



**Bantam A
Essex Source for Sports**

The Source for Sports Bantam A hockey team was looking for some revenge on Friday night in LaSalle against the LaSalle Sabres after falling to them six days earlier in Essex.

Halfway through the first period on a powerplay Colin Delaet opened the scoring getting our first goal with assists going to Blain Little and Tony Spidalieri. In a match filled with penalties LaSalle would be unable to contain this line throughout the game and they would go on to score all four of our goals.

With time running out and on a 5-3 powerplay to end the first, Tony scored to put us ahead to stay with assists from Colin and defenseman Tyler Rayment. Scoring his second goal of the game on a setup by Captain Alex Thomson, Colin kept the ball rolling to make it 3-1.

The Sabres tried to keep up making it 3-2, before Tony sealed the win with his second, set up by Colin

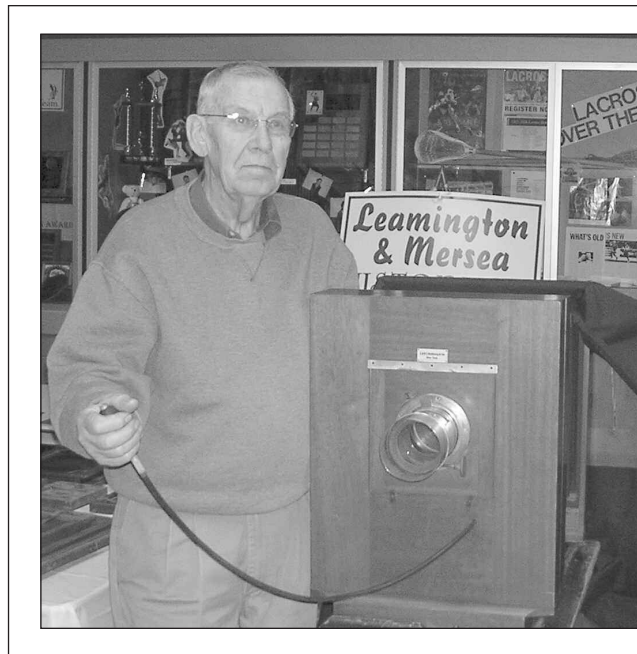
for his fourth point of the game. This was a good 4-2 win against a normally tough team in LaSalle. Keep going guys.

Saturday night the Bantam A squad faced Amherstburg. Essex was looking for revenge as Amherstburg took the win the first time around. Feeling strong from the night before the boys were up for the challenge. Their opponents knocked them around the first game but this time the boys were unfazed.

The first period ended without a score.

Essex scored two in the second. Colin Delaet was set up by Tony Spidalieri. The second was netted by Lyle Little with help from Ryan Morris and Ty Queen.

Essex popped in two more in the third by Ty and Tony. Ryan and Lyle got the assists. Amherstburg was never able to respond and Evan Howson came away with the shutout 4-0 and only three penalties all game. Great weekend boys!



SAY 'CHEESE' – Jim Kennedy of the Leamington and Mersea Historical Society displays a remarkable piece of early photographic history – a wet plate camera – at the Essex County Associated Growers Trade Show at the Leamington Kinsmen Auditorium last week. The camera is believed to have been purchased originally by local photographer Harry Dunn from the E & H Anthony Company of New York around the turn of the century. It came into the possession of his successors, Bill and Shirley Masters, around the mid 20th century. They, in turn, donated the wet plate camera to the historical society. Jim Kennedy and Bob McCracken, LMHS volunteers, answered hundreds of questions about the workings of the antique camera over the two-day show. At one time, the City of Windsor traffic department used a similar camera to create signs.

The memories still remain

Christine Byrne dedicates herself to helping people get through life's challenges. Her private practice specializes in the areas of mental health, especially personal crises such as the death of a loved one, parenting concerns, depression, anxiety and trauma.

Byrne spoke and sang last week at the Essex Railway Station at a seminar to assist people in dealing with the death of loved ones organized by the Kennedy Funeral Home.

Byrne says the death of a family member or close friend leaves us with a relationship of memories only. Memories are what we have to live with and to go on with. When a death occurs, their presence is missed. The solution, is to take each day one at a time, and to celebrate the presence of the people we care about who are still with us. Christmas,

an especially hard time for those who have lost loved ones, should be handled to suit individual needs.

"Give yourself permission to grieve. Christmas is just one day. How it comes and goes is up to you," Byrne said.

Another tip on getting through the holidays is to show gestures of kindness to other people.

"Your presence to the ones you love is the one present we can truly give away at Christmas," she said.

Christine Byrne operates Living Resources and has practiced as a therapist and speaker since 1981. She can be reached at cbyrne@livingresources.ca or by phone 519-979-5929.

**Golden Years
Mini Golf League**

Play Results for Thursday, Nov. 23

First place with 230 strokes for the two rounds went to the team of Marie Lasi, Gerry Wilkinson and Gord Ellis, showing six holes-in-one. A second place score of 236 was posted by the team of Stan Vickery, Bob MacWilliam and Dorothy Cascadden, using 10 singles on their card. The third spot with a 242 went to Fred MacVoy, Milt Taylor and Lorraine Vickery who put together 12 holes-in-one. Fourth place winners were Carolyn Campbell, Lloyd Johnson and Andy Orsini

with a 244 and a couple of aces for their efforts. Fifth place prizes went to Gail Johnson, Eunice Cascadden with Barry Sweet at 245, adding seven singles on their card. For sixth place, Pauline, Murray Cascadden and Eleanor Wilkinson showed a 249, using seven single shots.

Fifty people participated in Thursday's game. You can join us any Thursday morning at 9:30 a.m. at Colasanti's. All are welcome.

What's black and white and READ all over?

Your ad in the Essex Free Press.



Call Karen today @ 776-4268



Ho...Ho...Hold The Press - It's Christmas!

Before another year wraps up, be sure to send holiday greetings to all of your loyal customers. The deadline for our annual Holiday Greetings Guide is quickly approaching. Call Karen before Dec. 1 to reserve your space.

**The ESSEX
FREE PRESS**

16 Centre St., Essex, ON • Ph: 776-4268 or 776-8511 • Fax 776-4014
essexfreepress@on.aibn.com

"Rehab With A Personal Touch."



MEET THE STAFF

- Graduated with an Honours in Kinesiology from the University of Windsor.
- Worked 6 years at the Canadian Back Institute in Windsor and 11 years at Erie Shores Rehab in our Kingsville Clinic.
- Patty also runs an exercise program at Kingsville Court Retirement Home.



PATTY NADASDI
Kinesiologist

375 MAIN STREET EAST, KINGSVILLE
519.733.4008

35 VICTORIA AVENUE, ESSEX
519.776.7222