



Nielson's Clothing captured the Acton Industrial Hockey League championship Sunday night when they crushed Family Cleaners, 5-1, to sweep the final series in two games. Team members include Dave Allen, Rick Ruzhnik, Rusty Miller, Scott Timbers, Don Brouillard, Steve Brunelle, Andre Patkas, Bruce McPhail, George Artem, Murray McNabb and Henry Toebes.

Capture Acton Industrial hockey crown

Nielson's Clothing number one

Nielson's Clothing downed Family Clothing 5-1, to win the Acton Industrial Hockey League title Sunday night at Acton Arena.

The underdogs counted three unanswered second-period goals to break open a 2-1 game.

Nielson's had won the series opener, 3-2, Saturday night. Steve Brunelle opened the scoring for Nielson's

from Rusty Miller and Don Brouillard. Brouillard then connected from Henry Toebes less than two minutes later to up the count to 2-0.

Raiders edge Sports to even GIHL finals

The Riviera Raiders staked themselves to a 4-0 lead, then held on for a 4-3 decision to even their best-of-five Georgetown Industrial Hockey League final series with the M and M Pro Sports at a game apiece, Sunday at Gordon Alcott Arena.

There was no scoring in the middle frame, but Richards counted his second of the game on a power play midway through the third period to make it 4-0 Riviera.

There were just 20 seconds remaining when Pemberton scored his second of the game, again from Crossman, to make the final score a close 4-3.

McPhail set up Patkas for the eventual winner at the 12:22 mark of the period. Moore came back from Family Cleaners, but Nielson's held on for the victory.

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Liftechers win bronze by topping Penetang

The Georgetown Liftech major atoms journeyed to Collingwood during the winter break to participate in their last tournament. The Huronia Tournament was a great way to end an enjoyable season and the players were rewarded for their efforts by returning with the bronze consolation trophy.

In this final game they frustrated Penetang's sharp shooters letting in only the one goal. Jason Morey played an outstanding game stopping several Penetang breakaways and making a series of tough stops. His efforts earned him the game's most-valuable-player award as he spirited his team on to victory.

The game was a fiery, fast-skating affair as the Liftechers fought back from the one goal deficit to defeat Penetang 4-1.

Earning points for Georgetown in the tournament were Jake Poustrup (5), Mike Oldreive (3), Jeff Timmons (3), Brad Dudy (2), Jay Kerslake (2), Nick Kilpin (2), Doug Crawford and Bob Dezeuw.

Teamwork formula for Roxy victory

Teamwork was the formula for the Georgetown Roxy minor atoms' victory Saturday afternoon, 6-3, over Chingacousy. Defencemen Ryan Ward, Jeff Pasma, Dustin Farrell, Chris Barrow and Brent Wasylenko counted a total of six assists and were very instrumental in keeping Ching away from goalies David Frost and Kevin McMurray.

Goals were registered by Kenny Kosziwka (2), Ryan Pells (2), Greg Dobbin and Scott McGuigan. Assists went to Kenny Kosziwka, Jeff Pasma (2), Dustin Farrell (2), Greg Dobbin (2), Ryan Ward, Brent Wasylenko, Scott McGuigan and Tim Presswood. A well-earned win.

Goals were scored by Ernie Pearce (2) and Tim Presswood with much deserved assists by Ryan Ward, Brent Wasylenko, Ryan Pells and Kenny Kosziwka.

Teamwork formula for Roxy victory

Assistant Dan Curtis proved good coaching runs in the family as he filled in for his dad, Steve Curtis.

Closing in on Tri-County title
Minor bants sweep pair

The Georgetown Le Chateau 'AA' minor bantams kept rolling along on their way to the Tri-County championship by beating Burlington twice in back-to-back games last week.

The first game ended in a 7-0 romp for Georgetown. Despite the lopsided score in Georgetown's favour, the local squad did not let up or become sloppy. They instead mainly used the game as a good opportunity to do a lot of passing, puck-handling and skill sharpening.

The goals were spread out among seven different players, attesting to the good passing and teamwork of the boys. Goals went to Jason Arnold, Alain Thibault, Jeff Brady, Pat McCarthy, Danny Lane, John Lorito and David

was not kept too busy. The goals were well spread out among the boys in this game too, and all the boys gave it a solid effort. Alain Thibault got two goals, and singles went to Jason Arnold, David Harris, John Lorito, Trevor Harkley and Pat McCarthy.

Georgetown now goes on to meet Flamboro and Brampton in the next two games.



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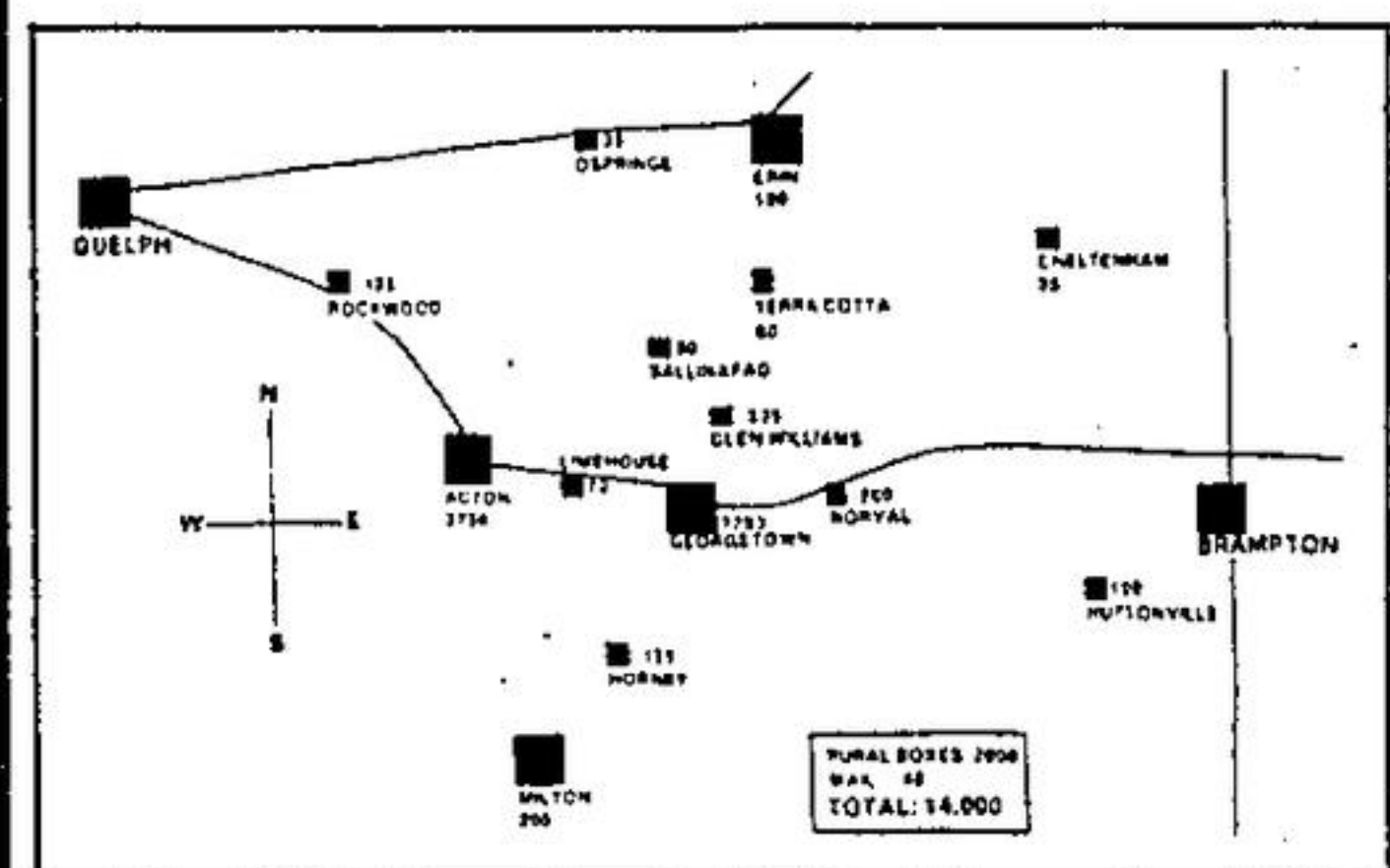
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BALL HOCKEY

ORGANIZATIONAL MEETINGS

ACTON LEAGUE

Tuesday, April 5th, 7:00 p.m. Acton Arena

GEORGETOWN LEAGUE

Thursday, April 5th, 7:00 p.m. Georgetown Memorial Arena.

All persons 18 and over interested in playing Ball Hockey this summer are asked to attend.

Team and individual entries will be accepted at this time.

Favourite Recipes

When it comes to worldwide vegetable popularity, potatoes rank number one on the list. They are easy, economical and most of all, nutritious — offering generous amounts of thiamine, potassium, Vitamin C and carbohydrates, an important energy source.

Diced potatoes are always a favourite. When buying potatoes for baking, select mealy potatoes such as Russet. They should be clean, free of cuts and rich brown in colour. Choose potatoes that are of a uniform size so the baking time will be the same for each. Be sure to pack them with a fork before baking to prevent their popping.

Baked potatoes become an entire meal when you make Dinner on a Spud, which features a cheese sauce made rich with evaporated milk. Cooked, cubed chicken and vegetables make this potato dish a complete, nutritious meal. It's a warming and satisfying way of pleasing hearty appetites at very little cost.

Recipe tested by Canadian Food Service Centre

DINNER ON A SPUD (Makes 4 servings)

- 2 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 cup undiluted CARNATION Regular or 2% Evaporated Milk
- 1 cup water
- 1 cup 1/2 ounces shredded Cheddar cheese
- 1/2 cup dried cooked chicken
- 1/2 cup cooked mixed vegetables
- 4 hot, soft, buttered, baked potatoes
- Shredded Cheddar cheese

Melt butter in medium saucepan. Blend in flour and salt. Gradually stir in evaporated milk and water. Cook over medium heat, stirring constantly, until mixture just comes to a boil and the bubbles stop. Add cheese and stir until melted. Add chicken and mixed vegetables, heat through, stirring occasionally. To serve, spoon equal amounts of sauce over hot baked potatoes and top with additional shredded cheese.

*Canned tuna, salmon or any leftover cooked meat may be substituted. **Any cooked vegetable may be substituted.

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LAST WEEK'S WINNERS: MATTHEW WOODSTRA R.R.2 Acton, CHRIS WOODSTRA R.R.2 Acton

Acton Figure Skating Club PRESENTS "BON VOYAGE"

MARCH 31 — 2 P.M. & 7:30 P.M.