to curb aggression on the road, courtesy of www.allsands.com:

- Let bygones be bygones. If some-

one is changing lanes and cuts you off, that's an indication that the person may be prone to more aggressive driving behavior. Your best bet is to let the person have plenty of room. Use extra caution when shifting lanes by properly using your turning signals.

- Back off. If you are driving slowly in the left-hand lane, be polite and move over into the right-hand lane in order for the person behind you to pass. Conversely, if stuck behind someone driving slower than you are, relax, slow down, and wait for an opportunity to pass.

• Keep your hands to yourself. If you want to avoid road rage, don't use obscene gestures, shake your fist or point angrily at "offending drivers" on the road. However, this doesn't mean you should feel free to shout at, criticize or insult other drivers instead. Any or all of the above can result in an angry response from the other driver.

- The long arm of the law. Another thing to consider is the legal ramifications of road rage. Many state and local officials actually patrol the roads on the lookout for aggressive drivers.

Boxer's winning streak snapped in Hamilton Sat.

Milton's Hart Jr. suffers first loss since switch to Bramalea club

By **STEVE LeBLANC**

The Champion

It wasn't exactly the homecoming Matt Hart Jr. had envisioned. Returning to his old stomping ground of Hamilton's Regency Boxing Club Saturday, Milton's only known active pugilist fell victim to the payback game and had a three-fight win streak snapped.

Brantford's Terry Summerhaze — whom he had earned a unanimous decision over two months ago — played the spoiler, earning a measure of revenge with a narrow victory against Hart Jr.

Unlike during their initial middleweight bout, computer scoring was done away with last weekend — which, according to the local fighter, was quite favourable for the more active Summerhaze.

"A lot of people thought I was robbed. They (judges) seemed to give points to the busier fighter, not necessarily who was landing the clean shots," Hart Jr. suggested.

"He was throwing a lot of punches but I was blocking a lot of them." **Matt Hart Jr.**

Also, Brantford's fighter managed to smother him for extended periods of the three-round clash — which represented a stark contrast to Hart Jr.-Summerhaze 1.

Said Hart Jr., "I think he knew to smother me. If we had stood toe-to-toe I would have picked him apart. I wasn't able to execute that well but I think the only round he could have won was the third when I ran out of gas a bit."

Lending credence to his proposed superiority in a more wide-open confrontation was a second-round standing eight count to Summerhaze — the result of a punishing straight-away jab.

But Hart Jr. says he's not that disappointed with last weekend's defeat — the first since moving over to the Bramalea Boxing Club in mid-November.

He plans to learn from the experience so that he triumphs in a rubber match with Summerhaze. "Next time I won't let him smother me," said the local boxer, whose overall in-ring record now stands at an even 4-4-1.

Hart Jr. resumed his training earlier this week in preparation for the annual Ray McGibbon Gloves Tournament April 5 to 7 in St. Catharines.

Handful of local gymnasts qualify for Ontario finals

The Milton Springers will be sending a handful of representatives to this spring's provincial gymnastics championships following some solid efforts at the final qualifying event last weekend in Brantford.

Earning a spot on the Central Region team, Jaimi Fellows placed fourth overall in the Junior 1 class — due in large part to her gold-en performance on the balance beam. She placed seventh on vault and seventh on bars to advance to next month's provincials in Sudbury.

Joining her on the Central Region team will be Julie Gagnon, who struck silver on bars in the Pre-Junior 1 division and was solid in all other disciplines.

Meanwhile, Milton's three other gymnasts qualified individually.

Christina Chimonides earned bronze on bars, came sixth on vault and seventh on floor to wind up eighth overall among the Junior 1 contingent.

Eleanor Pineau-Levman placed sixth on the beam in the Pre-Novice 1 loop while Stephanie Deumer engineered top-eight finishes in three different events — highlighted by a fifth on bars — in the Junior 1 class.

In a tune-up to provincials, local gymnasts — together with their interclub and pre-competitive clubmates — will host the annual Springers Challenge April 21.

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