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Quick Hits

Fletcher prevails again

A late-season tear has seasoned racer John Fletcher poised to secure his first OSCAAR Outlaw Super Late Model series championship.

Finishing second the last two seasons, the 39-year-old driver and his JNE Consulting Team won their third feature race in four events — and seventh overall — at Barrie Speedway Sunday.

Fletcher led for the final 17 laps and on the way to victory picked up the 'Power On The Go' hard charger award for passing the most cars. JNE Consulting can clinch the series title with a strong showing this weekend at Flamboro Speedway's Oktoberfest Classic.

IceHawks Lounge opens

Milton's Jr. A hockey club will add a little flavour to its home games starting tonight, with the opening of the upstairs IceHawks Lounge.

The sound will be plugged in from ice level, with Ivy Arms providing the liquid refreshments and food brought in by Mr. Vending.

The young, rebuilding IceHawks play host to the Buffalo Jr. Sabres tonight, starting at 7:30 p.m. and will look to avenge a 6-3 defeat to their cross-border opponents Monday night that dropped them to 3-7-1 on the season. Captain Evan Zych, Allen Petretic and Matt Binnington did the scoring.

Hart back in the ring

Local boxer Matt Hart is set to make his long-awaited return to action November 18, when Stele Promotions puts on a card at the Brampton Powerade Centre.

Slated to take on a Montreal-area pugilist, the 29-year-old welter-weight hasn't fought since July 2005. He was sidelined with a shoulder injury late last year that kept him out for several months, while his scheduled match in June was cancelled when his Detroit opponent pulled out. Hart remains unbeaten as a pro with three unanimous decisions.

Tickets for the upcoming card are \$25 each and can be purchased by calling (416) 881-3944.

Atoms even at tourney

Milton's AA atoms ran the gamut with a win, loss and draw at this past weekend's Peterborough Tournament, which wasn't enough to advance past round-robin play.

The Winterhawks highlighted their efforts with a 4-2 victory over the host Nationals, thanks to two goals by Ben Preisner and solid cage work from Nicholas Hoffman.

Austin Dezeeuw and Marcus Miller rounded out the scoring, with Dillon Carter chipping in two assists.

Preisner would also light the lamp in Milton's two other games — a 5-1 loss to Ajax and a 2-2 tie with Oshawa.

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 Dr. Elaine Dembe is one of Canada's outstanding authorities on longevity, stress management and motivation. A celebrated chiropractor, sought-after speaker, media personality marathon runner, and author of the best selling books *Passionate Longevity - 10 Secrets to Growing Younger* and *Use the Good Dishes: Finding Joy in Every Day Life*, Dr. Dembe has helped thousands of people including the likes of Paula Abdul, Phil Collins, Celine Dion and the Toronto Blue Jays.

AGENDA • DOORS OPEN AT 9:00AM

9:30-9:45am **WELCOME AND INTRODUCTION**

9:45-10:30am **DR. ELAINE DEMBE "THE PASSION DOCTOR"**

will speak on *Passionate Longevity* and will inspire and re-energize you to live and work with passion, productivity and contentment no matter your age. "Growing older doesn't bother me... I put the emphasis on growing."

10:30-10:45am **Break**

10:45-12:15pm **HOUSING**

Doug Gray, former lawyer and author of 9 best selling books on real estate will present tips to follow and pitfalls to avoid about downsizing to a condo, buying recreational property, buying investment real estate, buying out of country, tax strategies, and much more.



Gord White, CEO of ORCA (Ontario Retirement Communities Association) will discuss basic questions that are asked everyday by seniors and their families as it relates to housing later in life. This session will map for navigating the twists and turns that make up the care continuum. Q&A with both speakers at end of session.

12:15-1:30pm **Break**

1:30-2:15pm **FINANCE & ESTATE PLANNING**

Doug Gray, former lawyer and author of 11 best selling books on will and estate planning and small business will present tips to follow and pitfalls to avoid about will and estate planning, living wills, powers of attorney, charitable giving, starting a business when 50+, tax strategies, and much more.

2:15-2:30pm **Break**

2:30-3:30pm **TRAVEL**

Susan Hallett and Edward Melnychuk will discuss "Tripping" for Boomers, including learning vacations, genealogical touring, once in a lifetime experiences, cruising & boating and more. Includes Q&A.

3:30-4:30pm **HEALTH & WELLNESS**

Garry Lapenskie, Instructor in the School of Kinesiology in the Faculty of Health Sciences at Western University will present: "You Are Too Young To Retire Your Body" This presentation will focus on some of the age-related changes in our bodies. Acceptance of what cannot be changed and strategies for making changes will be the topics explored. Includes Q&A.

4:30-5pm **RECEPTION IN FOYER**

Enjoy refreshments while you meet the presenters and sponsors personally.

TICKETS ARE ONLY \$15.

and admission fee provides attendance to all the above seminars, program, on-site demonstrations and loot bag. Seating is limited so book today!

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 905-306-6000 or 1-888-805-8888 and online at www.livingartscentre.ca

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