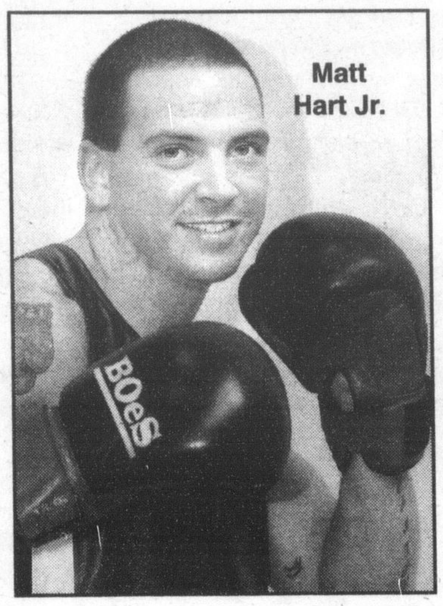
Hart Jr. enjoys impressive tune-up for the provincials

By STEVE LeBLANC
The Champion

If Matt Hart Jr. wasn't a legitimate Ontario championship contender before last weekend, he certainly is now.

In his final tune-up to the provincial showcase in Sarnia, Milton's up-and-coming junior middleweight knocked off last year's silver medalist and held his own against the defending national champ at the inaugural Arnie Bhoeam Boxing Classic in St. Catharines.


Matt Hart Jr.

This collective performance — and the bronze medal that went with it — has only served to bolster the local pugilist's high confidence level heading into his biggest challenge to date.

"It's definitely what I needed (going into provincials)," said the 26-year-old.

Hart Jr. began the weekend tournament against 2002 Ontario silver medalist Andre Azcurra, whom he'd scored a split decision over just two weeks earlier.

This time around the margin of victory was much wider, as the Milton fighter dominated from start to finish and booked passage to round two with a unanimous decision.

Said Hart Jr., "I wanted to put any doubts about our first fight to rest. I had a much easier time beating him compared to two weeks ago."

While falling short the next day, a strong showing and narrow loss to defending national champ Jonathan Bouchner was hardly cause for disappointment.

Hart Jr. fortified his efforts as the split decision bout wore on and in the process, made a number of amateur boxing experts sit up and take notice. The Bouchner-Hart Jr. clash was deemed the most exciting of the tournament, and raised the local fighter's status for this month's provincials.

"I think if it had been a four-round fight I could have pulled it out," suggested Hart Jr. "Overall I think I had a great two-day performance and can't wait for the provincials. Everything is coming together these days."

The Ontario championships will be held November 20 to 23 in Windsor. A top finish there will put the local boxer in line for a spot on the national team.

Steve LeBlanc can be reached at sleblanc@halton-search.com.

TONIGHT'S TICKET

IceHawks vs. Burlington

Game time: 7:30 p.m. at Memorial
Last meeting: Burlington won 2-1
Who to watch: Since returning from a lengthy supsension, Ryan Silveira has established himself as a well-rounded performer and could be a difference maker in this evenly-matched tilt.
The skinny: Look for the IceHawks to step things up and topple the Cougars in a key tune-up for big encounters with Oakville and unbeaten Georgetown.
Champion's pick: Milton by two.

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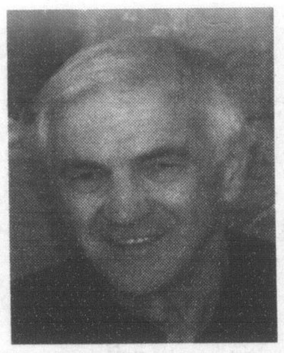

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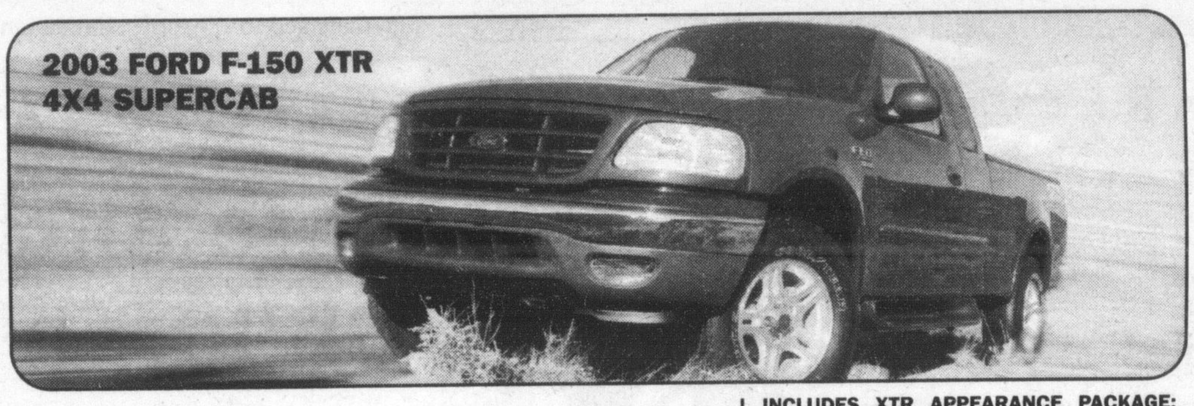

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"CHOLESTEROL AND YOUR HEART"

According to the Heart and Stroke Foundation (HSFO), in Canada, heart disease and stroke are the leading causes of death among Canadians. Each year, 79,000 Canadians die from heart disease and stroke. To learn how to to reduce your risk of heart disease, attend a free seminar entitled **"Cholesterol and Your Heart"** on Thursday, November 13th at 7:00 p.m. at the Milton Seniors' Activity Centre in Milton. the seminar is being presented in partnership with the Heart and Stroke Foundation. The event was made possible through an educational grant from Pfizer Canada with appreciation to the Milton District Hospital Foundation.

Dr. Gulshan Sawhney, Internist, on Active Staff at Halton Healthcare Services – Milton District Hospital, will be presenting. Attend to learn more about the risk factors for heart disease; the differences between good and bad cholesterol; and how to reduce your risk of heart disease. According to the HSFO, over 60% of Canadian adults are at risk of developing heart disease or stroke. One in three women and one in two men will develop heart disease during their lifetime.

Cholesterol is a waxy, fat-like substance made by the liver or found in meat, dairy products and eggs. Although is serves many important functions, too much cholesterol in the blood can be dangerous. High cholesterol is one of the major risk factors for heart disease. Currently, one out of two adult Canadians is at risk of developing heart disease. You can lower your cholesterol level by eating a healthier diet, being physically active, and reducing your alcohol consumption. **Learn more about the risk factors and steps you can take for a healthier lifestyle to reduce your risk of hear disease, as well as management recommendations.**

The free seminar will be held on Thursday, November 13th at the Milton Seniors' Activity Centre located at 500 Childs Drive, Milton. Light refreshments and displays will be available between 6:30 and 7:00 p.m. and the presentation will begin at 7:00 p.m. To reserve a seat, please call 905-338-4379. ASL interpreter services will be available if booked by November 10 by emailing cpopp@haltonhealthcare.on.ca or faxing 905-878-0498.

If you are unable to attend this event, but would like more information on this topic, speak with your physician and contact the Heart and Stroke foundation of Ontario Healthline at 1-888-473-4676 or visit www.heartandstroke.ca